

CLASS 2

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# FUNDAMENTALS OF AYURVEDA

# AGNI

पित्तमाग्नेयम्

Agni is Pitta

Agni is life. Life span or longevity, complexion, strength, health, enthusiasm, goodwill, vitality, high spirited and life-force are all in the providence of Agni

## AGNI (FIRE)

The organism with balanced Agni is in sound health. Agni digests foods and converts it into nutrients, transforms into Ojas, strength and gives a healthy complexion.

Re-establishing Agni in its place is the remedy for cold.

## PROPERTIES OF AGNI

उष्ण-तीक्ष्ण-सूक्ष्म लघु-रुक्ष-विशद-रूपगुण-बहुल अन्य आग्नेयानि,  
तानि दाह-पाक-प्रभा-प्रकाश-वर्णकराणि।

Agni is hot, sharp, subtle, light, dry and clear. It possess the attribute to give form and characteristics. Derivatives of Agni are present in the body in liquid form. They cause thirst, help digest, provide lustre to the body, make the body glow, give strength and colour to the body.

## ĀPA (WATER)

शीत-स्तिमित-स्निग्ध-मन्द-गुरु-सर-सान्द्र-मृगु-पिच्छिलं  
रसबहुलमीषत्कषायाम्ल-लवणं मधुर-रसप्रयमाप्यं

Water is cold, wet, sticky, slow, heavy, thick, oily, soft and slippery.

Water predominantly exhibits astringent, sweet, salt and sour tastes.

## ĀPA

Āpa means water and Rasa is the water element. Rasa gives taste to substances. There are six tastes; sweet, sour, salty, bitter, pungent and astringent. Appropriate combination of the six tastes translates into health while inappropriate combination becomes the root cause of illnesses. The whole Universe is made of these six tastes.

## PROPERTIES OF ĀPA

तत् स्नेहन-ह्लादन-क्लेदन-बन्धन-विष्यन्दकरमिति।

The properties of water are; water lubricate, moisten, cool and cause the substances to flow.

## PRUTHVI

Pruthvi is the earth element. It's characteristics is inertia. Gandha is the property of Earth element.



## PROPERTIES OF PRUTHVI

गुरु-शीत-स्निग्ध-मधुर-स्थिर-पिच्छिल।

The main properties of *Pruthvi* are; Heaviness, coldness, sticky, sweetness, inertia, and slippery

## THE 5 ELEMENTS

In the this world, all materials are present only because of unity of *Prithvi*, *Jala*, *Teja*, *Vāyu*, and *Ākāśa*. When any one of the five elements has a dominant effect on the material, the increased effect becomes the reason for that element to stand out exhibiting its properties

## BODY AND IT'S IMMUNE SYSTEM

Sankhya Vedanta says; अत्यन्त दुःख त्रिविद परमपुरुषार्थ ।

Suffering is of three types; Physical suffering brought on by eating wrong foods, wrong combination of foods, wrong timing, wrong habits, etc.,.

## **BODY AND IT'S IMMUNE SYSTEM**

The second type of suffering is Karmic suffering where the person suffering sees no apparent reason behind the suffering.

## **BODY AND IT'S IMMUNE SYSTEM**

Then there is the third kind of suffering, which is Spiritual suffering.

Spiritual suffering is caused by experience of separation from the Self.

## ALLEVIATION OF SUFFERING

Physical suffering can be cured by appropriate food, lifestyle modifications and medicine

## ALLEVIATION OF SUFFERING

Karmic suffering needs to be diagnosed. We create Karma by thinking, feeling, speaking and acting, and by consuming substances that are inappropriate to our state of being.

## ALLEVIATION OF SUFFERING

To diagnose such suffering, there are no machines, no tools. Performing Nādi Pariksha is the only way to diagnose this kind of suffering.



## ALLEVIATION OF SUFFERING

If this mind of suffering is not cured, physical symptoms will recur.

Immunity in the body is the ability of the body to tolerate physical and mental challenges and rising over that which has come to create an illness.

## ALLEVIATION OF SUFFERING

Spiritual suffering can be cured by Yoga. Yoga is four fold; Raja Yoga, Gnana Yoga, Bhakti Yoga and Karma Yoga

## THE HUMAN BODY

In the human body, there are three doshas, seven dhātu (tissues) and their Mala (natural excretions).

END OF CLASS 2

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