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What is health?

“Health consists of a balanced state of the 3 doshas (energies), the 7 dhatus (tissues), the 3 wastes (malas) and agni (digestive fire), together with the clarity and balance of the senses, mind + spirit.”

health checklist

- 3 Doshas (energies)
- 7 Dhatus (tissues)
- 3 Malas (wastes)
- agni (digestive fire)
- 5 senses
- Mind + Emotions
- Spirit

health

vs.

disease

- live in sync with nature
- know your constitution
- good nutrients
- good exercise
- good relationships
- positive emotions
- regulated daily routine

- live out of sync with nature
- live against your constitution
- eat non- nutrients
- improper exercise
- troubled relationships
- negative or repressed emotions
- erratic schedule

Disease seed + tree



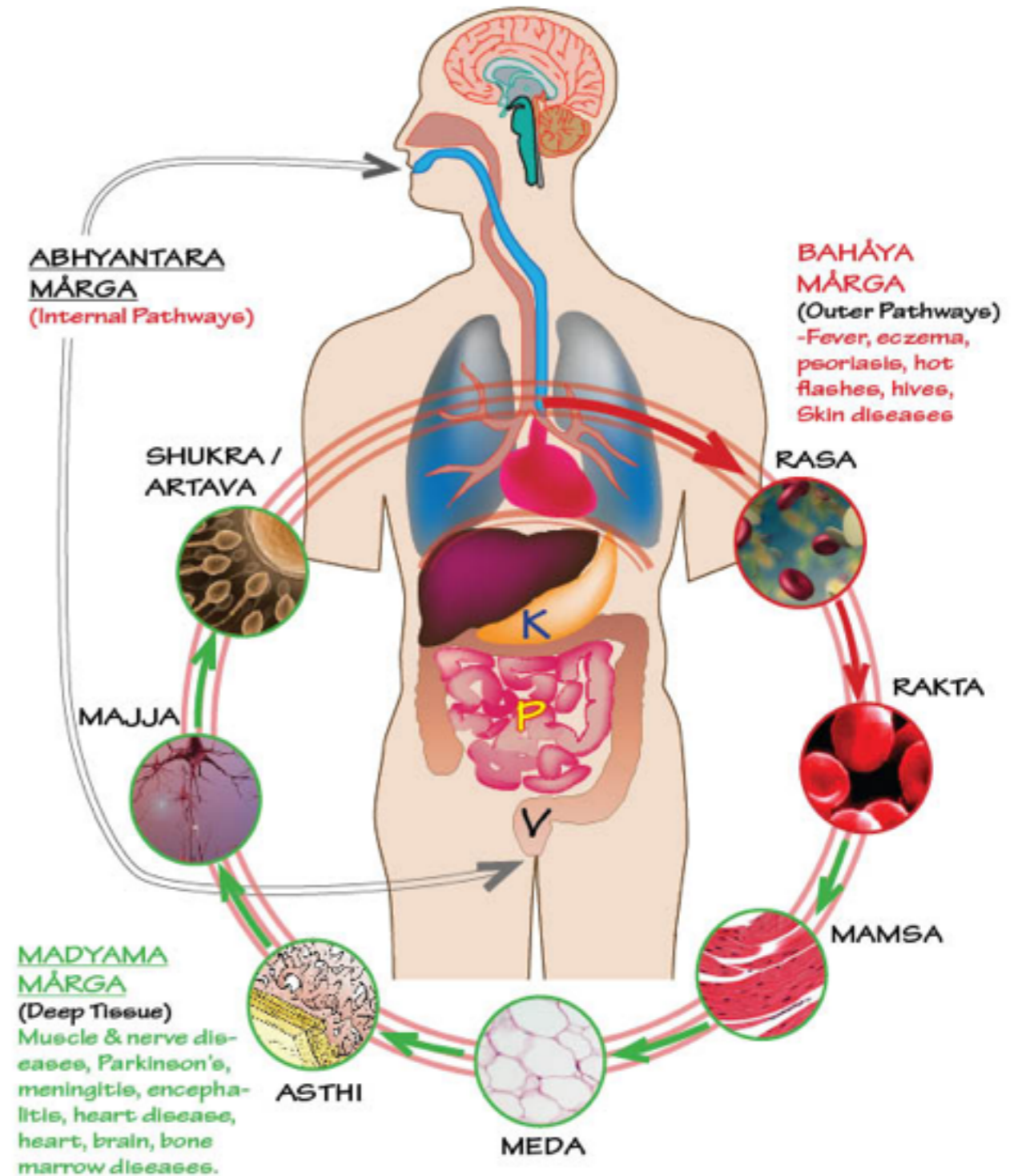
“Illness does not suddenly appear. There is a direct causal link between the factors that influence us and the effects they produce. **The cause is the concealed effect, and the effect is the revealed cause.** The cause is like a seed, in which the as-yet-unmanifested tree is concealed. The tree is the expressed value of the seed. Health is the effect of a healthy lifestyle and healthy habits, disease is the “tree” sprouted from unhealthy habits.”

