

C3 ASSIGNMENT - GROUP-60

AYURVEDA FOR HOLISTIC

ENHANCEMENT OF

IMMUNITY

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AYURVEDA

ORIGIN:

Ayurveda is an intricate system of healing that originated in India thousands of years ago. We can find historical evidence of Ayurveda in the ancient books of wisdom known as the Vedas. In the Rig Veda, over 60 preparations were mentioned that could be used to assist an individual in overcoming various ailments. The Rig Veda was written over 6,000 years ago, but really Ayurveda has been around even longer than that. What we see is that Ayurveda is more than just a medical system. It is a Science of Life. We are all part and parcel of nature. Just as the animals and plants live in harmony with nature and utilize the Laws of Nature to create health and balance within their beings, we, too, adhere to these very same principles. Therefore, it is fair to say that Ayurveda is a system that helps maintain health in a person by using the inherent principles of nature to bring the individual back into equilibrium with their true self. In essence Ayurveda has been in existence since the beginning of time because we have always been governed by nature's laws.

MEANING:

Ayurveda is a Sanskrit word meaning AYUSH means life and vela means knowledge of life, is the traditional Hindu system of medicine which uses diet, herbal treatment and yogic breathing. Ayurveda is based on maintaining balance among earth, air, water, fire and ether. Ayurveda maintains health by maintaining equilibrium with nature between individual's body, mind and spirit. Ayurveda is the oldest form of health care in the world. Ayurveda journals deals with Herbal treatment and diseases.

BALANCING 3 PRINCIPLE ENERGIES OF BODY:

Ayurveda identifies three basic types of energy or functional principles that are present in everyone and everything. Since there are no single words in English that convey these concepts, we use the original Sanskrit words vata, pitta and kapha. These principles can be related to the basic biology of the body.

Energy is required to create movement so that fluids and nutrients get to the cells, enabling the body to function. Energy is also required to metabolize the nutrients in the cells, and is called for to lubricate and maintain the structure of the cell.

Vata is the energy of movement; pitta is the energy of digestion or metabolism and kapha, the energy of lubrication and structure. All people have the qualities of vata, pitta and kapha, but one is usually primary, one secondary and the third is usually least prominent. The cause of disease in Ayurveda is viewed as a lack of proper cellular function due to an excess or deficiency of vata, pitta or kapha. Disease can also be caused by the presence of toxins.

- **Vata** is the subtle energy associated with movement — composed of Space and Air. It governs breathing, blinking, muscle and tissue movement, pulsation of the heart, and all movements in the cytoplasm and cell membranes. In balance, vata promotes creativity and flexibility. Out of balance, vata produces fear and anxiety.
- **Pitta** expresses as the body's metabolic system — made up of Fire and Water. It governs digestion, absorption, assimilation, nutrition, metabolism and body temperature. In balance, pitta promotes understanding and intelligence. Out of balance, pitta arouses anger, hatred and jealousy.



- **Kapha** is the energy that forms the body's structure — bones, muscles, tendons — and provides the “glue” that holds the cells together, formed from Earth and Water. Kapha supplies the water for all bodily parts and systems. It lubricates joints, moisturizes the skin, and maintains immunity. In balance, kapha is expressed as love, calmness and forgiveness. Out of balance, it leads to attachment, greed and envy.

DEPARTMENT OF AYUSH:

- The term AYUSH stands for Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy systems of medicine. Within these medical systems, drug therapies play an important role in curing disease and maintaining health.

Our country India is known for its rich heritage and also has a centuries old backdrop more on the Medical front. Various traditional systems of medicine have emerged during the medieval period and health care was given importance. The AYUSH systems of medicine which known for its less side effects has achieved renowned name in the Medical field. The Department of AYUSH deals with these traditional and alternate systems of medicine mainly Ayurveda, Unani and Homoeopathy.

OBJECTIVE OF THE DEPARTMENT:

- To provide Medicare facilities to the people of the State through Ayurvedic, Unani and Homoeopathy systems of medicine.
- To manufacture quality Ayurvedic, Homoeopathy and Unani Medicines through the Government Pharmacies and make them available on free of cost to the patients

coming for treatment to Hospitals and Dispensaries being run by the Department under these (3) systems of medicine.

- To regulate the manufacture and sale of Ayurvedic, Unani and Homoeopathy drugs in accordance with law.
- To monitor the quality of Ayurvedic, Unani and Homoeopathy Drugs being manufactured or sold in the state.
- To maintain the State register of Medical Practitioners in Ayurveda, Unani and Homoeopathy

AYURVEDIC VIEW OF IMMUNITY

The concept of immunity is fundamental to Ayurveda's approach to health maintenance and disease prevention. Ayurveda has described some simple yet powerful tools for optimizing adaptive immunity that can be applied throughout all the stages of life from conception to old age. Vyadhi-Kshamatva is an Ayurvedic term for natural and acquired immunity. It describes the connection between the immune system, the nervous system, and digestive health. It helps us

understand why inflammation, gut dysbiosis, and emotional issues can trigger underactive immune responses.

CONCLUSION:

- Ayurveda is a wholistic system of medicine from India that uses a constitutional model. Its aim is to provide guidance regarding food and lifestyle so that healthy people can stay healthy and folks with health challenges can improve their health .The Ayurvedic system of medicine is very safe that can help in reducing the enormous burden of mortality and morbidity caused by the various side effects of conventional prescribed drugs. This traditional system is also found effective against various diseases where pathogens developed antibiotic resistance. This understanding that we are all unique individuals enables Ayurveda to address not only specific health concerns but also offers explanation as to why one person responds differently than another. We hope that we will continue to explore Ayurveda to enhance our health and to gain further insights in life.



ayurveda for wellness