

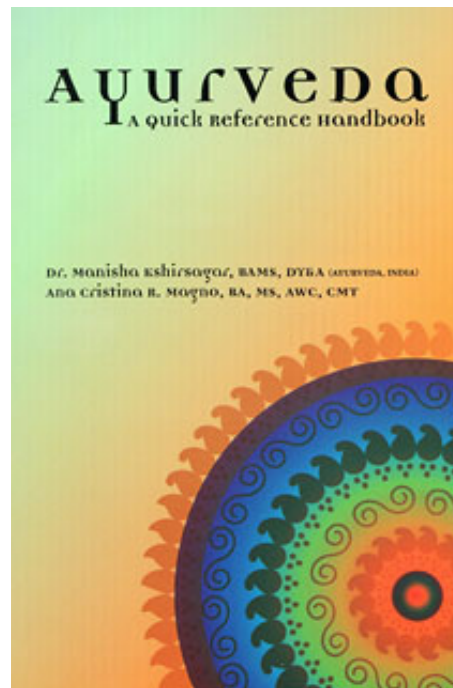
Kshirsagar M. / Magno A.-C. Ayurveda - A Quick Reference Handbook

Reading excerpt

[Ayurveda - A Quick Reference Handbook](#)

of [Kshirsagar M. / Magno A.-C.](#)

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Ayurveda principles

WHAT IS THE MEANING OF AYURVEDA?

Ayurveda is a Sanskrit term, made up of two words "ayu" and "veda". Ayu means life and Veda means science or knowledge. It is translated as Science of Life.

It is one of the most ancient and comprehensive medical sciences of the world. Ayurveda is a science for your mind, body and spirit. It is a consciousness-based approach to health that brings harmony and balance in all areas of your life.

WHAT IS THE ORIGIN OF AYURVEDA?

Ayurveda has its origins in the Veda, the oldest and richest text form of wisdom on spiritual knowledge on the planet. Ayurveda is considered a part of one of the four Vedas – Atharva-veda, that originated in India five to six thousand years ago.

WHAT IS THE UNIQUENESS OF AYURVEDA?

Prevent, heal and preserve life.

Ayurveda is based upon the laws of nature. It is a holistic and natural medicine considered "Yatha Pinde tatha Bramhande", which means "as is the Macrocosm, so is the Microcosm". The relationship between the human being and the universe is intrinsic and cannot be separated. Ayurveda emphasizes balance and harmony with help from nature itself. This dynamic balance needs to be achieved in all aspects of a person's life: physical, biochemical, intellectual, emotional, behavioral, spiritual, familial, social, environmental and universal. Thus, Ayurveda treats the individual with all three dimensions: body, mind, and spirit, placing more emphasis on the prevention of diseases with the help of diet, daily routines, and seasonal routines. It also deals with diseases, their diagnosis and treatments with a unique approach toward purification and rejuvenation.

WHAT ARE THE BASIC PRINCIPLES?

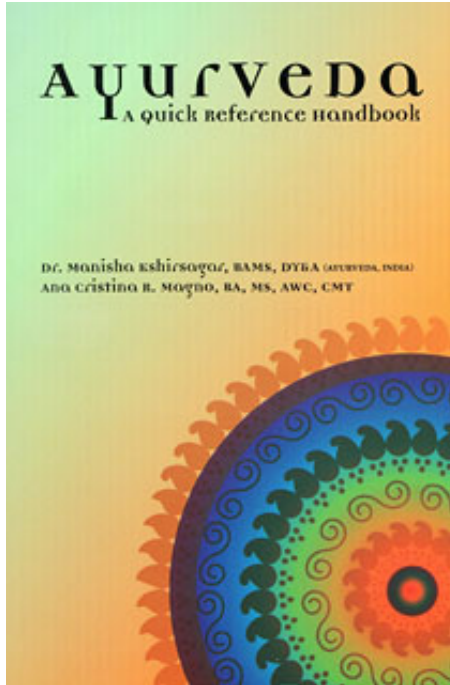
Ayurveda believes that the universe is made up of five elements: air, fire, water, earth, and ether. These elements are the building blocks for the universe as well as for humans. From the combination of these elements, three "doshas" or energies: Vata, Pitta and Kapha are originated. Every person has a unique constitution that depends upon the right balance of the three doshas ("tridoshas"). Ayurveda suggests specific lifestyle and dietary changes to help individuals in balancing the doshas. According to Ayurveda, the definition of a healthy person is "one who has balanced doshas, balanced agni, properly formed dhatus, proper elimination of waste products, all bodily functions are proper, and whose soul, mind, and all five senses are in bliss".

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