-- Dr. Vasant Lad
Ayurvedic Home Remedies, p. 32

7 dhatus

rasa	nourishment (prinana)
rakta	oxygenizing (jivana)
mamsa	covering
meda	insulation
asthi	structure
majja	communication
shukra	re-generation

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DISEASE - PATHWAYS
VYADHI - MARGA



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Think
gunas

Like Increases Like



Opposite qualities
decrease each other



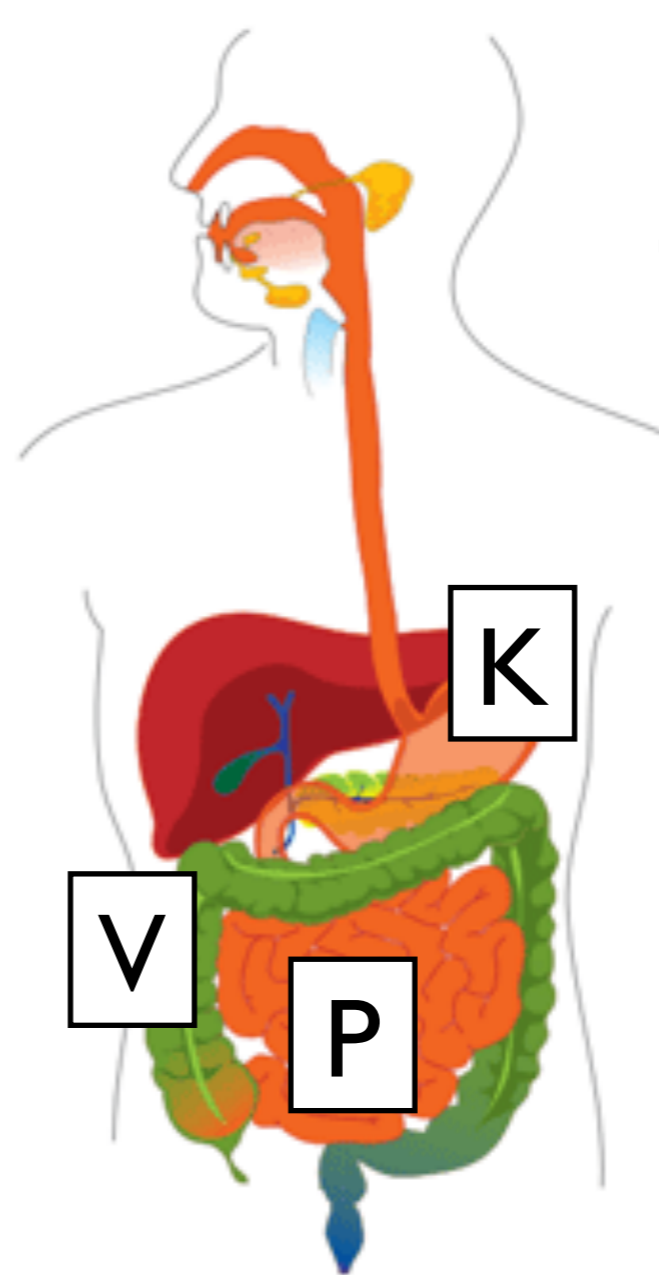
1. Accumulation

Dosha accumulates in its natural “seat” or “home.”

