

DEFINITION OF **HEALTH** IN AYURVEDA



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*A balanced state of Dosha,
Dhathu, Mala, and Agni*

*A happy state of Soul,
Sense organs, and Mind*



TEN GUIDELINES FOR GOOD HEALTH _____...

- Sathya Bhashana - Being Truthful
- Madhya nivrutti - Avoiding addictions
- Ahimsa - Avoiding harming others either physically or mentally
- Priya bhashana - Speaking in a sweet manner
- Japashoucha paratha - Maintaining Cleanliness of body and mind
- Dana nithyatha - Helping people who are poor or in need of help to the best of our capabilities
- Akrodha - Having control over anger
- Respect towards elders and helping them to the best of our abilities
- Maintaining proper sleep - waking up cycle
- Nithyam karunardatha - having compassion and kindness towards every living being.



Food articles which improve health when consumed regularly: _____...

➤ Rice, preferably one-year-old

➤ Green gram

➤ Rock salt

➤ Gooseberry

➤ Barley

➤ Milk

➤ Cow Ghee

➤ Honey

➤ Buttermilk

➤ Pomegranate

➤ Dry grapes



Activities which promote health: _____...

- Regular exercise
- Abhyagna or oil bath (Use sesame oil or medicated oil)
- Waking up before sunrise
- Consuming food after complete digestion of the previous meal
- Fasting by skipping a meal
- Fasting by skipping a meal once in a week and breaking the fast next day by eating kichdi (prepared with rice and moong dal)
- Consumption of food in moderate quantity and at the right time
- Consuming water which is boiled and cooled



Food articles which should be used only occasionally or sparingly: _____...

- Paneer (Cottage cheese)
- Pork
- Beef
- Fish
- Curd
- Black gram

To keep your doshas in balance: _____...

Avoid

- Disturbing your sleep-waking cycle - waking cycle - early to bed and early to rise should be the ideal
- Addictions such as tobacco, alcohol etc
- Eating curd in the night
- Sugar-rich drinks and fat-rich foods
- Overeating and gluttony
- Taking bath immediately after taking food

