

5th Class Minutes / Class Notes (26th January 2026, Monday)

Understanding The 3 Biological Managers of Your Life and Specialties in Ayurveda

Vāyuh pittaṃ kaphāśceti trayo doṣāḥ samāsataḥ |

"Vata, Pitta, and Kapha are the three forces that, in brief, govern everything."

- Vāyuh pittaṃ kaphāśceti: Vata (referred to here as Vayu), Pitta, and Kapha are the **three Doshas**.
- Trayo doṣāḥ samāsataḥ: The word Samāsataḥ means "in brief." While there **are many complexities/Components** in the body, in summary, there are only these three Primary Doshas that **govern the entire body**

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Core biological pillars: Energy Systems

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Vata

Transportation/Movement Manager: Think of Kinetic Energy. It's the electricity in your nerves (Nervous system) and the Circulation (flow of your blood).

Pitta

Transformation Manager: Think of Thermal/Chemical Energy. It's the enzymes turning your food into fuel (Metabolism/Digestion).

Kapha

Structural Manager: Think of Potential Energy/Cohesion. It's the "glue" that keeps your cells together and your joints lubricated. (Lubrication/Immunity)

💡 **Activity (Chat Box Activity):**



Close your eyes for 5 seconds.

Do you feel 'Restless' (Vata), 'Acidic/Hungry' (Pitta), or 'Heavy/Lazy' (Kapha) right now? Type your dominant feeling in the chat box



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💡 **Quick Poll (Chat Box Activity):**

"If you feel 'constantly on the go' and your mind is racing, which manager is currently working overtime in your body? Type V, P, or K."

ನೀವು ಸದಾ ಯಾವುದೋ ಗಡಿಬಿಡಿಯಲ್ಲಿದ್ದಂತೆ ಭಾಸವಾಗುತ್ತಿದ್ದರೆ ಮತ್ತು ನಿಮ್ಮ ಮನಸ್ಸು ಅತಿ ವೇಗವಾಗಿ ಓಡುತ್ತಿದ್ದರೆ, ಸದ್ಯಕ್ಕೆ ನಿಮ್ಮ ದೇಹದ ಯಾವ Manager over time ಕೆಲಸ ಮಾಡುತ್ತಿದ್ದಾನೆ?

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Balance vs. Destruction – Friend or foe?

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Vikṛtā-avikṛtā dehaṃ ghnanti te vartayanti ca

"In balance, they sustain life; out of balance, they destroy it."

Vikṛtā-avikṛtā dehaṃ: This explains their dual nature based on their state of balance. **Scientific link:**

Homeostasis.

- **Avikṛta (Balanced / Normal state):** When these three are in their natural state, they **Vartayanti (Sustain)**—meaning they are the very forces that build tissues, keep the body functioning and maintain the life and health of the body (Deha). They help you sleep, digest, and think clearly.
- **Vikṛta (Abnormal/Vitiated state):** When they become imbalanced or vitiated, they **Ghnanti**—meaning they destroy or become the agents of destruction, causing disease and eventually destroying the body (Deha).



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Balance vs. Destruction – Friend or foe?

Analogy of a House Fire:

1. Controlled in a fireplace/Gas stove = It keeps the home warm, gives light and cooks food (Vartayanti). **Avikṛta (Balanced)**
2. Spilled onto the carpet/Like a house fire = It burns your curtains and later the house down (Ghnanti). **Vikṛta (Imbalanced)**



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Do you think health is something you 'get' from a pill, or is it a 'management' job you should do every day?

Takeaway: The same forces that keep you alive are the ones that can kill you; health is simply the management of their balance.

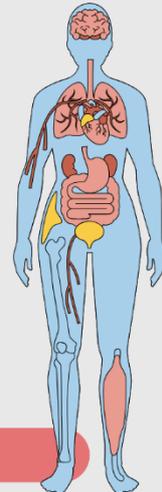
Mapping the Headquarters of doshas (The 3 Zones)

Te vyāpino'pi hṛn-nābhyor-adho-madhyordhva-saṁśrayāḥ |

- **Te vyāpino'pi:** Even though (api) these Doshas are all-pervading (vyāpinaḥ) and present in every single cell from head to toe (Omnipresent), they have primary seats or zones of influence.
- **Hṛn-nābhyor-adho-madhyordhva-saṁśrayāḥ:** To locate them, we use two landmarks: the Hṛd (Heart) and the Nābhi (Navel).

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Adho

Below the Navel: This is the primary location of Vata. (Lower abdomen, pelvic region).

Madhya

Between the Heart and the Navel: This is the primary location of Pitta. (Stomach, small intestine, liver).

Urdhva

Above the Heart: This is the primary location of Kapha (Chest, throat, head).

Even though these forces are in every cell (DNA replication, cellular metabolism), they have "Primary Seats" where they dominate.

Zone	Sanskrit Term	Medical Equivalent	Dominant Manager
Chest and Head	<i>Urdhva</i> (Above Heart)	Respiratory / Fluid balance	Kapha The Cooling System
Mid-section	<i>Madhya</i> (Heart to Navel)	Metabolic digestion / Enzymatic	Pitta The Furnace
Lower abdomen	<i>Adho</i> (Below Navel)	Nervous system / Elimination	Vata The Foundation

Dosha	Core Principle	Modern Physiological Equivalent	Cellular Level
Vata	Motion	Nervous System (Central & Autonomic)	Signal transduction & Ion channels
Pitta	Transformation	Endocrine & Digestive Systems (Metabolism)	Mitochondrial function & ATP production
Kapha	Structure	Immune & Musculoskeletal Systems	Protein synthesis & Cellular membrane

💡 **Question: "If you have a dry cough (chest area), which manager is likely 'invading' the Kapha headquarters? Is it the dry Vata or the hot Pitta?"**

Clinical Case study - The "Migraine Mystery"

Scenario: A patient has a throbbing headache that gets worse with hot flushes.

- **Common Approach:** Take a pill to "numb" the head.
- **Ayurvedic Logic:** The head is the Upper Zone (Kapha Headquarters). However, the pain is "throbbing" (Movement/Vata) and worse with "heat" (Pitta).
- **Root Cause:** Very often, Vata in the Lower Zone (constipation or gas) is pushing upward, forcing Pitta (heat) into the Kapha zone.

Solution: We calm the Vata in the lower abdomen to stop the "push" and cool the Pitta. to clear the Upper Zone (head).

Does it surprise you that to fix a headache, an Ayurveda doctor might look at your digestion or your pelvic health?

"Lower Zone" Traffic Jam (PCOS & Fibroids)

Scenario: A patient has PCOS (cysts) or uterine fibroids.

- **Common Approach:** Use hormonal pills to "force" a period or surgery to "cut out" the growth.
- **Ayurvedic Logic:** The pelvic region is the Lower Zone (Adho), the headquarters of Vata (Movement). Cysts and fibroids are Kapha (Stagnation/Structure) appearing where there should be constant "Flow." (Ghnanti)
- **Root Cause:** Vata (Movement) is blocked or "frozen" in the Lower Zone. When the "traffic" of the body stops, Kapha begins to accumulate and harden into a growth.

Solution: We "warm up" and move the Vata in the Lower Zone (gut and pelvis) to clear the path, allowing the stagnation to dissolve naturally. Vartayanti: Vata moving the cycle out every month.

If we just cut out the fibroid but don't fix the 'Traffic Jam' in the Vata Zone, what do you think the body will do a year later? do you think the Vata will be happy, or will the body just start building a new jam somewhere else?



Why This Matters to You?

Before a disease shows up on a blood test, your body sends signals through these zones:

- **Vata Signal:** Dry skin, cracking joints, anxiety, constipation, joint pain (The "Wind" is too high).
- **Pitta Signal:** Heartburn, skin rashes, irritability, Sour belching (acidity), liver heat (The "Fire" is leaking).
- **Kapha Signal:** Morning congestion, heaviness, Lethargic, weight gain, "brain fog" (The "Water" is stagnant).



Your Take-Away Message:

"You are the CEO of your own body. These three managers (Vata, Pitta, Kapha) are just waiting for your instructions. If you provide the right environment, they sustain you. If you ignore them, they destroy you."

💡 Final Reflection Question:

"Knowing that Vata lives in the lower abdomen, how might a simple habit like 'sitting down to eat' help calm your nervous system?"



Question 1:

"Think about your Digestion right now.

- If it's working silently and you feel energized, your Pitta is a FRIEND (Vartayanti).
- If you feel acidity or a 'burn,' it has turned into a FOE (Ghnanti).

