SHATAYU KI OR
शतायु की ओर

Ayurveda, the best among nectars, provides longevity.

Ayurveda provides knowledge of aetiology, symptomology and therapeutics for the treatment of a diseased person and essential knowledge for maintenance of health in a healthy person.

DHNWANTARI VATIKA, RAJ BHAWAN
U.P., Lucknow

धनवंतरी वाटिका, राज भवन,
उ.प., लखनऊ
HEALTH THROUGH AYURVEDA

Ayurveda advocates to keep a healthy person in health and if due to some factors a person becomes sick, then the aim of Ayurveda is to get rid of that disease.

The body is termed a seat for diseases i.e.

शरीरं व्याधिमिस्त्रयः ॥

This body is made of:

वातसतःतःलेखणं एवं देहसम्बन्धेतकः।
तैरेव अयावामनरत्ना-ग्रीष्म-रितिविधेयः।
शरीरस्नित्य धार्यस्तात्वातिस्वस्तिः
ध्यित्यां च विस्मृतामाहुर्दिदे॥ शुद्धः कृत्रीः 21/3

Vata, pitta, and Shleshma (Kapha) only are the causes for the origin of the body. By these (doshas) which are not abnormal and which are spread in the lower, middle and upper parts respectively, support the body just as the house is supported by the pillars; hence these are called “Three pillars” (of the body) by some authorities. These only, when abnormal become the causes for destruction (of the body). These three doshas along with Shonita (blood) are present even during the origin, existence and destruction of the body.

Ayurveda further believes that:-

विसादातिनिधिकर्मः सोमसुस्याऽनिष्ठा यथा।
धार्यनित्य जनादेशां ककरनितानितास्तु॥ शुद्धः कृत्रीः 21/6

Just as soma (moon-water), surya (sun-fire) and anil (air) support the body of this world by functions like visarga (releasing of strength), adana (withdrawing strength) and vikshepa (initiating all actions) respectively, similarly Kapha, pitta and anil (vat) support this human body (with respective functions).

यथार्थ्यां च तदुप पितुः।

In respect of the human body, soma (water) is represented by shleshma (kapha), fire/heat by pitta and air by vata. Functions of shlesshma (Kapha) are moistening, liquefying, lubricating, softening, combining things, adhering, cooling, mild and slow actions, comforting, bestowing strength, resistance and endurance. Function of pitta are digestion of food, body temperature, burning sensation, exhaustion, seeing, perspiration, destruction, intelligence and courage. Functions of vata are causing movements of all kinds of all things, quickness and unsteadiness of actions, absorption, elimination, separating things, respiration, sensory perception, understanding pain, supporting and maintenance of life activities.

The food articles or medicines to be taken for elimination of disease have six tastes (rasas) i.e. Madhur, Amla, Lavana, Katu, Tikta and Kashaya. The three rasas i.e. Madhur, Amla and Lavana are due to kapha; Amla, Lavana and katu are due to pitta; katu, tikta and kashaya rasas are due to vata.

The persons may have three-body types i.e. prakriti viz, Kaphaj, Pittaj or Vataj. The predominance of any one of doshas results in forming the prakriti of a person. The person with that prakriti shall show signs and symptoms of that particular dosha.

