

CLASS 3

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# FUNDAMENTALS OF AYURVEDA TRAINING

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# **BODY AND ITS IMMUNE SYSTEM**

## WHAT IS IMMUNITY?

Immunity is the body's ability withstand abuse and attack.

Abuse can be caused by improper diet, lifestyle and habits such as smoking and alcohol consumption.

Attack usually is from outside of the body such as a virus or bacteria entering the body and creating an infection or an allergic response.

## THE IMMUNE SYSTEM

The **immune system** is a complex network of cells and proteins that defends the body against infection.

When functioning properly, the **immune** system identifies and attacks a variety of threats, including viruses, bacteria and parasites, while distinguishing them from the body's own healthy tissue.

## PARTS OF THE IMMUNE SYSTEM

The main parts of the immune system are:

- ▶ white blood cells
- ▶ antibodies
- ▶ Lymphatic system
- ▶ Spleen
- ▶ Bone marrow
- ▶ Thymus

## WHERE IS YOUR IMMUNE SYSTEM?

Your Primary **lymphoid organs**:

These organs include the bone marrow and the **thymus**.

They create special immune system cells called lymphocytes.

Secondary **lymphoid organs**:

These organs include the lymph nodes, the spleen, the tonsils and certain tissue in various mucous membrane layers in the body (for instance in the bowel).

## THE LYMPHATIC SYSTEM

The **lymphatic system** is a network of delicate tubes throughout the body. The main roles of the lymphatic system are to:

- ▶ Manage the fluid levels in the body
- ▶ React to bacteria
- ▶ Fight cell products that otherwise would result in disease or disorders
- ▶ Absorb some of the fats in our diet from the intestine