Type 'Friend' or 'Foe' in the chat! Let's see who is being managed well today."



Question 2

"If you woke up today with a heavy, congested chest or a runny nose, which 'Headquarters' is currently being invaded?"

- A) Urdhva (Upper Zone/Kapha)
- B) Madhya (Middle Zone/Pitta)
- C) Adho (Lower Zone/Vata)

Type A, B, or C in the chat box!"

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Question 3

"I mentioned that Doshas are everywhere (Vyāpino'pi).

If you have dry skin on your elbows AND racing thoughts in your mind, both are caused by the same 'Manager' (Vata) acting out in different places.

Type 'YES' if you've ever noticed that when your gut is upset, your mood or skin also changes!

Let's see how many 'Connected Detectives' we have here."

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Question 4

"Ayurveda says health is 'Summary Management' (Samāsataḥ).

If your body was a Business and you are the CEO, which of your 3 Managers needs a 'Performance Review' or a vacation today?

- Mover (Vata) - Always restless/anxious?
- Transformer (Pitta) - Always angry/burning?
- Builder (Kapha) - Always sleepy/stagnant?



Type 'V', 'P', or 'K' to identify who needs your attention!

**The Big Picture: Three Primary Forces**

In Ayurveda, your body isn't just a collection of organs; it's a finely tuned machine run by three "Biological Managers" called **Doshas**. These three forces—**Vata, Pitta, and Kapha**—work together to keep you alive and healthy.

Verse: "*Vāyuh pittaṃ kaphaśceti trayo doṣāḥ samāsataḥ.*"

- **Vata (Vayu), Pitta, and Kapha** are the three Doshas.
- **Samāsataḥ** means "in brief."

- **The Concept:** While the human body is incredibly complex, it can be summarized by these three primary managers. Everything happening inside you right now falls under one of their jurisdictions.

Meet the Managers

Think of these Doshas as different types of **Energy Systems** in your body:

Manager	Role	Modern Equivalent	Real-Life Example
Vata	Movement	Kinetic Energy	The "electricity" in your nerves that tells your hand to move, or the flow of blood through your veins.
Pitta	Transformation	Thermal/Chemical Energy	The "fire" or enzymes in your stomach that turn a sandwich into actual fuel for your cells.
Kapha	Structure	Potential Energy	The "glue" that keeps your skin attached to your muscles and the "oil" that keeps your joints from grinding.

What do they actually do?

- **Vata (Transportation Manager):** It's responsible for anything that *moves*.
Example: Breathing, blinking, heartbeats, and your thoughts racing from one idea to another.
- **Pitta (Transformation Manager):** It's responsible for anything that *changes* or *cooks*.
Example: Digestion, regulating body temperature, and the chemical reactions that give you vision.
- **Kapha (Structural Manager):** It's responsible for *stability* and *lubrication*.
Example: The strength of your bones, the moisture in your lungs, and your immune system's ability to protect you.

Self-Reflection Activity

Take 5 seconds to check in with yourself. Which manager is most active right now?

- **Feeling Restless?** (Vata is high)
- **Feeling Hungry or Heartburn?** (Pitta is high)
- **Feeling Heavy or Sleepy?** (Kapha is high)

Understanding Doshas: Vata, Pitta, and Kapha

Verse: *Vikṛtā-avikṛtā dehaṃ ghnanti te vartayanti ca |*

Translation: "In balance, they sustain life; out of balance, they destroy it."

These three doshas (Vata, Pitta, Kapha) exist in the body in either a **normal (avikruta) or abnormal (vikruta) state**.

- When in a balanced (avikruta) state, they sustain the body (**vartayanti**), helping in tissue building, proper organ function, normal sleep, eating, digestion, and mental clarity.
- An imbalanced (vikruta) state, however, leads to destruction (**ghananti**), causing diseases and deteriorating health.

Analogy of Balance

The concept of balance can be understood with a **house fire analogy**:

- A controlled fire (avikruta) in the kitchen helps cook and warm the house.
- But if the fire grows out of control (vikruta), it burns the entire house, leading to destruction.

Similarly, doshas in balance support life, while imbalance causes destruction in the body, mind, and emotions.

Location of Doshas

Though Vata, Pitta, and Kapha are **present throughout the entire body**, from head to toe, in every cell, organ, and tissue, they have primary locations:

Vata: Primarily located **below the navel (adho)**, in the lower abdomen, pelvic region, joints, and legs. It governs movement, transportation, and helps in elimination.

Pitta: Primarily located **between the heart and the navel (madhya)**. It is associated with the stomach, small intestine, liver, and pancreas. Pitta acts like a furnace, generating heat for digestion, enzyme production, and hormonal balance.

Kapha: Primarily located **above the heart (urdhva)**, in the chest, throat, and head. Kapha is responsible for structure, stability, lubrication, and immunity to the body, acting as the body's cohesive and hydrating force, holding tissues together, cushioning joints, nourishing vital organs like the heart and lungs, aiding digestion, and supporting mental stability and memory.

Modern Physiological Correlation

Vata: Correlates with the nervous system (central and autonomic) and functions related to **motion and elimination**.

Pitta: Correlates with the endocrine system (hormonal balance) and digestive system (**metabolism and heat**).

Kapha: Correlates with the musculoskeletal system, providing **structure and stability**.

Recognizing Imbalance

Understanding the signs of dosha imbalance is crucial for maintaining health:

- **Vata Imbalance:** Dry skin, cracking joints with sound, anxiety, racing thoughts, constipation, joint pain.
- **Pitta Imbalance:** Heartburn, skin rashes, irritability, sour belching, internal heat, burning sensation in the stomach.
- **Kapha Imbalance:** Morning congestion, heaviness, laziness, lethargy, constant weight gain, mental stagnation.

Management and Takeaway

We are the CEOs of our own bodies, and the **doshas are the managers**. Ignoring their signals leads to disease. Ayurveda emphasizes preventive care. Understanding one's body signals allows for early intervention and better health management.

Simple habits, like sitting down to eat, can significantly impact Vata balance by aiding downward movement and calming the nervous system.

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Introduction to Ashtanga Ayurveda: The Eight Branch

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Ashtanga Ayurveda

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INTRODUCTION

- *Ashtanga* refers to 8 branches or limbs of *Ayurveda*
- Each branch is specialized on significant knowledge
- The timeless science covers a staggeringly wide range of topics starting from personal health to toxicology
- In present era we have post graduation and PhD's in all the department

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Ashtanga Ayurveda

- कायबालग्रहोर्ध्वाङ्गशल्यदंष्ट्राजरावृषान् ।
अष्टावङ्गानि तस्याहुश्चिकित्सा येषु संश्रिता॥
(AH.SU 1/5-6)
- तत्राष्टौ अङ्गानि आयुर्वेदस्य – कायचिकित्सा शल्यं शालाक्यं
कौमारभृत्यं अगदतन्त्रं भूतविद्या रसायनं वाजीकरणं च ।
- Meaning: Ayurveda consists of eight branches including medicine, surgery, ENT/eye care, pediatrics, toxicology, psychiatry, rejuvenation and reproductive health.

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1. KAYACHIKITSA

- कायस्य अन्तरगत रोगाणां चिकित्सा ।
- Meaning: Treatment of internal systemic diseases
- The word “*Kaya*” stands for “*Agni*,” the bodily fire responsible for digestion. Since it has been assumed that the digestive fire plays a vital role for proper functioning of the body . Many ailments are brought by an imbalance in this “*Agni*”. The practice of *Kaya Chikitsa* focuses on treating common illnesses like fever, diarrhea, diabetes ,cough, skin problems, bone disorders and so on.
- “*Kaya*” also refer to body



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2. *BALA CHIKITSA (Kaumarabhritya)*

- बालग्रहचिकित्सा तथा बालरोगनिवारणम्।
- Meaning: Pediatrics and child care
- It tells about the *Jata Karma*, diseases of infants, toddler, adolescent and child care
- Infants and children are unable to communicate their grievances, unlike adults. They require a different dosage of medicine than adults, and the medications must be safe for their systems as well. Due to these distinctions, *Kumarabhritya* or *Baala Chikitsa*, a distinct branch of medicine under the spectrum of Ayurvedic studies, was required. The pediatric branch of Ayurvedic science for healing (*Bala Chikitsa*) thus describes illnesses, therapies, dietary suggestions and treatment for a variety of ailments affecting children.
- The origin of *Baala Chikitsa* or *Kaumarabhritya* can be traced back to the era of the sage by the name of Kashyapa, one of the founders of the Ayurvedic school of pediatrics. The well-known manuscript known as KASHYAPA SAMHITA

