

3rd Class Minutes / Class Notes (19th January 2026, Monday)

Lineage of Ayurveda and Indian Ancestral Wisdom: Vedas, Darshanas, and Epigenetics



💡 Something we all should ponder about:



"If health is a set of 'laws' rather than 'luck,' why do you think we find it so hard to follow them today? Is it lack of knowledge or lack of 'memory' of these laws?"

**Homework:** Who were ashwini kumaras?



The Sages' Quest for Humanity

...sahasraksha so atriputradi kaanmuneen I

Context: Indra taught the sages (Atriputra and others) who saw humanity suffering.

Traditional Insight:



The Assembly

·Great sages (Atreya, Bharadvaja, etc.) gathered at the foot of the Himalayas because diseases were obstructing the four goals of life (Dharma, Artha, Kama, Moksha).



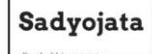
Indra to Atreya

Lord Indra (Sahasraksha) passed the complete knowledge to Atreya, who then shared it with his disciples.



The Earthly Descent

This marks the transition from "Divine Wisdom" to "Human Medicine."



## The Sages' Quest for Humanity

...sahasraksha so atriputradi kaanmuneen |

## Scientific Link: Epigenetics &amp; Ancestral Wisdom



## Epigenetic Memory

Modern science proves that our ancestors' environment and diet "tagged" our DNA. We are the living library of their experiences.



## Sages as Researchers

Sages who met at the Himalayas were the world's first **Longitudinal Study Group**. They observed thousands of people over centuries to see what worked. Scientifically, we call this as a **Validation Protocol**. In modern science, a clinical trial might last 5 to 10 years. Ayurveda, however, represents a **longitudinal study** spanning over 5,000 years.



## Global Health Summit

Just as modern scientists gather to solve a pandemic, ancient sages gathered to solve the "pandemic" of lifestyle diseases.



## Bio-hacking your Lineage

Ayurveda helps you identify your Prakriti (Constitution), which is your "Genetic Home Base".

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## 💡 Insight Question:

"Why should we learn about our ancestors or lineage? Is your body just 'yours,' or is it the result of 5,000 years of successful survival by your ancestors? Is it just history, or is it a map of your genetic strengths and weaknesses?"

- **Generational Memory:** Scientific studies, show that descendants of people who faced famine (scarcity) have higher risks of diabetes and heart disease. If an ancestor faced a period of extreme fear or famine, their body developed "**survival tags**." These tags can be passed down for at least 4 generations.
- **Roadmap:** Knowing your history helps you identify these "**epigenetic markers**." If you know your ancestors lived in a specific geographic region with a specific diet (like the Vedic diet of grains and seasonal herbs), your body may be biologically "primed" to process those foods better than modern processed alternatives.



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## Diversity of Scientific Thought

## Traditional Insight:

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**Tē'gnivēsādikāmstē tu pṛthak tantrāṇi tēnirē |**  
**Translation:** "His disciples, Agnivesha and others, composed their own separate treatises."

6 Disciples

Atreya had six students: Agnivesha, Bhela, Jatukarna, Parashara, Harita, and Ksharpani.

Prithak Tantrani (Separate Treatises)

·They didn't just copy their teacher. Each student used their own intelligence to write specialized "Tantras" (textbooks).

Agnivesha Tantra

Agnivesha's work was the most brilliant and became the foundation for the Charaka Samhita.

Empirical Observation

·sages of the Veda Kala were essentially the first "scientists" who used rigorous observation to categorize plants and human constitutions (Prakriti)

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## Clinical Example:

·In Ayurveda clinic, we don't treat every "Back Pain" the same. We look for **multiple perspectives**. One person's pain is from "Vata" (dryness), another's is from "Ama" (toxins).



## The Filter – Finding the Essence

**Te bhyo 'ti-viprakīrṇebhyaḥ prāyaḥ sāratarocayaḥ |**

*"From those vast and scattered sources, the most essential essence is collected."*

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Traditional Insight:

- **Viprakirna (Scattered/Vast):** By Vagbhata's time, there were too many books! Some were so huge that a person couldn't finish them in a lifetime.
- **Saratara (The Best Essence):** Vagbhata extracted only the most clinically effective, "High-Yield" information to create the Ashtanga Hridaya (The Heart of the 8 Branches).

Modern Information Architecture :

- **Data Overload:** We are in a "Viprakirna" age—too many blogs, too many YouTube health tips. This is "scattered" knowledge.
- **"Heart" (Hridaya) (My perspective):** Why "Ashtanga Hridaya to you?" It covers minor details to focus on the Core Essence that actually heals.  
**"If you feel 'scattered' by health advice. Stop following 10 tips in first stage and master the 'Heart' (Hridaya) principles"** →

**Kriyatē'ṣṭāṅgahṛdayaṃ nātisaṅkṣēpavistaram |**

*"...created (Ashtanga Hridaya) which is neither too brief nor too long."*

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Traditional Insight:

- **Na-ati-sankshepa (Not too short):** If instructions are too brief (like "just eat healthy"), they are useless. You need details.
- **Na-ati-vistaram (Not too long):** If instructions are too long (like a 50-step morning routine), you will get overwhelmed and quit.
- **Balance:** Ayurveda is about the Middle Path.

**The Goldilocks principle:**

Modern habit-science (like Atomic habits) agrees!

**To succeed** - A habit must be **specific** (not too brief) but **easy** (not too long) to stick.

The Goldilocks Principle is the idea of finding a "just right" middle ground, avoiding extremes, named after the fairy tale where Goldilocks prefers porridge, chairs, and beds that are neither too hot/big/hard nor too cold/small/soft, but optimal for her needs

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 Quick Quiz:

“Brief a health habit you tried and failed.  
Was it too 'vague' (Sankshepa) or was it too  
'complicated' (Vistara)?”



## Clinical Examples – Lineage in Practice

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 • **Case Study 1: The "Legacy" Anxiety**

- o Patient: Chronic anxiety with no current life stressor.
- o Insight: Through Anushanga (latent tendencies), we found a lineage of high-stress environments.
- o The Fix: We didn't just treat his current symptoms; we used Sattvavajaya (mental reprogramming) to "reset" his inherited epigenetic tags.

 • **Case Study 2: The Modern "Data" Error**

- o Patient: Followed a "Raw Vegan" diet (scattered info) but developed severe joint pain and bloating.
- o Insight: The patient was ignoring their Prakriti (lineage-based constitution). By returning to the "Essence" of Ayurvedic cooking (warm, spiced, cooked food), the joints healed within weeks.

## Extra topic: Holism vs. Reductionism

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Modern medicine is often reductionist (treating a single organ or symptom). Ancient Shastras are systematic.

- **Veda Kala Insights:** In the Vedic era, health was seen as an equilibrium between the individual and the universe. This aligns with modern Systems Biology, which looks at the complex interactions within biological systems.
- **The Equation of Health:** In Ayurveda, health is not just the absence of disease, but a state of balance.

Let's look at health not as a feeling, but as a balanced biological equation:

$$\text{Health} = \text{sum of (Dosha}_{\text{Balance}} + \text{Agni}_{\text{Strength}} + \text{Dhatu}_{\text{Integrity}}) * \text{Samskara}_{\text{Habit}}$$

If any variable in this sum is zero or negative, the system (the body) fails

**The Variables:**

- o **Dosha:** Your biological humors.
- o **Agni:** Your metabolic fire (The "Engine").
- o **Dhatu:** Your tissues (The "Structure").
- o **Samskara:** The daily actions you take to "remember" your health.

## Conclusion – Thanking your biological heritage & Becoming a Custodian

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- **Acknowledge Sage's gift:** You are not a blank slate; you have 5,000 years of biological wisdom in your cells.
- **Filter the Noise:** Stop chasing every new trend. Master the "Heart" (Hridaya) principles.
- **Practice Anusthana:** Health is an eternal law you must "remember." Turn this "remembered" knowledge into your daily reality.
- **Essence:** You don't need to be a doctor; you just need the Learning "Heart" (Hridaya) for the science.



## Final Reflection Question:

"If you knew that your daily habits today were 'tagging' the DNA of your grandchildren, would you choose differently for dinner tonight?"

### Meaning of The Lineage (Avatarana) Shloka and the Eternal Nature of Ayurveda

The 3-4 shloka discussed,

**"Brahmā smṛtvāyūṣo vedaṃ prajāpatimajgrahat |  
So'svīnau tau sahasrākṣam,"**

translates to Brahma remembering the science of life, Ayurveda, and passing it down. Brahma transmitted this knowledge to Daksha Prajapati, then to the Ashwini Kumaras, and subsequently to Lord Indra (Sahasraksha, meaning one with a thousand eyes).

A key takeaway is that **Ayurveda was remembered by Brahma**, not created, implying its **eternal existence**, similar to natural laws like gravity.

### The Transmission of Ayurvedic Knowledge and Ancestral Wisdom

The knowledge was passed from Sahasraksha (Indra) to Atriputradi and other sages.

- An assembly of sages gathered in the Himalayas, concerned about human suffering and new diseases, to address these issues.
- Lord Indra then imparted the complete knowledge to Atreya Maharshi, who shared it with his disciples. This lineage highlights the divine origin and **systematic transmission** of Ayurvedic knowledge. **It also suggests that human medicine has a divine basis, passed down from higher beings for the benefit of humanity.**

### Why should we learn about our ancestors or lineage? Modern Perspective: Epigenetics and the Impact of Ancestral Lifestyles

The concept of epigenetics was discussed, noting that modern science is **now** discovering that DNA carries memories passed down through generations.

This echoes ancient Ayurvedic understanding.

- The discussion provided an example: families descended from ancestors who faced famine or war (scarcity of food) often show a higher risk of diabetes and heart disease in current generations.
- This is because their **ancestors' bodies adapted to scarcity by becoming highly efficient at storing**

**energy.** In today's world of abundant food, this genetic predisposition can lead to health issues due to **over-nourishment.**

### Practical Application of Epigenetics

- The example of **seasonal foods** was given. Our ancestors consumed local, seasonal produce like Nerle Hannu (Jumbu fruit) and raw mango.
- Modern diets, however, often include non-native foods like tomatoes, onions, which can be understood differently by our genes and contribute to health problems. **Understanding ancestral diets and lifestyles is crucial for promoting health.**

### Development of Ayurvedic Texts and Multiple Perspectives

The shloka "*te agniveshadikams tetu prithak tantrani tenire*" refers to Atreya and his disciples (Agnivesha, Bhela, Jatukarna, Parashara, Harita, ksharapani) who received knowledge from Indra.

- These disciples recognized the **vastness and complexity** of the original knowledge and, rather than simply passing it on, developed separate '**tantras**' or textbooks based on their individual skills and understanding.

- **Agnivesha's work, in particular, evolved into the Charaka Samhita.**

This highlights the importance of **multiple perspectives** in Ayurveda.

For instance, back pain might be attributed to different factors (vata, kapha, ama/toxins, posture, food habits) in different individuals, requiring a **personalized approach** rather than a one-size-fits-all treatment.

### The Compilation of Ashtanga Hridaya

The shloka "*tebhyo ativiprakernebhayah prayah saratarochchayah*" refers to the **scattered (Viprakerne) and vast nature** of Ayurvedic knowledge.

