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## Ayurveda: A Review Literature

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### ABSTRACT

Ayurveda is one of the world's oldest holistic healing system. It is promoted more than 3000 years ago in India. It is a health care system of traditional medicine native to India and a form of alternative medicine. It is based on the belief that health and health wellness depend on a dedicated balance between mind, body & spirit. Its main goal is to promote good health, not fight disease like memory loss, osteoporosis, diabetic wounds etc. for which modern efficient medicine is available in modern therapy. Even though Ayurveda has a sound literature background, ironically its share in the global medicinal market is very less (0.5%). In order to promote ayurvedic in the international market, Ayurvedic drugs should be available in standardized form, which is the minimum requirement for Western market.

**Key words** Introduction, Tridosha, Function, Makeup, Quality, Location and Balance Of Tridosha (Vata, Pitta & Kapha).

### INTRODUCTION

Ayurveda is a form of an alternative system of medicine with historical roots in the Indian subcontinent.<sup>[1]</sup> The Sanskrit word 'Ayurveda' consists of two words viz, 'Ayu' & 'Veda'. 'Ayu' means 'Life' & 'Veda' means knowledge therefore the term Ayurveda means 'Science of life'. It deals elaborately with measures for healthful living during the entire span of life & its various phases, besides, dealing with principles for maintenance of health, it has also developed a wide range of therapeutic measures related to physical, mental, social & spiritual welfare of human beings. Thus Ayurveda becomes one of the oldest systems of health care dealing with both the preventive & curative aspects of life.<sup>[2]</sup>

Ayurveda, the traditional medicine from the Vedic decoram ancient India has been found to be remarkably effective in analyzing the general state of health. It provides effectiveness even before pathology has set in & the individual has fallen sick.<sup>[3]</sup>

Charak Samhita by Charak includes the principle components or theory of Ayurveda. Sushrut Samhita edited by Sushrut is about the surgical treatments in Ayurveda.<sup>[4]</sup>

Ayurveda is the science of health and healing practised by ancient Aryans which is based on Atharva Veda, one of the oldest scriptures of Hindus, about 3000 years old. The object of Ayurveda is to counteract the imbalance of three essential elements, Vata, Pitta, and Kapha (air, bile and phlegm respectively) which constitute the Tridosha from which the body originates. It is Tridosha which regularizes the normal working of the human body.<sup>[5]</sup>

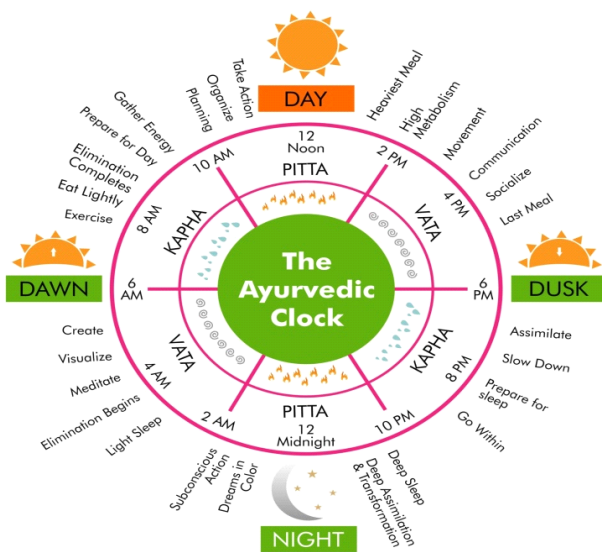
## TRIDOSHA

Life in the amplitude of Ayurveda connotes a combinations of body, sense organ, mind and soul. It is a system of health care which treats each person. The “TRIDOSHIC” concept is the fundamental principle in Ayurveda.

There are three basic constituents of the physiological systems according to the concept. These constituents are called “DOSHAS”. They are the ultimate irreducible basic metabolic elements constituting the body and mind of the living organism. They are classified into VATA, PITTA & KAPHA. They correspond primarily to elements of air, fire & Water . They determined the life processes of growth & decay.<sup>[6]</sup>

In Ayurveda, a Dosha is one of the three substances that are believed to be present in a person’s body. Beginning with 20<sup>th</sup> century literature, there was an idea called “The three Doshas Theory” This term known as tridosha.