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3. *GRAHA CHIKITSA*

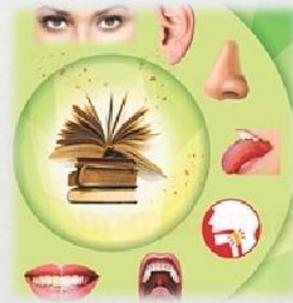
- मानसिक विकाराणां चिकित्सा।
- Meaning: Psychiatry and mental health management.
- The psychological branch of Ayurveda known as *Graha Chikitsa* deals with ailments of the mind, diseases having psychosomatic roots. Psychosomatic disorders are those that are rooted in variables, affecting mental health later leading to physical ailment
- *Unmada* and *Atatvaabhinivesha*

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4. URDHVANGA (*Shalaky Tantra*)

- ऊर्ध्वजत्रुगतानां रोगाणां चिकित्सा।
- Meaning: Treatment of diseases above clavicle – eyes, ears, nose, throat.
- *Acharya Sushruta* has elaborated many diseases under this like
 - Netra roga – 76
 - Karna roga – 28
 - Nasa roga - 31
 - Kantagata roga - 17
 - Oshtagata roga (lips) - 8



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5. SHALYA TANTRA

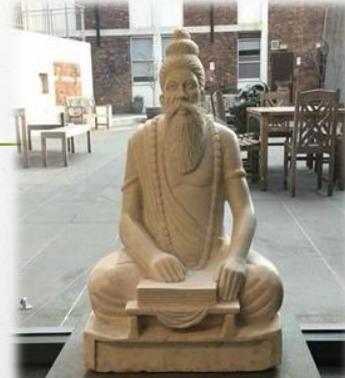
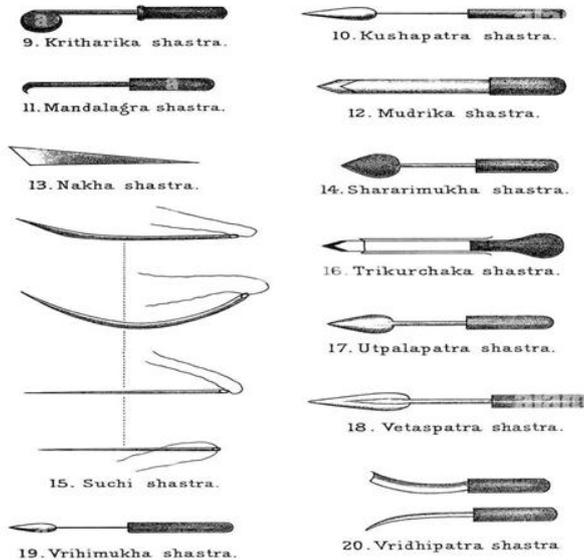
- शस्त्रप्रयोगेण रोगनाशनम्।
- Meaning: Surgical removal of diseases, foreign bodies and injuries.
- The *Sushrut Samhita*, one of the earliest works on Ayurveda, lists the first surgical treatment ever performed by wise doctor *Acharya Sushrut*. He holds the title of “father of surgery” in Ayurveda. *Acharya Sushruta* performed difficult operations like rhinoplasty (an operation utilizing skin flaps) when surgery was yet novel in Europe. The ancient Indians were the forerunners in many complex operations, including cesarean sections, cranial surgeries, obstructed labor, how to conduct prosthetic surgery for artificial limbs, and cosmetic surgery on the nose and other areas.



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Plate X.



SUSHRUTA (ca 600 BCE) Father of Surgery
 Sushruta was an ancient Indian Physician. He is considered to be the Father of Surgery. His text Sushruta Samhita has 184 chapters, described 1120 illnesses, 700 medicinal plants and 64 mineral preparations. He did many procedures such as medicine, pedicle, surgery for tumours, fistulae and fistulae, as well as cataract surgery. He is also known as the father of plastic surgery. His contributions include the fields of physiology, embryology, ophthalmology, and anatomy. Sushruta is the pioneer of 300 different types of operations and he described 125 surgical instruments including the endoscope.
 DONATED BY MR K.M.CHERIAN, MS, FRACS, DSc (Hon.), DSc (MC), DSc (CHC) FELLOWSHIP IN CARDIOTHORACIC SURGERY 1973 BY EXAMINATION
 CHENNAI 600016, INDIA

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6. Damstra Chikitsa (Agada Tantra)

- विषदंष्ट्रादि विषहर चिकित्सा।
- Meaning: Treatment of poisons, bites and toxins.
- Agada Tantra, also known as Damstra Chikitsa, is the area of Ayurvedic toxicology that deals with the prevention and treatment of poisons in the body. General bites and attacks by animals, birds, insects, or worms were usual prior to modernity when there was more wilderness surrounding the areas where humans lived. In order to address the fatal poisoning that occurred from these events, medical studies developed what is now known as Damstra or Agada Tantra. It addressed poisoning caused by metals, plants, vegetables, animals, or man-made chemicals. However, this branch of Ayurveda also considered water and air pollution as a mode of poisoning that needed to be cleaned up for human health and well-being.

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7. JARA CHIKITSA

- आयुर्वर्धनं बलवर्णकरं च।
- This area of Ayurveda focuses on the science of ultimate longevity and rejuvenation, as well as ailments and disorders associated with aging. In order to improve quality of life and live a healthy life, it discusses preventive healthcare, advice, treatments, and herbal remedies. Degenerative problems are dealt by jara chikitsa (jara means degeneration).
- It is also known as *Rasayana Chikitsa* (Rejuvenation therapy for longevity and vitality).
- This section of Ayurveda discusses many rasayanas, such as the Ausadha Rasayana (drug-based), the Ahara Rasayana (dietary), and the Achara Rasayana (behavioral discipline). The Jara Chikitsa system of healing contains techniques for enhancing strength, immunity, vitality, youth, brilliance, pleasant emotions, and virtues. With the aid of diet and herbal remedies, Rasayana attempts to correct dosha imbalances, rekindle intestinal Agni, and restore health.

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8. VAJIKARANA CHIKITSA

- सन्तानोत्पत्तिकरं बलवर्धनम्।
- Meaning: Therapy for fertility and sexual health.
- This area focuses on enhancing fertility and promoting the sexual well-being of both men and women. The condition of reproductive organs is the main topic. It is a branch that discusses sex, potency, strength, excitability, regimens, diets, medicines, and therapies to take care of reproductive organs, as well as problems including erectile dysfunction, infertility and premature ejaculation.

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SPECIALIZATION IN AYURVEDA

- 16 specialization are available
- Keeping Ashtanga as a reference

Table No-1

Sr.No.	Post Graduate Degree Program	Department Conducting PG Program
<i>Ayurveda Vachaspati (MD Ayurveda):</i>		
01	Ayurveda Samhita evum Siddhanta (Compendium and Basic Principles)	Samhita Siddhanta evum Sanskrit
02	Ayurveda-Biology	
03	Rachana Sharira (Anatomy)	Rachana Sharira

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04	Kriya Sharira (Physiology)	Kriya Sharira
05	Dravyaguna Vigyana (Materia Medica and Clinical Pharmacology)	Dravyaguna Vigyana
06	Rasashastra evum Bhaishajy Kalpana (Pharmaceutics and Clinical Pharmacy)	Rasashastra evum Bhaishajy Kalpana
07	Roga Nidana evum Vikriti Vigyana (Pathology and Clinical Diagnosis)	Roga Nidana evum Vikriti Vigyana
08	Agad Tantra evum Vidhi Vaidyaka (Clinical Toxicology and Medical Jurisprudence)	Agada Tantra evum Vidhi Vaidyaka
09	Swasthavritta evum Yoga (Lifestyle Management, Public Health and yoga)	Swasthavritta evum Yoga
10	Kaumarabhritya (Pediatrics)	Kaumarabhritya
11	Kayachikitsa (Internal Medicine)	Internal Medicine
12	Panchakarma evum Upakarma (Therapeutic Procedural Management)	Panchakarma evum Upakarma
<i>Ayurveda Dhanvantari (MS Ayurveda):</i>		
01	Prasuti Tantra evum Stree Roga (Obstetrics and Gynecology)	Prasuti Tantra evum Stree Roga
02	Shalya Tantra (Surgery)	Shalya Tantra
03	Shalakya – Netra (ophthalmology)	Shalakya Tantra
04	Shalakya – Karna, Naasaa evum Kantha (Oto-Rhino-Laryngology)	

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Conclusion

Rooted in classical texts such as *Charaka Sambhita*, *Sushruta Sambhita*, and *Ashtanga Hridaya*, the *Ashtanga* system demonstrates the advanced medical knowledge of ancient India and its relevance even in modern healthcare. Each branch complements the other, encompassing all aspects of human health through its eight specialized branches. From preventive care and internal medicine to surgery, pediatrics, rejuvenation, toxicology, and mental well-being, it addresses the physical, psychological, and spiritual dimensions of life creating a balanced approach toward treatment

Ashtanga Ayurveda refers to the eight (Ashta) branches or limbs (Anga) of Ayurveda, each focusing on a specific area of health and treatment. This structured approach highlights the **comprehensive nature** of Ayurvedic medicine.