Vagbhata Acharya, recognizing this, compiled the **essence (Saratara)** of this scattered information into Ashtanga Hridaya, an organized text with eight branches.

- This process of condensing and refining vast knowledge into a more accessible format is still relevant today and a more reliable text, given the overload of information available about health concerns (e.g., WhatsApp, YouTube).

**Kriyatē'ṣṭāṅgahṛdayaṃ nātisaṅkṣēpavistaram | "...created (Ashtanga Hridaya) which is neither too brief (Na ati samkshepa) nor too long (Na ati vistara).**

Ashtanga Hridaya aims to provide a balanced understanding, being neither too brief nor too extensive, making it **practical for learning** and application. The **Goldilocks principle** (not too short, not too long) can be cited as a modern parallel to this Ayurvedic approach to knowledge dissemination.

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### .Health Habits: Participants Personal Experiences and Ayurvedic Principles

Participants shared personal experiences of health habits they tried and failed to maintain.

- One participant mentioned inconsistent food habits due to work, leading to skipping breakfast and light lunches, followed by heavy dinners. After retirement, with more time, they successfully established regular eating patterns.

- Another participant detailed consuming five meals a day, including multiple coffees and biscuits, which became unsustainable with increased work. This eventually led to the onset of diabetes, exacerbated by consuming mangoes uncontrollably and reduced exercise.

On Doctor's observation and enquiry: This individual noted that their ancestors, who were farmers and engaged in heavy physical labor, did not suffer from diabetes or obesity, despite consuming large, calorie-dense meals.

This demonstrates **the impact of lifestyle changes across generations on health outcomes**, supporting the concept of the "survival tag" or DNA adaptation to environmental conditions (Epigenetics).

### The Role of Prakriti and Personalized Care

The discussion emphasized that each person's 'prakriti' (constitution) is unique, and **Ayurvedic treatments are highly personalized**. The presenter suggested that without a thorough assessment of a person's history and conditions, it's impossible to understand what is happening in their body. This contrasts with a generalized approach or "One size fits all" treatment approach to health problems.

### Epigenetics and Ayurveda and Clinical Examples of Epigenetics in Ayurveda

Ayurveda explicitly addresses modification techniques related to epigenetics.

- The concept of '**trayopasthamba**' (three pillars of life) – Aahara (diet), Nidra (sleep), and Brahmacharya (regulated lifestyle) – are crucial. By understanding and correcting imbalances in these areas, one can modify their lifestyle.

- Additionally, 'Dinacharya' (daily routines) and 'Rutucharya' (seasonal routines) are vital for modifying epigenetics, as they influence daily self-care and bodily processes.

- This demonstrates Ayurveda's practical approach to health, emphasizing personalized regimens based on individual constitution and environmental factors.

### Clinical case example to epigenetics correction by ayurveda:

**Chronic Anxiety:** A patient with no apparent life stress experienced chronic anxiety. Ayurvedic history and counseling revealed that this anxiety might be a **genetic inheritance** (a lineage stressor). Reprogramming of such genetic stressors is addressed through '**Satvavajaya chikitsa**' (psychotherapeutic approach by Mental reprogramming) in Ayurveda.

**Raw Vegan Diet:** A patient developed severe joint pain and bloating on a raw vegan diet, influenced by scattered information.

The solution involved understanding **their individual prakriti** (which was Vata prakriti already dry in nature) and switching to **warm, cooked**, spiced foods, which helped alleviate their symptoms. This highlights the importance of aligning diet with one's unique constitution rather than following generic trends.

**Conclusion: Patience and Gratitude**

The session concluded with two core principles of Sikh tradition: 'Sabr' (patience) and 'Shukr' (gratitude).

- Sabar (Patience): This involves understanding the principles of health, mastering one's body, and **practicing knowledge consistently**. Patience in this context leads to better health.
- Shukr (Gratitude): This entails being thankful to the divine and ancestors for the life and knowledge received, recognizing that **current generations have a better quality of life due to past wisdom**.

## Introduction to Vedas and Darshanas

# “From Darśana to Deha: Understanding Creation in Ayurveda”

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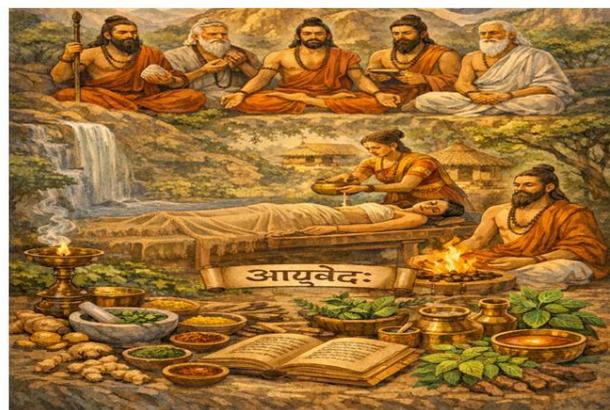
## TODAY'S SESSION

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### CONTENTS

1. Introduction to Vedas and Darshana
2. Brief Introduction to Srushti Utpatti Krama
3. Overview of Ayurveda shastra





## VEDAS



- The word *veda* means "**knowledge.**" In the modern world, we use the term "science" to identify the kind of authoritative knowledge upon which human progress is based.
- To the ancient people of Bharatavarsha (Greater India), the word *veda* had an even more profound import that the word science has for us today. That is because in those days scientific inquiry was not restricted to the world perceived by the physical senses. And the definition of human progress was not restricted to massive technological exploitation of material nature.
- In Vedic times, **the primary focus of science was the eternal, not the temporary; human progress meant the advancement of spiritual awareness yielding the soul's release from the entrapment of material nature,** which is temporary and full of ignorance and suffering.

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## VEDAS



- Vedic knowledge is called ***Apauruseya***, which means it is not knowledge of human invention. Vedic knowledge appeared at the **dawn of the cosmos within the heart of Brahma**, from whom all the species of life within the universe descend.
- Brahma imparted this knowledge in the form of **Shabda** (spiritual sound) to his immediate sons, who are great sages of higher planetary systems like the ***Satyaloka, Janaloka and Tapaloka.***
- These sages transmitted the Vedic shabda to disciples all over the universe, including wise men of earth in ancient times. Five thousand years ago the great Vedic authority ***Krishna Dvaipayana Vyasa*** compiled the ***sabda into Sanskrit scripture (sastra)*** which collectively is known today as the Vedas

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## VEDAS- Ancient Knowledge Framework



- The first degree of learning was the memorization of the Vedic Samhita, which consists of 20,000 mantras (verses) divided into **four sections -- Rg, Sama, Yajur and Atharva** -- that are chanted by priests in glorification of various aspects of the Supreme Being during sacrificial rituals.
- The second degree was the mastery of the **Brahman portion of the Vedas, which teaches rituals for fulfillment of duties to family, society, gods, sages, other living entities and the Supreme Lord.**
- The third degree was the mastery of the **Aranyaka portion**, which prepares the retired householder for complete renunciation.
- The fourth degree was the mastery of the **Upanisads, which present the philosophy of the Absolute Truth** to persons seeking liberation from birth and death.
- The texts studied in the four stages of formal Vedic education are collectively called **sruti-sastra, "scripture that is to be heard"**.

## BRIEF INTRODUCTION TO DARSHANAS

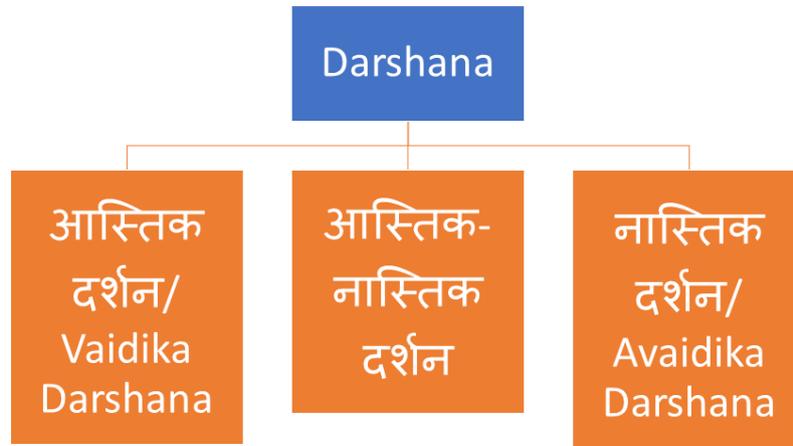
दर्शन is derived from दृश् धातु + ल्युट् प्रत्यय•

दृश्यते इति दर्शनम् ।

दृश्यते अनेन इति दर्शनम् ।

Darshana is perspective (the view point, the instrument) through which things are seen

# DARSHANA CLASSIFICATION



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## BRIEF INTRODUCTION TO DARSHANAS



- The sad-darshana (six philosophical views) are nyaya (logic), vaishesika (atomic theory), sankhya (analysis of matter and spirit), yoga (the discipline of self-realization), karma-mimamsa (science of fruitive work) and vedanta (science of God realization).
- The sad-darshanas are termed astika philosophies (from asti, or "it is so"), because they all acknowledge the Veda as authoritative, as opposed to the nastika philosophies of the Carvakas, Buddhists and Jains (nasti, "it is not so"), who reject the Vedas.
- Beginning with nyaya, each of the sad-darshanas in their own turn presents a more developed and comprehensive explanation of the aspects of Vedic knowledge. Nyaya sets up the rules of philosophical debate and identifies the basic subjects under discussion: the physical world, the soul, God and liberation.
- Vaishesika engages the method of nyaya or logic in a deeper analysis of the predicament of material existence by showing that the visible material forms to which we are all so attached ultimately break down into invisible atoms.

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## BRIEF INTRODUCTION TO DARSHANAS



- Sankhya develops this analytical process further to help the soul become aloof to matter.
- Through yoga, the soul awakens its innate spiritual vision to see itself beyond the body.
- Karma-mimamsa directs the soul to the goals of Vedic ritualism.
- Vedanta focuses on the supreme spiritual goal taught in the Upanisads.

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## BRIEF INTRODUCTION TO DARSHANAS



- Each darshana is scientific in approach, with a doctrine based on logic and critical arguments. Each has an epistemology (theory of knowledge), a cosmogony (theory of creation), a metaphysical view of reality. A strong ethical framework, and tools to validate and substantiate the system.
- Each darshana was codified by a founding sage, who also composed explanatory verses, sutras, to elucidate its meaning, to serve as a guide or manual towards the recognition of a higher, more meaningful life.

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## BRIEF INTRODUCTION TO DARSHANAS



- The word sutra means thread or string, implying that they bind together in written form, a previously oral tradition.
- sutras were first written on leaves which were then bound together with string. Whatever the origin of the term, the sutra is a series of aphorisms that contains a thought, an idea, a statement or an argument expressed in a brief, condensed phrase, dense with meaning, and therefore open to different interpretations.
- For this reason, the darshanas have traditionally required scholarly attention to be unveiled, in contrast to the Indian epics, which dispensed wisdom in a more accessible manner.