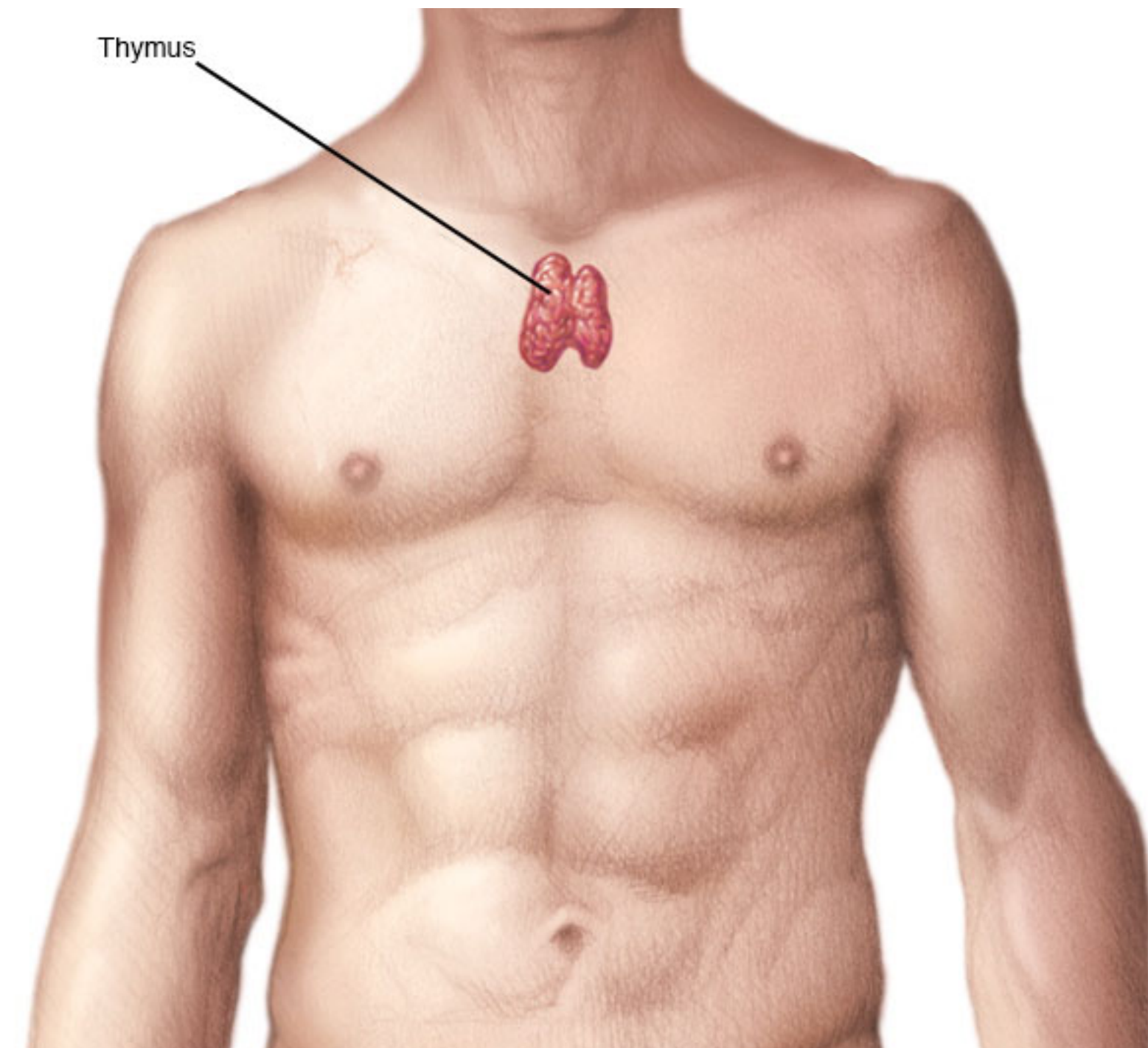
## THE LYMPHATIC SYSTEM IS MADE OF

- ▶ Lymph nodes (also called lymph glands) -- that trap microbes
- ▶ Lymph Vessels - tubes that carry lymph, a colourless fluid that contain infection-fighting white blood cells
- ▶ White blood cells (lymphocytes)
- ▶ Fight cell products that otherwise would result in disease or disorders
- ▶ Absorb some of the fats in our diet from the intestine



## THE THYMUS GLAND

The thymus filters and monitors your blood content. It produces the white blood cells called T-lymphocytes



## THE WHITE BLOOD CELLS

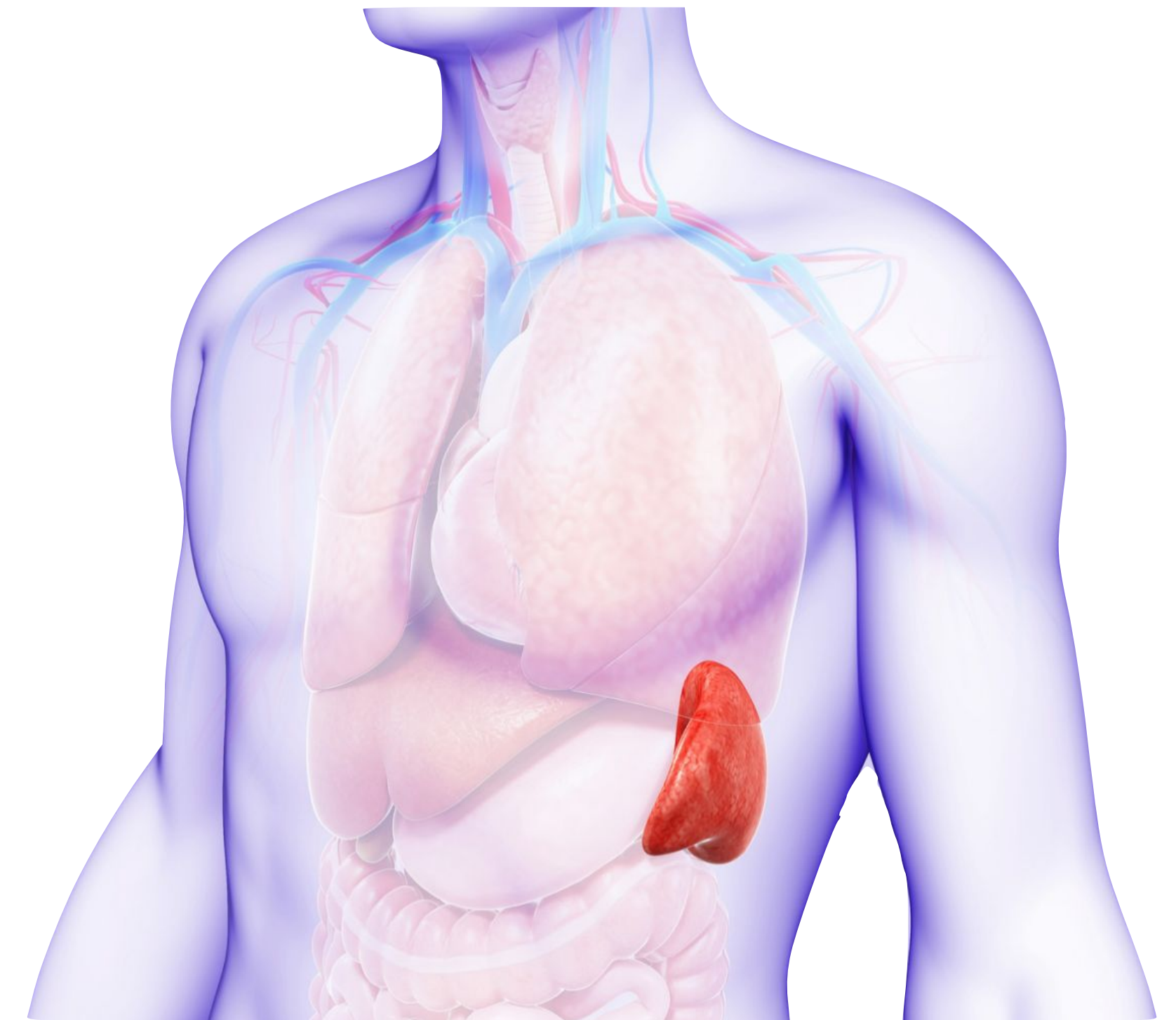
The White blood cells are the key players in your immune system. They are made in your bone marrow and are part of the lymphatic system.