Vata in the colon

Pitta in the intestines

Kapha in the stomach



Change in
QUANTITY
of the dosha

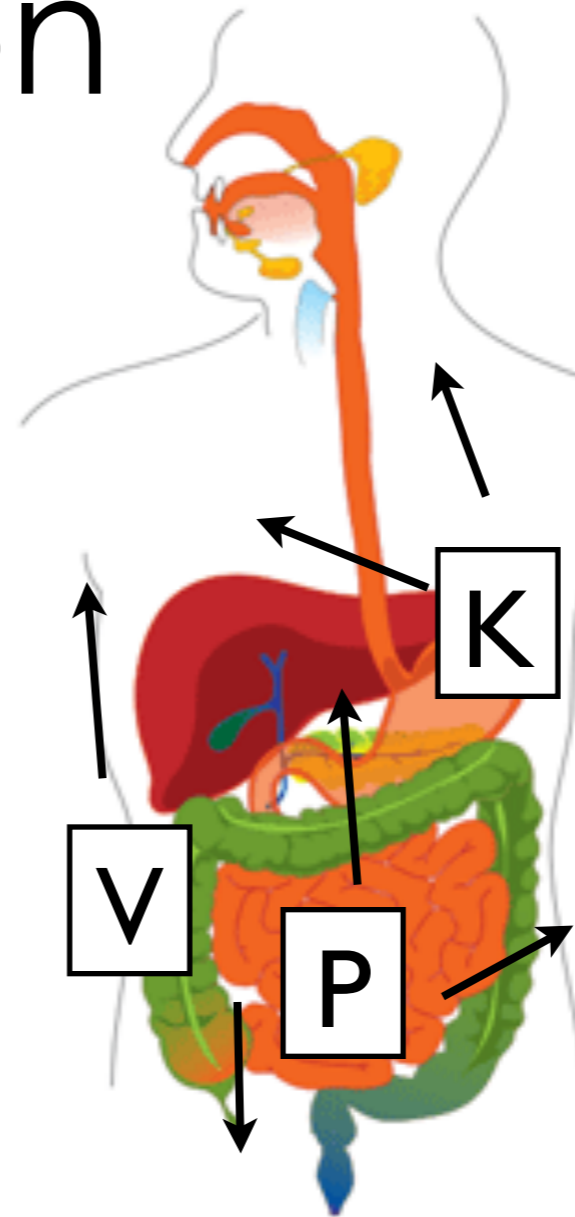
accumulation
happens due
to state of
agni

natural
craving for the
opposite

2. Aggravation

- Doshā accumulates in its natural “seat” or “home.”

The dosha increases in the home location.