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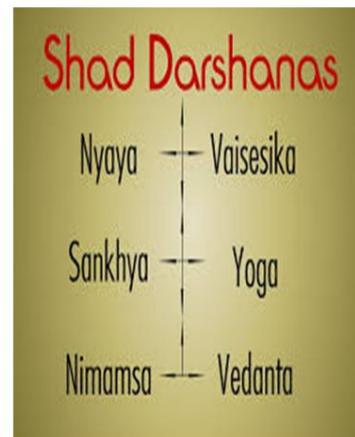


**“Truth is one. Sages call it by different names.”**



**The six darshanas are philosophical systems, or schools of thought, that take their authority from the Vedas.**

**The six disciplines offer unique points of view, six separate windows from which to observe and comprehend Life, six seemingly disparate paths leading towards the one Ultimate Reality through the removal of ignorance of the nature of existence, liberation from suffering, and the attainment of enlightenment.**



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## SHAD DARSHANAS- SIX SCHOOLS OF INDIAN PHILOSOPHY



SHAD DARSHAN CHART			
SCHOOL	AUTHOR	BEGINNING	MAIN BOOK
NYAYA	GAUTAMA RISHI	6 <sup>TH</sup> CENTURY BC	NYAYASUTRA
VAISHESHKA	KANNANDA RISHI	6 <sup>TH</sup> CENTURY BC	VAISHESHIK SUTRA
SANKYA	KAPIL MUNI	6 <sup>TH</sup> CENTURY BC	SANKYA SUTRA YOG
YOGA	MAHARISHI PATANJALI	2 <sup>ND</sup> CENTURY BC	YOG SUTRA
POORVA MIMANSA	JAIMINI RSIHI	4 <sup>TH</sup> CENTURY BC	POORVA MIMANSA SUTRA
UTTAR MIMANSA	MAHARISHI VYAS	4 <sup>TH</sup> CENTURY BC	UTTAR MIMANSA SUTRA

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## SHAD DARSHANAS- SIX SCHOOLS OF INDIAN PHILOSOPHY



- The study of the six systems of Vedic philosophy is itself a form of yoga: **jnana-yoga**, the yoga of theoretical knowledge.
- But from, practical realization of the ultimate truth. **jnana one must come to vijnana**
- The sad-darshana are six branches of theoretical dialectics (sastratha) that twist and turn from thesis (purvapaksa) to antithesis (uttarapaksa) to synthesis (siddhanta) like the gnarled branches of a tree.

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## SHAD DARSHANAS- SIX SCHOOLS OF INDIAN PHILOSOPHY



- The Absolute Truth, being transcendental, is only indirectly framed in the branches of jnana, like the rising full moon may be framed by the branches of a tree. A friend who wishes us to see the moon may first draw our attention to that tree.
- This may be compared to the indirect or theoretical stage of knowledge. Seeing the moon is vijnana. There is a straightforward path to vijnana.
- It is explained in the Mahabharata, Vana-parva 313.117: "Dry arguments are inconclusive. Philosophers are known for their differences of opinion.
- Study of the branches of the Vedas will not bring one to the correct understanding of dharma. The truth is hidden in the heart of a self-realized person. Therefore one should follow the path of such great souls."

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## Sankya Darshana



➤ Profounder - Maharshi Kapila

➤ संख्या means number

➤ सम्यक् ज्ञान

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- It is the oldest among all Darshana
- In bhagavat geeta it is quoted as  
'सिद्धानां कपिलो मुनिः'

In श्वेताश्वतरोपनिषद्  
"ऋषिप्रसूतं कपिलं यस्तमग्रे, जानैर्बिभर्ति, जायमानं च पश्येत्  
|

One who read Sankya Darshana they have true  
knowledge of life.

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### Main texts (प्रमुख ग्रन्थ)

- तत्त्व समास और संख्या सूत्र (कपिल)
- Editor – Vijnana Bhikshu

Sankya Darshana has been divided into 6 Chapters

527 Sutras are there

- Commentator:

सांख्य कारिका (author -ईश्वर कृष्ण)

Goudapada

**Synonyms-** Shasti Tantra & निरिश्वरवाद, तर्कपाद



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## Principles of Sankya Darshana

- Srusti utpatti by 25 Tatva
- त्रिविध दुख -आध्यात्मिक, आधिदैविक, आधिभौतिक
- दुःख त्रयाभिघात- सर्वदा निवृत्ति- मोक्षप्राप्ति,
- पुरुष की व्याख्या,
- परिणामवाद & सत्कार्यवाद
- त्रिगुण - सत्व, रज, तम- their Qualities & importance
- बन्ध एवं मोक्ष
- प्रमाण - 3 प्रत्यक्ष, अनुमान, शब्द
- Ultimate objective - मोक्ष (liberation) by real knowledge



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## Theory of creation /सृष्टि उत्पत्ति

25 elements are responsible for सृष्टि उत्पत्ति

Union of Purusha & Prakruti-- सृष्टि उत्पत्ति

Simily: Pangvandha nyaya



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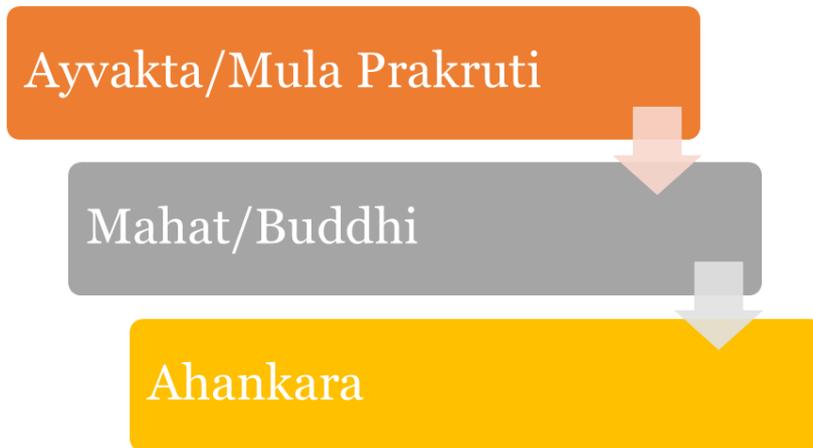
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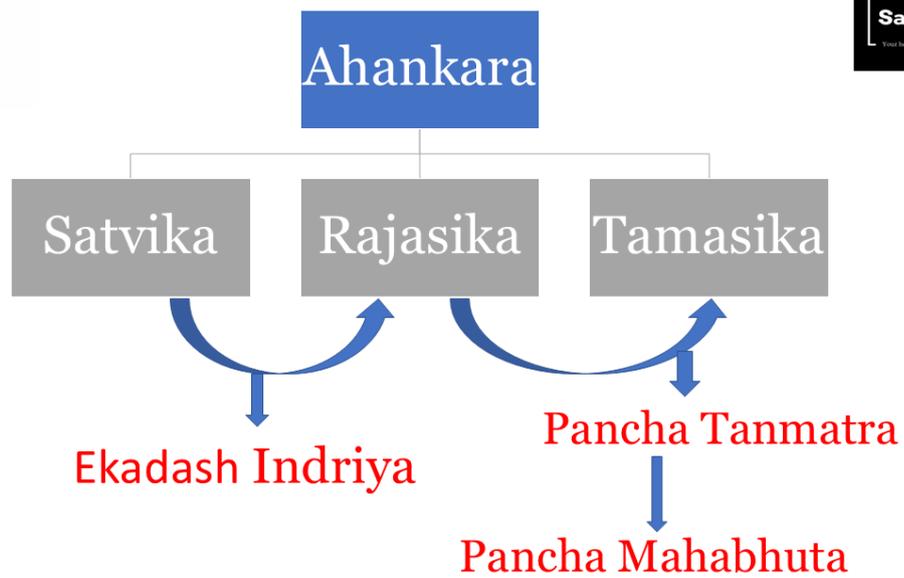
# Sruti Utpatti



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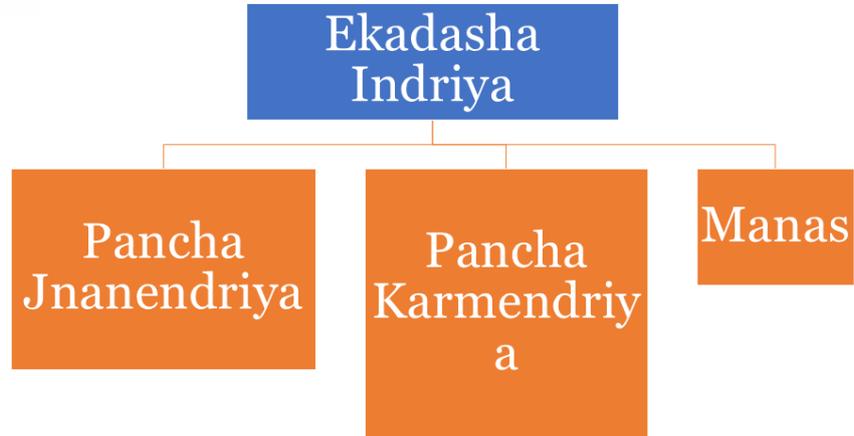
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- Prakruti - 1- Avyakta/Mula Prakruti
- Prakruti-Vikruti - 7- Mahat, Ahankara, Pancha Tanmatra
- Vikruti – 16 – Ekadasha Indriya & Pancha Mahabhuta
- Na Prakruti-Na vikruti – 1- Purusha

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## **Moola prakruti / Avyakta** Neutral (Jadatwa) but with the help of Chaitanya Purusha creates Srusti

it is Upaadan Karan for creation of world,

it is kriyavan & Achetana

It is Nitya, Swatantra, Vyapaka, Parinama  
Sheela

and it cannot cause the creation alone.

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## **Purusha:**

It is the 25<sup>th</sup> Tatwa of Sankhya darshan, it is  
Chetanvan, but Nishkriya hence with the help of  
Avyakta it causes the creation.

It is

- 1) Nirguna - possess no qualities of Satwa raja  
Tama
- 2) Nirvikara - does'nt change at all
- 3) Nirlepa - no connections with anything
- 4) Niranjan - no impurities in it
- 5) Saskshi - it observes the Karya

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### ○ **Mahat or Buddhi or Adhyavasaya**

- It is derived from Avyakta and gives origin to Ahankara.
- Mahat is stimulated by Avyakta, Purusha and Triguna then a person get the distinguishing knowledge of Karthavya or Akarthavya.

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### **AHANKAR**

- "Swa Abhimano Ahankarah": It is of 3 types, they are:
- Saatwika (Viikarika), Rajasa (Tejasa) and Tamasa (Bhutadi).

