

# Philosophy

## Amrita Ayurveda Darshana

Ayurveda (knowledge of life), traditionally known as old system of natural healing that has its origins in the Vedic Culture of India. Ayurveda as science has for centuries been India's holistic treatment which according to ancient scriptures exists for more than five thousand years already. The Atharva Veda -which also contained the Ayurveda- formed part of the Vedas, centuries old Indian writings.

Ayurveda is the oldest and most developed life science of natural healing in the world. Life is the outcome of the union of body (Sharir), sense organs (Indriya), Psyche (Manas) and Soul (Atma). Ayurveda is not merely a system of Healing, but an entire way of life that aims to bring about the perfect balance of the entire personality - body, mind and spirit. Ayurveda is based on theory of tridosha or the three Biological forces - Vata, Pitta and Kapha, can be defined as three bioenergy principles. Disease arises when there is an imbalance among the three Doshas and aim of the therapy is to bring about the required equilibrium.

Life is a combination of body, sense organs, mind and soul. It is in perpetual movement. Life is which goes on and on. Its stability depends upon our conscious efforts to protect and preserve it. We are concerned with the span and quality of life. The tie up of this combination should remain strong and all should work in perfect coordination.

For this one should study all subtle branches of knowledge concerning man and universe. Whatever there is in the macrocosm so is in the microcosm. The sun, the moon, the stars, the planets, the sea, the rivers, the mountains and the rains all are represented in one or the other form in the body of all living beings.

Ayurveda is the eternal wisdom of the ancient sages who receive this science as the divine blessings. This wisdom is based on the perfect wholeness of cosmic consciousness through religious introspection and meditation. This is concerned with 25 elements which are primarily responsible for the creation of universe.

The first and foremost is "Purusha" (consciousness) then "Prakriti" (Primordial nature), Mahat (Intellect), Ahankara (sense of individuality or ego, self identification), Manas (Mind), the five sense organs and five motor organs, the five subtle Tanmatras {atomic forms of ether, air, fire, water and earth -the shabda (sound), sparsha (touch), roopa (vision), rasa (taste) and gandha (smell) respectively} and panchmahabhoota (the gross forms of ether, air, fire, water and earth).