

## Niramay Yogchikitsa Kendra



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### Meaning of Health: 2

The Indian culture has persisted for many many years; has been developing and retained spiritual wealth that the culture gave to all universe. The main reason behind this that this culture is basically Health Culture. The festivals, days, carnivals, ornaments, worship of God, production of art was backed by Health thought. Keeping the Health concept in the centre the sciences like 'Yoga', 'Ayurveda', 'Mantra-Tantra' developed here.

Among all these sciences the science that acquired status of 'Vedas' is the science 'Ayurveda'. 'आयुषो वेदः' of course the science which thought wholly of human life and gave knowledge is the 'Ayurveda'. This science expressed the concept of health clearly.

The mentor tradition tells that the main aim of 'Ayurveda' science is 'स्वस्थस्य स्वास्थ्यरक्षणम्। आतुरस्य विकार प्रशमनम्' which means that to protect or preserve the health of a healthy person and to treat and remove the disease or illness of a patient or unhealthy person are both the deeds of 'Ayurveda'.

Then which person is to be called healthy and what is health?

'Ayurveda' says – समदोषाः समाग्निश्च समधातु मलक्रियाः। प्रसन्नात्मैन्द्रिय मनः स्वस्थ इत्याभिधीयते॥

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It means – The person who has in his/her body the flatulence – bile - phlegm defects (वात -पित्त - कफ दोष) balanced. The 13 types of fires (अग्नी), 7 types of metals (semen-धातु) as well as 3 types of works of excreta (मलांच्या क्रिया) are in proportion and whose soul, mind and organs are cheerful is said to be 'healthy'.

Just now we need not try to grasp the concepts 'दोष-धातु-मल-अग्नी' in 'Ayurveda'. In short it can be said that if the functioning of body, its composition, temperature and the excretion from the body are properly balanced then the body is in good health. But beyond that the cheerfulness of mind - sole is very important. Health should be on all levels, from all sides. Health cannot be considered only for the body.

Keeping aside what the sciences tell, let us see what the word 'healthy'(स्वस्थ) tells us. The Marathi word (स्वस्थ) having two letters as 'स्व' means self and 'स्थ' means to be static, firm, to be at rest. The word stability ('स्थिरत्व') indicates silence definitely. Due to what our stability hampers? When there is pain in the body, when there are some infections or one suffers from cold-fever etc. Some disease troubles the person, not only that but our stomach is upset or our excretory system does not work properly. But when all these things are well are we happy? Are we healthy? Can we assure our well being? Can we enjoy our own company? 99% of people will answer negatively.

Because,

There are other various reasons for our unhealthiness. Sometimes we get annoyed by our superiors or sometimes we are angry with our subordinates. There are worries on our domestic side; many a times we face economical stress, wife's cannot adjust with husbands, the children do not behave as per our wish. There is anxiety about illness, future not only about any particular person but about the situations we come across. We are not satisfied with what we achieve and wish for something different. We cannot be stable in ourselves. Some uneasiness troubles us continuously. Why this? Why me?

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Such unanswerable questions depress us. When all this happens, how can we be assured about health or wellbeing?

Let us take the English word for a while. The word that indicates 'Un-health' is disease. The disease is not reflected only in Medical Report. In fact Disease is not connected with medical report. This word shows a status. Dis + ease. The lack of 'ease' or easiness, well being is disease. The uneasiness can be with respect to Body-Mind (Soul) - Intellect-anything.

Hence, let us stop watching the medical reports as a progress book. If we get through then and only then we are healthy otherwise unhealthy. Let us change this equation. These medical reports show only expressed structure of the disease which can be eliminated by taking some pills-medicines, but what about the root cause of the disease? How it can be eliminated?

For this let us observe inwardly. We ourselves should set the parameters of our health, because if the uneasiness is detected at the first step, it will not turn into a disease. Hence, please try to assess the daily health symbols, concentrate on them.

1. If we are healthy we can sleep soundly at night. The sleep will not be disturbed by dreams, uneasiness or instability.
2. The waking up in the morning will give us sensation of energy not of laziness. If the tiredness and stress of the night has gone away we will be healthy.
3. According to the nature - cycle we should have a good apatite in morning afternoon and evening. At the same time there should not be extreme or insatiable hunger.
4. There should not be over thirst or very less thirst. The thirst should be proper.
5. There should be proper excretion from the body. Daily once or twice stools should be passed. The stools should not be too liquidize or too hard. It should be without foul smell. Time taken for passing of stools should not be very long. Any type of medicine (चूर्ण) should not be needed for stools passing.
6. Urine should be passed 5-6 times in a day. The color of urine should be whitish. Too many time or too few times passing of urine, inflammation

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- in passing urine, color dark yellow, having no control on passing urine indicates unhealthy.
7. No sweating or too much sweating indicates unhealthiness. Due to this much heat retains in the body or one suffers from wetness due to dehydration.
  8. The temperature of body should be maintained. It should not be much constantly or there should not be occasional feeling cold in hands and feet.
  9. Colds, fever, urine infections, having boils on the body, acidity breathlessness getting tired due to even little work, falling of hair are all symptoms of not being well. They should be attended.
  10. Uncontrollable desire for spicy food, continuously, insatiable desire for intoxicants also shows unhealthy.
  11. Suffering continuously from body ache, leg pain, awkwardness in neck or waist, joint pains, swelling of joints, suffering from pain in daily work are all indicative of bad health.

All obovesaid are symptoms of unhealthiness, illness of the body.

But one should take in consideration the illness of mind also. Are we having 'ill mind', is to be checked. Do we have any of the following symptoms?

1. De we get angry with our family members, colleagues in our job, our subordinates, our friends, even for a small reason?
2. Do we get fade up, unenergetic malaise about our job/profession which we have accepted?
3. Do we think constantly that everybody deceives us, looks down on us, neglects no?
4. Do we worry too much about economical status even if there is no economical calamity?
5. Are we afraid of something with or without reason?
6. Do we feel that we are alone; there is nobody to confide in and feel lonely?
7. Do we get mental tiredness by anticipating the hugeness of the work ahead?
8. Do we face inferiority complex constantly about our intellectual capacity?

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9. Whether a work against our will gives outburst to an emotional outburst?
10. Do we have repentance or guilty complex about the past incidences?

All these symptoms denote mental illness. If physical health is not properly protected then deficiency of various constituents arises. Same thing happens with mental – intellectual illness.

We can say that the total aspects of well being and unwell being depend on each other.

When the concept of total well seeing is grasped, then the awareness to protect it is also comes in existence. In fact all this is written in detail for this awareness.

Knowing this meaning of Health, we hope that all of you will try to achieve it and in this process 'Niramay' will be always there to assist you.

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