



IMMUNITY & HEALTH: THE SVA PERSPECTIVE

"WINTER IS THE BEST TIME TO IMPROVE AND STRENGTHEN IMMUNITY!"

**Vibrational and Physical Understanding
from the Sutras**

Presented by

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December 5th 2009

Bala/Vyaadhiksamatva - **Immunity – According to** **Ayurveda**

व्याधिक्षमत्वम् व्याधिबलविरोधित्वम् व्यद्युत्पदप्रतिबन्धकत्वमिति यवत् ॥

॥च.सु.२८:७ ॥

vyādhiksamatvam vyādhibalavirodhitvam
vyadyutpadapratibandhakatvamiti yavat||

|| Ca.su.28:7 ||

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Immune system and its functions

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Types of Immunity

त्रिविधं बलमिति-सहसं । कालजं । युक्तिकृतं च । सहजं यच्छरीरसत्त्वयोः प्राकृतं ।
कालकृतमृतुविभागजं वयःकृतं च । युक्तिकृतं पुनस्तद्यदाहारचेष्टायोगजम् ॥च.सु.११:३६ ॥

trividham balamiti-sahasam, kālajam, yuktikṛtam ca

sahajam yaccharīrasattvayoḥ prākṛtam,

kālakṛtamṛtuvibhāgajam vayahkṛtam ca,

yuktikṛtam punastadyadāhāraceṣṭāyogajam || ca.su.11:36 ||

- ❑ **Sahaj** – Congenital, Inherited
- ❑ **Seasonal (Kalaj)** – Season, age and stages of life...
- ❑ **Established (Yuktikrit)** – Acquired immunity by following healthy Ayurvedic regimen

Definition of ojas

ओजः सोमा आत्मकम् ॥ ॥ सुश्रुत .सु . १५ ॥

ojaḥ somā ātmakam||

|| sushruta samhita. Su.ch.15 ||

The source of ojas is soma.

अष्टबिन्दु प्रमाणः परम ओजः ।

अर्धाजलिः प्रमानः अपर ओजः ॥चरक ॥

aṣṭabindu pramāṇaḥ parama ojaḥ|

ardhāñjaliḥ pramāṇaḥ apara ojaḥ|| caraka ||

The essential ojas(param) is eight drops

Type II ojas (apar) is a handful

Concept of ojas & its relationship with Immunity

येनौजसा वर्तयन्ति प्रीणिताः सर्वदेहिनः ।
यदृते सर्वभूतानां जीवितं नावतिष्ठते ॥९॥
यत् सारमादौ गर्भस्य यत्तद्भरसाद्रसः ।
संवर्तमानं हृदयं समाविशति यत् पुरा ॥१०॥
यस्य नाशात्तु नाशोऽस्ति धारि यद्धृदयाश्रितम् ।
यच्छरीररसस्नेहः प्राणा यत्र प्रतिष्ठिताः ॥११॥
तत्फला बहुधा वा ताः फलन्तीव यतिफ महाफलाः ।

Concept of ojas & its relationship with Immunity

yenaujasā vartayanti prīṇitāḥ sarvadehinah |
yadr̥te sarvabhūtānām jīvitam nāvatiṣṭhatel ||9||
yat sāramādaḥ garbhasya yattadbharrasādrasah |
samvartamānam hr̥dayam samāviśati yat purā ||10||
yasya nāsāttu nāśo'sti dhāri yaddhr̥dayāśritam |
yaccharīrarasasnehaḥ prāṇa yatra pratiṣṭhitāḥ ||11||
tatphalā bahudhā vā tāḥ phalantīva (ti) mahāphalāḥ |