The Eight Branches of Ayurveda

Kaya Chikitsa (Internal Medicine): Deals with internal or systemic diseases affecting various organs and body systems. It also addresses diseases stemming from impaired digestive fire (Agni), which impacts nutrient formation and leads to illnesses like fever, diarrhea, diabetes, and liver diseases.

- **Bala Chikitsa / Kaumarabhritya (Pediatrics):** Focuses on the diseases of infants, toddlers, and adolescents. This branch recognizes that children's body constituents, medicine dosages, and digestive capacities differ from adults. It also covers diseases related to breast milk impurity (**stanya drishti**) and includes essential rituals like Jaatakarma (**post-birth rituals**) and Shodasha Karma (**16 life sacraments**).

Graha Chikitsa (Psychiatry/Demonology): Addresses mental and psychological disorders, psychosomatic diseases, and behavioral abnormalities. It covers conditions like anxiety, stress-induced physical symptoms (e.g., acidity, bowel urgency), and severe mental illnesses like Unmada (psychosis), with distinct treatments for each.

- **Urdhwanga Chikitsa / Shalakya Tantra (ENT and Ophthalmology):** Specializes in diseases of the body parts above the clavicle or shoulder. This includes a detailed study of eye diseases (Netra Roga), ear diseases (Karna Roga), nose diseases (Nasa Roga), throat diseases (Kantha Gatha Roga), and conditions affecting the lips (Oshtagata Roga).

Shalya Tantra (Surgery): A renowned surgical branch, dealing with the extraction of foreign objects (Shalya) from the body, treating injuries from accidents, and managing blunt traumas. **Acharya Sushruta, known as the father of surgery,** extensively documented surgical instruments and procedures, some of which are still relevant today.

- **Damstra Chikitsa / Agada Tantra (Toxicology):** Focuses on treating diseases caused by bites, stings, and poisons from animals (e.g., snakes, spiders, dogs) or other sources. It meticulously details the symptoms, stages, and treatments for various toxic exposures.

Jara Chikitsa / Rasayana Chikitsa (Geriatrics/Rejuvenation Therapy): Aims at promoting longevity, preventing degeneration, and rejuvenating the body. It addresses age-related ailments, supports immunity, and includes various Rasayana formulations like Chyawanprash to enhance vitality and overall health. Rejuvenation therapy is explained in two types: **Vaata-tapika** (activities supporting rejuvenation with exposure to wind and sun) and **Kuti Praveshika** (an intensive nine-month regimen in a specially designed hut).

- **Vajikarana Chikitsa (Aphrodisiacs/Reproductive Medicine):** Deals with sexual health, fertility issues (male and female), and reproductive organ disorders, including infertility and premature ejaculation. It also explores the reasons behind increasing infertility rates.

Modern Specializations

Building upon these eight foundational branches, modern Ayurveda has developed **16 specialized postgraduate (PG) and PhD programs**, such as **Ayurveda Samhita evam Siddhanta, Rachana Sharira, Kriya Sharira, Dravya Guna, Rasa Shastra evam Baishajya Kalpana, Roga Nidana evam Vikriti Vijnana, Agada Tantra, Swastha Vrutta, Kaumarabhritya, Kaya Chikitsa, Panchakarma, Prasuti Tantra evam Stri Roga, Shalya Tantra, and Shalakya**. These specializations draw knowledge from the foundational branches, allowing for a more focused approach to specific health areas.

The Holistic Approach of Ayurveda

Ayurveda is more than just a treatment system; it offers comprehensive preventive care throughout a person's life, from **childbirth to old age**.

It provides guidance on living in harmony with one's body and environment, emphasizing self-awareness and personalized care.

While modern medicine excels in emergency and infectious conditions, Ayurveda offers profound insights into lifestyle disorders and preventive health, advocating for an **integrated approach to healing**.

Discussion and Q&A Highlights

- **MD Specializations:** Ayurvedic doctors study all eight branches during their undergraduate studies (BAMS). Postgraduate (MD) studies allow for specialization in a particular field, akin to a PhD. **Cross-referrals among doctors based on their skills and expertise are common in Ayurveda.**
- **Blood Transfusion in Ayurveda:** Ancient texts, particularly Sushruta Samhita, describe practices related to blood transfusion, though not identical to modern IV methods. Early practices involved **transfusing animal blood** (e.g., goat blood) and administering medicated liquids or Lehyas (confections) containing blood for nourishment, particularly in cases of blood deficiency. These practices were adapted based on patient dietary preferences (vegetarian/vegan).

- Ayurvedic Psychology/Counseling: Ayurveda incorporates counseling as a significant part of treatment, especially for mental health issues like depression and anxiety. Many Ayurvedic doctors prioritize counseling and external therapies, offering medicine only when necessary or when patients prefer it. The BAMS degree qualifies doctors to address a broad range of conditions, and they can refer to specialists if a condition requires highly specific skills.
- OCD in Children: Ayurveda offers treatments for children with conditions like OCD, focusing on counseling and external therapies, often before resorting to medication.
- Identifying Imbalances: While identifying dosha imbalances can be challenging for a layperson, it is generally straightforward for a trained Ayurvedic doctor. In complex cases, a process of trial and error with treatment may refine the diagnosis. It is emphasized that the severity of an imbalance might become difficult to manage, but identification itself is rarely impossible.
- Integration of Sciences: Ayurveda recognizes the strengths of both modern and traditional medicine, advocating for an integrated approach. Modern medicine excels in emergency and infectious conditions, while Ayurveda offers deep insights into lifestyle and non-communicable diseases. Both together can provide more comprehensive healing.

ನಿಮ್ಮ ಜೀವನದ ಮೂರು ಜೈವಿಕ ನಿರ್ವಾಹಕರು ಮತ್ತು ಆಯುರ್ವೇದದ ಶಾಖೆಗಳ ತಿಳುವಳಿಕೆ
ಮೂರು ಪ್ರಾಥಮಿಕ ಶಕ್ತಿಗಳು

ಆಯುರ್ವೇದದ ಪ್ರಕಾರ, ನಿಮ್ಮ ದೇಹವು ಕೇವಲ ಅಂಗಾಂಗಗಳ ಸಮೂಹವಲ್ಲ; ಇದು ದೋಷಗಳು ಎಂದು ಕರೆಯಲ್ಪಡುವ ಮೂರು "ಜೈವಿಕ ನಿರ್ವಾಹಕರಿಂದ" (Biological Managers) ನಡೆಸಲ್ಪಡುವ ಒಂದು ಸುಸಜ್ಜಿತ ಯಂತ್ರ. ಈ ಮೂರು ಶಕ್ತಿಗಳು—ವಾತ, ಪಿತ್ತ ಮತ್ತು ಕಫ—ನೀವು ಜೀವಂತವಾಗಿ ಮತ್ತು ಆರೋಗ್ಯವಾಗಿರಲು ಒಟ್ಟಾಗಿ ಕೆಲಸ ಮಾಡುತ್ತವೆ.

ಮೂಲ ಶ್ಲೋಕ: "ವಾಯು: ಪಿತ್ತಂ ಕಫಶ್ಚೇತಿ ತ್ರಯೋ ದೋಷಾಃ ಸಮಾಸತಃ."

- ವಾತ (ವಾಯು), ಪಿತ್ತ ಮತ್ತು ಕಫ ಇವೇ ಮೂರು ದೋಷಗಳು.
- 'ಸಮಾಸತಃ' ಎಂದರೆ "ಸಂಕ್ಷಿಪ್ತವಾಗಿ" ಎಂದರ್ಥ.

