



CLASS 4

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# FUNDAMENTALS OF AYURVEDA

## SAMA VĀYU



When the following indications are present, its a sign of Sāma Vāyu.

Vibandh (constipation)

Agnimāndhya (low digestive  
fire)

Tandra (fatigue)

Antrakūjan (rumbling of the  
bowels)

Vedana (pain)

Shofa (swelling)

nistod (pricking pain)

Kramashongani Pidayet

(restricted movement of the  
body or tightness with pain).

AMA



जठर अनल दौर्बल्य आदि विपक्व अस्तु यो रस।  
स आम संज्ञको देहे सर्व-दोष-प्रकोपणः।।  
- अष्टांगहृदये

Food which is consumed and is broken down into a liquifies nourishing component which is called *Rasa*. *Rasa* is in the blood.

## NIRAMA VĀYU



When Vāyu is Nirāma the effects on the body are;

Vishad (pure), Ruksha (dry)

Vibandh rahit (without obstruction)

Alpavedana (almost no pain).

## AMA



Substances which are improperly digested, are unfit to nourish the body and produce toxins. These toxins are called *Ama*. These toxins are present in the blood and are cleansed by the Lymphatic system - *Lasikavaha srotas*.

## THE HUMAN BODY



You are healthy when you consume food that is suitable for proper digestion, absorption, assimilation and provide nutrition to the body and when you live a lifestyle that is of utmost benefit to the body, mind and senses.

## 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 provide form to the body.

Dhatu Mala are sweat, urine and faeces. They are the ones that deplete strength in the body.

AMA



When *Jatharaagni* becomes weak, *Rasa dhaatu* forms improperly and becomes deformed. In this condition, it blocks the *srotas*.



## AMA



Only when *Rasa dhaatu* becomes deformed and blocks the *srotas* (channels that transport nutrients in the body and also carry excretions from the *dhaatus* out of the body) that we call this symptom a *dosha*. This causes *Rakta dhaatu* to also become *Sama* or improperly processed.

## AMA



The diseases that are born out of these improperly processed *doshas* are also called *Sama dosha*.

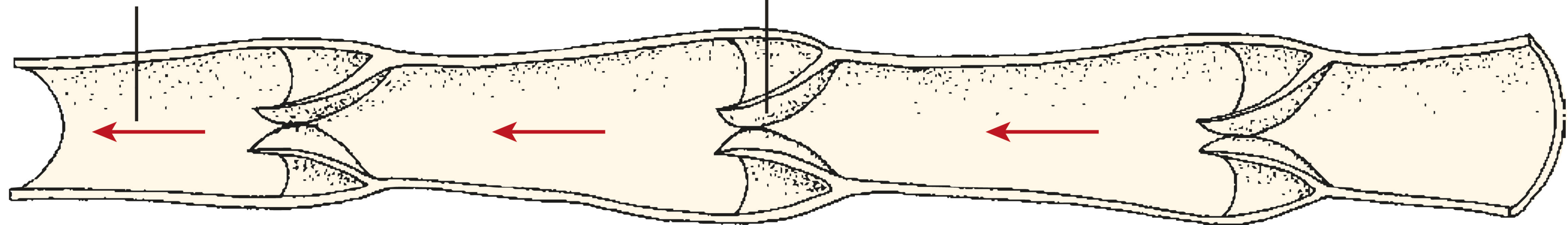
## AMA



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

direction of  
lymph flow

valve



## WHAT ARE THE INDICATIONS OF SAMA VĀYU?



When the following indications are present, its a sign of Sāma Vāyu.

*Vibandh* (constipation)

*Agnimāndhya* (low digestive fire)

*Tandra* (fatigue)

*Antrakūjan* (rumbling of the bowels)

*Vedana* (pain)

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*Nistod* (pricking pain)

*Kramashongani Pidayet*

(restricted movement of the body or tightness with pain).

## EFFECTS OF NIRAMA VAAYU



निरामो विशदी रुक्षो निर्विबन्धोऽल्पवेदनः।

When *Vayu* is *Nirama*, the effects on the body are;

*Vishad* (pure), *Ruksha* (dry), *Vibandh rahit* (without obstruction), *Alpavedana* (almost no pain).

