

FROM THE SCIENCE OF AYURVEDA

SIMPLE & POWERFUL WAYS TO

Healthy Living



“Being healthy is your natural state. Discover it.”

SIMPLE AND POWERFUL WAYS TO HEALTHY LIVING

FIVE EASY TO FOLLOW DAILY LIFE PRACTICES FROM
AYURVEDA

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INTRODUCTION

A HAPPY LIFE STEMS FROM A HEALTHY LIFE.

Health is the most important aspect of our life. It is the being through which we experience our life. Being healthy is very natural to our body. However, our health is spoiled due to our unawareness or wrong habits or due to the undesirable influences from the environment.

It is easy to maintain a good health. We do not require following a strict physical regime or a practicing a restrained diet to maintain the normal state of health.

This booklet is about following some basic and original practices from the Science of Ayurveda, which will help us to live a life of Health and Happiness.

Ayurveda is one of the world's oldest holistic (whole-body) healing systems. It was developed thousands of years ago in Indian subcontinent. It is based on the belief that health and wellness depend on a balance between the mind, body, and spirit.

Ayurveda states that every person is made up of a combination of five basic elements found in the universe:

Space

Air

Fire

Water

Earth

These elements combine in the human body to form three life forces or energies, called doshas. The three doshas are:

Vata dosha

Pitta dosha

Kapha dosha

Ayurveda states that a balance of these doshas results in strong immunity and good health, while its imbalance is the root cause for all the diseases.

Vata dosh causes 80 diseases

Pitta dosh causes 50 diseases

Kapha dosh causes 28 diseases

From cold to cancer, all the diseases are caused due to imbalance of these three doshas: Vata, Pitta and Kapha.

In this book we will be talking about the right methods of taking food and water. Following these simple and effective rules or methods, you will retain the balance of doshas in your body, leading to a healthy and happy life.

All your body imbalances will be improved. You will have your blood pressure, sugar and triglycerides restored to the normal level. You will never have cough, cold or fever in your life. And, never have any need to visit the nearby clinic.*

*To avoid the general diseases we are prescribed drugs like Paracetamol, Baralgin, Butazone, Oxyfine, Aspirin, Disprin, Novalgin etc. These drugs are banned in few countries due to their side effects. Unfortunately they are still sold in many other countries for treatment of common ailments. These medicines cause kidney, liver problems and stomach ulcers. In severe cases, it may cause physical disability, paralysis, brain hemorrhage, heart attack etc.

FIRST RULE

DON'T DRINK WATER UNTIL ONE HOUR AFTER TAKING FOOD

You may take fruit juice, lemon water, milk or buttermilk after your food. But, restrain from taking water or soft drinks immediately after or before your food.

Taking water after food is like consuming poison. In Ayurveda, it is said that the food gets digested in the stomach by a natural fire called jathar-agni. On taking water immediately after food, this agni gets extinguished which causes the food to remain undigested. The undigested food is the reason for creating more than 100 types of toxins in the body. Problems like gastrics, ulcer in the stomach and headache are the immediate symptoms caused by the undigested food.

Ideally, it should be the practice to drink

1. Fruit juice after breakfast.
2. Buttermilk or Curd after lunch.
3. Milk after Dinner.

Water should only be taken one hour after your consuming of food.

As per Ayurveda, those who follow this rule itself will remain immune to 80 kind of known diseases.

SECOND RULE

DRINK WATER SIP BY SIP SLOWLY

We should not drink water continuously in a gulp. It should be taken sip by sip in a slow manner just like how we drink hot tea or coffee.

When you drink water slowly, the water carries saliva along with it to the stomach. The saliva in our mouth is alkaline in nature while the stomach has acidic juices. When the water is taken slowly, it takes alkaline saliva of mouth to mix with the acidic juices of the stomach. Thus this process helps in reducing the toxic acidity of stomach. Any increase in the acidity of stomach leads to the increase of acidic content of blood. A person who follows this rule will prevent any disease related to the increased acidic content of stomach and blood and hence the related health issues like cardiac arrest, brain hemorrhage, paralysis, etc.

On observing the nature we see that the birds and animals practice this rule of taking water slowly. A bird intakes one drop of water in its beak at a time. Herbivorous animal like cow, goat, sheep or elephant fill up their mouth with water and drink it slowly gulp by gulp. Carnivorous animals like dog, lion or fox too drink the water in a slow manner by licking with their tongue.

As a result, no animal or bird is ever found with the problems of diabetes, arthritis, overweight etc. Only the human beings have lost or forgotten this natural manner of slowly drinking water. Within six months of following this practice, you will free yourself from the problems of joint pains, obesity, diabetes etc.

THIRD RULE

NEVER DRINK COLD WATER

We should avoid drinking iced water or refrigerated water or any water below normal room temperature.

Body is alive only until it is warm. Cold bodied is synonymous to being dead. When we drink cold water, it shakes the entire strength of our body. The cold water when it goes inside body hits our digestive system (stomach), circulatory system (blood and heart) and nervous system (brain and nerves). No animal or bird ever drinks cold water. It's only the humans who are misled to drink cold water.

In summer season if a desire comes to quench the thirst with cold water, it is suggested to drink water stored in earthen pot which naturally develops chillness.

FOURTH RULE

DRINK AMPLE AMOUNT OF WATER AFTER WAKING UP EARLY IN THE MORNING

It is a very healthy practice to drink two to three glasses of water immediately after waking up even before brushing the teeth or going to the toilet.