ಪರಿಕಲ್ಪನೆ: ಮಾನವ ದೇಹವು ಅತ್ಯಂತ ಸಂಕೀರ್ಣವಾಗಿದ್ದರೂ, ಅದನ್ನು ಈ ಮೂರು ಪ್ರಾಥಮಿಕ ನಿರ್ವಾಹಕರ ಮೂಲಕ ಸಂಕ್ಷಿಪ್ತವಾಗಿ ವಿವರಿಸಬಹುದು. ಈಗ ನಿಮ್ಮ ದೇಹದೊಳಗೆ ನಡೆಯುತ್ತಿರುವ ಪ್ರತಿಯೊಂದು ಕ್ರಿಯೆಯೂ ಇವುಗಳಲ್ಲಿ ಒಬ್ಬರ ವ್ಯಾಪ್ತಿಗೆ ಒಳಪಟ್ಟಿರುತ್ತದೆ.

ನಿರ್ವಾಹಕರ ಪರಿಚಯ

ಈ ದೋಷಗಳನ್ನು ನಿಮ್ಮ ದೇಹದಲ್ಲಿನ ವಿವಿಧ ರೀತಿಯ ಶಕ್ತಿ ವ್ಯವಸ್ಥೆಗಳು (Energy Systems) ಎಂದು ಪರಿಗಣಿಸಿ:

ನಿರ್ವಾಹಕ	ಪಾತ್ರ	ಆಧುನಿಕ ಸಮಾನಾರ್ಥಕ	ನೈಜ ಜೀವನದ ಉದಾಹರಣೆ
ವಾತ	ಚಲನೆ (Movement)	ಚಲನಶಕ್ತಿ (Kinetic Energy)	ನಿಮ್ಮ ಕೈ ಚಲಿಸಲು ತಿಳಿಸುವ ನರಗಳಲ್ಲಿನ "ವಿದ್ಯುತ್" ಅಥವಾ ರಕ್ತನಾಳಗಳಲ್ಲಿನ ರಕ್ತದ ಹರಿವು.
ಪಿತ್ತ	ರೂಪಾಂತರ (Transformation)	ಉಷ್ಣ/ರಾಸಾಯನಿಕ ಶಕ್ತಿ (Thermal/Chemical Energy)	ನೀವು ತಿಂದ ಆಹಾರವನ್ನು ಜೀವಕೋಶಗಳಿಗೆ ಇಂಧನವಾಗಿ ಬದಲಾಯಿಸುವ ಹೊಟ್ಟೆಯಲ್ಲಿನ "ಅಗ್ನಿ" ಅಥವಾ ಕಿಣ್ವಗಳು (Enzymes).
ಕಫ	ರಚನೆ (Structure)	ಸ್ಥಿತಿಶಕ್ತಿ (Potential Energy)	ನಿಮ್ಮ ಚರ್ಮವನ್ನು ಸ್ನಾಯುಗಳಿಗೆ ಅಂಟಿಸಿರುವ "ಬಾಂದವ್ಯ" (Glue) ಮತ್ತು ಕೀಲುಗಳು ಸವೆಯದಂತೆ ತಡೆಯುವ "ತೈಲ" ಅಥವಾ ಜಿಡ್ಡಿನಂಶ.

ಇವು ವಾಸ್ತವವಾಗಿ ಏನು ಮಾಡುತ್ತವೆ?

- ವಾತ (ಸಾರಿಗೆ ನಿರ್ವಾಹಕ - The Transportation Manager):** ಇದು ಚಲಿಸುವ ಪ್ರತಿಯೊಂದಕ್ಕೂ ಕಾರಣವಾಗಿದೆ.
 - ಉದಾಹರಣೆ: ಉಸಿರಾಟ, ಕಣ್ಣು ಮಿಟುಕಿಸುವುದು, ಹೃದಯ ಬಡಿತ ಮತ್ತು ಒಂದು ಆಲೋಚನೆಯಿಂದ ಇನ್ನೊಂದಕ್ಕೆ ಓಡುವ ನಿಮ್ಮ ಮನಸ್ಸು.
- ಪಿತ್ತ (ರೂಪಾಂತರ ನಿರ್ವಾಹಕ - The Transformation Manager):** ಇದು ಬದಲಾಗುವ ಅಥವಾ ಬೇಯುವ ಪ್ರತಿಯೊಂದಕ್ಕೂ ಕಾರಣವಾಗಿದೆ.
 - ಉದಾಹರಣೆ: ಜೀರ್ಣಕ್ರಿಯೆ, ದೇಹದ ಉಷ್ಣತೆಯನ್ನು ನಿಯಂತ್ರಿಸುವುದು ಮತ್ತು ನಿಮಗೆ ದೃಷ್ಟಿ ನೀಡುವ ರಾಸಾಯನಿಕ ಪ್ರತಿಕ್ರಿಯೆಗಳು.
- ಕಫ (ರಚನಾತ್ಮಕ ನಿರ್ವಾಹಕ - The Structural Manager):** ಇದು ಸ್ಥಿರತೆ ಮತ್ತು ಲೂಬ್ರಿಕೇಶನ್ (Lubrication/ಜಿಡ್ಡಿನಂಶ) ಗೆ ಕಾರಣವಾಗಿದೆ.
 - ಉದಾಹರಣೆ: ನಿಮ್ಮ ಮೂಳೆಗಳ ಬಲ, ಶ್ವಾಸಕೋಶದಲ್ಲಿನ ತೇವಾಂಶ ಮತ್ತು ನಿಮ್ಮನ್ನು ರಕ್ಷಿಸುವ ರೋಗನಿರೋಧಕ ಶಕ್ತಿ (Immune system).

ಸ್ವಯಂ-ಚಿಂತನೆಯ ಚಟುವಟಿಕೆ (Self-Reflection)

ಕೇವಲ 5 ಸೆಕೆಂಡುಗಳ ಕಾಲ ನಿಮ್ಮನ್ನು ನೀವು ಗಮನಿಸಿಕೊಳ್ಳಿ. ಈಗ ನಿಮ್ಮಲ್ಲಿ ಯಾವ ನಿರ್ವಾಹಕನು ಹೆಚ್ಚು ಸಕ್ರಿಯನಾಗಿದ್ದಾನೆ?

- ಚಡಪಡಿಕೆ ಅಥವಾ ಅಸ್ಥಿರತೆ ಅನಿಸುತ್ತಿದೆಯೇ? (ವಾತ ಹೆಚ್ಚಾಗಿದೆ)
- ಹಸಿವು ಅಥವಾ ಎದೆಯರಿ ಅನಿಸುತ್ತಿದೆಯೇ? (ಪಿತ್ತ ಹೆಚ್ಚಾಗಿದೆ)
- ದೇಹ ಭಾರವೆನಿಸುತ್ತಿದೆಯೇ ಅಥವಾ ನಿದ್ರೆ ಬರುತ್ತಿದೆಯೇ? (ಕಫ ಹೆಚ್ಚಾಗಿದೆ)

ದೋಷಗಳ ಸಮತೋಲನ, ಅವುಗಳ ಸ್ಥಾನ ಮತ್ತು ಲಕ್ಷಣ:

ದೋಷಗಳ ತಿಳುವಳಿಕೆ: ವಾತ, ಪಿತ್ತ ಮತ್ತು ಕಫ

ಮೂಲ ಶ್ಲೋಕ: ವಿಕ್ಯತಾ-ಅವಿಕ್ಯತಾ ದೇಹಂ ಘ್ನಂತಿ ತೇ ವರ್ತಯಂತಿ ಚ |

ಅರ್ಥ: "ಸಮತೋಲನದಲ್ಲಿದ್ದಾಗ ಅವು ಜೀವನವನ್ನು ಪೋಷಿಸುತ್ತವೆ; ಸಮತೋಲನ ತಪ್ಪಿದಾಗ ಅವು ದೇಹವನ್ನು ನಾಶಪಡಿಸುತ್ತವೆ."

ಈ ಮೂರು ದೋಷಗಳು (ವಾತ, ಪಿತ್ತ, ಕಫ) ದೇಹದಲ್ಲಿ ಸಾಮಾನ್ಯ (ಅವಿಕ್ಯತ) ಅಥವಾ ಅಸಹಜ (ವಿಕ್ಯತ) ಸ್ಥಿತಿಯಲ್ಲಿರುತ್ತವೆ.