Satva guna indicates Preeti, Prakshaka, कल्याणांश

Rajo Guna: Apreeti, pravarthaka, रोषांश

Tamo Guna- Vishada(despair), मोहांशत्वात्]

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**PANCHA TANMATRA These are Microscopic & produces Panchamahabhuta.**

○ **PANCHAMAHA BHOOTAThese are Macroscopic structures, get derived from Panchatanmatra.**

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Pancha Tanmatra-	Pancha Mahabhuta
ShabdaTanmatra	Akasha Mahabhuta
• SparshaTanmatra,	Vayu Mahabhuta
• RupaTanmatra,	Agni Mahabhuta
• RasaTanmatra,	Jala Mahabhuta
• GandhaTanmatra	Pruthvi Mahabhuta



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## Pancha Jnanendriya Pancha Karmendriya

- Shraavanendriya ➤ Hasta – ग्रहण धारणे
- Sparshnendriya ➤ Paada – गमन कर्मणि
- Chakshurendriya ➤ Guda & Upasta - विसर्गार्थं
- Rasnendriya ➤ Vagindriya - वाक् च सत्या
- Granendriya ➤ ज्योतिस्तमोऽनृता



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SRISHTI UTPATTI	EVOLUTIONARY EVENTS	EVOLUTIONARY STAGE
AVYAKAT	The big giant single particle present	Plank epoch
MAHAN	Reactivity to Events that started to take place inside singular particle	Grand unified epoch.
AMAHKAR	The process differentiation of particles formed after blast	Inflationary Electron and Quack epoch
SATVA RAJA TAMHA	Environmental factors	Hadron epoch
PANCH SUKSHMBHOOT	Atomic particles	Lepton and nuclear epoch
PANCH MAHABHOOT	The different molecules formed by combination of basic atoms	Atomic and galactic phase
EKADASH INDRIYA	The living things formed	Stellar phase
NIRINDRIYA	The non living things formed	



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## Trividha Dukha



- आध्यात्मिक – Diseases due to Aadibala (impairments in Shukra-Shonita), janmabala(since birth like blindness, deafness) & Doshabala(Vatadi prakopajanya & manasa roga)
- आधिदैविक – Diseases due to impairment in seasons, abhishapa(curse) & upasarga(epidemic)
- आधिभौतिक – Diseases due to external causes like injury, fractures, bite/ scratch from animals.

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## Parinama Vada:

Objects transform from one stage (form) to other, but never be produced or destructed. Based on this, he introduced the theory that matter is indestructible but takes different forms.

Eg: Dhatu Poshana- Rasat Raktam.....  
transformation of Milk to Curd



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### Satkarya Vada (Theory of relativity)

Karya is transformation of Karana, Karya resides in Karana in Beeja Rupa, from Asat or Abhava or Shoonya the matter cannot be produced.

From Asat only Asat.

From Sat only Sat.



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- From Asat-Sat cannot be produced.
- From Sat-Asat cannot produced.
- Matter is neither produced nor destructed the cause and effect are different forms of an object but not new things.



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## 5 principles of Satkarya Vada

### 1) Asadakaranath:

From Asat (Abhava) - Sat cannot occur

Ex: sheeta padartha cannot produces Pittaja Vyadhi  
malarial parasite cannot produce dengue



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### 2) Upaadaana Grahanath:

From only reliable associates the relevant products generate. Prerequisite materials are required for particular Karya

Ex: For Oil extraction – prerequisites are ground nut(Coconut), wheel/machine, pressure, maker

For Cloth making – threads, machine, maker etc.,

For Garbha formation- shukra, shonita, matruja bhava, Pitruja bhava, Atmaja bhava, Satvaja bhava, Rasaja bhava



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### 3) Sarva Sambhava Abhavaath :

One Karana never become cause for many different things.

Ex: Seeds never produce other than plant like birds human reptiles etc

Matruja bhava are responsible for production of matruja avayava in Garbha



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### 4) Shaktasya Shakya Karanat:

from one cause relevant qualitative object can be prepared or produced.

**Shakya - Potency**

Ex: From Wood - only wooden Chair

drugs predominant of Prutvi & Jala Mahabhuta are responsible for virechana karma



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### 5) Karana Bhavaat

From one variety of object same variety object can be produced.

Ex: From Rice – only rice .

- Shabda tanmatra gives Akasha Mahabhuta



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### • Application of Sankya Darshana in Ayurveda

- ✓ 3 pramanas accepted in ayurveda also
- ✓ Srusti utpatti 25 tatvas- accepted by Sushruta
- ✓ Trividha dukha – are explained as classification of diseases
- ✓ Prakruti, vikruti, atma vivechana are similar
- ✓ Purusha are aneka



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## • Application of Sankya Darshana in Ayurveda



- ✓ 3 Gunas (Satva, rajas, tamas) accepted in ayurveda also
- ✓ Veda pramanikata
- ✓ Purusha is nimitta karana for Srusti utpatti
- ✓ Concept of Bandha, moksha, punarjanma are simillar

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## Yoga



- Profounder - Maharshi Patanjali
- For Srusti utpatti-26 Tatvas
- ईश्वर (God) is creator of universe
- प्रमाण - 3 प्रत्यक्ष, अनुमान & शब्द प्रमाण

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- अष्टांग योग for मोक्ष प्राप्ति
- 1. यम (integrity/ethics) - self control  
अहिंसा, सत्य, ब्रह्मचर्य आदि द्वारा।
- 2. नियम (self discipline)-  
• शौच, तप आदि नियमों की practice द्वारा।
- 3. आसन (Yogic postures) –  
• स्थिर सुख आसनम्  
• different postures to mould body
- 4. प्राणायाम (breathing exercise) - practice to regulate breath.



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- 5. प्रत्याहार (withdrawal of sense inward)- sense organs को अपने विषयों से हटाकर self control
- 6. धारण (concentration) मन को किसी एक point पर concentrate करना।
- 7. ध्यान (meditation) वह अवस्था जिसमें ब्रह्म पर ध्यान केन्द्रित किया जाता है।
- 8. समाधि (transcendence) - यह concentration की supreme state है।
- यमनियमासन प्राणायाम प्रत्याहार धारणा ध्यान समाध्यो अष्टावगानि। (यो.द. 29/5)



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## Ayurveda and Yog Darshan

- आयुर्वेद में भी योग को स्वास्थ्य एवं मोक्ष का महत्वपूर्ण माध्यम माना है।
- योग मोक्षे च सर्वासाम् वेदानानामवर्जनम्।
- मोक्ष निवृत्ति निःशेषा योगो मोक्षं प्रवर्तकः ॥ (च.शा. 1/37)



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Darshana	Profouder	Bhashya	Vartika	
Vaisheshika	Kanada	Prashastapada	Jagadeesha	Asat Karya Vada Arambhavada Paramanu vada Peelupaka
Nyaya	Goutama	Vatsayana	Udyotakara	Asat Karya Vada Arambhavada Pithara Paka vada
Sankhya Darshana	Kapilla	Goudapada	Vijana Bhikshu	Satkarya Vada Parinama vada
Yoga Darshana	Patanjali	Vyasa	Vijnana Bhikshu	
Purva Meemamsa	Jaimini	Sabara Swami	Kumarila Bhatta	
Uttara Meemasa	Vyasa	Shankaracharya	Narayana Sarswati	Vivathavada

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Darshana	Pramana	Dravya	Guna	Karma
Vaisheshika	Pratyaksha Anumana	6-Dravya Guna Karma Samanya Vishesha Samavaya	24	
Nyaya	Pratyaksha Anumana Upamana Shabda	16	24	5
Sankhya Darshana	Pratyaksha Anumana Shabda	25- Avyakta, Purusha Mahat Ahankara Tanmatra + Shodasha Vikara		
Yoga Darshana		Same		
Purva Meemamsa	Pratyaksha Shabda	-		
Uttara Meemasa	Pratyaksha Anumana Shabda Artapatti Upamana Anupalabdi	Atma & Anatma		

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### What are Vedas?

Vedas, meaning 'knowledge,' are considered an authoritative and eternal source of knowledge, unlike modern science which is often temporary or focused on immediate problems. Vedas are seen as one step ahead due to their emphasis on spiritual awareness and providing answers to fundamental questions about creation, purpose of life, and daily living (e.g., muhurta, rutucharya).

Vedas are considered 'apaurusheya' (not human-authored) and cosmic entitlements, originating from Brahma. This explains why ancient texts could describe complex biological processes like 'garbha utpatti krama' (embryological development) without modern instruments. The concept of 'aapto pradesh' (trustworthy statements) in Ayurveda means that the teachings of ancient 'aaptas' (sages) are considered inherently true.

### Transmission of Vedic Knowledge

Vedic knowledge was initially transmitted as 'shabda' (sound or knowledge), passed from Brahma to different realms. During the era of Krishna Dvaipayana Vyasa (Veda Vyasa), this 'shabda' was compiled into 'shastras' (treatises). Examples include Ayurveda Shastra, Natya Shastra, Yoga Shastra, Jyotishya Shastra, and Vastu Shastra.

There are four main Vedas: Rigveda, Samaveda, Yajurveda, and Atharva Veda, containing approximately 20,000 mantras.

### Degrees of Learning in Ancient India

The ancient educational system (Gurukula) involved four degrees of learning:

- **First Degree:** Memorizing 20,000 mantras in childhood, leveraging the brain's active and focused state, to allow ample time for later analysis and commentary.
- **Second Degree:** Learning mantras and rituals required for family and societal duties.
- **Third Degree (Aranyaka):** Wisdom for retired life, focusing on contemplation and spiritual insights.

- **Fourth Degree (Upanishad):** Attaining absolute truth and deeper understanding after mastering earlier stages.

'Shruti Shastra' refers to scriptures to be heard, representing formal Vedic education. Modern Ayurvedic education often starts at this fourth stage, which can make understanding ancient texts challenging due to the depth of grammar, hidden meanings, and practical application required.

### Darshanas: Philosophical Perspectives

'Darshana' derives from 'drish,' meaning 'to see' or 'to visualize,' but philosophically refers to a perspective or viewpoint. It's about visualizing things from multiple angles, similar to how different people perceive a rose differently.

Darshanas are categorized into three types:

- **Asthika Darshanas:** Those that believe in the Vedas (e.g., Yoga, Vedanta).
- **Astihka Nastika Darshanas:** Those with partial agreement with Vedic concepts (e.g., Jainism, Buddhism).
- **Nasthika Darshanas:** Those that completely reject the Vedas (e.g., Charvaka philosophy).

### The Six Astika Darshanas (Shad Darshanas)

These six foundational philosophies of Indian thought are:

- **1. Nyaya Darshana:** Based on logic and epistemology.
- **2. Vaisheshika Darshana:** Focuses on atomic theory and the classification of entities.
- **3. Sankhya Darshana:** Analyzes matter and spirit, predating modern concepts like  $E=mc^2$ .
- **4. Yoga Darshana:** A discipline of self-realization and control of senses (e.g., Ashtanga Yoga with its eight limbs: Yam, Niyam, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi).
- **5. Karma Mimamsa:** Deals with the principles and performance of actions (Karma).
- **6. Vedanta Philosophy:** Explores self-realization and the realization of a higher self.

Ayurveda integrates principles from these Darshanas.

- For example, Karma Siddhanta from Karma Mimamsa is applied to understand certain diseases (e.g., infertility, skin diseases) as consequences of past actions.

- Yoga principles, such as Pranayama, are also incorporated into Ayurvedic treatment for various conditions. These Darshanas provide foundational theories that are clinically applied in Ayurveda to diagnose and treat patients, utilizing different methods of examination and understanding.

