

Follow Ayurveda and remain healthy without medicines

Preface

Prevention is better than cure, it is said. It is very important for every individual to know the restrictions on his diet, activities, etc. in day-to-day life so as to prevent ailments and remain healthy. Additionally, he should also know his ailment-related dietary restrictions - what to eat and what not to eat while suffering from a particular ailment. The reasons why every individual should have this knowledge is the fast approaching World War 3 as predicted by visionary Saints, and limitations of modern medical science. During World War 3, we will have to play the role of doctors as well. This Text is the first step in this direction.

1. Special features of this Text

1A. Teaching the basics : There are many self-help Texts on becoming a *Vaidya* (Ayurveda practitioner); however, there is no Text that goes to the root of physiology and teaches the a-b-c-d of every aspect of life. All this has been taught in this Text.

1B. Easy-to-understand language : Most Texts on this subject are difficult to understand because of the use of medical terminology. Words that are easy to understand have been provided in this Text.

1C. Explains the underlying science : This Text also elucidates the science underlying every aspect. Therefore, the reader is able to understand the subject easily, which helps develop faith in the subject.

1D. Useful at home and worldwide too : If the guidelines provided in this Text are practiced by every individual daily, the wellbeing of the healthy will be maintained and those who are ailing will recover faster. The fundamentals of Ayurveda are the same everywhere; hence, it will also be useful worldwide.

1E. Guidance on the basic dietary norms : Presently, the term 'dietary norms' is understood as the rules regarding what to eat and what not to eat; however, if these restrictions are not complemented by basic restrictions such as eating at the appropriate time, in the appropriate proportion, etc. mere dietary restrictions will not serve any purpose. This Text is a guide on the basic dietary norms. This Text also elaborates on how to follow these norms in today's hectic lifestyle.

1F. Refutation of inappropriate advice from the perspective of health : Modern medical science propounds drinking plenty of water, eating curds every day. This Text clarifies on such aspects too.

2. For spiritual progress, the body has to be *sattvik* (Spiritually pure)

The body is the primary means of abiding by Dharma (Righteousness). When the body is healthy, there are no physical obstacles in spiritual practice. If the body is *sattvik*, spiritual progress is faster. It is Ayurveda and not Allopathy, which teaches us how to keep the body *sattvik*.

3. Promptly study this Text and practice the underlying science

Do not merely read this Text and place it on a shelf; instead, study the points mentioned herein and practice them right away. Thus, you will not have to do any running around when World War 3 commences.

Purchase this Text and motivate others too for safeguarding your own welfare as well as that of others.

- Paratpar Guru (Dr) Jayant Athavale (10.9.2019)

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