White blood cells move through blood and tissue throughout your body, looking for foreign invaders (microbes) such as bacteria, viruses, parasites and fungi. When they find them, they launch an immune attack.

White blood cells include lymphocytes (such as B-cells, T-cells and natural killer cells), and many other types of immune cells.

## THE SPLEEN

The **spleen** is a blood-filtering organ that removes microbes and destroys old or damaged red blood cells. It also makes disease-fighting components of the immune system (including antibodies and lymphocytes). blood cells are the key players in your immune system. They are made in your bone marrow and are part of the lymphatic system.



## WHAT WEAKENS YOUR IMMUNE SYSTEM?

Sankhya Vedanta says;

अत्यन्त दुःख त्रिविद परमपुरुषार्थ।

Suffering is of three types. These are;

Physical suffering

Karmic suffering

and Spiritual suffering.

## ALLEVIATION OF SUFFERING

Physical suffering can be cured by medicine.

Karmic suffering and spiritual suffering can be diagnosed.

Nadi Pariksha is the only way to diagnose this kind of suffering.

## THE HUMAN BODY

The human body consists of three *doshas* (pillars of existence), seven *dhatu*s (tissues) and their *Mala* (natural excretions).

## THE HUMAN BODY

Vata, Pitta and Kapha dosha provide strength to the body.

The mental states of Rajas and Tamas influence the body.

The dhatu provides form to the body.

Dhatu Mala (toxins) deplete strength in the body.

## THE HUMAN BODY

Mala (bodily excretion) are of three types;

Sweat

Urine

and Faeces

are excretions from action of Kapha Dosha that create Ama in the body.



## AMA

जठर अनल दौर्बल्य आदि विपक्वा अस्तु यो रस।

स आम संज्ञको देहे सर्व-दोष-प्रकोपणः।।

- अष्टांगहृदये

Food which is consumed and is broken down into liquified nourishing component is called *Rasa*. When *Rasa* cannot nourish the body and instead manifests an illness, it is called *Ama*.

AMA

Substances which are improperly digested, are unfit to nourish the body and produce several symptoms.

## AMA

When *Jatharagni* becomes weak, *Rasa dhatu* forms improperly. The outcome is called *Ama Rasa*. When *Rasa dhatu* becomes deformed then this symptom is called a *dosha*. Then *Rakta dhatu* is improperly formed. This condition in which diseases are born, is called *Saama dosha*.

## AMA

The improperly digested nutrients congest the *srotas*. *Rasa* is then improperly formed and produce toxins.

The effects are -

Reduced strength, Reduced vigour and vitality, Heaviness in body, Destabilised and erratic *Vayu*, Lethargy, Indigestion, Excess salivation (especially early mornings), Improper bowel evacuation resulting in thin stools, Reduced appreciation of taste.

## AMA

The *Mala* produced from properly formed *Dhatu* produce the opposite effect and they are called *Nirama*.

In the next class, we will study the *Sama* and *Nirama* effects of *Vayu*, *Pitta* and *Kapha* dosha.

END OF CLASS 3

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