“Ojakshaya” – causes of emaciation of Immunity

व्यायामोऽनशनं चिन्ता रूक्षाल्पप्रमिताशनम् ।

वातातपौ भयं शोको रूक्षपानं प्रजागरः ॥७६॥

कफशोणितशुक्राणां मलानां चातिवर्तनम् ।

कालो भूतोपधातश्च ज्ञातव्याः क्षयहेतवः ॥७७॥

वयब्रयब्रमखड्गनाम्नानाप्र चनितब्र रह्यकश्चब्रलपापरामतिब्रम्नानामञ्ज

vātātapau bhayaṁ śoko rūkṣapānam prajāgaraḥ||76||

kaphaśoṇitaśukrāṇām malānām cātivartanam|

kālo bhūtopadhātaśca jñātavyāḥ kṣayaddetavaḥ||77||

Ways to increase Prana and strengthen immunity

अथ खल्वेकं प्राणवर्धनानामुत्कृष्टतममेकं
बलवर्धनामेकं बृंहणानामेकं नन्दनानामेकं हर्षणानामेकमयनानामिति ।
तत्रार्हिसा प्राणिनां प्राणवर्धनानामुत्कृष्टतमं ।
वीर्ये बलवर्धनानां विद्या बृंहणानाम् । इन्द्रियजयो नन्दनानाम् ।
तत्त्वावबोधो हर्षणानाम् । ब्रह्मचर्यमयनानामितिष एवमायुर्वेदविदो मन्यन्ते ॥१५॥

atha khalvekaṁ prāṇavardhanānām utkr̥ṣṭatamamekaṁ
balavardhanāmekaṁ bṛ̥ṁhaṇānāmekaṁ nandanānāmekaṁ
harṣaṇānāmekaṁ mayanānām itī | tatrāhimsā prāṇinām
prāṇavardhanānām utkr̥ṣṭatamaṁ, vīrye balavardhanānām vidyā
bṛ̥ṁhaṇānām, indriyajayo nandanānām, tattvāvabodho
harṣaṇānām, brahmacaryamayanaṇām itī; evamāyurvedavidō
manyante ||15||

Tenets for preservation of Ojas

तन्मद्दत् ता महामूलास्तच्चौजः परिरक्षता ।
परिहार्या विशेषेण मनसो दुःखहेतवः ॥१३॥
हृद्यं यत् स्याद्यदौजस्यं स्रोतसां यत् प्रसादनम् ।
तत्तत् सेव्यं प्रयत्नेन प्रशमो ज्ञानमेव च ॥१४॥

**tanmaddat tā mahāmūlāstaccaujaḥ parirakṣatā |
parihāryā viśeṣeṇa manaso duḥkhaḥetavaḥ ||13||
hṛdyam yat syādyadaujasyam srotasām yat prasādanam |
tattat sevyam prayatnena praśamo jñānameva ca ||14||**

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Definition of health

सम दोषाः समाग्निश्च सम धातु मलक्रियाः ।

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥सुश्रुत सू ॥ १६-४४ ॥

sama doṣāḥ sama agniśca sama dhātu malakriyāḥ |
prasannātmendriyamanah svastha ityabhidhīyate ||
||suśruta. sū.16-44||



Relationship between Pranic vibration and Immune system



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Role of Nadis and Srotas in supporting Immune system

- ❑ **Nadis – Vibrational channels**
- ❑ **Srotas – Physical channels**

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Doshas and Immunity



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Role of Agni in supporting Immunity



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Role of Dhatus in supporting Immunity



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Malas and Immunity

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Role of Mind in supporting Immunity



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How senses impact Immunity



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Satva/light and its connection with Immunity



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Heart Lotus and Immunity



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Role of physical organs in supporting Immune system

Bone marrow, Thymus, spleen, Lymph nodes, lymph tissue, T cells, White blood cells, antibodies, Natural killer cells, B cells, Granulocytes or Polymorphonuclear (PMN) Leukocytes, Macrophages, Dendritic Cells, stem cells

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Organs and Prana relationship

An understanding of organs and “Prana” with reference to immunity

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An Ayurvedic understanding of “Rog margas”

- ❑ Pathways through which infectious disease enters into the physical body:
- ❑ Head – Adipathi marma
- ❑ Eyes
- ❑ Ears
- ❑ Nose
- ❑ Mouth
- ❑ Skin
- ❑ Anus

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EMR/EMF and Immunity

Electromagnetic waves at low frequencies are referred to as 'electro magnetic fields' (EMF); those at very high frequency are called 'electromagnetic radiations (EMR)'. (REF. WHO)

Toxins from EMR and EMF are termed as “Indravajravijanya Visha” by SVA Ayurveda.