Table showing symptoms to assess Prakriti

<table>
<thead>
<tr>
<th>Body Type</th>
<th>Vata Prakriti</th>
<th>Pitta Prakriti</th>
<th>Kapha Prakriti</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Constitution</td>
<td>Poor muscular development, disharmonious</td>
<td>Moderately developed And Balanced</td>
<td>Strong, stout, good muscular development</td>
</tr>
<tr>
<td>Body Weight</td>
<td>Vata types tend not to put on weight</td>
<td>Medium</td>
<td>Heavy, kapha people are prone</td>
</tr>
<tr>
<td>Skin Color &amp; Complexion</td>
<td>Dark, greyish, olive complexion</td>
<td>Reddish, coppery-red, prone to reddening</td>
<td>White pale</td>
</tr>
<tr>
<td>Skin</td>
<td>Thin, dry, very cold</td>
<td>Hot, moist</td>
<td>Thick, white, smooth</td>
</tr>
<tr>
<td>Face</td>
<td>Small, long, dark, wrinkled</td>
<td>Medium, prone to redness</td>
<td>Big round, soft, contour</td>
</tr>
<tr>
<td>Eyes</td>
<td>Small, winking with nervous tics</td>
<td>Medium, sensitive to the light</td>
<td>Large, prominent, attractive</td>
</tr>
<tr>
<td>Nose</td>
<td>Bent, thin, small, long, dry</td>
<td>Medium, often sharp, long and pointed</td>
<td>Large, thick, oily with broad nostri</td>
</tr>
<tr>
<td>Shoulder</td>
<td>Thin, narrows, stooping</td>
<td>Balanced, medium</td>
<td>Large, broad, well formed</td>
</tr>
<tr>
<td>Arms</td>
<td>Thin, under developed</td>
<td>Medium, strong and resistant</td>
<td>Large, long, well developed</td>
</tr>
<tr>
<td>Hands</td>
<td>Small, dry, very cold, rough</td>
<td>Medium, warm, pink, always hot even in winter</td>
<td>big, thick, moist, cold, steady</td>
</tr>
<tr>
<td>Legs</td>
<td>Thin with prominent knees</td>
<td>Medium, strong and vigorous</td>
<td>Will built, sturdy</td>
</tr>
<tr>
<td>Feet</td>
<td>Thin, rough, dry, very cold</td>
<td>Medium, soft, and pinkish</td>
<td>Large, hard, steady</td>
</tr>
<tr>
<td>Nails</td>
<td>Dry, rough, easily brittle</td>
<td>Regular, pink or reddish</td>
<td>White, smooth</td>
</tr>
<tr>
<td>Appetite</td>
<td>Variable, irregular, anxious</td>
<td>Vigorous and good appetite</td>
<td>Stable, moderate desire</td>
</tr>
<tr>
<td>Thirst</td>
<td>Variable</td>
<td>Excessive</td>
<td>Sparse</td>
</tr>
<tr>
<td>Digestion</td>
<td>Irregular</td>
<td>Fast, can digest more</td>
<td>slow but regular</td>
</tr>
<tr>
<td>Sweet And Body Smell</td>
<td>Scanty even in summer without any smell</td>
<td>Abundant with a strong Smell</td>
<td>Moderate, do not smell bad</td>
</tr>
</tbody>
</table>
Activity | Irregular, inconstant | Motivated with precise purposes | Slow, constant, solemn
---|---|---|---
Pulse | Fast, weak, irregular | Strong and regular | full, deep, slow, constant
Resistance To Disease | Scanty, tendency to chronic disease | Medium, prone to infections, haemorrhages | Good, constant, the immune system is strong
Tendency To Disease | Disorders involving the nervous system | Fevert, infections | Diseases involving respiratory system
Nature Of The Mind | Rapid, adaptable, indecisive | Lively, penetrating, critical | Slow, constant, intelligence
Manner Of Speaking | Quick, contradictory, jerky, very talkative | Concise, moderate, convincing | Slow, precise, not talkative
Memory | Scanty | Piercing | They remember for life
Neurotic Tendencies | Attacks of anxiety, hysteria, tremors | Excess of anger, hate, jealousy | Depression, apathy, distress
Sleep | Tendency to insomnia, irregular | Medium, fall sleep easily | Go to sleep easily, urge to sleep in the day.

A person can assess his or her Prakriti from the above table by marking (✓) the symptoms which applies to him. Predominance of these symptoms decides the Prakriti of a person. (for example- if a person has 8 in Vata, 13 in Pitta and 5 in Kapha then his Prakriti would be of Pitta predominance)

If a person knows his prakriti then he or she can modify it by use of certain food and medicines, which pacify those doshas. The main seat of kapha is Amashya, the main seat of Pitta is between Amashya and Pakwashya i.e. small intestine. The main seat of vata is large intestine. To pacify these doshas i.e. for Kapha-Vaman, for Pitta-Virechan and for Vata-Vasti has been advised.

The main aim is to confirm the prakriti and then pacify the predominant dosha by above-mentioned karmas.

