The Atharvaveda is particularly relevant to day-to-day life, offering practical guidance and solutions for various aspects of human existence. Here are the key parts of the Atharvaveda that are most applicable to daily tasks and concerns:

Health and Healing

The Atharvaveda contains numerous hymns and mantras focused on health and healing:

- Prayers and incantations for recovery from illnesses

- Charms against specific ailments like fever and jaundice

- Remedies using herbs and natural substances

- Mantras for overall well-being and longevity[1][5]

For example, hymn 5.21 of the Paippalāda edition includes a prayer to banish fever:

"O fever, these snowy mountains with Soma on their back have made the wind, the messenger, the healer for us, Disappear from here to the Maratas."[5]

Daily Rituals and Procedures

The Atharvaveda provides guidance on various aspects of daily life:

- Rituals for initiating learning

- Procedures for maintaining household harmony

- Practices for spiritual growth and meditation[1][4]

Prosperity and Success

Many hymns in the Atharvaveda are dedicated to achieving success in various life areas:

- Spells for economic prosperity

- Charms for agricultural abundance

- Mantras for success in competitions or sporting events[1][3]

Social Harmony and Relationships

The Atharvaveda offers advice on maintaining social relationships:

- Guidelines for family dynamics

- Advice for different social roles (husbands, wives, children, priests, kings, etc.)

- Principles for fostering community harmony[2]

Protection and Security

The Atharvaveda includes various protective measures:

- Spells to ward off evil spirits

- Charms for protection during travel or war

- Rituals for safeguarding one's home and possessions[1][3]

Ethical Living

While focusing on practical matters, the Atharvaveda also emphasizes ethical principles for daily life:

- Teachings on truthfulness (Satya)

- Guidance on non-violence (Ahimsa)

- Principles of non-stealing (Asteya) and non-possessiveness (Aparigraha)[1]

In conclusion, the Atharvaveda serves as a comprehensive guide for navigating daily life, addressing concerns ranging from health and prosperity to social relationships and ethical conduct. Its practical approach makes it a valuable resource for those seeking to apply ancient wisdom to modern-day challenges[2][6].

Citations:

[1] https://sanatanforums.in/forums/topic/vedas-and-the-ethical-principles-in-daily-life/

[2] https://www.superprof.co.in/blog/science-of-living-atharvaveda/

[3] https://library.fiveable.me/key-terms/introduction-hinduism/atharva-veda

[4] https://blog.mindvalley.com/atharva-veda/

[5] https://en.wikipedia.org/wiki/Atharvaveda

[6] https://bhaktimarga.ie/the-healing-hymns-of-the-atharva-veda/