Authoritative Ayurvedic treatises describe how the quantity & quality of these three substances fluctuate in the body according to the season, time of day, diet and several other factors, Ayurvedic Doshas are a similar concept to Latin Humarism. It is a distinct system.<sup>[7]</sup>



One important concept of Ayurvedic medicine is the belief that health exists when there is an equal amount of the three fundamental bodily bio-elements or Doshas called wind, bile & phlegm that is also called as respectively Vata, Pitta & Kapha.<sup>[8]</sup>

Doshas have been compared to astrology as similarly deriving its tenets from ancient philosophy & superstitions. Using them to diagnose or treat disease is considered Pseudoscientific.<sup>[9]</sup>

## FUNCTION OF TRIDOSHA

- **Circulation , respiration , digestion**
- **Urination , defecation**
- **Thought process , memory**
- **Endocrine function , nerve conduction**
- **Reproduction , menstruation , delivery of foetus & ejaculation**
- **Movements of Joints , Flexibility of muscles**
- **Formation of tissues**
- **Perception of sense organs**
- **Motor Function , excretions of wastes**
- **Courage , decision making are controlled by three dosha when they are in a state of balance.<sup>[10]</sup>**

## VATA DOSHA ( Air + Space )

### The Energy Of Moment

The biological air humour is called "Vata" (air). It is primarily dry, old & light. It is most important or primary of the three biological humours. It governs the other Two is responsible for all physical processes in general. It sustains effort, exhalation, movement & the discharge in impulses the equilibrium of tissues & the coordination of senses. When aggravated, Vata (air) causes emaciation, debility, liking of warmth, tremors, distension, constipation, insomnia sensory disorientation & incoherent speech. Vata is located in the colon thighs hips, ears, bones & organ of touch.<sup>[11]</sup>

Vata gives the essential motion for all bodily processes & extremely crucial for health. Vata is most prominent in the full & at the changes of season & these are the most important times to be careful of diet & lifestyle. One purpose of lifestyle consideration is stabilize thus motion. Routine in very useful assisting the Vata individual to effectively ground all this meaning energy.<sup>[12]</sup>

### MAKEUP OF VATA

Vata is made up of combination of air & other element with respect to mental qualities, Vata is made up of Rajas quality. It is with the help of this Rajas quality. Vata propels & mobilizers things in the body.

### QUALITY OF VATA -

- Rooksha - Dry
- Laghu - Light
- Sheeta - Cold
- Khara - Rough
- Sooksha - Minute
- Chala - Mobile

### LOCATION OF VATA

Vata is predominantly located in lower portion of the body, below navel region. This covers part of abdomen & pelvis.

Chief seat of Vata is colon. Being here Vata controls other sub-types of Vata & all functions of the body.<sup>[13]</sup>

### HOW TO BALANCE VATA

- Favor warm beverages
- Avoid Alcohol
- Eat warm foods & spices
- Avoid Alcohol
- Avoid raw of gas forming vegetables  
( Brocoli, Cauliflower, Cabbage, Kale etc. )
- Keep a regular routine
- Get plenty of rest

## PITTA DOSA ( Fire + Water )

### The Energy of Digestion & Metabolism

The biological fire humour is called Pitta, sometimes also, translated as bile. It is responsible for all chemical & metabolic transformation in the body. Pitta exists mainly in the acid form as fire & cannot exist directly in the body without destroying it. Pitta is primarily hot, moist & light. It governs digestion, heat, visual perception, hunger, thirst, lustre, complexion, understanding, intelligence, courage & softness of the body. Pitta in excess causes yellow color of stool, urine, eyes & skin, hunger, thirst, burning sensation & difficulty in sleeping. High Pitta results in accumulation & of internal heat of fever with inflammation & infections. Pitta is located in small intestine, stomach, sebaceous glands, blood, lymph, organs & vision. Its primary site is in small intestine.<sup>[14]</sup>

### MAKEUP OF PITTA

Pitta is made up of combination of fire & water elements. Healthy Pitta can be compared to satva quality of mind. Aggravated Pitta can be compared to Rajas quality of mind.

### QUALITIES OF PITTA

- Slight unctuousness, oiliness
- Intense, strong, deep penetrating
- Hot
- Light
- Foul smelling
- Flowing
- Liquid

### LOCATION OF PITTA

Pitta is predominantly located in middle portion of the body, between heart & navel. This is the hot zone of body where digestive fire is located. It includes digestive organs such as stomach, duodenum, small intestine & pancreas.

Chief seat of Pitta is navel region. Being located here, pitta controls other subtypes of pitta & their seats. Pitta would render these activities owing to its 'fire like activities'.<sup>[15]</sup>

### HOW TO BALANCE PITTA

- Limit salt
- Avoid excessive heat
- Avoid excessive steam
- Eat cooling, non – spicy foods
- Exercise during the cooler part of the day.