- ಸಮತೋಲಿತ (ಅವಿಕ್ಯತ) ಸ್ಥಿತಿ: ಇವು ದೇಹವನ್ನು ಪೋಷಿಸುತ್ತವೆ (ವರ್ತಯಂತಿ). ಅಂಗಾಂಶಗಳ ರಚನೆ, ಅಂಗಾಂಶಗಳ ಸರಿಯಾದ ಕಾರ್ಯನಿರ್ವಹಣೆ, ಉತ್ತಮ ನಿದ್ರೆ, ಹಸಿವು, ಜೀರ್ಣಕ್ರಿಯೆ ಮತ್ತು ಮಾನಸಿಕ ಸ್ಪಷ್ಟತೆಗೆ ಸಹಾಯ ಮಾಡುತ್ತವೆ.
- ಅಸಮತೋಲಿತ (ವಿಕ್ಯತ) ಸ್ಥಿತಿ: ಇದು ವಿನಾಶಕ್ಕೆ (ಘ್ನಂತಿ) ಕಾರಣವಾಗುತ್ತದೆ, ಅಂದರೆ ದೋಷಗಳನ್ನು ಉಂಟುಮಾಡಿ ಆರೋಗ್ಯವನ್ನು ಹದಗೆಡಿಸುತ್ತದೆ.

ಸಮತೋಲನದ ಉದಾಹರಣೆ

ಸಮತೋಲನದ ಪರಿಕಲ್ಪನೆಯನ್ನು ಮನೆಯಲ್ಲಿನ ಒಲೆಯ ಬೆಂಕಿಗೆ ಹೋಲಿಸಬಹುದು:

- ಅಡುಗೆಮನೆಯಲ್ಲಿ ನಿಯಂತ್ರಣದಲ್ಲಿರುವ ಬೆಂಕಿ (ಅವಿಕ್ಯತ) ಅಡುಗೆ ಮಾಡಲು ಮತ್ತು ಮನೆಗೆ ಉಷ್ಣತೆ ನೀಡಲು ಸಹಾಯ ಮಾಡುತ್ತದೆ.
- ಆದರೆ ಅದೇ ಬೆಂಕಿ ನಿಯಂತ್ರಣ ತಪ್ಪಿದರೆ (ವಿಕ್ಯತ), ಅದು ಇಡೀ ಮನೆಯನ್ನೇ ಸುಟ್ಟು ಭಸ್ಮ ಮಾಡುತ್ತದೆ. ಅದೇ ರೀತಿ, ಸಮತೋಲನದಲ್ಲಿರುವ ದೋಷಗಳು ಜೀವನಕ್ಕೆ ಆಧಾರವಾಗಿರುತ್ತವೆ, ಆದರೆ ಅಸಮತೋಲನವು ದೇಹ, ಮನಸ್ಸು ಮತ್ತು ಭಾವನೆಗಳಲ್ಲಿ ಏರುಪೇರು ಉಂಟುಮಾಡುತ್ತದೆ.

ದೋಷಗಳ ಸ್ಥಾನ (Location of Doshas)

ವಾತ, ಪಿತ್ತ ಮತ್ತು ಕಫಗಳು ತಲೆಯಿಂದ ಪಾದದವರೆಗೆ ಪ್ರತಿ ಜೀವಕೋಶ ಮತ್ತು ಅಂಗಾಂಶಗಳಲ್ಲಿ ವ್ಯಾಪಿಸಿದ್ದರೂ, ಅವುಗಳಿಗೆ ಕೆಲವು ಪ್ರಮುಖ ಸ್ಥಾನಗಳಿವೆ:

- **ವಾತ:** ಪ್ರಧಾನವಾಗಿ ಹೊಕ್ಕುಳಿನ ಕೆಳಭಾಗದಲ್ಲಿ (ಅಧೋ) ಅಂದರೆ ಕಿಬ್ಬೊಟ್ಟೆ, ಸೊಂಟದ ಭಾಗ, ಕೀಲುಗಳು ಮತ್ತು ಕಾಲುಗಳಲ್ಲಿ ಇರುತ್ತದೆ. ಇದು ಚಲನೆ, ಸಾಗಣೆ ಮತ್ತು ಮಲವಿಸರ್ಜನೆಯನ್ನು ನಿಯಂತ್ರಿಸುತ್ತದೆ.
- **ಪಿತ್ತ:** ಪ್ರಧಾನವಾಗಿ ಹೃದಯ ಮತ್ತು ಹೊಕ್ಕುಳಿನ ಮಧ್ಯಭಾಗದಲ್ಲಿ (ಮಧ್ಯ) ಇರುತ್ತದೆ. ಇದು ಜಠರ, ಸಣ್ಣ ಕರುಳು, ಯಕೃತ್ತು (Liver) ಮತ್ತು ಮೇದೋಜೀರಕ ಗ್ರಂಥಿಗೆ (Pancreas) ಸಂಬಂಧಿಸಿದೆ. ಪಿತ್ತವು ಕುಲುಮೆಯಂತೆ ಕೆಲಸ ಮಾಡುತ್ತದೆ; ಜೀರ್ಣಕ್ರಿಯೆ, ಕಿಣ್ವಗಳ ಉತ್ಪತ್ತಿ ಮತ್ತು ಹಾರ್ಮೋನುಗಳ ಸಮತೋಲನಕ್ಕೆ ಅಗತ್ಯವಾದ ಉಷ್ಣತೆಯನ್ನು ನೀಡುತ್ತದೆ.
- **ಕಫ:** ಪ್ರಧಾನವಾಗಿ ಹೃದಯದ ಮೇಲ್ಭಾಗದಲ್ಲಿ (ಉರ್ಧ್ವ) ಅಂದರೆ ಎದೆ, ಗಂಟಲು ಮತ್ತು ತಲೆಯಲ್ಲಿ ಇರುತ್ತದೆ. ಕಫವು ದೇಹದ ರಚನೆ, ತಂಪು ಮತ್ತು ದ್ರವದ ಸಮತೋಲನಕ್ಕೆ ಕಾರಣವಾಗಿದೆ.

ಆಧುನಿಕ ದೈಹಿಕ ಸಂಬಂಧ (Modern Physiological Correlation)

- **ವಾತ:** ನರಮಂಡಲಕ್ಕೆ (Nervous system) ಸಂಬಂಧಿಸಿದೆ.
- **ಪಿತ್ತ:** ಅಂತಃಸ್ರಾವಕ ವ್ಯವಸ್ಥೆ (Endocrine system - ಹಾರ್ಮೋನುಗಳು) ಮತ್ತು ಜೀರ್ಣಾಂಗ ವ್ಯವಸ್ಥೆಗೆ ಸಂಬಂಧಿಸಿದೆ.
- **ಕಫ:** ಮಾಂಸಖಂಡ ಮತ್ತು ಅಸ್ಥಿಪಂಜರ ವ್ಯವಸ್ಥೆಗೆ (Musculoskeletal system) ಸಂಬಂಧಿಸಿದ್ದು, ದೇಹಕ್ಕೆ ಸ್ಥಿರತೆ ನೀಡುತ್ತದೆ.

ಅಸಮತೋಲನವನ್ನು ಗುರುತಿಸುವುದು

ದೋಷಗಳ ಏರುಪೇರಿನ ಲಕ್ಷಣಗಳನ್ನು ತಿಳಿದುಕೊಳ್ಳುವುದು ಆರೋಗ್ಯ ಕಾಪಾಡಿಕೊಳ್ಳಲು ಬಹಳ ಮುಖ್ಯ:

ದೋಷ	ಅಸಮತೋಲನದ ಲಕ್ಷಣಗಳು
ವಾತ ಅಸಮತೋಲನ	ಒಣ ಚರ್ಮ, ಕೀಲುಗಳಲ್ಲಿ ಶಬ್ದ ಬರುವುದು, ಆತಂಕ, ಅತಿಯಾದ ಆಲೋಚನೆಗಳು, ಮಲಬದ್ಧತೆ, ಕೀಲು ನೋವು.
ಪಿತ್ತ ಅಸಮತೋಲನ	ಎದೆಯುರಿ, ಚರ್ಮದ ದದ್ದುಗಳು (Rashes), ಸಿಡುಕುತನ, ಹುಳಿ ತೇಗು, ದೇಹದಲ್ಲಿ ಅತಿಯಾದ ಉಷ್ಣತೆ ಅಥವಾ ಉರಿ.
ಕಫ ಅಸಮತೋಲನ	ಮುಂಜಾನೆ ಕಫ ಕಟ್ಟಿಕೊಳ್ಳುವುದು, ದೇಹದಲ್ಲಿ ಭಾರವೆನಿಸುವುದು, ಆಲಸ್ಯ, ನಿರಂತರ ತೂಕ ಹೆಚ್ಚಳ, ಮಾನಸಿಕ ಮಂದತೆ.

