



## Observations of a Beginner Vaidya

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### Opinion

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### Opinion

As an ayurvedic disciple, pondering about the reason behind everything going around have become a regular habit. Not only philosophically speaking but also materialistically the urge to know about guna, Dosha, Panchatanmatra, Prakriti, Vikriti have all become a part of our daily life.

Diseases get complex sometimes easy but confusing when keep deep look into the dosha and Rupa. The first ever seminar I attended during my first year have always had inspired me to have aching observation on the samprapti of diseases that I have come across with. The seminar was about the experience of an ayurvedic Doctor who was able to remove the lead poisoning in his patient by proper history taking and other procedures like ghrtapana and virechana.

Last month during a wait for a professional certificate I was able to meet some patients one was the teacher who had rough and strained full voice with frequent feeling of something blocking her throat since six months on close observation I understood it was medoja in nature and

advised her to take kanchanara guggulu twice a day any and to chew Yashtimadhu. Within one week significant change was observed and she regained her normal voice.

Another case in which painful haemorrhoids were treated locally by assessing it's dosha predominance by murivenna ice cube installation.

The most effective testimony was the treatment i prescribed for an asthma patient where lavana taila abhyangam was included as prescribed in samhita and got instant relief and non-recurrence.

The observations of sharira and mano doshas, their panchabhutik balance helps in choosing the treatment protocols by the physician helping him to deroot the disease from the body along with following certain seasonal and daily habits and regimens.

Ayurveda looks for the health for all. The prevention of diseases in a healthy person as well as the treatment of ailments in diseased ones is its sole aim. Wishing good health for every living being in the world, let the world rejoice in the wisdom provided by our great ancient culture and ancestors...