## KAPHA ( Earth + Water )

### THE ENERGY OF LUBRICATION

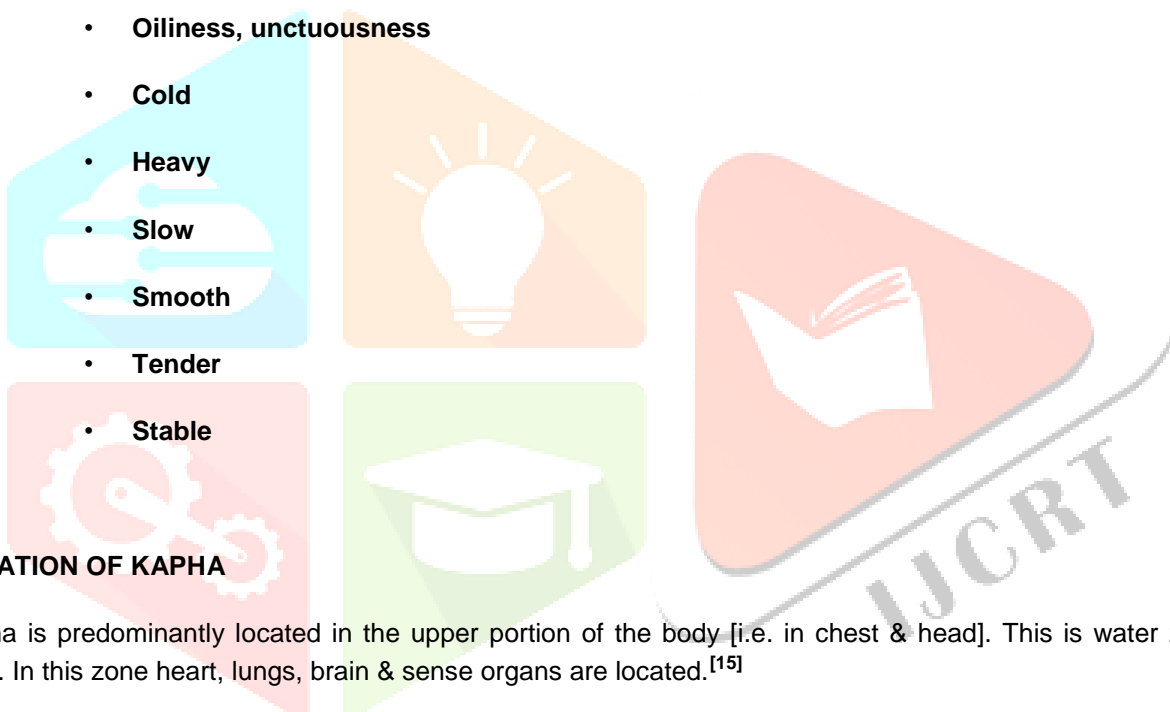
The biological water humour is called Kapha , sometimes also translated as phlegm. Etymologically it means that which holds things together. It provides substance & gives support & makes up the bulk of our bodily tissues. It also governs emotional traits as love, compassion modesty, patience, & forgiveness. Kapha is primarily cold, moist & heavy. It gives stability, lubricant, holding together of the joints and such qualities as patience. Kapha is the material substratum & support of the other two humours and also gives stability to the emotional nature. Excessive kapha causes depression of the digestive fire, nausea, lethargy, heaviness, while color, chills, looseness of the limbs, cough, difficult breathing & excessive sleeping. High cough results in the accumulation of weight & gravity in the body, inhibits normal function & causes by proactivity through excessive tissue accumulation.<sup>[14]</sup>

### MAKE UP OF KAPHA

Kapha is made up of combination of water & earth elements. Among three great qualities, Kapha is made up of Sattva quality when in normalcy & Tomas quality when kapha is increased.

### QUALITIES OF KAPHA

- Oiliness, unctuousness
- Cold
- Heavy
- Slow
- Smooth
- Tender
- Stable



### LOCATION OF KAPHA

Kapha is predominantly located in the upper portion of the body [i.e. in chest & head]. This is water zone of the body. In this zone heart, lungs, brain & sense organs are located.<sup>[15]</sup>

### HOW TO BALANCE KAPHA

- Avoid heavy foods
- Keep active
- Avoid iced food or drinks
- Avoid fatty oil foods
- Eat light dry food
- Get plenty excessive

## CONCLUSION

The Ayurvedic system of medicine is very safe that can help in reducing the enormous burden of mortality & morbidity caused by the various side effects of conventional prescribed drugs. This traditional system is also found effective against various diseases where pathogens developed antibiotic resistance. Ayurveda is a science of life with sole aim of its treatment to provide health to the mankind. Ayurveda describes the basic & applied aspects of life process, health and disease cured in term of its own principle & approaches. Thus, in this context Ayurveda is the therapy of choice.

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