ಆಯುರ್ವೇದದ ಪರಂಪರೆ ಮತ್ತು ಭಾರತೀಯ ಪೂರ್ವಜರ ಜ್ಞಾನ: ವೇದಗಳು, ದರ್ಶನಗಳು ಮತ್ತು ಎಪಿಜೆನೆಟಿಕ್ಸ್  
(Epigenetics)

ಆಯುರ್ವೇದದ ಅವತರಣ ಶ್ಲೋಕದ ಅರ್ಥ ಮತ್ತು ಅದರ ಶಾಶ್ವತ ಸ್ಮರಣೆ

ಚರ್ಚಿಸಲಾದ 3-4 ನೇ ಶ್ಲೋಕ, "ಬ್ರಹ್ಮಾ ಸ್ಯುತ್ಯಾ ಯುಷೋ ವೇದಂ ಪ್ರಜಾಪತಿಮಜಿಗ್ರಹತ್ | ಸೋಽಶ್ವಿನೌ ತೌ ಸಹಸ್ರಾಕ್ಷಂ," ಇದರ ಅರ್ಥ: ಬ್ರಹ್ಮದೇವನು ಜೀವನದ ವಿಜ್ಞಾನವಾದ ಆಯುರ್ವೇದವನ್ನು ನೆನಪಿಸಿಕೊಂಡು (ಸ್ಮರಿಸಿ), ಅದನ್ನು ದಕ್ಷ ಪ್ರಜಾಪತಿಗೆ ಉಪದೇಶಿಸಿದನು. ದಕ್ಷ ಪ್ರಜಾಪತಿಯು ಅದನ್ನು ಅಶ್ವಿನಿ ಕುಮಾರರಿಗೆ ನೀಡಿದನು ಮತ್ತು ಅವರು ಅದನ್ನು ಭಗವಾನ್ ಇಂದ್ರನಿಗೆ (ಸಹಸ್ರಾಕ್ಷ - ಸಾವಿರ ಕಣ್ಣುಗಳವನು) ವರ್ಗಾಯಿಸಿದರು.

ಇಲ್ಲಿ ಗಮನಿಸಬೇಕಾದ ಮುಖ್ಯ ಅಂಶವೆಂದರೆ: ಆಯುರ್ವೇದವನ್ನು ಬ್ರಹ್ಮನು ಸೃಷ್ಟಿಸಲಿಲ್ಲ, ಬದಲಾಗಿ ಸ್ಮರಿಸಿಕೊಂಡನು. ಇದರರ್ಥ ಆಯುರ್ವೇದವು ಗುರುತ್ವಾಕರ್ಷಣೆಯಂತಹ ನಿಸರ್ಗದ ನಿಯಮಗಳಂತೆಯೇ ಶಾಶ್ವತವಾದುದು (Eternal).

ಆಯುರ್ವೇದ ಜ್ಞಾನದ ಹರಿವು ಮತ್ತು ಪೂರ್ವಜರ ವಿವೇಕ

ಸಹಸ್ರಾಕ್ಷನಿಂದ (ಇಂದ್ರ) ಈ ಜ್ಞಾನವು ಅತ್ರಿಪುತ್ರಾದಿ ಮತ್ತು ಇತರ ಮಹರ್ಷಿಗಳಿಗೆ ತಲುಪಿತು.

- ಮಾನವನ ಸಂಕಟಗಳು ಮತ್ತು ಹೊಸ ಕಾಯಿಲೆಗಳ ಬಗ್ಗೆ ಕಳವಳಗೊಂಡ ಋಷಿಮುನಿಗಳ ಗುಂಪು ಹಿಮಾಲಯದಲ್ಲಿ ಸಭೆ ಸೇರಿ ಈ ಸಮಸ್ಯೆಗಳಿಗೆ ಪರಿಹಾರವನ್ನು ಹುಡುಕಲು ಮುಂದಾದರು.
- ನಂತರ ಭಗವಾನ್ ಇಂದ್ರನು ಈ ಸಂಪೂರ್ಣ ಜ್ಞಾನವನ್ನು ಆತ್ಮೀಯ ಮಹರ್ಷಿಗಳಿಗೆ ನೀಡಿದನು, ಅವರು ಅದನ್ನು ತಮ್ಮ ಶಿಷ್ಯರಿಗೆ ಹಂಚಿದರು. ಈ ವಂಶಾವಳಿಯು ಆಯುರ್ವೇದದ ದೈವಿಕ ಮೂಲ ಮತ್ತು ವ್ಯವಸ್ಥಿತ ವರ್ಗಾವಣೆಯನ್ನು ಎತ್ತಿ ತೋರಿಸುತ್ತದೆ. ಇದು ಮಾನವ ವೈದ್ಯಕೀಯ ಶಾಸ್ತ್ರವು ದೈವಿಕ ತಳಹದಿಯನ್ನು ಹೊಂದಿದೆ ಮತ್ತು ಮಾನವಕುಲದ ಹಿತದೃಷ್ಟಿಯಿಂದ ಉನ್ನತ ಜೀವಿಗಳಿಂದ ಹರಿದು ಬಂದಿದೆ ಎಂದು ಸೂಚಿಸುತ್ತದೆ.

ನಾವು ನಮ್ಮ ಪೂರ್ವಜರ ಅಥವಾ ವಂಶಾವಳಿಯ ಬಗ್ಗೆ ಏಕೆ ತಿಳಿಯಬೇಕು? ಆಧುನಿಕ ದೃಷ್ಟಿಕೋನ: ಎಪಿಜೆನೆಟಿಕ್ಸ್ (Epigenetics) ಮತ್ತು ಪೂರ್ವಜರ ಜೀವನಶೈಲಿಯ ಪ್ರಭಾವ

ಇಂದು ಆಧುನಿಕ ವಿಜ್ಞಾನವು ಎಪಿಜೆನೆಟಿಕ್ಸ್ (Epigenetics) ಎಂಬ ಪರಿಕಲ್ಪನೆಯ ಮೂಲಕ ಡಿಎನ್‌ಎ (DNA) ತನ್ನೊಳಗೆ ತಲೆಮಾರುಗಳಿಂದ ಬಂದ ನೆನಪುಗಳನ್ನು ಹೊತ್ತೊಯ್ಯುತ್ತದೆ ಎಂದು ಕಂಡುಹಿಡಿಯುತ್ತಿದೆ. ಇದು ಪ್ರಾಚೀನ ಆಯುರ್ವೇದದ ತಿಳುವಳಿಕೆಯನ್ನೇ ಪ್ರತಿಧ್ವನಿಸುತ್ತದೆ.

- ಉದಾಹರಣೆ: ಕ್ಷಾಮ (ಬರಗಾಲ) ಅಥವಾ ಯುದ್ಧದಂತಹ ಆಹಾರದ ಅಭಾವವನ್ನು ಎದುರಿಸಿದ ಪೂರ್ವಜರ ಕುಟುಂಬದ ಇಂದಿನ ತಲೆಮಾರುಗಳಲ್ಲಿ ಮಧುಮೇಹ (Diabetes) ಮತ್ತು ಹೃದಯರೋಗದ ಅಪಾಯ ಹೆಚ್ಚಾಗಿರುತ್ತದೆ.
- ಇದಕ್ಕೆ ಕಾರಣವೇನೆಂದರೆ, ಅವರ ಪೂರ್ವಜರ ದೇಹವು ಆಹಾರದ ಕೊರತೆಗೆ ಅನುಗುಣವಾಗಿ ಹೊಂದಿಕೊಂಡಿರುತ್ತದೆ ಮತ್ತು ಶಕ್ತಿಯನ್ನು (Energy) ಸಂಗ್ರಹಿಸಿಟ್ಟುಕೊಳ್ಳುವಲ್ಲಿ ಹೆಚ್ಚು ದಕ್ಷವಾಗಿರುತ್ತದೆ. ಇಂದಿನ ಹೇರಳವಾದ ಆಹಾರ ಲಭ್ಯವಿರುವ ಜಗತ್ತಿನಲ್ಲಿ, ಈ ಅನುವಂಶಿಕ ಪ್ರವೃತ್ತಿಯು (Genetic predisposition) ಅತಿಯಾದ ಪೋಷಣೆಯಿಂದಾಗಿ ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿಗೆ ಕಾರಣವಾಗಬಹುದು.

ಎಪಿಜೆನೆಟಿಕ್ಸ್‌ನ ಪ್ರಾಯೋಗಿಕ ಅನ್ವಯ

- ಋತುಕಾಲಿಕ ಆಹಾರ: ನಮ್ಮ ಪೂರ್ವಜರು ಆಯಾ ಋತುವಿನಲ್ಲಿ ಸಿಗುವ ಸ್ಥಳೀಯ ಆಹಾರಗಳಾದ ನೇರಳೆ ಹಣ್ಣು ಮತ್ತು ಮಾವಿನಕಾಯಿಯನ್ನು ಸೇವಿಸುತ್ತಿದ್ದರು.

- ಆದರೆ ಇಂದಿನ ಆಧುನಿಕ ಆಹಾರ ಪದ್ಧತಿಯಲ್ಲಿ ನಮ್ಮ ಮೂಲಕ್ಕೆ ಸೇರದ ಟೊಮೆಟೊ, ಈರುಳ್ಳಿ ಮುಂತಾದ ಆಹಾರಗಳನ್ನು ನಾವು ಹೆಚ್ಚು ಬಳಸುತ್ತಿದ್ದೇವೆ. ಇವುಗಳನ್ನು ನಮ್ಮ ಜೀನ್‌ಗಳು (Genes) ವಿಭಿನ್ನವಾಗಿ ಅರ್ಥೈಸಿಕೊಳ್ಳಬಹುದು, ಇದು ಆರೋಗ್ಯ ಸಮಸ್ಯೆಗಳಿಗೆ ದಾರಿಯಾಗಬಹುದು. ಆದ್ದರಿಂದ, ಉತ್ತಮ ಆರೋಗ್ಯವನ್ನು ಉತ್ತೇಜಿಸಲು ಪೂರ್ವಜರ ಆಹಾರ ಪದ್ಧತಿ ಮತ್ತು ಜೀವನಶೈಲಿಯನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದು ಬಹಳ ಮುಖ್ಯ.

### ಆಯುರ್ವೇದ ಗ್ರಂಥಗಳ ಅಭಿವೃದ್ಧಿ ಮತ್ತು ವಿವಿಧ ದೃಷ್ಟಿಕೋನಗಳು

"ತೇ ಅಗ್ನಿವೇಶಾದಿಕಾಂಸ್ತೇತು ಪೃಥಕ್ ತಂತ್ರಾಣಿ ತೇನಿರೇ" ಎಂಬ ಶ್ಲೋಕವು ಇಂದ್ರನಿಂದ ಜ್ಞಾನವನ್ನು ಪಡೆದ ಆತ್ರೇಯ ಮಹರ್ಷಿ ಮತ್ತು ಅವರ ಶಿಷ್ಯರಾದ ಅಗ್ನಿವೇಶ, ಭೇಡ, ಜತುಕರ್ಣ, ಪರಾಶರ, ಹಾರೀತ ಮತ್ತು ಕ್ಷಾರಪಾಣಿ ಎಂಬ ಆರು ಮಂದಿಯನ್ನು ಉಲ್ಲೇಖಿಸುತ್ತದೆ.

