

## Health and healing through theory of Ayurveda: In global perspective

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Ayurveda- the science of life and art of ultimate well being has two main objectives i.e., (i) protection of health of a healthy individual and (ii) alleviation of disorder of the diseased one. In fact, none of us wishes to become unhealthy even for a moment but everyone falls ill due to avoidance of natural laws. This fact was realized by the ancient Indian Seers during Vedic period (3000 BCE-1500 BCE) who explore the relation of an individual living being with surrounding environment. Rigveda (3000 BCE) and Atharveda (1500 BCE) are the compendium of Vedic period, which are considered the original source of Ayurveda because of similarity in subject matter and antiquity. In original scripture of Ayurveda; Charaka Samhita (1000 BCE) and Sushruta Samhita (1000 BCE), it is clearly stated that Ayurveda is the subdivision of Atharvave, therefore, it has its emergence from Veda (the source of ultimate knowledge). Ayurveda advocates that a human life is the conjunction of Sarira (body), Indriya (sense organ), Sattva (psyche/mind) and Atma (self/soul) that is there in, as emphasized in Ayurveda.

Following the laws of nature as per the guiding principles in Ayurvedic classics, every individual, in any geographical region on earth, can achieve a healthy long life. The rationale behind that is each and every substance on earth has their genesis from five rudimentary or primordial elements; kham, Vayuh, Agni, Apah and Ksitih, A living body is also composed of invariable primordial element of a body substances and their relative derangement (either increase or decrease) causes changes in body substances. In Ayurveda, substances are categorically divided into three natural origins, i.e., animal, plant and minerals.

The judicious administration of animal and plant substances in accordance with the geographical region and by understanding the body constitution of his own is best way for maintenance of health, strength and energy. On the other hand in a diseased body, substances of all three origin (plant, animal and minerals) having with the potency in them are rationally used to overcome the disease. This potency is known as Virya in Ayurveda. Considering the potency, a selective Ausadha -Dravya (drug substance) is prescribed in small quantity as compare to Ahara-Dravya (dietary substances). Proper advice of diet is an essential part of an Ayurvedic prescription in accordance with the physical changes (symptoms) observed in a diseased person. This kind of diet is known as Pathya (wholesome dietary regimen to a patient). Simultaneously, Apathya (un-wholesome dietary regimen to a patient) is also advised to the patient. Such line of treatment is the unique distinction in Ayurveda for the cure of disease.

Thus, proper understanding the theory of Ayurveda any individual in any part of the Earth can achieve the healthy long life and also alleviate the disease condition with the judicious use of drug substances along with the dietary substances of their geographical region.

### Biography

Vinod Kumar Joshi received M.D. (Ay.) in 1978 and Ph.D. in 1984 from Banaras Hindu University, Varanasi (India). Serving as Professor (2001) & Head of the Department of Dravyaguna in the same University. He was Dean, Faculty of Ayurveda (July 2008 - June 2011). He has supervised 8 Ph.D. and 16 M.D. (Ay.) theses and many are working. World Health Organization has published, "Benchmarks for Training in Ayurveda" (2010), the original text written by him. He has published more than 65 scientific papers in international and national journals, chapters in 7 books and delivered more than 15 keynote-addresses in national & international scientific meets. He is Chairman of Single Drug Sub-committee and member of Ayurvedic Pharmacopoea Committee of Govt. of India, Member, Expert group on Quality Standard of Indian Medicinal Plants, Indian Council for Medical Research and many other committees.

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