

# Principles of Ayurveda related to Vata, Pitta and Kapha

## Preface

Science is advancing by leaps and bounds. With recent scientific advances, our understanding of the Universe as well as of man is much better today. However, the more we know about the intricacies of human life, the more we realise how much more we are yet to know. Students of modern medicine can rattle out the functions of various organs like heart, kidneys, liver, brain etc. very well. However if he is asked a simple question viz. What are the functions of man ?, he is taken aback.

From time immemorial, *Ayurveda* has given guidelines and will continue to give guidelines to mankind about the art of living, science of health and philosophy of life. *Ayurveda* has studied man in relation to the Universe and has come to the scientific conclusion that man is the epitome of the Universe. All objects in the Universe right from energy particles to huge celestial bodies and from microbes to man are derived from the same basic elements. Maintaining the consistency of the physical as well as biological elements in the body i.e. milieu interior constitute the basic function of physicians.

*Ayurveda*, the science of life aims at attaining ideal physical, mental and spiritual health. One can acquire physical health by following *Swastha-vrutta* i.e. daily and seasonal regimen. One can develop a strong mind by following *Sat-vrutta* i.e. rules of good conduct. One can attain spiritual health by understanding the true nature of self and his relation to the Universe as well as by developing a philosophical attitude.

Principles of *Ayurveda* are eternal truths, as they are based on sound scientific facts. Understanding 'Principles of *Ayurveda*' will not only help mankind to live a better life, but will also help all the present as well as future scientists and research workers in understanding and unravelling the mysteries and intricacies of human life in a better way.

'The mind is the man' says Bacon. Human mind has mysterious powers. Mind has no limits or bounds for its development. It is up to us to develop or degrade our mind. It can convert an enemy into a friend, a moment into years, a hell into heaven and man into almighty. The philosophy of *Ayurveda* stresses the importance of utilising the mind, the most powerful instrument of man as given in the following prayer,

**“From unreal, lead me to the real.  
From darkness, lead me to light.  
From ignorance, lead me to knowledge.  
From death, lead me to immortality.”**

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## Index

<b>Chapter 1 : The five basic elements</b>	<b>13</b>
1. Panchmahabhootas	13
2. Panchabhoutik constitution	17
3. Selection of medicine and therapeutic measures	23
<b>Chapter 2 : Origin of basic biological elements</b>	<b>29</b>
1. Five casual elements	29
2. Subtle elements	29
3. Gross elements and their pentads	31
4. Formation of Vata, Pitta and Kapha molecule	32
5. Formation of Vata, Pitta and Kapha in the body	38
6. Vata, Pitta and Kapha as molecular dhatus, doshas and malas	39
7. Similar increase similar in the body	40
8. Effect of food on mind, sense organs and motor organs	42
<b>Chapter 3 : Biological elements</b>	<b>43</b>
1. Kapha	44
2. Vata	47
3. Pitta	50
<b>Chapter 4 : Constitution</b>	<b>65</b>
1. Prakruti (Based on Tridoshas -Vata, Pitta & Kapha)	65
<b>Chapter 5 : Increase or decrease in Vata, Pitta and Kapha</b>	<b>84</b>
1. Aetiological factors	84
2. Clinical manifestations	89
3. Treatment	92

4. Doshas and diet	94
<b>Chapter 6 : Permutations and combinations of doshas</b>	<b>107</b>
<b>Chapter 7 : Manifestations of diseases caused by three doshas</b>	<b>114</b>
<b>Chapter 8 : Tridosha theory and modern medicine</b>	<b>126</b>