

Learning Points: Module 6 ~ Class 12 October 22, 2021 **Scientific Healing & Roadmaps**

1. Anatomy & Physiology

How does it all work?

In Western Medicine the workings are based on the parts that can be dissected and mechanically connected in function and design.

Ayurveda and Classical Chinese Medicine and other holistic systems' physiology is fundamentally different as its first medicine is to restore connection to God/Spirit/Source. *(TCM is the communist version of Classical Chinese Medicine and does not include God/Source as per communist non-religious ways.)*

2. Basics of Ayurveda

In this course we have been practicing Ayurveda the entire time.

All energy work, all homeopathy, essential oils, all crystal and gem work, prayer, breathing, prana/energy work, massage, and even surgery stems from Ayurveda.

Ayurveda is about living a natural God/Spirit/Source-directed life based on the working together of spirit, mind, and body and the environment. The food we eat, the things we do and how we do them.

Health is:

"Sama Dosha Sama Agnis ca Sama Dhatu Mala kriya Prasannatmendriya Manah Svasta itiabhidyate".

Health is: a "balanced constitution (Vata/Pitta/Kapha), balanced digestion, balanced tissues, balanced waste products (urine, feces,

sweat), balanced senses (eyes, ears, nose, mouth and skin), balanced mind (sattva, rajas, tamas), and alignment with spirit is what healthy is."

Disease is if there is any disturbance or abnormality in the above.

3. Ayurveda (vedas – ayur -life science of life)

The very first medicine is Food.

What you drink turns into prana

What you eat turns the seven tissues and eventually into ojas.

Ayurveda is about correct lifestyle – natural to our uniqueness.

That includes food, sleep, job, where you live, what you do and how, etc.

You don't have to necessarily consume Indian herbs and spices to live ayurvedically correctly, as we have our own herbs and spices in our area that have medicinal effects.

What goes into the body is more effective than what you put onto the body.

4. Ayurvedic physiology

Looks at how the body is built and keeps building itself.

In this order:

Plasma-Rasa

Blood-Rakta

Muscle-Mamsa

Fat-Medas

Bone-Asthi

Marrow/nerve-Majja

Reproductive-Shukra

5. Doshas: 3 Humours

Medicine and healing is based on the understanding of the Doshas 3 Humours. We are made from the five elements and we all have different combinations. Some have more air, some more earth, some more fire, some more space, some more water, and often it is a combination and more rare is an equal balance of all the elements (tri-doshic).

6. Disease development

Disease develops through the incorrect activity of the mind. In essence the mind is clear and is a place of purity and clarity. But when a thought comes along it disturbs the mind. More thoughts means more disturbance and its clarity is gone. Mind becomes unnaturally active and obscured, which initiates imbalances in the body.

In the Yoga Sutras of Patanjali the first line states "*yoga chitta vritti nirodha*":
"Yoga (union/merging) involves the cessation of the disturbances of the mind."

The process of disease happens in six stages and involves the imbalance of the doshas (humours) which are made of the elements. We begin to accumulate too much of one or more elements.

Each dosha has a home. Vata's seat is the colon and the nerves.

Pitta's home are the small intestines and the eyes.

Kapha's home are the lungs, the lymph, and the joint fluids.

1. Accumulation (dosha is higher than normal eg. gas in the colon)
2. Aggravation (dosha is disturbed and spreads out)
3. Overflow (vague, low-grade malaise)
4. Relocation (goes to another area and disrupts the tissues there)
5. Manifestation (a disease manifests)
6. Diversification (the disease becomes more complex and diverse and the body cannot reverse it on its own)

7. The 3 Disease Pathways:

Inner Pathway: stomach, small intestine, large intestine

Outer Pathway: plasma/skin and blood (the 2 outer tissues) which include skin diseases and toxic blood conditions

Central Pathway: It's called central pathway as it's between the inner and outer: head, heart, bladder, joints and all severe, degenerative, and chronic diseases.

Suggested Books:

Prakruti by Dr. Robert E. Svoboda

Ayurvedic Healing: A Comprehensive Guide by Dr. David Frawley

Ayurveda: A Practical Guide: The Science of Self Healing by Dr. Vasant Lad

Not necessary to read, just knowing where it is written about Ayurveda:

Original Writings of Ayurveda~The Great Three Classics of Ayurveda:

Charaka Samhita

The Charaka Samhita is believed to have arisen around 400-200 BCE

It describes ancient theories on human body, etiology, symptomology and therapeutics for a wide range of diseases. The Charaka Samhita also includes sections on the importance of diet, hygiene, prevention, medical education, and the teamwork of a physician, nurse and patient necessary for recovery to health.

Sushruta Samhita:
About Surgery

Ashtanga Hridayam and Ashtanga Sangraha:
Its emphasis on treating the physiology of the body and suggestions for therapeutic use of metals and minerals