**AHAR (Diet) & VIHAR for person of different Prakriti :-**

**Vata Prakriti**

<table>
<thead>
<tr>
<th>General guide-lines for preparing the Vata diet</th>
<th>pinch of Asafoetida (Hing), mustard seeds and avoid excess of oil.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Condiments</td>
<td>Coriander (Dhaniya) leaves, Cumin (Jeera), cloves (Long), Cinnamon (Dalchini) and cardamom (Illychi), other spices in small amounts.</td>
</tr>
<tr>
<td>Fruits</td>
<td>Sweet fruits, Banana (Kela), Coconut (Nariyal), Mango (Aam), Fig(Anjir), Grapes (angoor), Sweet melon (Khareebuji), Orange (Santara), Papaya (Papita), Pineapple (Annanas), Raisins-soaked (Munakka), Dates (Khajur), Ripe and unripe Falsa, Berries, Cherries, Peaches, Apricots.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Cooked vegetables, Fenugreek leaves (methi shak), carrot(Gajar) Cucumber (Kheera), Garlic (Lahsun), Green beans, Potato (sweet), Radishes.</td>
</tr>
<tr>
<td>Cereals</td>
<td>All kind of rice, wheat (Gehun).</td>
</tr>
<tr>
<td>Pulses</td>
<td>Mung, Kuthli, Linseed (Alsi).</td>
</tr>
<tr>
<td>Milk Products</td>
<td>All kinds of milk products, Ghee, Butter milk (Matha) - add salt in sour buttermilk, cottage cheese (Panir), Ice Cream, Curd (Dahi).</td>
</tr>
<tr>
<td>Oils</td>
<td>All oils are good.</td>
</tr>
<tr>
<td>Beverages</td>
<td>Fresh juice of all fruits, Milk Shakes, Lass i-add Cumin (Jeera) powder and honey or dates (Khajoor).</td>
</tr>
<tr>
<td>Nuts</td>
<td>Almonds (Badam), Walnut (Akhot), Pista</td>
</tr>
<tr>
<td>Non-Vegetarian</td>
<td>Chicken (Murga), Eggs (fried), Fish, Crab (Kekra), Prawns (Jheenga) Lobsters.</td>
</tr>
<tr>
<td>Herbs</td>
<td>Psyllium (Isabgol) husk, Triphala, Caster oil (Erand), Asagandha, Bala, Shatvari, Kapikachhu, Amalki, Haritkai, Jatamansi, Basil (Tulsi), Nutmeg (Jaiphal).</td>
</tr>
</tbody>
</table>
Following should be avoided because these are Vata intensifying activities:

- Fasting and irregular diet.
- Consumption of cold, frozen, fried food.
- Bitter, Pungent and astringent tasting food.
- High speed travel.
- Swimming, excessive aerobic exercises.
- Excessive excitation of senses.
- Anxiety, fear, worry and grief.
- Noisy, air-conditioned work places.
- Frequent interruption at work.
- Stress full responsibilities.
- Late night work.