change in Quantity of the dosha: vitiation, or intensification

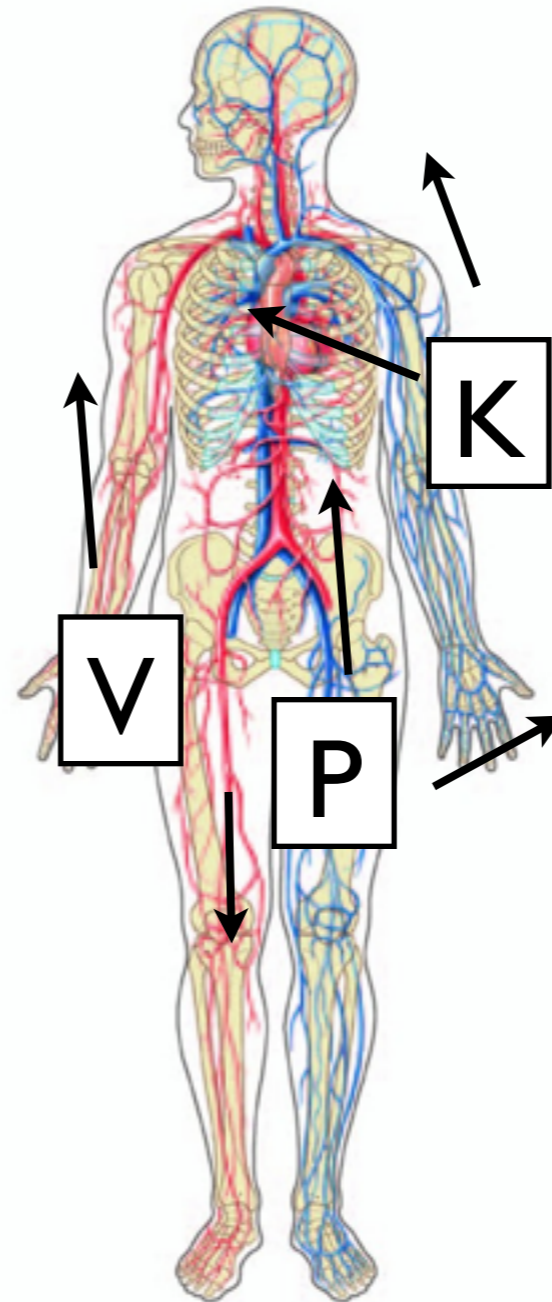
eat lightly + break bad eating habits

3. Spread

- Doshas leaves “seat” or “home.”

Excess dosha is in circulation. Doshas are looking for potholes to relocate.

Low grade symptoms - don't feel well.



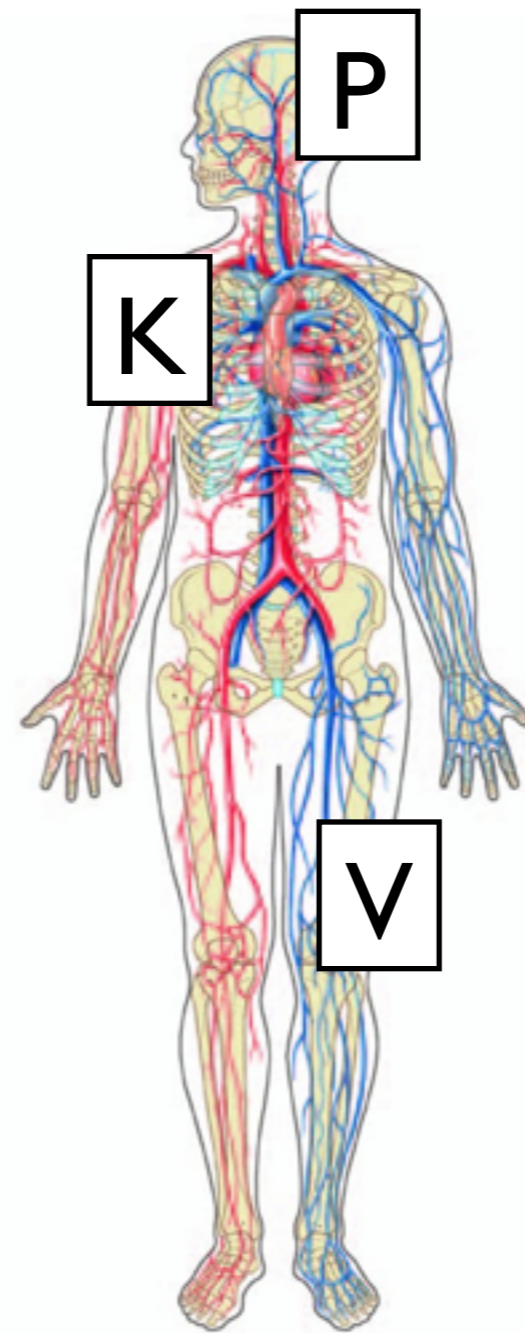
Dosha is in circulation. Symptoms are general.

Crux point in disease process, detox or suffer.

4. Localization/ Infiltration

Factors that affect where the dosha lands:

- points of weakness
- where there is ama



Dosha takes up residence outside its main seat.
Qualitative change to tissue.