Vaidya Mishra from SVA lineage says how EMR/EMF aggravate the Marut and Agneya thus corrupting the vibrational channels/nadis and so the physical body:

- ❑ Cause damage at the DNA/cellular level, brain and nervous system, heart, melatonin secretion, hormonal health, liver, and digestion leading to cancer and other immunity disorders.
- ❑ This has been proved by modern scientific research.

REF: Vaidya Mishra's lecture on counter measures for EMR/EMF at New york open center 2009 & International Ayurveda conference at Germany, 2009

Diet and lifestyle routines

How diet, lifestyle routines and other factors support and strengthen immunity?

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Sugar & Immunity

Impact of good and bad sugar on immunity

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“Yoginis” Pre- & Pro-biotics & Immunity

As per Vedic perspective Probiotics are called “Yoginies”

Prebiotics nourish the microflora and stimulate the growth of already present beneficial bacteria. Prebiotics help probiotic bacteria to work efficiently and keep you healthy and strong.

Consumption of Probiotics promotes growth of beneficial bacteria in the gut and protects from growth of unfriendly bacteria. Probiotic organisms protect your body from invading organisms and prevents damaging bacteria and viruses from multiplying inside the body. Probiotics help build healthy mucosal barrier, prevent entry of pathogenic organisms into the physical body.

Pro-biotics promote strong immune system by increasing phagocytic activity in white blood cells, help produce more viral killing cells for harmful viruses, prevents side effects of antibiotics by restoring gut environment, increases lymphocytes to fight infections, helps build and restore immune system after serious illness and old age.

Development of strong immune system begins from birth. Friendly bacteria helps in building and maintaining strong immune system. Human breast milk naturally contains prebiotic(human milk oligosaccharides - HMOs). Modern science says that almost 70% of our immune system function takes place in the gut.

Ref: SVA The Hidden Wisdom of Pre- & Pro-biotics, letcure by Vaidya RK Mishra

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Foods that support Immunity

- ❑ **Grains:** Mung beans (yellow lentils), Massor dhal (Red lentils), Quinoa, Millet, Amaranth, French lentils...
- ❑ **Vegetables:** Summer squashes like Zucchini, Louki (opa squash), drumstick, cooked greens, okra, beets, white dikon raddish, asparagus, carrots, cabbage, cilantro, parsley....
- ❑ **Fruits:** Sweet pears, apple, grapes, sweet berries, sweet pineapple, papaya, pomegranate....
- ❑ **Nuts and seeds:** Walnuts, almonds, pine nuts, sunflower seeds
- ❑ **Salt:** Saindhav Lavana – Soma salt
- ❑ **Milk:** Fresh organic milk (raw milk is also good)
- ❑ **Oil:** Olive oil, Ghee made from Takra (butter milk)
- ❑ **Water:** Natural spring water with good pH level

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Immunity supporting and strengthening herbs and spices

- ☐ Amlaki, Haritaki, Bhibitaki, Bala, Guduchi, Gugulu, Satavari, Sweta musali, Anata mool
- ☐ Brahmi, Vacha, Jatamansi, Shanka pushpi
- ☐ Guduchi, Bhumi Amla, Bringaraj, Neem, katuka
- ☐ Vidanga, Tulsi, Vasa, Kantakari, Pushkar mool, Bharangi
- ☐ Gymnema/Meshashringi
- ☐ Punarnava
- ☐ Spices: Turmeric, Coriander, Fennel, Cumin, Black pepper, Cinnamon, Shunti, Nutmeg, Fenugreek, big cardamom, small cardamom

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Katuka/Kutaki (कटुका) Picrorhiza kurroa-Fam:Scrophulariaceae

कट्वी तु कटुका पाके तिक्ता रूक्षा हिमा लघुः
भेदनी दीपनी हृद्या कफपित्तज्वरापहा ।
प्रमेहश्वासकासासदाहकुष्ठक्रिमिप्रणुत् ॥१५२॥