**Pitta Prakriti -**

<table>
<thead>
<tr>
<th>General guidelines for preparing the Pitta diet</th>
<th>Use less amount of pepper, garlic, tomato puree, mustard seed and add spices which have effect on Pitta like Coriander (Dhaniya) seeds, Cumin (Jeera) seeds and Cardamom (Dalchini). Always drain off the excessive oil.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Condiments</td>
<td>Coriander (Dhaniya) leaves, Cumin (Jeera), Cinnamon (Dalchini) in smaller quantity, Curry leaves (Karioppata), Roasted Coconut (Bhuna Nariyal), Turmeric &amp; a small amount of black pepper, Fennel seed (saunf) and Saffron (Keshar).</td>
</tr>
<tr>
<td>Fruits</td>
<td>Sweet fruits, Sweet apple, Coconut (Nariyal), Mango (Am), Fig (Anjir), Grapes (angoor), Sweet melon (Kharbooj), Orange (Santara), Pineapple (Annas), Raisins (Munakka), Dates (Khajur), Pears (Nashpati), Pomegranate (Anar), Watermelon (Tarbooj), Ripe Ber, Ripe Falsa, Kismish (Raisins), Jamun.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Sweet &amp; Bitter vegetables, Cabbage (Gobhi), Broccoli, Cucumber (Kheera), Sprouts, Ladies finger (Bhindi), Pea (Matar), Potato (Alu), Sweat Potato (Shakarkand), Bitter Gourd (Karela), Ridge Gourd (Turai), Loki., Cauliflower, Green beans, Lettuce, Mushrooms, Parsley, Peppers (green).</td>
</tr>
<tr>
<td>Cereals</td>
<td>Barley (Jaun), Rice (Chaval), Wheat (Gehun), Wheat bran (Chokar).</td>
</tr>
<tr>
<td>Pulses</td>
<td>Kidney beans, Mung beans, Soya beans, Yellow Lentil (Arhar).</td>
</tr>
<tr>
<td>Milk Products</td>
<td>Butter (Makkhan), Ghee, Milk, Cottage cheese.</td>
</tr>
<tr>
<td>Oils</td>
<td>Coconut, Olive, Sunflower, Soy.</td>
</tr>
<tr>
<td>Beverages</td>
<td>All sweets fruit juices, Milk Shake, Lassi - add Coriander (Dhaniya) Powder and avoid in spring.</td>
</tr>
<tr>
<td>Non-Vegetarian</td>
<td>Chicken (Murga), Egg - white portion (Anda Safed Bhag), Fish, Hare (Khargosh), Lobster (Kekra), Prawn (Jhenga).</td>
</tr>
<tr>
<td>Herbs</td>
<td>Aloe, Senna, Psyllium, Shatavari, Bala, Amalki, Saffron, Liquorice (Madhu Yasti), Guduchi, Bhringraj, Sandalwood, Rose, Lotus seeds.</td>
</tr>
</tbody>
</table>

Following should be avoided because these are Pitta intensifying activities:

- Fasting or excessive eating.
- Hot fried food.
- Salty, pungent, spicy or sour food.
- Fast and rash driving.
- Exposure to sun & heat.
- Exercise during mid day, excessive adventures.
- Excessive thinking, concentration.
- Violence.
- Suppression of emotions.
- Anger, hate, jealousy, fear of failure.
- Highly illuminated work places.
- Competitive, Challenging jobs.
- Volatile situation of success or failure.
- Working near furnaces and fire sources.
Kapha Prakriti -

General guide lines for preparing the Kapha diet
Avoid deep fried preparation or use occasionally. Some preparations like Vada, Pakora etc. should be baked in spite of deep-frying. Add greater amount of Mustard seeds and 1/4th teaspoon full of Fenugreek (Methi), Fresh green chillies or dry ginger (Saunth).

Condiments
Coriander (Dhaniya) leaves, Cumin (Jeera), Cayenne pepper (lal mirch), Cloves (Long), Cinnamon (Dalchini) and Cardamom (Ilaychi), other spices in small amounts.

Fruits
Apple (Seb), Pears (Nashpati), Apricot, Berries, Cherries, Figs (dry), Pomegranate, Mango, Raisins (Munakka), Jamun.

Vegetables
Pungent (Titi) and Bitter (Kadvi) Raw vegetables, cabbage (Patta gobhii), Carrot(Gajar), Fenugreek leaves (Methi), Garlic (Lahsun), Green beans (Sem), Lady finger (Bhindi), Peas (matar), Chillies (Mirach), Onion (Piyaj), Radish (Muli), Spinach (Palak), Sprouted seeds, Lettuce, Mushrooms, Parsley, Spinach, Ridged Gourd (Tural), Bitter Guard (Loki), Karela.

Cereals
Wheat bran (Chokan), Barley (Jau), Maize (Makka), Millets (Bajra), Yellow Lentil (Arhar), Kulathi.

Pulses
Yellow Lentil (Arhar), Kulathi, Mung, Massor, Chana.

Milk Products
Milk in small quantities, Goat’s milk, Buttermilk with Dried ginger (Saunth), Pepper (Mirach) and Pippal.

Oils
Almond, Corn or Sun flower in small amounts.

Beverages
Carrot juice (Gajar), Ginger juice (Adrak), Carbonated cold drinks.