- ಈ ಶಿಷ್ಯರು ಮೂಲ ಜ್ಞಾನದ ಅಗಾಧತೆಯನ್ನು ಅರಿತು, ಅದನ್ನು ಕೇವಲ ಮುಂದಕ್ಕೆ ಹರಿಸದೆ, ತಮ್ಮ ವೈಯಕ್ತಿಕ ಕೌಶಲ್ಯ ಮತ್ತು ತಿಳುವಳಿಕೆಗೆ ಅನುಗುಣವಾಗಿ ಪ್ರತ್ಯೇಕ \*\*ತಂತ್ರ\*\*ಗಳನ್ನು (ಪಠ್ಯಪುಸ್ತಕಗಳು ಅಥವಾ Textbooks) ರಚಿಸಿದರು.
- ವಿಶೇಷವಾಗಿ ಅಗ್ನಿವೇಶನ ಕೃತಿಯು ಕಾಲಕ್ರಮೇಣ \*\*ಚರಕ ಸಂಹಿತೆ\*\*ಯಾಗಿ ರೂಪಾಂತರಗೊಂಡಿತು.
- ಇದು ಆಯುರ್ವೇದದಲ್ಲಿ ವಿವಿಧ ದೃಷ್ಟಿಕೋನಗಳ (Multiple Perspectives) ಪ್ರಾಮುಖ್ಯತೆಯನ್ನು ಎತ್ತಿ ತೋರಿಸುತ್ತದೆ. ಉದಾಹರಣೆಗೆ, ಬೆನ್ನುನೋವು ವಿಭಿನ್ನ ವ್ಯಕ್ತಿಗಳಲ್ಲಿ ವಿಭಿನ್ನ ಕಾರಣಗಳಿಂದ (ವಾತ, ಕಫ, ಆಮ/ವಿಷಕಾರಿ ಅಂಶಗಳು, ಕುಳಿತುಕೊಳ್ಳುವ ರೀತಿ ಅಥವಾ ಆಹಾರ ಪದ್ಧತಿ) ಉಂಟಾಗಬಹುದು. ಆದ್ದರಿಂದ ಎಲ್ಲರಿಗೂ ಒಂದೇ ರೀತಿಯ ಚಿಕಿತ್ಸೆ ನೀಡುವ ಬದಲು ವೈಯಕ್ತಿಕ ಚಿಕಿತ್ಸೆ (Personalized approach) ಅಗತ್ಯವಾಗಿರುತ್ತದೆ.

### ಅಷ್ಟಾಂಗ ಹೃದಯದ ಸಂಕಲನ

"ತೇಭ್ಯೋ ಅತಿವಿಪ್ರಕೀರ್ಣೇಭ್ಯಃ ಪ್ರಾಯಃ ಸಾರತರೋಚ್ಚಯಃ" ಎಂಬ ಶ್ಲೋಕವು ಆಯುರ್ವೇದದ ಜ್ಞಾನವು ಚದುರಿಹೋಗಿದ್ದ (ವಿಪ್ರಕೀರ್ಣ - Scattered) ಮತ್ತು ವಿಶಾಲವಾಗಿದ್ದ ಸ್ಥಿತಿಯನ್ನು ವಿವರಿಸುತ್ತದೆ.

- ವಾಗ್ಭಟಾಚಾರ್ಯರು ಈ ಚದುರಿದ ಮಾಹಿತಿಯ ಸಾರವನ್ನು (ಸಾರತರ - Essence) ಸಂಗ್ರಹಿಸಿ, ಎಂಟು ಶಾಖೆಗಳನ್ನೊಳಗೊಂಡ 'ಅಷ್ಟಾಂಗ ಹೃದಯ' ಎಂಬ ವ್ಯವಸ್ಥಿತ ಗ್ರಂಥವನ್ನು ರಚಿಸಿದರು.
- ಇಂದು ವಾಟ್ಸಾಪ್ (WhatsApp) ಅಥವಾ ಯೂಟ್ಯೂಬ್‌ಗಳಲ್ಲಿ ಸಿಗುವ ಅತಿಯಾದ ಮಾಹಿತಿಯ ನಡುವೆ, ವಿಶ್ವಾಸಾರ್ಹ ಮತ್ತು ಸಂಕ್ಷಿಪ್ತ ಮಾಹಿತಿಯನ್ನು ಪಡೆಯಲು ಇಂತಹ ಗ್ರಂಥಗಳು ಇಂದಿಗೂ ಪ್ರಸ್ತುತವಾಗಿವೆ.

"ಕ್ರಿಯತೇಽಷ್ಟಾಂಗಹೃದಯಂ ನಾತಿಸಂಕ್ಷೇಪವಿಸ್ತರಮ್ |" ಅಂದರೆ ಅಷ್ಟಾಂಗ ಹೃದಯವು ಅತಿಯಾದ ಸಂಕ್ಷಿಪ್ತವೂ ಅಲ್ಲದ (Na ati samkshepa) ಅಥವಾ ಅತಿಯಾದ ವಿಸ್ತಾರವೂ ಅಲ್ಲದ (Na ati vistara) ಸಮತೋಲಿತ ಗ್ರಂಥವಾಗಿದೆ. ಇದನ್ನು ಆಧುನಿಕವಾಗಿ 'ಗೋಲ್ಡಿಲಾಕ್ಸ್ ತತ್ವ' (Goldilocks principle) ಎನ್ನಬಹುದು - ಅಂದರೆ ಕಲಿಯಲು ಮತ್ತು ಅನ್ವಯಿಸಲು ಸರಿಯಾದ ಪ್ರಮಾಣದ ಮಾಹಿತಿ.

ಆರೋಗ್ಯದ ಹವ್ಯಾಸಗಳು: ಭಾಗವಹಿಸಿದವರ ವೈಯಕ್ತಿಕ ಅನುಭವಗಳು ಮತ್ತು ಆಯುರ್ವೇದದ ತತ್ವಗಳು

ಅಧಿವೇಶನದಲ್ಲಿ ಭಾಗವಹಿಸಿದವರು ತಾವು ರೂಢಿಸಿಕೊಳ್ಳಲು ಪ್ರಯತ್ನಿಸಿ ವಿಫಲವಾದ ಆರೋಗ್ಯದ ಹವ್ಯಾಸಗಳ ಬಗ್ಗೆ ತಮ್ಮ ವೈಯಕ್ತಿಕ ಅನುಭವಗಳನ್ನು ಹಂಚಿಕೊಂಡರು.

- ಅನಿಯಮಿತ ಆಹಾರ ಪದ್ಧತಿ: ಒಬ್ಬರು ತಮ್ಮ ಕೆಲಸದ ಒತ್ತಡದಿಂದಾಗಿ ಆಹಾರ ಸೇವನೆಯಲ್ಲಿ ಕ್ರಮಬದ್ಧತೆ ಇರಲಿಲ್ಲ ಎಂದು ತಿಳಿಸಿದರು. ಇದರಿಂದಾಗಿ ಅವರು ಬೆಳಗಿನ ಉಪಹಾರವನ್ನು ಬಿಡುತ್ತಿದ್ದರು (Skipping breakfast) ಮತ್ತು ಮಧ್ಯಾಹ್ನ ಅಲ್ಪ ಪ್ರಮಾಣದ ಊಟ ಮಾಡುತ್ತಿದ್ದರು, ಆದರೆ ರಾತ್ರಿಯ ಸಮಯದಲ್ಲಿ ಅತಿಯಾಗಿ ಆಹಾರ ಸೇವಿಸುತ್ತಿದ್ದರು. ನಿವೃತ್ತಿಯ ನಂತರ, ಸಮಯ ಲಭ್ಯವಿದ್ದಾಗ ಅವರು ಯಶಸ್ವಿಯಾಗಿ ನಿಯಮಿತ ಆಹಾರ ಪದ್ಧತಿಯನ್ನು ಅಳವಡಿಸಿಕೊಂಡರು.
- ಜೀವನಶೈಲಿ ಮತ್ತು ಮಧುಮೇಹ (Diabetes): ಇನ್ನೊಬ್ಬರು ದಿನಕ್ಕೆ ಐದು ಬಾರಿ ಆಹಾರ ಸೇವಿಸುವ ಹವ್ಯಾಸ ಹೊಂದಿದ್ದರು, ಇದರಲ್ಲಿ ಪದೇ ಪದೇ ಕಾಫಿ ಮತ್ತು ಬಿಸ್ಕೆಟ್ ಸೇವನೆಯೂ ಸೇರಿತ್ತು. ಕೆಲಸದ ಒತ್ತಡ ಹೆಚ್ಚಾದಂತೆ ಈ ಅಭ್ಯಾಸವನ್ನು ಮುಂದುವರಿಸಲು ಸಾಧ್ಯವಾಗಲಿಲ್ಲ. ಇದರ ಪರಿಣಾಮವಾಗಿ, ನಿಯಂತ್ರಣವಿಲ್ಲದ ಮಾವಿನ ಹಣ್ಣಿನ ಸೇವನೆ ಮತ್ತು ವ್ಯಾಯಾಮದ ಕೊರತೆಯಿಂದಾಗಿ ಅವರಿಗೆ ಮಧುಮೇಹ ಕಾಣಿಸಿಕೊಂಡಿತು.

On Doctor's observation and enquiry: ಇದೇ ವ್ಯಕ್ತಿಯು ಒಂದು ಪ್ರಮುಖ ಅಂಶವನ್ನು ಗಮನಿಸಿದರು - ಅವರ ಪೂರ್ವಜರು ರೈತರಾಗಿದ್ದರು ಮತ್ತು ಕಠಿಣ ದೈಹಿಕ ಶ್ರಮ ಮಾಡುತ್ತಿದ್ದರು. ಅವರು ಅತಿ ಹೆಚ್ಚು ಕ್ಯಾಲೋರಿ ಇರುವ (Calorie-dense) ಆಹಾರವನ್ನು ಹೆಚ್ಚಿನ ಪ್ರಮಾಣದಲ್ಲಿ ಸೇವಿಸುತ್ತಿದ್ದರೂ, ಅವರಿಗೆ ಮಧುಮೇಹ ಅಥವಾ ಬೊಜ್ಜಿನ (Obesity) ಸಮಸ್ಯೆ ಇರಲಿಲ್ಲ.

ಇದು ತಲೆಮಾರುಗಳ ನಡುವಿನ ಜೀವನಶೈಲಿಯ ಬದಲಾವಣೆಯು ಆರೋಗ್ಯದ ಮೇಲೆ ಹೇಗೆ ಪರಿಣಾಮ ಬೀರುತ್ತದೆ ಎಂಬುದನ್ನು ತೋರಿಸುತ್ತದೆ. ಇದು "ಸರ್ವೈವಲ್ ಟ್ಯಾಗ್" (Survival tag) ಅಥವಾ ಪರಿಸರಕ್ಕೆ ಅನುಗುಣವಾಗಿ ಡಿಎನ್ಎ (DNA) ಬದಲಾಗುವ ಎಪಿಜೆನೆಟಿಕ್ಸ್ (Epigenetics) ಎಂಬ ಪರಿಕಲ್ಪನೆಯನ್ನು ಬೆಂಬಲಿಸುತ್ತದೆ. ಅಂದರೆ, ನಮ್ಮ ಪೂರ್ವಜರ ದೇಹವು ಶಕ್ತಿಯನ್ನು ಉಳಿಸಿಕೊಳ್ಳಲು ರೂಪಾಂತರಗೊಂಡಿರುತ್ತದೆ, ಆದರೆ ನಾವು ದೈಹಿಕ ಶ್ರಮವಿಲ್ಲದೆ ಅದೇ ಶಕ್ತಿಯನ್ನು ಬಳಸಿದಾಗ ಅದು ಅನಾರೋಗ್ಯಕ್ಕೆ ಕಾರಣವಾಗುತ್ತದೆ.