## EFFECTS OF SAMA PITTA



दुर्गन्धं हरितं श्यामं पित्तमम्लं घनं गुरु ।  
अम्लिका कण्ठहृद्दाहरं सामं विनिर्दिशेत्।

When *dosha* is *Pitta* and it is *Sama*, the body produces *durgandham* (bad odour), *Haritam* (skin turns greenish, yellowish or gets *Shyamam* - blackened), *Pittamamlam* (the body feels bitterness), becomes *Ghanam* (hard and dense) and *Guru* (heavy), produces *Amlika* (acidic bile secretions), creates *Kantahrudhaharam* (thirst in chest and throat).

## EFFECTS OF NIRĀMA PITTA



आताम्रपीतमत्युष्णं रसे कटुकमस्थिरं।  
पक्वं विगन्धि विज्ञेयं रुचिपक्तिबलप्रदम्।।

When *Pitta* is *Nirāma*, then the body experiences effects of becoming lustrous, *Uśṇam* (there is appropriate heat in the body), *Rase Katuka* (rasa becomes sour), *Asthiram* (the body becomes free from rigidity),

*Pakvam* (body feels good hunger and food gets broken down properly) *Vigandhi* (body is free of odour) *Ruchipakthi* (tastes are felt appropriately) and *Balapradam* (body becomes stronger).

## EFFECTS OF SĀMA KAPHA



आविलस्तन्तुलस्त्यानः कण्ठदेशेऽवतिष्ठते।  
सामो बलासो दुर्गन्धः क्षुदुद्गार-विघातकृत्॥

Sāma Kapha is *Avila* (sludgy), *Tantulasyana* (the nerves produce a bad odour), *Kantadeshevatishate* (is seated in the throat). *Samo balaso durgandha* (It is foul smelling, is impure, it produces bad odour in the channels), *Kshududgar* (destroys hunger and quality of saliva and reproductive tissue), produces craving for food constantly.



## EFFECTS OF NIRĀMA KAPHA



फेनवान् पिण्डितः पण्डुर्निःसारोऽगन्ध एव च।  
पक्वः स एव विज्ञेयश्छेदवान् वक्त्रशुद्धिदः।।

When *Kapha* is *Nirāma*, then, it is foamy, *Āma* gets digested and produces good odour, removes density from body, relieves jaundice and clears the oral cavity. It is dense, is pale white, spreads and does not have an odour. It does not even produce bad odour in the mouth.

## NADI IS THE SUBSTRATUM OF...



The body is the substratum for *Nādi* and *Nādi* is the substratum for life. Life exists in the body because of *Prāṇa*. That life is supported by inhalation and exhalation.

## DHATUS (TISSUES)



Tissues are the building blocks of our body.

Our body comprises of 7 types of tissues

They are; *Rasa, Rakta, Mamsa, Meda, Asthi, Majja*  
and *Shukra*

The food we eat converts into *Prana* and nourishes  
our tissues

## YOUR BODY RECEIVES NUTRITION WHEN...



Only when our digestive processes are healthy do our tissues receive nutrition

Improper digestion causes improper formation of nutrients

Improperly formed nutrients cannot nourish the body resulting in mal-nourishment

## NUTRIENTS FORM IMPROPERLY WHEN...



Improper formation of nutrients also causes another problem;

It converts into toxins and obstructs the flow of *Prana* and nutrients in the body.

This results in several symptoms.

## DHATUS POSHANA (TISSUES NOURISHMENT)



Tissues nourishment happens in two stages;

1. *Poshya bhaga* - self nourishment
2. *Poshaka bhaga* - Provides for nourishment to the next tissue and also *Upadhatu* (subsidiary tissues)

## **DHATUS POSHANA (TISSUES NOURISHMENT)**



The whole cycle of tissue nourishment, regeneration and rejuvenation takes about 36 days to complete.

Each of these tissues get nourished as well as support the nourishment of other tissues.

## DHATU MALA (TISSUE EXCREMENTS)



1. *Rasa Dhatu* excretes *Kapha*
2. *Rakta Dhatu* excretes *Pitta*
3. *Mamsa Dhatu* excretes - *Karna mala* (ear wax), *Netra mala* (eye discharges), *Asya mala* (oral debris), *Roma kupa mala* (oily secretion of sebaceous [oil/fat] glands)



## DHATU MALA (TISSUE EXCREMENTS)



4. *Meda Dhatu* excretes - *Sweda* (sweat)
5. *Asthi Dhatu* excretes - *Roma* (body hair), *Nakha* (Nails)
6. *Majja Dhatu* excretes - *Charma Sneha* (body oil), *Netra Vit* (thick secretions from eyes), *Pureesha Sneha* (mucous in faeces)
7. *Shukra Dhatu* excretes - Moustache



END OF CLASS 4

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