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Short Communication

SPIRITUALITY: AN INTEGRAL PART OF AYURVEDA HEALTH CARE

Khatri Ravi Shankar¹, Agarwal Neeraj², Chaturvedi Ashutosh^{3*}

¹Service Senior Resident, Department of Kaumarbhritya/Balroga, Faculty of Ayurveda, I.M.S, Banaras Hindu University, Varanasi, Uttar Pradesh India

²Assistant Professor, Department of Kaumarbhritya/Balroga, Government Ayurvedic College, Raipur, Chhattisgarh, India

³PG Scholar, Department of PG Studies in Panchakarma, SDM College of Ayurveda and Hospital, Thanniruhalla, Hassan, Karnataka, India

*Corresponding Author Email: drashutoshchaturvedi@hotmail.com

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ABSTRACT

The immense potential of Ayurveda science is due to its three dimensional holistic approach towards health viz physical, mental and spiritual plane, attracted western population. Ayurveda system is not only a part of traditional system of medicine but its unique approach made it as holistic science, oldest healing science as well as world's medicine for tomorrow. Aim of the Arogya (health) ends with Moksha i.e. salvation; sushruta the father of Indian surgery while defining the health has mentioned about the happiness of soul body and mind as characteristic spiritual well being. World Health Assembly, in 1999 Added: 'spiritual well being' to the WHO definition of health due to Secular medical science appeared mechanized and dehumanized. Daivyavyapashraya Chikitsa (Holistic treatment) has been always giving as an important mode of treatment for managing various health problems. Various other concept of Ayurveda shows its relation with spirituality like Naistikya Chikitsa, Sadvritta, Macrocosm Theory and Soul body relation.

Keywords: Ayurveda, Spirituality, Daivyavyapashraya Chikitsa

INTRODUCTION

The ancient system of Ayurveda (science of life) offers a holistic approach to mental health that integrates the mind, body and soul Ayurveda defines mental health as a state of mental, intellectual and spiritual well-being. Ayurveda has differentiated our organs into Gyanendriye (organs of perception) and Karmendriye (organs of action). It has given the special status of Ubhayendriya (organ of both, perception as well as action) to Man or Manas (mind) its unique approach made it as holistic science, oldest healing science as well as world's medicine for tomorrow. Ayurveda system is not only a part of traditional system of medicine but its unique approach made it as holistic science, oldest healing science as well as world's medicine for tomorrow.

Spirituality and Ayurveda Health Care

Aim of the Arogya (health) ends with Moksha i.e. salvation; sushruta the father of Indian surgery while defining the health has mentioned about the happiness of soul body and mind as characteristic spiritual well being. World Health Assembly, in 1999 Added: 'spiritual well being' to the WHO definition of health due to Secular medical science appeared mechanized and dehumanized.¹ Ayurveda have always emphasised on the Spirituality concept as prime importance. By mentioning the type of Chikitsa (Treatment) as Daivyavyapashraya chikitsa.² it includes the treatment by usage of specific Mantra, Ratnadharan, Homa Mangala and Bali karma which shows its prime utility. Charaka has mentioned the chanting of Vishnu

Shahastranam for the management of Vishama Jvara.³ Panchakarma the unique special therapies of Ayurveda i.e. Basti (enema) Virechana (Purgation), Vamana (Emesis), Nasya (Errhine) usually administered in the patient on Shukla Paksha with Chanting of Mantra. While explaining the Vidhi (methodology) of all these therapies specific mantras and pre procedure like Swastivachana, Bali and offering of the prayers is being mentioned.⁴ Researches shows the procedures conducted in the classical way has shown better effect which intern shows the importance of Spiritual well being.⁵

Human Body and Divine Relationship

Since the Vedic Kala the references of various usage of Ayurveda is present. The treatment of the Dakshaprajapti by Ashvini Kumars shows the presence of the surgical management from the time of vedas⁶. Various references have been quoted in the Veda, Puranas, Upnishad and Bhagvat Geeta which elaborates the theory of human body and divine relationship. In Classical texts of Ayurveda we come across the several references like Parada (Mercury) which is a form drug used in many of the disorders have been explained Sivaveerya the semen of lord Siva⁷. Tulasi plant is considered as the wife of lord Vishnu⁸. Thus Spirituality gives the better health care.

Astanga Ayurveda and Spirituality

The concept of spirituality is not only the generalised concept of Ayurveda but as per Speciality its utility has been explained. The eight sub divisions of Ayurveda health care are as:⁹

1. Kayachikitsa (Medicine)
2. Kaumarbhritya (Paediatrics)
3. Shalya (Surgery)
4. Shalkya (ENT and Eye)
5. Bhoot Vidya (Psychiatry)
6. Agada Tantra (Forensic)
7. Rasayana (Geriatrics)
8. Vajikarana Tantra (Aphorised)

Special chapters like Graha Rogas in Kaumarbhritya and its treatment through the various mantras have been explained by Kashyapa Rishi.¹⁰ Charaka in Psychiatry disorder Unmada mentioned about praying of lord Shiva for pacifying the Shiva Ganas have been explained.¹¹

CONCLUSION

The concept of Spirituality is globally accepted and it is one of the finest methods to attain Salvation. By Ayurveda which is an internationally accepted health care the importance of this with science can easily be expressed. In the name of westernization this concept has been eradicated from health care but Spirituality through Ayurveda is an initial step in this regard.

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