ಪ್ರಕೃತಿ ಮತ್ತು ವೈಯಕ್ತಿಕ ಆರೈಕೆಯ ಪಾತ್ರ (Prakriti and Personalized Care)

ಪ್ರತಿಯೊಬ್ಬ ವ್ಯಕ್ತಿಯ 'ಪ್ರಕೃತಿ' (Constitution) ವಿಭಿನ್ನವಾಗಿರುತ್ತದೆ. ಒಬ್ಬ ವ್ಯಕ್ತಿಯ ಇತಿಹಾಸ ಮತ್ತು ದೈಹಿಕ ಸ್ಥಿತಿಯನ್ನು ಪೂರ್ಣವಾಗಿ ಪರಿಶೀಲಿಸದೆ ಚಿಕಿತ್ಸೆ ನೀಡುವುದು ಅಸಾಧ್ಯ. ಆಯುರ್ವೇದವು ಎಪಿಜೆನೆಟಿಕ್ಸ್ ಅನ್ನು ಸರಿಪಡಿಸಲು ಈ ಕೆಳಗಿನ ಮಾರ್ಗಗಳನ್ನು ಸೂಚಿಸುತ್ತದೆ:

- ತ್ರಯೋಪಸ್ತಂಭ (Three pillars of life): ಆಹಾರ (Diet), ನಿದ್ರಾ (Sleep), ಮತ್ತು ಬ್ರಹ್ಮಚರ್ಯ (ನಿಯಂತ್ರಿತ ಜೀವನಶೈಲಿ).
- ದಿನಚರ್ಯ (Daily routines) ಮತ್ತು ಋತುಚರ್ಯ (Seasonal routines): ಇವು ನಮ್ಮ ಜೀನ್‌ಗಳ ಮೇಲೆ ಪ್ರಭಾವ ಬೀರುವ ದೈನಂದಿನ ಮತ್ತು ಋತುಕಾಲಿಕ ಸ್ವಯಂ-ಆರೈಕೆ ಕ್ರಮಗಳಾಗಿವೆ.

ಪ್ರಾಯೋಗಿಕ ಉದಾಹರಣೆಗಳು:

1. ದೀರ್ಘಕಾಲದ ಆತಂಕ (Chronic Anxiety): ಜೀವನದಲ್ಲಿ ಯಾವುದೇ ಒತ್ತಡವಿಲ್ಲದಿದ್ದರೂ ಆತಂಕವಿರುವ ರೋಗಿಗೆ ಇದು ವಂಶವಾಹಿಯಿಂದ (Genetic inheritance) ಬಂದಿರಬಹುದು. ಇದಕ್ಕೆ ಆಯುರ್ವೇದದಲ್ಲಿ 'ಸತ್ಯಾವಜಯ ಚಿಕಿತ್ಸೆ' (ಮಾನಸಿಕ ಮರು-ಪ್ರೋಗ್ರಾಮಿಂಗ್ ಅಥವಾ Mental reprogramming) ಮೂಲಕ ಪರಿಹಾರ ನೀಡಲಾಗುತ್ತದೆ.
2. ಹಸಿ ಆಹಾರ ಪದ್ಧತಿ (Raw Vegan Diet): ಅರ್ಧಂಬರ್ಧ ಮಾಹಿತಿ ಕೇಳಿ ಹಸಿ ಆಹಾರ ಸೇವಿಸಿ ಕೀಲು ನೋವು ಮತ್ತು ಹೊಟ್ಟೆ ಉಬ್ಬರ ಅನುಭವಿಸಿದ ವಾತ ಪ್ರಕೃತಿಯ ವ್ಯಕ್ತಿಗೆ, ಬಿಸಿಯಾದ ಮತ್ತು ಮಸಾಲೆ ಪದಾರ್ಥಗಳಿಂದ ಕೂಡಿದ ಬೇಯಿಸಿದ ಆಹಾರವನ್ನು ನೀಡುವ ಮೂಲಕ ಗುಣಪಡಿಸಲಾಯಿತು.

ತೀರ್ಮಾನ: ತಾಳ್ಮೆ ಮತ್ತು ಕೃತಜ್ಞತೆ

ಈ ಅಧಿವೇಶನವು ಸಿಖ್ ಸಂಪ್ರದಾಯದ ಎರಡು ಪ್ರಮುಖ ತತ್ವಗಳೊಂದಿಗೆ ಮುಕ್ತಾಯವಾಯಿತು:

- ಸಬ್ರ್ (Sabr - ತಾಳ್ಮೆ): ಆರೋಗ್ಯದ ತತ್ವಗಳನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳಲು ಮತ್ತು ಜ್ಞಾನವನ್ನು ಸ್ಥಿರವಾಗಿ ಅನ್ವಯಿಸಲು ತಾಳ್ಮೆ ಅತ್ಯಗತ್ಯ.
- ಶುಕ್ರ (Shukr - ಕೃತಜ್ಞತೆ): ನಮಗೆ ಲಭಿಸಿರುವ ಜೀವನ ಮತ್ತು ಪೂರ್ವಜರ ಜ್ಞಾನಕ್ಕಾಗಿ ದೈವಕ್ಕೆ ಮತ್ತು ಹಿರಿಯರಿಗೆ ಕೃತಜ್ಞರಾಗಿರುವುದು.

ವೇದಗಳು ಮತ್ತು ದರ್ಶನಗಳ ಪರಿಚಯ

ವೇದಗಳು ಎಂದರೇನು?

'ವೇದ' ಎಂದರೆ 'ಜ್ಞಾನ'. ಆಧುನಿಕ ವಿಜ್ಞಾನವು ಹೆಚ್ಚಾಗಿ ತಾತ್ಕಾಲಿಕ ಅಥವಾ ತಕ್ಷಣದ ಸಮಸ್ಯೆಗಳ ಮೇಲೆ ಗಮನಹರಿಸಿದರೆ, ವೇದಗಳು ಅಧಿಕೃತ ಮತ್ತು ಶಾಶ್ವತ ಜ್ಞಾನದ ಮೂಲಗಳಾಗಿವೆ. ಆಧ್ಯಾತ್ಮಿಕ ಅರಿವು, ಸೃಷ್ಟಿಯ ರಹಸ್ಯ, ಜೀವನದ ಉದ್ದೇಶ ಮತ್ತು ದೈನಂದಿನ ಜೀವನದ ಕ್ರಮಗಳಾದ ಮುಹೂರ್ತ ಹಾಗೂ ಋತುಚರ್ಯೆಗಳಿಗೆ (Seasonal routines) ವೇದಗಳು ಉತ್ತರ ನೀಡುವುದರಿಂದ ಇವುಗಳನ್ನು ವಿಜ್ಞಾನಕ್ಕಿಂತ ಒಂದು ಹೆಚ್ಚು ಮುಂದಿವೆ ಎಂದು ಪರಿಗಣಿಸಲಾಗುತ್ತದೆ.

ವೇದಗಳನ್ನು 'ಅಪೌರುಷೇಯ' (ಮಾನವ ನಿರ್ಮಿತವಲ್ಲದ) ಎಂದು ಕರೆಯಲಾಗುತ್ತದೆ. ಇವು ಬ್ರಹ್ಮನಿಂದ ಉದ್ಭವಿಸಿದ ಕಾಸ್ಮಿಕ್ ಜ್ಞಾನವೆಂದು ನಂಬಲಾಗಿದೆ. ಆಧುನಿಕ ಉಪಕರಣಗಳಿಲ್ಲದ ಕಾಲದಲ್ಲೂ ಪ್ರಾಚೀನ ಗ್ರಂಥಗಳು \*\*'ಗರ್ಭ ಉತ್ಪತ್ತಿ ಕ್ರಮ'ದಂತಹ (Embryological development) ಸಂಕೀರ್ಣ ಜೈವಿಕ ಪ್ರಕ್ರಿಯೆಗಳನ್ನು ನಿಖರವಾಗಿ ವಿವರಿಸಲು ಇದುವೇ ಕಾರಣ. ಆಯುರ್ವೇದದಲ್ಲಿನ 'ಆಪೋಷದೇಶ' (Trustworthy statements) ಎಂಬ ಪರಿಕಲ್ಪನೆಯ ಪ್ರಕಾರ, ಜ್ಞಾನಿಗಳಾದ 'ಆಪ್ತರು' ಅಥವಾ ಋಷಿಮುನಿಗಳ ಬೋಧನೆಗಳು ಸಹಜವಾಗಿಯೇ ಸತ್ಯವೆಂದು ಪರಿಗಣಿಸಲ್ಪಡುತ್ತವೆ.

ವೈದಿಕ ಜ್ಞಾನದ ವರ್ಗಾವಣೆ

ವೈದಿಕ ಜ್ಞಾನವು ಆರಂಭದಲ್ಲಿ 'ಶಬ್ದ' ರೂಪದಲ್ಲಿತ್ತು ಮತ್ತು ಬ್ರಹ್ಮನಿಂದ ವಿವಿಧ ಲೋಕಗಳಿಗೆ ಹರಿಯಿತು. ಕೃಷ್ಣ ದ್ವೈಪಾಯನ ವ್ಯಾಸರ (ವೇದವ್ಯಾಸರು) ಕಾಲದಲ್ಲಿ, ಈ 'ಶಬ್ದ'ಗಳನ್ನು ಸಂಗ್ರಹಿಸಿ '\*\*ಶಾಸ್ತ್ರ\*\*'ಗಳಾಗಿ (Treatises) ರೂಪಿಸಲಾಯಿತು. ಉದಾಹರಣೆಗೆ: ಆಯುರ್ವೇದ ಶಾಸ್ತ್ರ, ನಾಟ್ಯ ಶಾಸ್ತ್ರ, ಯೋಗ ಶಾಸ್ತ್ರ, ಜ್ಯೋತಿಷ್ಯ ಶಾಸ್ತ್ರ ಮತ್ತು ವಾಸ್ತು ಶಾಸ್ತ್ರ.

ನಾಲ್ಕು ಮುಖ್ಯ ವೇದಗಳಿವೆ: ಋಗ್ವೇದ, ಸಾಮವೇದ, ಯಜುರ್ವೇದ ಮತ್ತು ಅಥರ್ವವೇದ. ಇವುಗಳಲ್ಲಿ ಸರಿಸುಮಾರು 20,000 ಮಂತ್ರಗಳಿವೆ.

