

AYURVEDA



AYURVEDA

- Ayurveda is originated from sanskrit word “Ayur” which means “life” and “veda” which indicates to “know” .
- Ayur (long life) + veda (knowledge of science) = knowledge of science of longevity .
- Since last 5000 years of work in the field of medical science, ayurvedic treatment emphasises on prevention of ailment to avoid the need for treatment and is used as the oldest medical system in the world.
- Ayurveda is derived from roots , leaves , bark or seeds like cinnamon and cardamom .
- Ayurveda recognises that we are all inherent part of nature.
- Ayurvedic medicines are non-toxic and self contained .

Need of Ayurveda

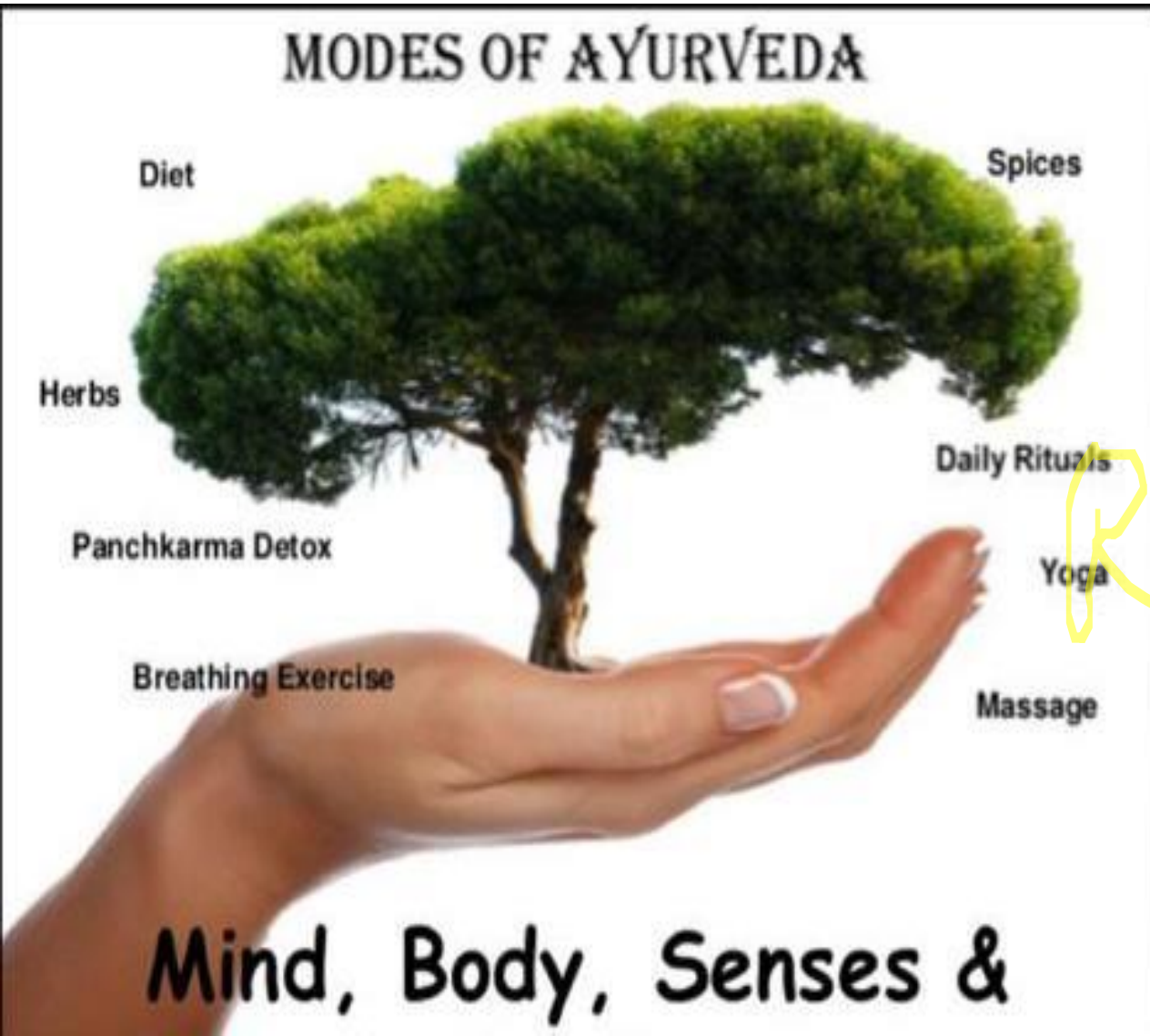
- Cures chronic and stubborn diseases by its deep rooted treatment procedures and drugs.
- Ayurvedic medicines can be safely used with other conventional medicines.
- Treatment is personalized, rather than using a conventional "across the board" approach of healing.
- Ayurveda is the medical system that deals not only with the mind and spirit as well .
- The ayurvedic medicines make utmost efforts for making a person live a disease free life .

