

## *The Way To Perfect Health*

### **Definition of Health :**

There are several kinds of pains and sorrows in human life. Out of them, to remain diseased is perhaps the most painful. The diseased person can neither enjoy the material world nor can he succeed on the path of spirituality. Since sound mind lives in a sound body, that is why, it has been said, that diseaseless body is the straight road to happiness. The world health organisation has defined the health in the following terms:

“Health is a state of complete physical, mental and social well being and not merely an absence of disease or infirmity. A fourth dimension has also been suggested namely spiritual health.”

According to Vedic Rishis, the health is a state, when the mind remains totally absorbed in contemplation of the *Self*. Such a person is said to be completely healthy.

To keep the human beings fully disease free, enormous efforts have been made since ages and varieties of therapies have been discovered viz. Ayurveda; Homoeopathy; Naturopathy; Unani; Acupuncture; Reiki; Chromotherapy and Pranic healing etc.

Each therapy usually claims to make the human being disease free. But in practical life, it is observed, that even after pursuing the particular therapy for a long time the diseases recur. Let us therefore study the various therapies from analytical angle and compare their claims in the judicious manner.

In order to arrive at an impartial conclusion various known therapies presently in vogue are being divided in following categories :-

- a) Healing upto body plane
- b) Healing upto body and Pranic plane
- c) Healing upto body, Prana and Mental plane
- d) Healing upto Body, Prana, Mind, Intellect and Sub-conscious plane
- e) Healing upto Body, Prana, Mind, Intellect, Sub-conscious and Ego plane or upto spiritual level.

**- Hari Om Tat Sat -**



## SECTION - I

### **Therapies Healing upto body level :**

**1. Ayurveda :** Out of the number of therapies, the Ayurveda therapy is an ancient one. This therapy has been researched in India and advocates living a natural life. For treatment purposes mostly herbs are used. Sometimes in some cases chemicals (Rasayans) and ashes of elements (Bhasmas) are also used. These show quick effect. This therapy preaches, that one should lead the life of austerity or the natural life and his daily routine should be pious and godly. By leading pure life, the diseases if at all manifest, can be treated easily. Living the godly life means to live in rhythm with godly forces inherent in celestial bodies. These bodies particularly the sun and the moon while moving from one Rashi to the other imbalance the three major elements known as '**Vaat**', '**Pitta**' and '**Cough**', which produce the seasonal ailments. Ayurveda states, that as long as the '**Vaat**' (air); '**Pitta**' (alkaline hormones) and '**Cough**' (acidic hormones) remain in the balanced state, the body remains healthy. The infection enters the body due to such imbalances. **Ayurveda accepts one more dictum<sup>1</sup> the meaning of which is given below:-**

Due to negative '**karmas**' or sinful acts, performed in pre-births the human beings suffer from varieties of diseases. These can be

---

<sup>1</sup> Poorva Janma Kritam Papam;  
Vyadhi Rupen Badhte;  
Tat Shanti Aushdhehi Danehi;  
Japa Hom kriyadibhihi"; - Madhava Nidaan.

destroyed by proper medication, giving alms, performing japa and Agnihotra (burning scented herbs in a hearth amidst chanting of Vedic mantras).

This means, that (i) due to the sins performed in the previous birth, the human being carries forward a *disease-seed* in the present life. (ii) This seed under the influence of celestial bodies, generates varieties of diseases. Homoeopathy has named this disease-seed as *miasm*, which it states, is carried forward from the parents.

Since Ayurveda is the part of Vedic Sciences, therefore, it recognises existence and influence of constructive and destructive forces of nature and thus recommends to harness<sup>1</sup> the destructive forces through giving alms, chanting of mantras, doing selfless duty and Agnihotra etc. All these activities are to be performed besides the proper medication.

*Note:- The object of performing Agnihotra is to eliminate infection from the environment. This helps the patient to the great extent in overcoming the ailment, because it also helps in enhancing, the resistance power (Prana) of the patient.*

*In Ayurveda normally for a chilly patient, hot medicines are prescribed and for hot patient chilly drugs are administered.*

*Excess secretion of alkaline hormones is tackled by administering acidic medicines and that of acidic hormones from alkaline doses.*

*This means that the principle of Ayurveda therapy is based on the "Law of Opposites".*

**2. Unani :** It is the system of treatment developed in West Asia and is nearly similar in principle and usage to Ayurveda. The herbs used are indigenous ones. These herbs are now grown in India as well. For diagnosing the disease the doctors (Hakims) examine pulse of the patient as is done by Ayurveda doctors (Vaidyas). For treatment of skin diseases, the Hakeems prescribe the medicinal ointments as is done in Ayurveda also.

---

<sup>1</sup> There are eleven kinds of destructive forces known as Rudras. These forces constantly carry out deterioration in human cells. Hence they need to be harnessed by the patient for his total well being.

**3. Allopathy :** The medicines used in this therapy are mostly chemicals, which rapidly equalise the hormonal imbalance, but bring changes in the cells. Due to such changes, and the rapidity with which the patient appears to be disease free, produces some other disease. This is known as side effect in the common language.

In this system to destroy the infection, the antibiotics are frequently administered. This results in killing the bacteria/virus and the manifestation of the disease is temporarily suppressed, but the vitality of the patient becomes so low, that he does not feel hungry, develops insomnia and the bowels are not cleared. The specialist of the specific disease thus feels satisfied, that he has cured the specific disease for which the patient approached him and for the new disease, he is referred to another specialist.

Some strong-built patients are able to bear these alternating phases of disease. The zero state depends on several factors e.g. :-

- (i) Intensity of disease
- (ii) Age of the patient and
- (iii) The status of vitality of the patient at the particular time.

This system of medicine normally works on the '*law of opposites*' i.e. if acid has increased, then it is neutralised by an alkaline medicine and vice-versa. In this therapy, the deficiency of any hormone is complemented also by external supply. This is how the patient feels much relieved. In this system, vaccines are also prepared from the bacteria of the patient's-disease. *This is based on the law of similars*, which is the basic law of Homoeopathy. Vaccine prepared from smallpox germs has brought about the greatest benefit to the humanity. Due to surgery practiced in allopathic system, crores of people are benefited. Allopathy has thus mesmerized the masses in this field. The followers of this system believe, that the patient must feel relief in whatsoever way it is possible.

**4. Naturopathy :** This system is very popular and can be said to be the part of Ayurveda. It deals with natural living e.g Controlled Eating (Fasting), Vegetarian Diet, Asans, Pranayam, Steam bath, fresh air, fresh water, clean and noble thoughts. Thus it tries to counter the

disease at physical and to some extent at mental plane, but it has been observed that disease recurs.

**5. Physiotherapy :** This is now-a days a systematized therapy taught in colleges and is very popular in the west. It deals right from first aid and giving rest to the injured organs by bandaging, massaging, waxing, steam bath etc. Modern techniques to relieve the pain are also prescribed.. The system is limited to providing relief to the patient.

**6. Massaging :** This can be said to be the part of Ayurveda. It gives relief to fatigued organs of the body. The massaging is usually done by a robust man with oil. This provides sufficient relief to the body by increasing the blood circulation.

**7. Chromo Therapy :** In this system the seven colours of the sun are used for healing. The coloured bottles are filled with water and are kept in the sun rays. This water gets charged with particular frequency of the bottle colour and thus there is a list of pathology, which is effected by these seven colours.

- Hari Om Tat Sat -