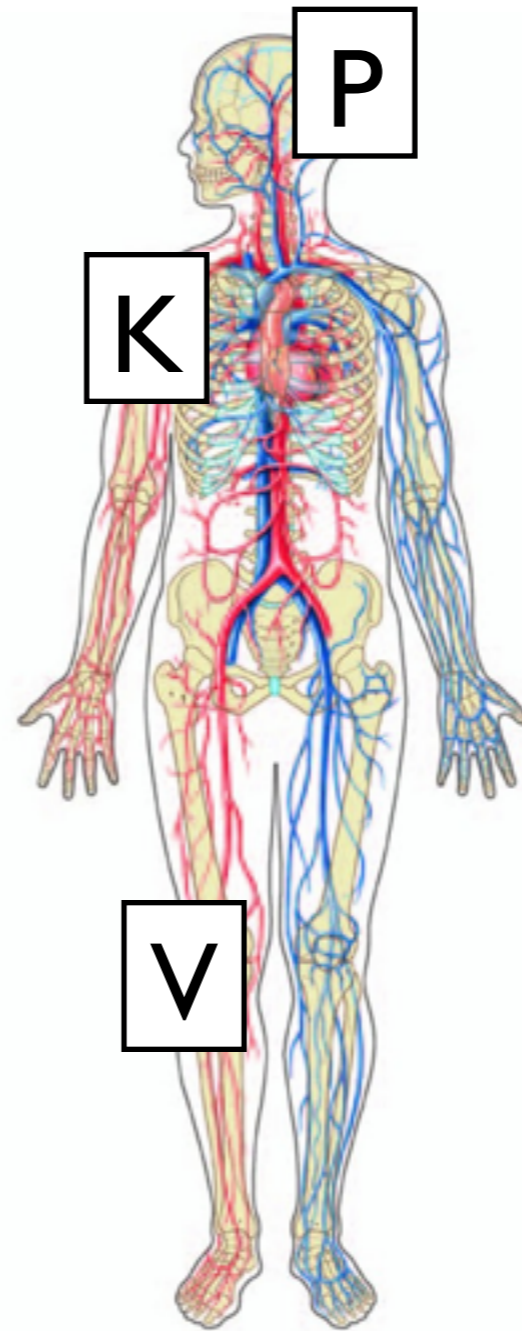
Disease is now diagnosable as a specific disease.

5. Manifestation

- **Qualitative** change in the cell, tissue, organ or system.