Why ayurveda ?



Ayurvedic Cooking- Healing Through Food

Ayurveda for immunity



COVID-19 Crisis



Ministry of AYUSH recommendations, based on Ayurvedic literature and scientific publications, for preventive health measures and boosting immunity with special reference to respiratory health.

Measures for Enhancing Immunity

- Drink warm water throughout the day.
- Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes.
- Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking.

Simple Ayurvedic Procedures

- **Nasal Application**– Apply Sesame Oil/Coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- **Oil Pulling Therapy**– Take 1 table spoon Sesame or Coconut Oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

Ayurvedic Immunity Enhancing Tips

- Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
- Drink Herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (Natural Sugar) and/or fresh Lemon Juice to your taste, if needed.
- Golden Milk- half tea spoon Haldi (Turmeric) powder in 150 ml Hot Milk - once or twice a day.

Immunity Boosting Measures for Self-Care

Actions During Dry Cough/Sore Throat

- Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway Seeds) can be practiced once in a day.
- Lavang (Clove) powder mixed with Natural Sugar/Honey can be taken 2-3 times a day in case of cough or throat irritation.
- These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

Need of the era



General Measures

-  Drink warm water throughout the day.
-  Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
-  Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.



Ayurvedic Immunity Promoting Measures

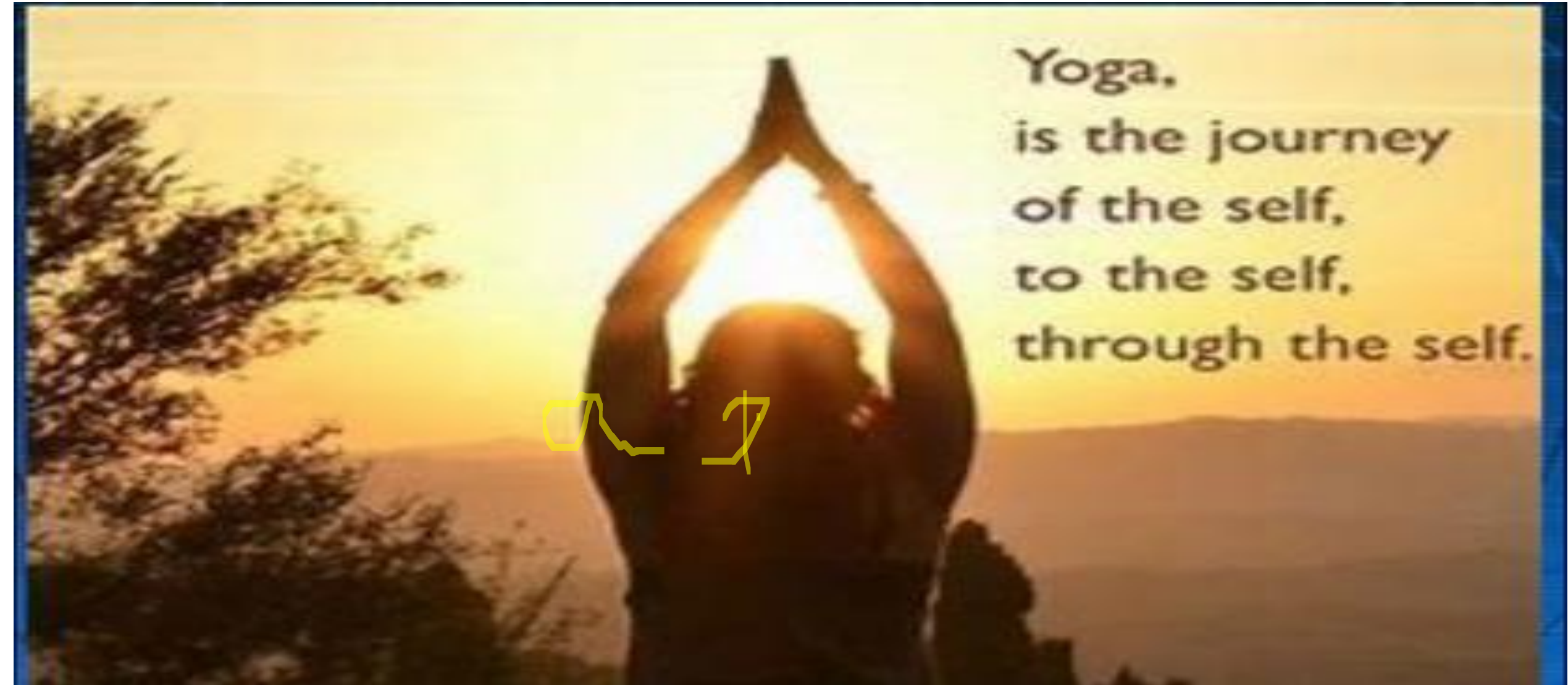
-  1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
-  2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
-  3. Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.



