

Health & Natural Life

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Amongst all valuables health is told to be the most valuable. Money is worth only when health is good. Acharya Charak said in Charak Samhita that

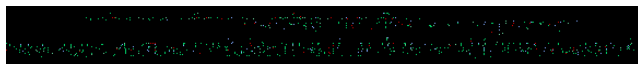


Figure 1: Sanskrit Shloka

Which means that leaves everything and gives first priority to your health, when health is good then only body functions and emotions are proper.

This human body is revelation of the world, all the essentials in this world are also embedded in human body. We all are fruits of this nature and are as well as connected to it. Closeness to nature is closeness to health whereas distance from it is the reason for diseases. So, naturopathy is the best way of treatment.

Human Body is made of Panchamahabhoota and also food is made of these panchmahabhoota. Natural form of Panchamahabhoota establishes a state of healthy being whereas deformity in them causes diseases.

Presenting this Acharya Charak has intended to say

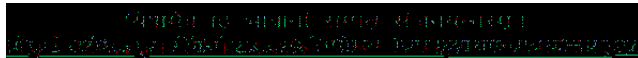


Figure 2 Sanskrit Shloka

Which states that the best form of those elements keeps the human body healthy whereas their ill form results in disorder or malfunctioned health.

Nature gives ecstasy, provides energy, motivate and enriches with health.

Hence there is nothing better than natural way of living which means Nature and health are synonymous.

Complete health depends upon the balance. As in Ayurveda study of nature lead to discovery of 3 elements in human body their names

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- Lying
 - Unnecessary promising
 - Hurting actions
 - Womanizer
 - Stealing
 - Violence

All the above are causes of physical, mental and social diseases. And there treatment is given in detail in Charak Samhita. We all are moving away from natural way of living. All countries are suffering from

lifestyle diseases like diabetes, obesity, joint pain, backache, lack of immunity, cancer and TB. Some countries are even declared as capital of these diseases. In present we must know the above natural ways and make path towards a healthy world. Time has gone when we used to make fun of these great scientific methods in the name of modern science. Due to ignorance of these, human race has already suffered a great loss.

Come, let's all together direct the world towards the path of health.