Non-Vegetarian
Chicken (Murga), Egg, Hare (Khargosh).

Herbs
Garlic, Long Pepper, Shilajit, Honey, Guggul, Aloe, Basil.

Following should be avoided because these are Kapha intensifying activities:
- Excessive eating or eating without variety.
- Cold frozen food and high cholesterol diet.
- Foods with excessive sweet, salt or sour taste.
- Lack of exercise.
- Excessive sleeping, Sleeping during day time.
- Excessive thinking and concentration.
- Lazy, bored and lethargic attitude.
- T.V. shows of tragedies.
- Doubt, greed and possessiveness.
- Exposure to cold weather.
- Repetitive administrative job work.

Note - Guidelines provided in above tables are in general, specific adjustments for individual requirements may need to be made e.g. Asatmay (food allergies), strength of Agni, season of the year and degree of dosha predominance or aggravation.

Herbs used in common diseases:-

Ashwagandha- (winter cherry)
Latin Name- Withania somnifera
Morphology- A small hairy under shrub, about 3-4 ft high branches are zigzag and clothed with stellate hairs. Leaves simple cuneate, narrow at base and clothed with stellate hairs. Flowers in clusters, yellowish green in axils. Fruits are berry endothen with persistent calyx.

Taste- Bitter
Actions- Aphrodisiac, Rejuvenating tonifier (rasayan), Diuretic, Anti-inflammatorry, Analgesic, Anti depressive, Immunomodulatory, Antioxidant.
Used In- Roots- Fever, Painful swellings, Ulcer, Neurological disorder, Cardiovascular system, Physiological and Psychological stress, Gastric activity and general weakness. Leaves- obesity
Parts used- Roots and leaves

Shatavari-
Latin Name- Asparagus racemosus
Morphology- Extensive spiny much branched climber, leafless with cladodes white & small flowers.

Taste- Sweet
Action- Rejuvenator, Nervine-tonic, Galactogogue, sperm poteic.
Used in: Threaten abortion, Leucorrhoea, Agalactia, Seminal and General debility, Hysteria and Hyperacidity.

Parts used: Fleshy roots and cladodes.

*Tulsi* (Holy basil)

Latin Name: *Ocimum sanctum*


Taste: Acrid Bitter

Actions: Expectorant, Diaphoretic, Stimulant, Stomachic, Demulcent, Carminative, Heart tonic, Anthelmintic.

Used in: Rhinitis, Bronchitis, Malarial and viral fever, Asthma, Vomiting, indigestion, earache, Diabetes and liver disorders.

Parts Used: whole plant, leaves, stem and seeds.

*Mulethi* (Licorice Root)

Latin Name: *Glycyrrhiza glabra*

Morphology: A perennial small shrub with pinnate compound leaves, purple flowers.

Taste: Sweet


Used in: Cough, Vomiting, Wound healing, Haematemesis, Thirst, Skin disease, Heart disease, Epilepsy, Hyperacidity and peptic ulcer.

Parts used: Root, Under ground stem, Leaves.

*Gugul* (Indian Beddellium tree)

Latin Name: *Commiphora Mukul*

Morphology: A small tree with spine scent branches. Leaves are glabrous; Fruits are fleshy and globular.

Taste: Bitter

Actions: Astringent, Anti Spasmodic, Anti Bacterial, Blood purifier, Anti inflammatory

Used in: Arthritis, Hemiplagia, Liver disorders, Wound healing.

Parts used: Gum Resin

*Ghrir Kumari* (Indian aloe)

Latin Name: *Aloe Vera*

Morphology: A small herb with stolon, fleshy and radical leaves, flowers pinkish on long scape (height 1-2 ft).

Taste: Bitter

Actions: Fugitive, Carminative, Digestive, Anti-inflammatory, hepatoprotective.

Used in: Constipation, Piles, Rheumatism, Colic, Menstrual disorder, skin care.

Parts used: Pulp of leaves, Dried juice

*Lahsun* (Garlic)

Latin Name: *Allium sativum*

Morphology: A small herb with half tunicated bulb; Leaves flat linear grass like, flower white on a globose umbel (height 1-2 ft).