YOGA

Yoga,
is the journey
of the self,
to the self,
through the self.

ॐ नमो



YOGA

- Yoga comes from a root word in sanskrit “yunj” which means to unify to unite.
- Yoga is a science of self-diagnosis , healing prevention and maintenance of tbe body and soul.
- Yoga is the system of physical and mental exercises designed thousands of years ago to balance and unite mind, body and spirit.
- According to bhagvad- Gita: “Evenness (of mind) is yoga “ and “yoga is skilfulness in action”.

Kinds of yoga

There are basically few paths which all leads to the same goal. “The attainment of the ultimate reality” .

1. Karma yoga – The yoga of action
2. Bhakti yoga – The yoga of devotion
3. Gyana yoga – The yoga of knowledge
4. Raja yoga – The royal yoga path
5. Hatha yoga – The physical yoga



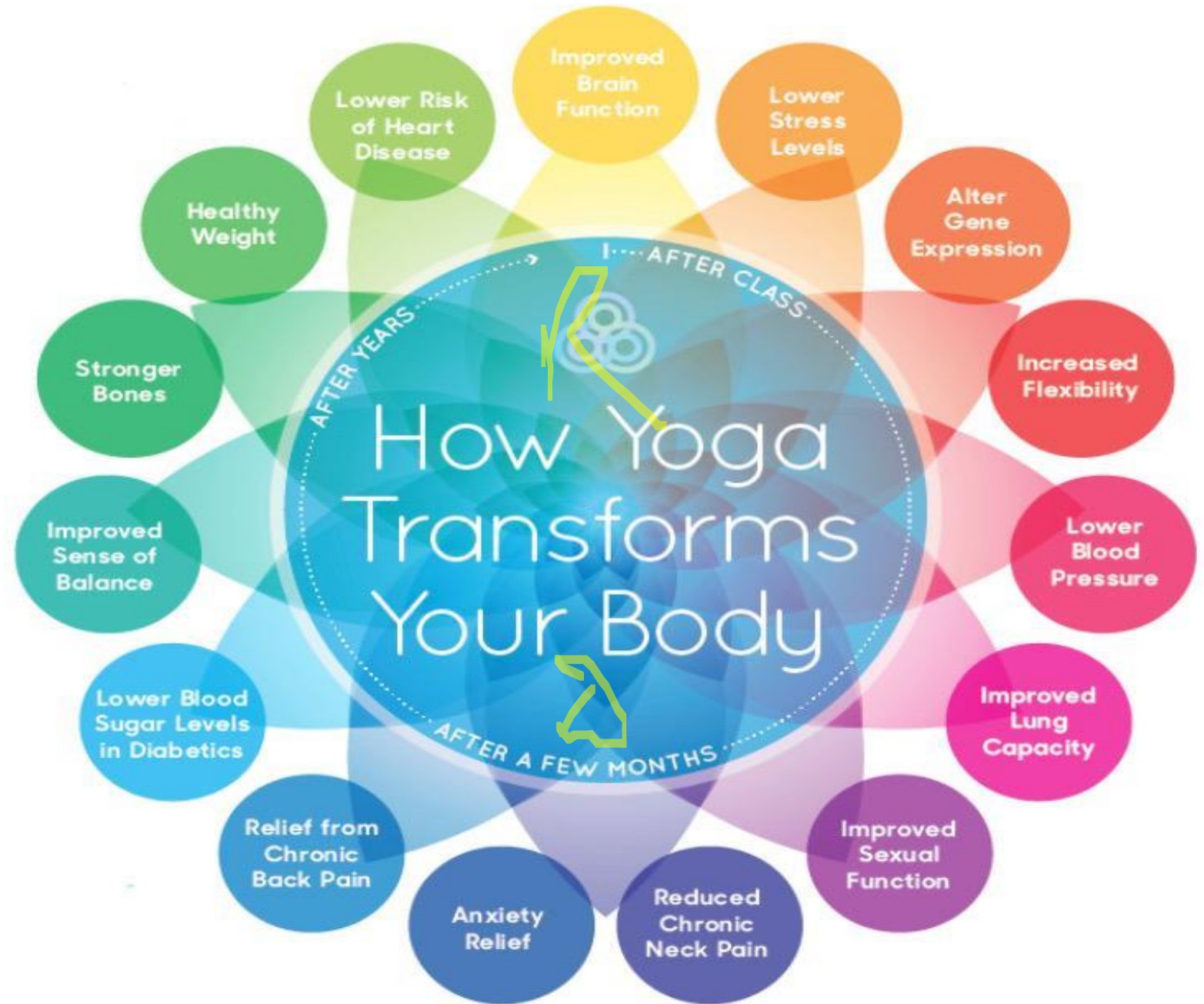
Eightfold path of patanjali (Asthanga yoga)

1. Yama – restraints
2. Niyama - observances
3. Asana - body postures
4. Pranayama - regulation of breath
5. Pratyahara – abstraction of senses
6. Dharana- concentration
7. Dhyana – meditation
8. Samadhi – self realization

Need of yoga

- Yama and niyama emphasize an attitude towards life.
- Asana and pranayam combines various movement with breathing techniques and focusing of the mind .
- Pratyahara , dharana , dhyana and samadhi devotes to the training of one's mind together with development of spiritual qualities .
- Yama, niyama, asana, pranayam and pratyahara deals with external parts of body whereas dharana, dhyana and samadhi focuses on internal part.

Why yoga ?



AYURVEDA AND YOGA AS PREVENTIVE MEASURE FOR VIRUSES

