

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 and humans is much better today. However, the more we learn about the intricacies of human life, the more we realise how little we know. A student 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 - 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 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. The human mind has mysterious powers and 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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