ಸಾರಾಂಶ

ನಾವು ನಮ್ಮ ದೇಹದ ಸಿಇಒ (CEO) ಇದ್ದಂತೆ, ಮತ್ತು ದೋಷಗಳು ನಮ್ಮ ಕೈ ಕೆಳಗಿನ ನಿರ್ವಾಹಕರು (Managers). ಅವು ನೀಡುವ ಸಂಕೇತಗಳನ್ನು ನಿರ್ಲಕ್ಷಿಸುವುದು ರೋಗಕ್ಕೆ ದಾರಿಯಾಗುತ್ತದೆ. ಆಯುರ್ವೇದವು ತಡೆಗಟ್ಟುವಿಕೆಗೆ (Preventive care) ಒತ್ತು ನೀಡುತ್ತದೆ. ಕುಳಿತುಕೊಂಡು ಆಹಾರ ಸೇವಿಸುವಂತಹ ಸಣ್ಣ ಹವ್ಯಾಸಗಳು ಕೂಡ ವಾತದ ಸಮತೋಲನವನ್ನು ಕಾಪಾಡಿ ನರಮಂಡಲವನ್ನು ಶಾಂತಗೊಳಿಸುತ್ತವೆ.

ಇದು ಅಷ್ಟಾಂಗ ಆಯುರ್ವೇದದ ಎಂಟು ಶಾಖೆಗಳು ಮತ್ತು ಅದರ ಸಮಗ್ರ ದೃಷ್ಟಿಕೋನದ ಕುರಿತಾದ ಅರ್ಥಪೂರ್ಣ ಕನ್ನಡ ಅನುವಾದ:

ಅಷ್ಟಾಂಗ ಆಯುರ್ವೇದದ ಪರಿಚಯ: ಎಂಟು ಶಾಖೆಗಳು

ಆಯುರ್ವೇದದಲ್ಲಿ 'ಅಷ್ಟ' ಎಂದರೆ ಎಂಟು ಮತ್ತು 'ಅಂಗ' ಎಂದರೆ ಶಾಖೆಗಳು. ಆರೋಗ್ಯ ಮತ್ತು ಚಿಕಿತ್ಸೆಯ ನಿರ್ದಿಷ್ಟ ಕ್ಷೇತ್ರಗಳ ಮೇಲೆ ಕೇಂದ್ರೀಕರಿಸುವ ಎಂಟು ವಿಭಾಗಗಳನ್ನು ಅಷ್ಟಾಂಗ ಆಯುರ್ವೇದ ಎನ್ನಲಾಗುತ್ತದೆ. ಇದು ಆಯುರ್ವೇದ ವೈದ್ಯಕೀಯ ಪದ್ಧತಿಯ ಸಮಗ್ರತೆಯನ್ನು ಎತ್ತಿ ತೋರಿಸುತ್ತದೆ.

ಆಯುರ್ವೇದದ ಎಂಟು ಶಾಖೆಗಳು

1. **ಕಾಯ ಚಿಕಿತ್ಸೆ (Internal Medicine):** ಇದು ದೇಹದ ವಿವಿಧ ಅಂಗಾಂಗಗಳು ಮತ್ತು ವ್ಯವಸ್ಥೆಗಳಿಗೆ ಸಂಬಂಧಿಸಿದ ಆಂತರಿಕ ಕಾಯಿಲೆಗಳ ಬಗ್ಗೆ ತಿಳಿಸುತ್ತದೆ. ವಿಶೇಷವಾಗಿ ಜೀರ್ಣಾग्ನಿ (Agni) ಮಂದವಾಗುವುದರಿಂದ ಉಂಟಾಗುವ ಜ್ವರ, ಅತಿಸಾರ, ಮಧುಮೇಹ ಮತ್ತು ಯಕೃತ್ತಿನ ಕಾಯಿಲೆಗಳಿಗೆ ಇಲ್ಲಿ ಚಿಕಿತ್ಸೆ ನೀಡಲಾಗುತ್ತದೆ.
2. **ಬಾಲ ಚಿಕಿತ್ಸೆ / ಕೌಮಾರಭೃತ್ಯ (Pediatrics):** ಶಿಶುಗಳು ಮತ್ತು ಹದಿಹರೆಯದವರ ಕಾಯಿಲೆಗಳ ಮೇಲೆ ಇದು ಗಮನಹರಿಸುತ್ತದೆ. ಮಕ್ಕಳ ಔಷಧಿಯ ಪ್ರಮಾಣ ಮತ್ತು ಜೀರ್ಣಶಕ್ತಿ ವಯಸ್ಕರಿಗಿಂತ ಭಿನ್ನವಾಗಿರುತ್ತದೆ ಎಂದು ಈ ಶಾಖೆ ಗುರುತಿಸುತ್ತದೆ. ಇದು ಎದೆಹಾಲಿನ ಅಶುದ್ಧತೆ (Stanya drishti) ಮತ್ತು ಜಾತಕರ್ಮ, ಷೋಡಶ ಸಂಸ್ಕಾರಗಳಂತಹ ವಿಧಿಗಳನ್ನು ಒಳಗೊಂಡಿದೆ.
3. **ಗ್ರಹ ಚಿಕಿತ್ಸೆ (Psychiatry/Psychology):** ಮಾನಸಿಕ ಅಸ್ವಸ್ಥತೆಗಳು ಮತ್ತು ನಡವಳಿಕೆಯ ಏರುಪೇರುಗಳನ್ನು ಇದು ನಿರ್ವಹಿಸುತ್ತದೆ. ಆತಂಕ, ಒತ್ತಡದಿಂದ ಉಂಟಾಗುವ ದೈಹಿಕ ಲಕ್ಷಣಗಳು ಮತ್ತು 'ಉನ್ಮಾದ'ದಂತಹ (Psychosis) ತೀವ್ರ ಮಾನಸಿಕ ಕಾಯಿಲೆಗಳಿಗೆ ಇಲ್ಲಿ ಚಿಕಿತ್ಸೆ ಇದೆ.
4. **ಉರ್ಧ್ವಾಂಗ ಚಿಕಿತ್ಸೆ / ಶಾಲಾಕ್ಯ ತಂತ್ರ (ENT and Ophthalmology):** ಕೊರಳಿನ ಮೇಲ್ಭಾಗದ ಅಂಗಾಂಗಗಳ ಕಾಯಿಲೆಗಳಿಗೆ ಇದು ಸೀಮಿತವಾಗಿದೆ. ಕಣ್ಣಿನ ರೋಗಗಳು (ನೇತ್ರ ರೋಗ), ಕಿವಿ, ಮೂಗು, ಗಂಟಲು ಮತ್ತು ತುಟಿಗಳಿಗೆ ಸಂಬಂಧಿಸಿದ ಸಮಸ್ಯೆಗಳ ಬಗ್ಗೆ ಇಲ್ಲಿ ವಿವರವಾದ ಅಧ್ಯಯನವಿದೆ.
5. **ಶಲ್ಯ ತಂತ್ರ (Surgery):** ಇದು ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ವಿಭಾಗವಾಗಿದೆ. ದೇಹದಲ್ಲಿ ಸಿಲುಕಿರುವ ಬಾಹ್ಯ ವಸ್ತುಗಳನ್ನು (Shalya) ಹೊರತೆಗೆಯುವುದು, ಅಪಘಾತದ ಗಾಯಗಳು ಮತ್ತು ಪೆಟ್ಟುಗಳನ್ನು ಗುಣಪಡಿಸುವುದರಲ್ಲಿ ಇದು ಪರಿಣತಿ ಹೊಂದಿದೆ. ಶಸ್ತ್ರಚಿಕಿತ್ಸೆಯ ಪಿತಾಮಹ ಆಚಾರ್ಯ ಸುಶ್ರುತರು ಈ ವಿಭಾಗದಲ್ಲಿ ಅನೇಕ ಶಸ್ತ್ರಚಿಕಿತ್ಸಾ ಉಪಕರಣಗಳು ಮತ್ತು ವಿಧಾನಗಳನ್ನು ದಾಖಲಿಸಿದ್ದಾರೆ.