Taste: Acrid sweet

Actions: Digestive, Antiseptic, antibacterial, Stimulant-expectorant, diaphoretic, Bone healing, Rejuvenator, hypocholestrimic.

Used in: Flatulence, Epilepsy, ear troubles, Malarial fever, Tuberculosis, Skin disease, Chronic Cough, Bronchitis.

Parts used: Bulb and Leaves

*Pippali* (Long Pepper)

Latin Name: *Piper Longum*

Morphology: A slender under shrub, creeping and rooting below, branches rambling, root is erect and thick, leaves are delicate orbicular, heart shaped.

Taste: Acrid

Actions: Carminative, Aromatic, Rejuvenator, Digestive, CNS stimulant, anti bacterial, Anti-inflammatory.

Used in: Cough, Chronic Bronchitis, Cold, Throat disorder, Spleenomagaly, Dyspepsia, Lumbago, Antidote to snakebite, Uterine hypotonia.

Parts used: Dried unripe fruits and roots.

*Gulab* (Rose)

Latin Name: *Rosa centifolia*

Morphology: An erect perennial shrub about 1 to 1.5 meter high branches with large hooked prickles, leaves-compound with 5 leaflets, Flowers with many petals stamens and carpels, aromatic.
Taste- Bitter  
Actions:- Aromatic, Appetizer, Astringent, Heart Tonic, Digestive, Laxative.  
Used in:- Skin disease, Burning sensation, acne, constipation, Gulkand is a preparation from equal parts of sugar and petals is Astringent and heart tonic, Rose water is used as vehicle for medicine. Rose water is very useful for Eye, Skin and chest problems.

Parts used- Flowers  
Chandan (Sandal wood)  
Latin Name- Santalum album  
Morphology- Evergreen medium sized tree about 25-30 feet high which is semi parasite, leaves opposite, ovate, flowers small of purple color and clusters.

Taste- Bitter  
Actions:- Cooling, styptic, demulcent, antidote, Diuretic, Diaphoretic.  
Used in:- Fever, thirst, vomiting, Disuria, Leucorrhoea, Dysentery.  
Parts used- Heart wood and oil.  
Sanaya (Indian Senna)  
Latin Name- Cassia angustifolia.  
Morphology- A small herb about 2-3- feet high, compound leaves with 1-5 pairs of leaflets, yellow flowers in axillary raceme. mainly cultivated in Tamil Nadu.

Taste- Bitter  
Actions:- Laxative, Anthelmintic, Blood purifier.  
Used in:- Constipation, skin disease, cough, Abdominal troubles.  
Parts used- Pod and Leaves.


Objective of Dhanvantari Vatika  
The main aim of Dhanvantari Vatika established in the Governor house is to propagate the knowledge of medicinal plants among the masses. This is possible only when such types of Vatikas are established in different parts of the state and the awareness regarding the importance of these medicinal plants is spread among people, so that they can be benefitted by the valuable heritage of our ancestors in the form of Ayurveda.

पश्येम शरदः शातं जीवे म शरदः शातं श्रुण्याम शरदः शातं प्रक्रवाम शरदः शातं मदीना: स्याम शरदः शातं भूतस्वच शरदः शातात् । ।

- युद्धव्रद 36:24

Which means we may see for hundred years, live for hundred years, hear for hundred years, continue to have speaking power for hundred years, should be self dependent for hundred years i.e. we should not be dependent on others. This has been the desire in the Vedic age.
Our Gratitude for the co-operation of:
U.P. Agriculture Department

MAIN SCHEMES OF AGRICULTURE DEPTT. U.P. :-
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- 25% cost subsidy on agriculture implement distribution.
- 50% cost subsidy on plant protection instrument distribution.
- Bhumi Sena Yojna for reclamation of Usar, Barren & Water logged lands of farmers.
- Farmers Training at Various Levels.

For further information kindly call on free helpline No. 1551 or visit our site www.upagriculture.org

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Published by:
Dhanvantari Vatika, RajBhawan, Uttar Pradesh, Lucknow
on the 6th Anniversary of Dhanvantari Vatika.

Printed by:
Joint Director,
Agriculture Bureau, 9, University Road, Lucknow; Ph: 0522-2781042