- Normal function disrupted

-Difficult to reverse changes

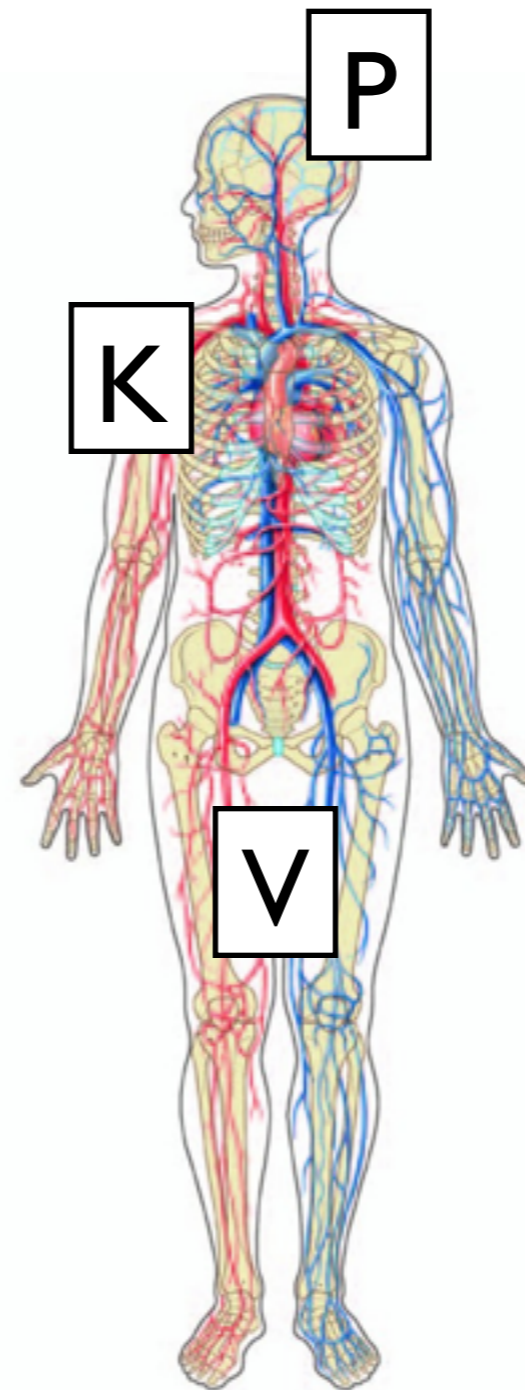


Dosha disrupts the functioning of the tissue and full-blown symptoms manifest.

6. Distortion/Disruption/ Chronicity

- **Qualitative** changes spread into other organs + systems. Conditions are chronic, weaken system, and enable spread of other diseases to take root.

ex. spread of cancer



The disease gets embedded and the **body** can't reverse the damage. The disorder can spread or become chronic.

2 step diagnosis

1. Person - prakruti

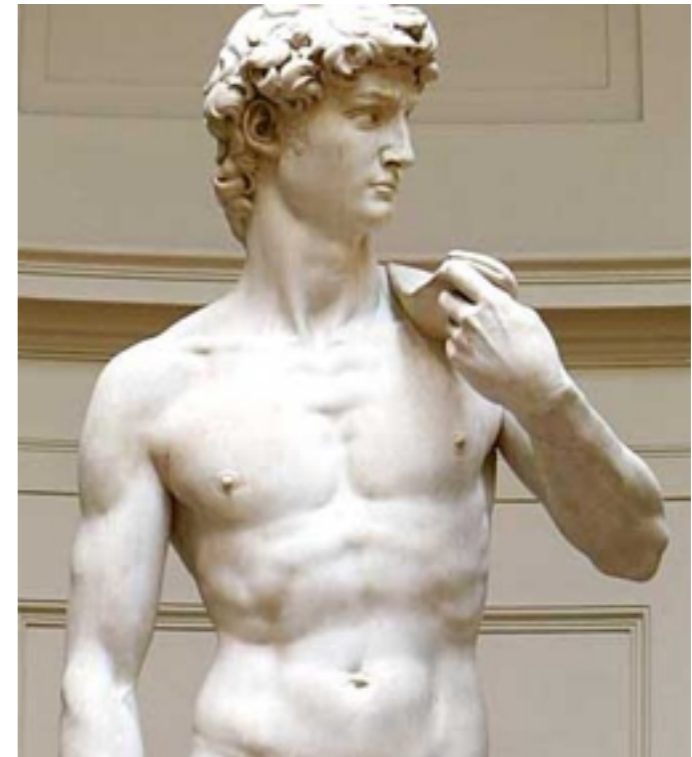


2. Disease - vikruti



Review

1. Consciousness becomes energy
2. Energy condenses into matter
3. Disease is a result of disorganized/
unconscious/vitiated energy affecting
matter (cellular integrity)
4. Healing is a restoration of integrity or
reorganization of consciousness into
energy into matter.



Health evolution
is consciously
carving or
awakening the
physiology.

Awareness is the key

6 STAGES OF DISEASE



“The key is awareness. The more you are alert to how your mind, body, and emotions are reacting to changing circumstances; the more you are aware of your constitution and the moment-to-moment choices you can make to maintain health, the less opportunity you create for becoming sick.”

-- Dr. Vasant Lad
Ayurvedic Home Remedies, p. 42

Tree of Disease in Ayurveda

Branches + Leaves

- Effects of the root causes
- What we see
- Differentiation
- Symptoms
- Diagnosable diseases



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-- Dr. Vasant Lad,
Ayurvedic Home Remedies

Roots

- Causes of disease
- Gunas



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