6. ದಂಷ್ಚ ಚಿಕಿತ್ಸೆ / ಅಗದ ತಂತ್ರ (Toxicology): ಪ್ರಾಣಿಗಳ (ಹಾವು, ಜೇಡ, ನಾಯಿ ಇತ್ಯಾದಿ) ಕಡಿತ, ಕೀಟಗಳ ದಂಶ ಮತ್ತು ವಿವಿಧ ವಿಷಕಾರಿ ವಸ್ತುಗಳಿಂದ ಉಂಟಾಗುವ ಕಾಯಿಲೆಗಳಿಗೆ ಇಲ್ಲಿ ಚಿಕಿತ್ಸೆ ನೀಡಲಾಗುತ್ತದೆ.
7. ಜರಾ ಚಿಕಿತ್ಸೆ / ರಸಾಯನ ಚಿಕಿತ್ಸೆ (Geriatrics/Rejuvenation Therapy): ದೀರ್ಘಾಯುಷ್ಯವನ್ನು ಉತ್ತೇಜಿಸುವುದು, ದೇಹದ ಕ್ಷೀಣತೆಯನ್ನು ತಡೆಯುವುದು ಮತ್ತು ಪುನಶ್ಚೇತನ ನೀಡುವುದು ಇದರ ಗುರಿ. ರೋಗನಿರೋಧಕ ಶಕ್ತಿಯನ್ನು ಹೆಚ್ಚಿಸಲು 'ಚೈವನಪ್ರಾಶ'ದಂತಹ ರಸಾಯನಗಳ ಬಳಕೆ ಮತ್ತು ಕುಟೀ ಪ್ರವೇಶಿಕ (ವಿಶೇಷವಾಗಿ ವಿನ್ಯಾಸಗೊಳಿಸಿದ ಗುಡಿಸಿಲಿನಲ್ಲಿ ಮಾಡುವ ಚಿಕಿತ್ಸೆ) ವಿಧಾನಗಳನ್ನು ಇದು ಒಳಗೊಂಡಿದೆ.
8. ವಜೀಕರಣ ಚಿಕಿತ್ಸೆ (Aphrodisiacs/Reproductive Medicine): ಲೈಂಗಿಕ ಆರೋಗ್ಯ, ಸಂತಾನೋತ್ಪತ್ತಿ ಸಾಮರ್ಥ್ಯ ಮತ್ತು ಬಂಜೆತನದಂತಹ ಸಮಸ್ಯೆಗಳನ್ನು ಈ ಶಾಖೆ ನಿರ್ವಹಿಸುತ್ತದೆ.

ಆಧುನಿಕ ವಿಶೇಷತೆಗಳು (Modern Specializations)

ಈ ಎಂಟು ಮೂಲ ಶಾಖೆಗಳ ಆಧಾರದ ಮೇಲೆ ಇಂದು ಆಯುರ್ವೇದದಲ್ಲಿ 16 ಸ್ನಾತಕೋತ್ತರ (MD/MS) ಮತ್ತು ಪಿಎಚ್‌ಡಿ (PhD) ವಿಭಾಗಗಳಿವೆ. ಉದಾಹರಣೆಗೆ: ರಚನಾ ಶರೀರ, ಕ್ರಿಯಾ ಶರೀರ, ದ್ರವ್ಯಗುಣ, ರಸಶಾಸ್ತ್ರ, ಪಂಚಕರ್ಮ ಮತ್ತು ಪ್ರಸೂತಿ ತಂತ್ರ.

ಚರ್ಚೆ ಮತ್ತು ಪ್ರಶ್ನೋತ್ತರಗಳ ಮುಖ್ಯಾಂಶಗಳು

- ಎಂ.ಡಿ. ವಿಶೇಷತೆಗಳು (MD Specializations): ಆಯುರ್ವೇದ ವೈದ್ಯರು ತಮ್ಮ ಪದವಿ ಶಿಕ್ಷಣದ (BAMS) ಅವಧಿಯಲ್ಲಿ ಎಂಟೂ ಶಾಖೆಗಳನ್ನು ಅಭ್ಯಾಸ ಮಾಡುತ್ತಾರೆ. ಸ್ನಾತಕೋತ್ತರ (MD) ಶಿಕ್ಷಣವು ಪಿಎಚ್‌ಡಿ (PhD) ಗೆ ಸಮಾನವಾದ ರೀತಿಯಲ್ಲಿ ಯಾವುದಾದರೊಂದು ನಿರ್ದಿಷ್ಟ ಕ್ಷೇತ್ರದಲ್ಲಿ ವಿಶೇಷ ಅಧ್ಯಯನ ಮಾಡಲು ಅವಕಾಶ ನೀಡುತ್ತದೆ. ಆಯುರ್ವೇದದಲ್ಲಿ ವೈದ್ಯರು ತಮ್ಮ ಕೌಶಲ್ಯ ಮತ್ತು ಪರಿಣತಿಗೆ ಅನುಗುಣವಾಗಿ ರೋಗಿಗಳನ್ನು ಇತರ ತಜ್ಞ ವೈದ್ಯರಿಗೆ ಶಿಫಾರಸು ಮಾಡುವುದು (Cross-referrals) ಸಾಮಾನ್ಯವಾಗಿದೆ.
- ಆಯುರ್ವೇದ ಮಾನಸಿಕ ಸಮಾಲೋಚನೆ (Counseling): ಖಿನ್ನತೆ ಮತ್ತು ಆತಂಕದಂತಹ ಸಮಸ್ಯೆಗಳಿಗೆ ಆಯುರ್ವೇದ ವೈದ್ಯರು ಸಮಾಲೋಚನೆಗೆ ಹೆಚ್ಚಿನ ಆದ್ಯತೆ ನೀಡುತ್ತಾರೆ. ಔಷಧಗಳಿಗಿಂತ ಹೆಚ್ಚಾಗಿ ಬಾಹ್ಯ ಚಿಕಿತ್ಸೆಗಳು ಮತ್ತು ಮಾನಸಿಕ ಮರು-ಪ್ರೋಗ್ರಾಮಿಂಗ್ ಮೂಲಕ ಚಿಕಿತ್ಸೆ ನೀಡಲಾಗುತ್ತದೆ.
- ಮಕ್ಕಳಲ್ಲಿ ಓಸಿಡಿ (OCD in Children): ಮಕ್ಕಳಲ್ಲಿನ ಓಸಿಡಿ ಲಕ್ಷಣಗಳಿಗೆ ಆಯುರ್ವೇದವು ಸಮಾಲೋಚನೆ ಮತ್ತು ಶಾಂತಗೊಳಿಸುವ ಚಿಕಿತ್ಸೆಗಳ ಮೂಲಕ ಪರಿಹಾರ ನೀಡುತ್ತದೆ.
- ದೋಷಗಳ ಏರುಪೇರು ಗುರುತಿಸುವುದು: ಸಾಮಾನ್ಯ ಜನರಿಗೆ ದೋಷಗಳ ಅಸಮತೋಲನ ತಿಳಿಯುವುದು ಕಷ್ಟವಾಗಬಹುದು, ಆದರೆ ತರಬೇತಿ ಪಡೆದ ಆಯುರ್ವೇದ ವೈದ್ಯರಿಗೆ ಇದು ಸುಲಭ. ಸಂಕೀರ್ಣ ಸಂದರ್ಭಗಳಲ್ಲಿ ಚಿಕಿತ್ಸೆಯ ಫಲಿತಾಂಶಗಳನ್ನು ಗಮನಿಸಿ ರೋಗನಿರ್ಣಯವನ್ನು ಮಾಡಲಾಗುತ್ತದೆ.

- ವಿಜ್ಞಾನಗಳ ಏಕೀಕರಣ (Integration of Sciences): ತುರ್ತು ಚಿಕಿತ್ಸೆ ಮತ್ತು ಸೋಂಕುಗಳ ನಿವಾರಣೆಯಲ್ಲಿ ಆಧುನಿಕ ವೈದ್ಯಕೀಯ ಉತ್ತಮವಾಗಿದ್ದರೆ, ಜೀವನಶೈಲಿ ಕಾಯಿಲೆಗಳು ಮತ್ತು ರೋಗ ತಡೆಗಟ್ಟುವಿಕೆಯಲ್ಲಿ ಆಯುರ್ವೇದವು ಹೆಚ್ಚು ಪರಿಣಾಮಕಾರಿ. ಇವೆರಡರ ಸಮನ್ವಯವು ಉತ್ತಮ ಆರೋಗ್ಯಕ್ಕೆ ದಾರಿಯಾಗಿದೆ.

Sadyojata

Your health is your asset