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The Role Of Positivity, Negativity And Neutrality And Its Influence On Health- A Spiritual, Ayurvedic, Astrological And Scientific Approach

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Abstract

A multi-disciplinary approach of all arts and sciences in the world leads to unity in diversity among the humans towards our nature. Every particle in this universe is filled with some energy. If there is a lord, there is a demon. If there is a woman, there is a man. If there is a left, there is a right. If there is true, there is a false. If there is birth, there is death. Accepting only the value of positivity, negativity and neutrality brings harmony in the world.

Keywords

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“Maatha Pitha Guru Deivam” is a very popular phrase in Sanskrit language which means Mother, Father, Teacher, God”. This is the greatest truth and the order in which we should offer respect.

“Vidma Sarasya pitaram parjanya bhuridhayasam

Vidmo svasya mataram prthivim bhurivarpasam” -Atharva Veda

Meaning: We know the Shara’s father, the Sun, of a hundred fold virility. Thereby I bring you health of mind and body with peace and tranquillity. Let there be infusion of vigour, protection of health and cleansing of the system here itself on earth without delay.

According to Big Bang theory, scientists propose that our universe began with a Big Bang about fifteen billion years ago and has been expanding ever since. The fundamental particles combined to form protons and neutrons, which combined to form atoms. Neutron helps to stabilize the nucleus of an atom.

According to Ayurvedic philosophy, the entire Cosmos is an interplay of the energies of the five elements- Ether, Air, Fire, Water, Earth. Ayurveda classifies these five elements into three basic energy which is present in every thing. We can use the original Sanskrit word Vata, Pitta and Kapha called Tridosha. They are the agents of DNA which form the blueprint for the physiology. Vata represents the collection of dry, light, cold, mobile and clear qualities. Fruits, grains, root vegetables, milk, nuts etc helps in balancing vata. Vata balance leads to freshness, happiness and joy. High vata causes gas troubles, constipation, weight loss,pain and aches. Foods of hot, liquid, oil nature helps in balancing Pitta. Pitta balance helps in strong metabolism and digestion. Pitta imbalance leads to anger, jealousy, hatred etc. Foods like mustard, onions, salt, tamarind, sesame, vinegar, white sugar etc helps in kapha balance. Kapha helps in healing wounds, provides love, calmness, forgiveness, stability etc. Excess kapha leads to wordly attachments, greed, envy, lust etc.

The Sun provides most of the energy for life on earth. But unprotected exposure to the Sun’s UV rays brings damage to the immune system. The Moon is earth’s only natural satellite. As per Mahabharatha, the moon brings medicinal property for a herb. As per astrology, the moon represents the mental and emotional power, but weak moon or Chandra dosha causes personality disorders, emotional disturbances etc.

Conclusion:

A multidisciplinary approach of all arts, sciences etc, not only accepting their positivity, but also giving value to its negativity and neutrality leads to harmony of life and harmony of world. A solution to a problem arises with this multidisciplinary approach.