

Ayurvedic Medicine

New Western Science meets
Ancient Ayurveda

Ayurveda is a Sanskrit word, derived from two roots: ayur (life) and veda (knowledge). Knowledge arranged systematically with logic becomes science. In due course of time, Ayurveda became the science of life. It has its root in ancient Vedic literature and encompasses our entire life, the body, mind and spirit.

Ayurveda is a science dealing with treatment of some diseases, but it is also a complete way of life. Ayurveda is a science of life, so to know more about it, we must know what life is. Life, according to Ayurveda, is a combination of senses, mind, body and soul.

Materialism is promoted through modern education, culture and television. But despite achieving great success in amassing materialistic wealth, why is it that most of us are unhappy? There is unrest, anxiety, mental tension, fighting and terror everywhere. This is because some part of our body is not being nourished properly. That part is our inner self or the soul.

There must be a proper balance between materialism and spiritualism. Ayurveda practices the theory of balance. According to Ayurveda, health is the state of balance, and disease is the state of imbalance.

The aim of Ayurveda is to give complete health, not just freedom from physical diseases. So to become completely healthy you must know each and every part of yourself.

Ayurveda aims at making a happy, healthy and peaceful society. Two of the most important goals of Ayurveda are to: 1) preserve the health of healthy people; and 2) cure the diseases of sick people.

Ayurveda is as old as humanity. One of the principal tenets of Ayurveda is that life is eternal, therefore, science should also be eternal. Ayurveda has no beginning and no end. It is eternal as well as universal. It does not belong to any particular country, religion or civilization. It does not belong to any particular period of history. The eternity of Ayurveda is also described in the Charak Samhita. It says that Ayurveda is eternal because: 1) it has no beginning; 2) it deals with things that are inherent in nature; and 3) such natural manifestations are eternal.

Scholars of Ayurveda and ancient literature have estimated that Ayurveda originated before or around 6000 B.C.

Ramesh Khanna, MD, will discuss Ayurveda further in a future *Om Shanti*. ©

Visiting Professor Praises the Continued Cultural Awareness of Indians Living in America

“Jananī janmabhūmiśca
svargād api garīyasī.”

Having conquered the glorious, fabulous and sumptuous golden city of Lanka, Bhagavān Shri Rāmacandra, while trying to dispel at the same time any wrong thinking in the minds of his followers, addressed his younger brother, Lakṣmaṇa, thus:

Api svaṇṇamayī Laṅkā
na me Lakṣmaṇa rocate.
Jananī janmabhūmiś ca
svargād api garīyasī.

Even though made and full of all gold, this Laṅkā does not appeal to me at all, O Lakṣmaṇa!

The mother and the motherland are far superior even to the Heaven.

This memorable saying of Bhagavān Shri Rāmacandra came to my mind when in Columbia, Mo., I was engaged in an informal conversation with some resident Indians there who had settled in America.

Even while living in such a happy environment, full of all kinds of physical comforts, these Indians have in their hearts a very deep agony of being away from their homeland. They cherish a lasting love and lingering longing for their country of origin. They entertain an affectionate desire to serve their original home in every possible way. And all this is but natural, logical and reasonable too. A man may live anywhere, but it is his

prākṛtika svadharmā (natural-born function) to take pride in his homeland and have a longing thereof full of love and tenderness.

The greatness, growth and development of any tree is dependent upon its root. If the root is cut, the branches wither away. They die and disappear in no time. Therefore, while keeping one's own root firm, steady and strong, it is a moral obligation of every worthy man to disseminate the bright light of his glorious cultural heritage throughout the world, and thus contribute toward universal peace, progress and prosperity.

Maharshi Manu ordained:

Etaddeśaprasūtasya
sakāśād agrajanmanah.
Svam svam caritram śikṣeran
pṛthivyām sarvamānavāḥ.

From the learned leaders of this land, all the men throughout the world shall learn their conduct and behavior.

Wherever I went in America, whichever town or city I visited, I tried to meet the Indian families and their friends. Among almost all the families there, I found an immense enthusiasm, love and affection toward Hindi and India's glorious cultural tradition. Everywhere there was a new awakening and uprising. In some cities, I found that some enthusiast learned leaders regularly teach Hindi