भावप्रकाश निघण्टु

kaṭvī tu kaṭukā pāke tiktā rūkṣā himā laghuḥ।
bhedanī dīpanī hr̥dyā kaphapittajvarāpahā।
pramehaśvāsakāsāsadāhakuṣṭhakrimipraṇut॥152॥
bhāvaprakāśa nighaṇṭuḥ

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Katuka/Kutaki (कटुका)

Picrorhiza kurroa-am:Scrophulariaceae

Rasa (रस) :Tikta/bitter

Veerya: (वीर्य) :Sheet/Cooling

Vipak (विपाक) : Katu/Pungent

Prabhav (प्रभाव) : Bhedani, Yakrit utdejaka/ liver stimulating

Guna (गुणा) : Ruksha/dry, Laghu/light

Benefits / uses :

Contraindications:

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Jatamansi (जटामांसी) – Valeman Nordostachys jatamansi Dc. F.Valerianaceae

जटामांसी भूतजटा जटिला च तपस्विनी ।
मांसी तिक्ता कषाया च मेध्या कान्तिबलप्रदा ॥
स्वाद्धी हिमा त्रिदोषास्त्रदाहवीसर्पकुष्ठनुत् ॥८९॥

भावप्रकाश निघण्टु

jaṭāmāṃsī bhūtajatā jaṭilā ca tapasvinī |
māṃsī tiktā kaṣāyā ca medhyā kāntibalapradā | |
svādbhī himā tridoṣāsradāhavīśarpakuṣṭhanut ||89||
bhāvaprakāśa nighaṇṭuḥ

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Jatamansi (जटामांसी) – Valeman Nordostachys jatamansi Dc. F.Valerianaceae



Rasa (रस) : Tikta/Bitter, Kashaya/Astringent, Anurasa: Madhur/Sweet,
Veerya: (वीर्य) : Sheeta/Cooling
Vipak (विपाक) : Katu/Pungent,
Prabhav (प्रभाव): Medhya
Guna (गुण) : Laghu/light, Tikshna/fast acting, Snigdha/Unctuous

Benefits / uses:

Contraindications: Use of this herb is contraindicated during pregnancy.

Ref: PDR for herbal Medicines

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Turmeric (हरिद्रा) - Curcuma longa Linn. (Zingiberaceae)

हरिद्रा काञ्चनी पीता निशाऽऽख्या वरवर्णिनि ।
कृमिघ्नी हलदी योषित्प्रिया हरविलासिनी ।
हरिद्रा कटुका तिक्ता रूक्षोष्णा कफपित्तनुत् ।
वर्ण्या त्वमदोष्मेहास्रशोथपाण्डुव्रणापहा ॥ (भा. प्र.)

haridrā kāñcanī pītā niśā"khyā varavarṇini |
kṛmighnī haladī yoṣitpriyā haṭṭavilāsinī |
haridrā kaṭukā tiktā rūkṣoṣṇā kaphapittanut |
varṇyā tvamdoṣmehāśraśothapāṇḍuvraṇāpahā ||

bhāvaprakāśa nighaṇṭuḥ

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Turmeric (हल्दी) - *Curcuma longa* Linn. (Zingiberaceae)



Rasa (रस) :Katu/Pungent, Tikta/bitter

Veerya: (वीर्य) :Ushna/heating Vipak (विपाक): Katu/Pungent

Prabhav (प्रभाव):Pitta rechana(increases bile secretion), kṛmighnī, Varniya

Guna (गुण) :Ruksha/dry, Laghu/light

Benefits / uses:

Contraindications: In vata problems and in skin problems use with caution

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Strengthening Immune system functions through SVA protocol

- ❑ **Diet: Wholesome organic foods, Freshly cooked foods**
- ❑ **Routine: Going to bed before 9 P.M. and waking up before sun rise**
- ❑ **Lifestyle and behavior: Follow “satvic” life style and behavior**
- ❑ **Transdermal creams:**
- ❑ **Nector drops:**
- ❑ **Healing Mantras:**

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