

SUTRA A DAY

आयुः कामयमानेन धर्मार्थसुखसाधनम् ।  
आयुर्वेदोपदेशेषु विधेयः परमादरः ॥

अष्टांग हृदय सूत्रस्थान १/२

Article attached in word doc format

ब्रह्मा स्मृत्वाऽऽयुषो वेदं प्रजापतिमजिग्रहत् ।  
सोऽश्विनौ तौ सहस्राक्षं सोऽत्रिपुत्रादिकान्मुनीन् ॥३ ॥  
तेऽग्निवेशादिकांस्ते तु पृथक् तन्त्राणि तेनिरे ।

The science of life, Ayurveda, was originally bestowed by Brahma to Prajapathi, who transmitted the knowledge to Ashwini kumaras. In turn, Ashwini kumaras taught Indra (Sahasraksa) who conveyed the ancient teachings to Artreya and other sages who became the teachers of Agnivesha and other disciples.

Agnivesha and other disciples then composed treatises of their own with diverse topics and directions.

तेभ्योऽतिविप्रकीर्णेभ्यः प्रायः सारतरोच्चयः ॥4 ॥  
क्रियतेऽष्टाङ्गहृदयं नातिसंक्षेपविस्तरम् ।

The essence of other ancient texts which treasured the understanding of ayurveda in a scattered form has been distilled in Ashtang Hridya. The format of Ashtang Hridya is neither too long nor too short and is easy to understand.

कायबालग्रहोर्ध्वाङ्गशल्य दंष्ट्राजरावृषान् ॥5 ॥  
अष्टावङ्गानि तस्याहुश्चिकित्सा येषु संश्रिता ।

Ayurveda is classified into eight branches -

1. Kayachikitsa -Internal Medicine
2. Balachikitsa -Paediatrics
3. Graha Chikitsa -Psychiatry
4. Shalakya (Urdhvanga) Chikitsa -ENT (ear, nose, throat and head) and ophthalmology
5. Shalya Chikitsa - Surgery
6. Visha (Dranstha) Chikitsa -Toxicology
7. Rasayana (Jara) - Rejuvenation Therapy
8. Vajeearana (Vrishan) - Aphrodisiac treatment

वायुः पित्तं कफश्चेति त्रयो दोषाः समासतः ॥6 ॥

In brief,

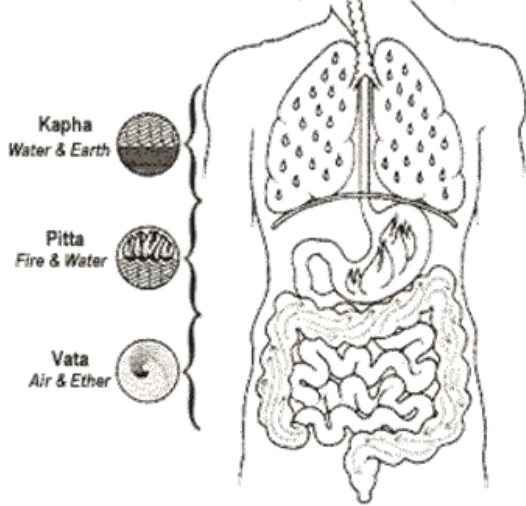
Vata, Pitta and Kapha are the three doshas explained in Ayurveda.

विकृताविकृता देहं घ्नन्ति ते वर्तयन्ति च ।

- Abnormal doshas (Vikruta), disrupts the body and its functions
- Normal doshas (Avikruta), supports the body and its functions.

ते व्यापिनोऽपि हृन्नाभ्योरधोमध्योर्ध्वसंश्रयाः ॥७॥

The Seats of Vata, Pitta, Kapha



Though doshas are present all over in the body, predominately their centers are:

Vata – below the level of the navel

Pitta – between the navel and the heart

Kapha – above the level of heart

Image can be worked on



# वयोहोरात्रिभुक्तानां तेऽन्तमध्यादिगाः क्रमात् ।

Dominant period of activation for three doshas according to age, time of day or night and during digestion –

	Annta (End – later stage)	Madhya (Middle)	Adi (Start)
Age	<b>VATA</b>	<b>PITTA</b>	<b>KAPHA</b>
During day			
During night			
During digestive process			

तैभवेद्विषमस्तीक्ष्णो मन्दश्चाग्निः समैः समः ॥४ ॥

**How doshas affect the quality of AGNI?**

Dosha dominance	State of Agni
Vata	Vishamagni (erratic or fitful)
Pitta	Tikshnagni (Sharp or strong)
Kapha	Mandagni (dull or slow)
Sama	Sama – agni (Proper)

कोष्ठः क्रूरो मृदुर्मध्यो मध्यः स्यात्तैः समैरपि ।

**How doshas influence the functions of the koshtha (bowel movements)?**

Dosha dominance	Koshtha (Bowel habits)
Vata	Krura (stubborn)
Pitta	Mrudu (mild)
Kapha	Madhya (adequate)
Sama	Madhya (adequate)