This practice will create fluid pressure on the large intestines and will help in easy and clean excretion. People who have good excretion in the morning will never suffer from any disease throughout their life.

People who follow these four rules will have their Vaat, Pitta and Kapha balanced. They will never suffer from any kind of disease and will remain healthy their entire lifetime.

Apart from the four basic rules related to drinking water, following is a note on the habit of taking food.

FIFTH RULE

TAKE MAJOR PART OF YOUR DIET IN THE MORNING

Regularize the timing of your food intake. Food should not be taken any random time. Few doctors are found to be suggesting taking small quantity of food every short interval. However, this is not the right food practice. Food should be taken in longer and regular intervals.

Food is digested by the natural combustion process occurring inside the stomach. This combustion process in Ayurveda is known as Jathar-agni. From the study and research of great Ayurveda scientist Bagbhat, it was found that the Jathar-agni is most efficient within two and half hours from sunrise. Hence, it is advisable to have major content of your daily food during this period.

One can calculate the sunrise time as per his/her location. If you are in the US east coast, and sun rises at 6:30 am, the right time to take breakfast is within 9 am that is within two and half hours from the time of sunrise.

In periods of winters, when there is no sunrise, it is advisable to fix your time of food intake for morning, noon and night and stick to it religiously.

Food when taken during the above suggested time, every single grain would be digested and useful to the body. Therefore, breakfast should be the biggest part of your daily diet. Lunch should be reduced two-third and dinner to be one-third of that of the quantity of breakfast.

If we observe in the nature, every animal or bird follows this rule of Ayurveda, except the human beings, who are known to be intelligent. Notice a bird, as soon as the sun rises, they start picking up their food, and keep eating till their satisfaction. Cows, goats, sheep, monkeys, snakes, ants, insects all organisms in nature start their food with the rising of sun and it is their largest intake for the day. Try feeding these animals after sunset. They would resist consuming.

NOTE: Food should be well chewed and always consumed in a sitting position. If possible, should be consumed sitting on the ground. This will help in the centre of gravitation of the body to be the navel, which is very important in digestion of food. Standing causes the centre of gravitation to shift away from our navel towards the diaphragm, which results in improper digestion and causes round belly stomach.

LESSONS FROM A MONKEY

Monkey is known to be animal closest to the formation of human body. It has all the organs similar to human beings viz. heart, liver, kidney, lung etc. Only difference between monkeys and human beings is the tail present in the monkey. Though humans suffer from numerous diseases, a monkey is never found to develop disease like diabetes, arthritis, heart attack, Schizophrenia etc.

This interested one of the doctors in India, who was a great scholar and scientist. He became curious to know the reason why monkey does not fall ill. He did his research on monkey for 12 years injecting and exposing it to various viruses, bacteria toxins and drugs. He wasn't successful.

Not even the cholesterol, blood pressure or triglyceride levels of the monkey were affected. Such is the immunity level of the monkey. Later, he released the findings of his study that it is the RH factor of the monkey which is so ideal that it is able to resist from all the abnormalities of the body. It is a known fact that even medical science considers the RH factor of monkey to be standard, and the deviation of RH factor in human beings is measured on comparing with them.

All this resistance to the diseases and the immunity in the monkey is due to the reason that the monkey follows the rules of the nature. It follows the correct ways of food and water intake.

Animals are wise enough to follow the right methods of eating food and drinking water and they remain healthy. Are, the humans too ?

THE JOY OF TAKING FOOD

As important as it is to make sure you get a good balance of nutrition in your daily meals, you need to remember not to get paranoid about the food you eat. Don't become a food freak – "I will not eat this, I will not eat that. I have to eat like this, I have to eat like that."

Eating joyously is more important than eating properly.

Food should be consumed not just to fill up your stomach but to satisfy your mind as well. Do not deprive yourself of your favorite eateries. If you have a great craving of a food item, best time to have it is in the morning.

Eat your every day food in the sumptuous quantity to your satisfaction. Food consumed in the morning will easily get digested. And you will not put unwanted weight.

Taste is very important component of our food intake. Satisfaction of your taste buds greatly helps in secretion of happy hormones from pineal gland which is necessary for a healthy and stress-free living. If you are not satisfied from the intake of food, it may result in 27 different types of known diseases like Schizophrenia, Depressions etc.

Hence, whenever food you intake, ensure that you are not just eating to fill your stomach but also to satisfy your taste buds.

Bon Appétit!

CONCLUSION

Summing up the basic rules related to drinking water and taking food:

1. Do not drink water until one hour after taking food.
2. Drink water sip by sip slowly.
3. Never drink cold water.
4. Drink ample amount of water after waking up early in the morning.

And, the following rule related to food intake.

5. Consume the major part of your daily food early in the morning.

Following these five guidelines of rightfully water and food intake, you can avoid any ailments that would occur to body and remain healthy throughout your life, without any need to consume any drug for ever.

Please note that these general tips on how to drink & eat properly are applicable to most people, but of course, everyone's body is a unique construct. People with specific health issues should consult a physician before making any major changes in diet or food intake.

REFERENCES

This content has been taken from the lectures on health living by Dr. Rajiv Dixit, from his study of works by Vagbhata, the great Indian scientist of Ayurveda.

Rajiv Dixit:

https://en.wikipedia.org/wiki/Rajiv_Dixit

Vagbhata:

<https://en.wikipedia.org/wiki/Vagbhata>

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Thank You,

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