

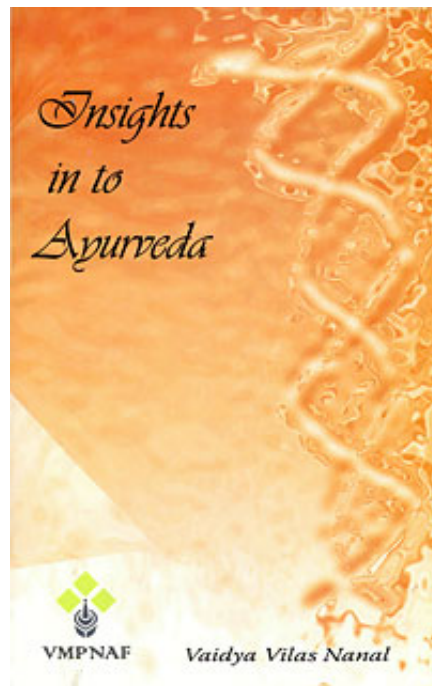
# Vaidya Vilas Nanal Insights in to Ayurveda

Leseprobe

[Insights in to Ayurveda](#)

von [Vaidya Vilas Nanal](#)

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uid stool formation which is very foul smelling and may have shining mucus threads in it.

### **Jihvaa**

Tongue examination is one of the more common examinations by a clinician. It is said that tongue is the mirror of events in the alimentary canal.

Normally tongue is moist, pink, without coating, should possess good perception of taste of food.

Tongue harbors the sense organ *Rasanendriya* or the gustatory apparatus and the effect organ *Vagindriya* or the speech mechanism too.

It is important in moving the food in the mouth and facilitates mixing of *Bodhaka Kapha*. Similarly, it is instrumental in modulating the voice to generate speech pattern.

Vitiated Vayu makes the tongue cold, dry, rough, and cracked,

Vitiated Pitta makes the tongue red, blackish,

Vitiated Kapha makes it slimy, sticky and white,

Vitiated three Dosha \_s make it black, thorny, very dry and depending upon the dominance of any two of Dosha \_s, it exhibits mixed picture and indicates a grave prognosis.

### **Shabda**

Voice and speech are important in examination of a patient. Atman has a desire to communicate verbally. This it conveys to the Manas, which in turn stimulates the Jatharagni

in the Naabhi by stimulating Prana Vayu. This chain of events results in the generation of Swara, sounds that travels along the trachea and finally on coming in contact with various organs of the buccal cavity manifests as alphabets and speech. This complex procedure involves a fine balance between the higher centre and the speech apparatus along with a contribution from Agni is unique to Ayurveda.

Vitiated Kapha imparts heaviness to voice

Vitiated Pitta imparts extra clarity, intensity to voice

### **Sparsha**

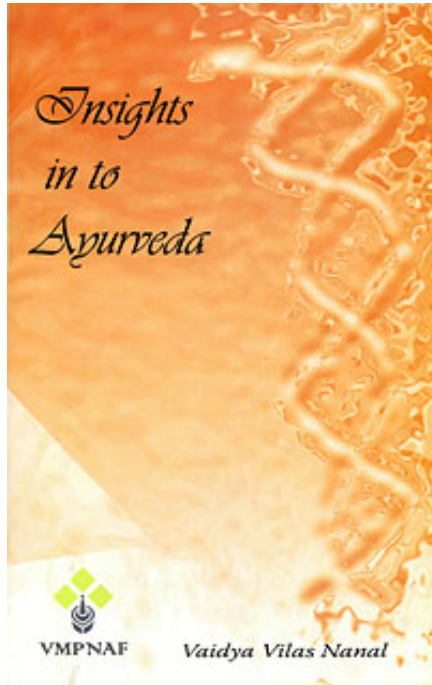
Tactile evaluation. Skin harbors all three Dosha\_s and it has contribution from Rasa, Rakta, Mamsa, Meda and Shukra Dhatu\_s. Lasika, Sweda too is associated with skin. Evaluation of touch and touch of the skin both must be examined.

Ayurveda has a different understanding about the phenomenon of tactile cognition. It believes that Rakta is instrumental in definitive cognition (*Asamshaya Sparsha Dnyana*) of tactile stimuli. Therefore, in cases where parasthesia is the problem Ayurveda advocates blood letting with gratifying results.

Vitiate Vayu makes the skin cold to touch,

Vitiated Pitta makes the skin hot to touch,

Vitiated Kapha makes the skin moist and cold to touch.



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