### ಪ್ರಾಚೀನ ಭಾರತದ ಕಲಿಕೆಯ ಹಂತಗಳು (Degrees of Learning)

ಪ್ರಾಚೀನ ಶಿಕ್ಷಣ ಪದ್ಧತಿಯಲ್ಲಿ (ಗುರುಕುಲ) ಕಲಿಕೆಯನ್ನು ನಾಲ್ಕು ಹಂತಗಳಾಗಿ ವಿಂಗಡಿಸಲಾಗಿತ್ತು:

- ಮೊದಲ ಹಂತ (ಬಾಲ್ಯ):** ಸುಮಾರು 20,000 ಮಂತ್ರಗಳನ್ನು ಕಂಠಪಾಠ ಮಾಡುವುದು. ಬಾಲ್ಯದಲ್ಲಿ ಮಿದುಳು ಹೆಚ್ಚು ಚುರುಕಾಗಿರುವುದರಿಂದ, ಈ ಹಂತದಲ್ಲಿ ಜ್ಞಾನವನ್ನು ಸಂಗ್ರಹಿಸಿಟ್ಟುಕೊಂಡು ನಂತರದ ಜೀವನದಲ್ಲಿ ವಿಶ್ಲೇಷಣೆ ಮಾಡಲು ಸಮಯಾವಕಾಶ ನೀಡಲಾಗುತ್ತಿತ್ತು.
- ಎರಡನೇ ಹಂತ:** ಕುಟುಂಬ ಮತ್ತು ಸಮಾಜದ ಜವಾಬ್ದಾರಿಗಳಿಗೆ ಅಗತ್ಯವಾದ ಮಂತ್ರಗಳು ಮತ್ತು ಆಚರಣೆಗಳನ್ನು ಕಲಿಯುವುದು.
- ಮೂರನೇ ಹಂತ (ಆರಣ್ಯಕ):** ನಿವೃತ್ತ ಜೀವನಕ್ಕೆ ಅಗತ್ಯವಾದ ವಿವೇಕ, ಚಿಂತನೆ ಮತ್ತು ಆಧ್ಯಾತ್ಮಿಕ ಒಳನೋಟಗಳ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸುವುದು.
- ನಾಲ್ಕನೇ ಹಂತ (ಉಪನಿಷತ್ತು):** ಹಿಂದಿನ ಹಂತಗಳಲ್ಲಿ ಪ್ರವೀಣರಾದ ನಂತರ ಸಂಪೂರ್ಣ ಸತ್ಯ ಮತ್ತು ಆಳವಾದ ತಿಳುವಳಿಕೆಯನ್ನು ಪಡೆಯುವುದು.

'ಶ್ರುತಿ ಶಾಸ್ತ್ರ' ಎಂದರೆ ಕೇಳಿಸಿಕೊಳ್ಳುವ ಮೂಲಕ ಪಡೆಯುವ ಜ್ಞಾನ. ಇಂದಿನ ಆಯುರ್ವೇದ ಶಿಕ್ಷಣವು ಹೆಚ್ಚಾಗಿ ನೇರವಾಗಿ ಈ ನಾಲ್ಕನೇ ಹಂತದಿಂದ (ಉಪನಿಷತ್ತು/ಆಳವಾದ ಸಿದ್ಧಾಂತ) ಆರಂಭವಾಗುತ್ತದೆ. ಇದರಿಂದಾಗಿ ವ್ಯಾಕರಣ, ಅಡಗಿರುವ ಅರ್ಥಗಳು ಮತ್ತು ಪ್ರಾಯೋಗಿಕ ಅನ್ವಯಗಳನ್ನು ಅರ್ಥಮಾಡಿಕೊಳ್ಳುವುದು ಇಂದಿನ ವಿದ್ಯಾರ್ಥಿಗಳಿಗೆ ಸವಾಲಾಗಿ ಪರಿಣಮಿಸಿದೆ.

### ದರ್ಶನಗಳು: ದಾರ್ಶನಿಕ ದೃಷ್ಟಿಕೋನಗಳು (Philosophical Perspectives)

'ದರ್ಶನ' ಎಂಬ ಪದವು 'ದೃಶ್ಯ' ಎಂಬ ಧಾತುವಿನಿಂದ ಬಂದಿದೆ, ಇದರರ್ಥ 'ನೋಡುವುದು' ಅಥವಾ 'ದೃಶ್ಯೀಕರಿಸುವುದು'. ಆದರೆ ತಾತ್ವಿಕವಾಗಿ, ಇದು ಒಂದು ದೃಷ್ಟಿಕೋನವನ್ನು (Perspective or Viewpoint) ಸೂಚಿಸುತ್ತದೆ. ಒಂದೇ ಗುಲಾಬಿ ಹೂವನ್ನು ಬೇರೆ ಬೇರೆ ವ್ಯಕ್ತಿಗಳು ಬೇರೆ ಬೇರೆ ರೀತಿಯಲ್ಲಿ ಗ್ರಹಿಸುವಂತೆ, ಒಂದು ವಿಷಯವನ್ನು ವಿವಿಧ ಕೋನಗಳಿಂದ ದೃಶ್ಯೀಕರಿಸುವುದೇ ದರ್ಶನ.

ದರ್ಶನಗಳನ್ನು ಮೂರು ವಿಧಗಳಾಗಿ ವರ್ಗೀಕರಿಸಲಾಗಿದೆ:

- ಆಸ್ತಿಕ ದರ್ಶನಗಳು:** ವೇದಗಳ ಪ್ರಾಮಾಣ್ಯವನ್ನು ಒಪ್ಪುವವು (ಉದಾಹರಣೆಗೆ: ಯೋಗ, ವೇದಾಂತ).
- ಆಸ್ತಿಕ ನಾಸ್ತಿಕ ದರ್ಶನಗಳು:** ವೈದಿಕ ಪರಿಕಲ್ಪನೆಗಳೊಂದಿಗೆ ಭಾಗಶಃ ಸಹಮತ ಹೊಂದಿರುವವು (ಉದಾಹರಣೆಗೆ: ಜೈನ ಧರ್ಮ, ಬೌದ್ಧ ಧರ್ಮ).

- ನಾಸ್ತಿಕ ದರ್ಶನಗಳು: ವೇದಗಳನ್ನು ಸಂಪೂರ್ಣವಾಗಿ ತಿರಸ್ಕರಿಸುವವು (ಉದಾಹರಣೆಗೆ: ಚಾರ್ವಾಕ ದರ್ಶನ).

### ಆರು ಆಸ್ತಿಕ ದರ್ಶನಗಳು (ಷಡ್ ದರ್ಶನಗಳು)

ಭಾರತೀಯ ಚಿಂತನಾ ಲಹರಿಯ ಆರು ಮೂಲಭೂತ ದರ್ಶನಗಳು ಇಲ್ಲಿವೆ:

- ನ್ಯಾಯ ದರ್ಶನ: ಇದು ತರ್ಕ (Logic) ಮತ್ತು ಜ್ಞಾನ ಮೀಮಾಂಸೆಯನ್ನು (Epistemology) ಆಧರಿಸಿದೆ.
- ವೈಶೇಷಿಕ ದರ್ಶನ: ಇದು ಪರಮಾಣು ಸಿದ್ಧಾಂತ (Atomic theory) ಮತ್ತು ಪದಾರ್ಥಗಳ ವರ್ಗೀಕರಣದ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸುತ್ತದೆ.
- ಸಾಂಖ್ಯ ದರ್ಶನ: ಇದು ಪ್ರಕೃತಿ ಮತ್ತು ಪುರುಷನ (Matter and Spirit) ವಿಶ್ಲೇಷಣೆ ಮಾಡುತ್ತದೆ. ಇದು ಆಧುನಿಕ ವಿಜ್ಞಾನದ  $E=mc^2$  ನಂತಹ ಪರಿಕಲ್ಪನೆಗಳಿಗಿಂತಲೂ ಹಳೆಯದಾದ ಮೂಲಭೂತ ತತ್ವಗಳನ್ನು ಒಳಗೊಂಡಿದೆ.

- ಯೋಗ ದರ್ಶನ: ಇದು ಆತ್ಮ ಸಾಕ್ಷಾತ್ಕಾರ ಮತ್ತು ಇಂದ್ರಿಯಗಳ ನಿಯಂತ್ರಣದ ಶಿಸ್ತು. (ಉದಾಹರಣೆಗೆ: ಯಮ, ನಿಯಮ, ಆಸನ, ಪ್ರಾಣಾಯಾಮ, ಪ್ರತ್ಯಾಹಾರ, ಧಾರಣ, ಧ್ಯಾನ ಮತ್ತು ಸಮಾಧಿ ಎಂಬ ಎಂಟು ಅಂಗಗಳನ್ನು ಹೊಂದಿರುವ ಅಷ್ಟಾಂಗ ಯೋಗ).
- ಕರ್ಮ ಮೀಮಾಂಸೆ: ಇದು ಕರ್ಮದ ತತ್ವಗಳು ಮತ್ತು ಕ್ರಿಯೆಗಳ ನಿರ್ವಹಣೆಯ ಬಗ್ಗೆ ತಿಳಿಸುತ್ತದೆ.
- ವೇದಾಂತ ದರ್ಶನ: ಇದು ಆತ್ಮ ಸಾಕ್ಷಾತ್ಕಾರ ಮತ್ತು ಪರಮಾತ್ಮನ ಅರಿವನ್ನು ಅನ್ವೇಷಿಸುತ್ತದೆ.

### ಆಯುರ್ವೇದದಲ್ಲಿ ದರ್ಶನಗಳ ಅನ್ವಯ

ಆಯುರ್ವೇದವು ಈ ಎಲ್ಲಾ ದರ್ಶನಗಳ ತತ್ವಗಳನ್ನು ತನ್ನಲ್ಲಿ ಅಳವಡಿಸಿಕೊಂಡಿದೆ:

- ಕರ್ಮ ಸಿದ್ಧಾಂತ: ಕರ್ಮ ಮೀಮಾಂಸೆಯ ಈ ಸಿದ್ಧಾಂತವನ್ನು ಕೆಲವು ಕಾಯಿಲೆಗಳನ್ನು (ಉದಾಹರಣೆಗೆ: ಬಂಜೆತನ, ಚರ್ಮ ರೋಗಗಳು) ಪೂರ್ವಜನ್ಮದ ಅಥವಾ ಹಿಂದಿನ ಕ್ರಿಯೆಗಳ ಪರಿಣಾಮವೆಂದು ಅರ್ಥಮಾಡಿಕೊಳ್ಳಲು ಬಳಸಲಾಗುತ್ತದೆ.
- ಯೋಗ ತತ್ವಗಳು: ಪ್ರಾಣಾಯಾಮದಂತಹ ಯೋಗದ ಕ್ರಿಯೆಗಳನ್ನು ವಿವಿಧ ಆರೋಗ್ಯ ಪರಿಸ್ಥಿತಿಗಳ ಚಿಕಿತ್ಸೆಯಲ್ಲಿ ಬಳಸಲಾಗುತ್ತದೆ.

ಈ ದರ್ಶನಗಳು ಆಯುರ್ವೇದಕ್ಕೆ ಮೂಲಭೂತ ಸಿದ್ಧಾಂತಗಳನ್ನು ಒದಗಿಸುತ್ತವೆ, ಇವುಗಳನ್ನು ವೈದ್ಯರು ರೋಗನಿರ್ಣಯ (Diagnosis) ಮಾಡಲು ಮತ್ತು ರೋಗಿಗಳಿಗೆ ಚಿಕಿತ್ಸೆ ನೀಡಲು ಪ್ರಾಯೋಗಿಕವಾಗಿ ಬಳಸುತ್ತಾರೆ.

# Sadyojata

Your health is your asset