- Using Ayurveda along with yoga helps us gain complete harmony and balance in body and mind so that we can discover our true self that is one with all.
- The Yoga-ayurveda connection is becoming prominent once again and people are learning how these two vedic disciplines rest upon one another, with Ayurveda as healing aspect of yoga.
- Yoga exercise like pranayama, asana and ayurvedic herbs like tulsi , ashwagandha etc prevents viruses and boosts lung functioning.
- Ayurveda and yoga liberates people from the devastation of chronic diseases.

Continued..

- Ayurveda and yoga helps to eliminate health disparities and achieve health equity.
- They help to boost up the immunity and Provides humanity the power of prevention.
- They enhances core strength .
- Modern system of medicine is successful in preventing diseases of infective origin but it is difficult to prevent lifestyle diseases alone with it.
- Ayurveda and yoga therapy is the natural way of curing .
- These treatment include environment friendly process which includes organic product of nature and direct connection with nature.

Conclusion...

It has been proven beyond doubt that regular yoga practice is beneficial in curing many diseases and proper organic food balances the life.

hence if we eat proper food, if we do regular exercises. If we take proper interest in our duties . If we sleep in time and get up early , we are doing yoga . This practice of yoga and including ayurvedic food habits in diet will definitely take away our suffering, sorrows, miseries and diseases. We all know that prevention is better than cure and its better to put off the fire where it starts .

THANK YOU

