



AYURVEDA, BASED ON NANO TECHNOLOGY

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ABSTRACT

The objective of this paper is to explain scientifically the fundamentals of Ayurveda Vata, Pitta and Kaph at nano level. Its diagnostic methodology for detecting a disease by sensing the flow of different energies in human body has been explained. The interatomic interactions of matter and energy in processing of Ayurvedic medicines have been indicated.

Key words: Energy, Kaph, Pitta, Vata, Sensing flow of energy, Processing of medicines.

1. INTRODUCTION

Ayurveda, which is an ancient Indian system of medicine and treatment, appears to be a science based on nano technology. It believes that human health depends on equilibrium of three energies that are the basic constituents of human body - Vata, Pitta and Kaph. Disease occurs when their equilibrium is disturbed. These energies have different atomic structures and their interactions cause balance or imbalance in human body.

Contents:-

- (1) Fundamental Concepts
 - Vata (wind energy)
 - Pitta (heat energy)
 - Kaph (water energy)
- (2) Diagnosis of human diseases at nano level.
- (3) Processing of Ayurvedic medicines.
- (4) Conclusion
- (5) References

1.1 Fundamental Concepts:-

Vata –

Vata which is one of the three basic constituents of human body is wind energy. It is roughly composed of Nitrogen and Oxygen (78% and 21% by volume). It is air in motion and possesses three dimensional structure. It is both horizontal and vertical. The movement of wind energy in human body is the result of force imbalances that result from large temperature variations. Its flow is an attempt to return to equilibrium but this equilibrium is difficult to attain. Wind is a disturbing force. If Vata, the wind energy is disturbed it moves in a disturbed way. In such a situation certain kinds of diseases occur. In treating those diseases attempts are made to bring that in balance with other energies.

Pitta (Heat Energy):-

Pitta is a heat energy in human body. It is concerned with electromagnetic wave. Heat is the result of continuous motion and vibration of the atoms and molecules that constitute matter in human body. The transfer of heat involves a reduction in the average motion of the particles of the hotter objects and increase in the average motion of particles of the cooler objects. A reduction of heat energy in human body causes a different set of diseases that are cured when heat energy is brought in balance with other energies.

Kaph (water energy):-

Kaph is water energy, a very important mechanism for transporting heat energy from one point to another. Water is composed of two volumes of Hydrogen and one volume of Oxygen. Human body is almost two thirds of water. Water energy takes the form of wave when heat-water interface is distorted by disturbing force of wind. When heat energy is transported to water it shows unusual volume changes with temperature. If water energy in human body goes out of balance several diseases begin to occur and they are cured when this energy is brought in balance with other energies.

Diagnostic Methodology:-

Ayurvedic diagnostic methodology is so subtle that its basics concern with interatomic interactions of matter and wave energy. The movement of three energies wind, heat and water are sensed with the help of fingers. They sense the flow of three energies to detect which energy is at fault. If an expert puts his three fingers on the wrist of a patient, the pulses at once indicate which energy is at fault. All the three energies are in a band of Vata (wind), Pitta (heat) and Kaph (water).

If Vata, the wind energy of a patient is angry, his pulse will move in a Zig-Zag way like the movement of a snake. If a patient's Pitta (heat) energy is aggravated the movement of his pulse will be very fast. But if the Kaph (water) is aggravated the movement of his pulse will be very slow. Sometimes two or three energies may combine together to cause a disease. Energies can aggravate and energy can be deficient too. In these different situations different kinds of diseases occur. By sensing the movement of these energies it is concluded from which disease a patient is suffering.

3. Processing technique of Ayurvedic formulations:-

After diagnosis a medicine is prescribed. If a patient's Vata (wind) is angry, a formulation of herbs with dominant heat energy is processed. Minerals may also be combined with herbs but it must have heat energy as its dominant trait. Heat will disperse the wind.

The processing technique of Ayurvedic formulations is very important whether the medicine to be given is in the form of powder, decoction or any other form. The processing involves atomic interactions of matter at nano level. The process strikes at the behaviour of matter

and energy at nano scale. i.e. a scale so small that the discreet or discontinuous nature of the matter and radiation becomes effective. The matter can increase or decrease its energy level only by absorbing or emitting exactly enough energy to permit it to exist at another level. The processing technique of Ayurvedic medicines acts at the discreet

nature of energy especially those involving atomic structure and spectra. The atom in one state can undergo a transition to another state only by absorbing or emitting radiation.

4. Conclusion:-

Ayurvedic system of medicine and treatment seems to be based on nano science. Its philosophy, method of diagnosis and processing of medicine, all involve interatomic interactions of matter and energy. It works at energy level which comes under the realm of nanotechnology.

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