Digging Deeper into Ayurveda: The Five Elements - A groundbreaking way of looking at the human body, the gut and the universe.

Abstract

Statement of the Problem: For the last century, attempts have been made to understand the human body by breaking it down into smaller components - micro-nutrients, micro-biome and singular elements. Efforts have been made to replenish the body and cure ailments by refueling the lost nutrients and components. However, auto immune disease as well as gut related disorders such as Crohns, SIBO, IBD, IBS are on the rise. Something in our current approach is amiss. The Ayurvedic approach of the five elements allows us to understand our bodies and universe in a more holistic, scientific and intuitive manner. At the same time, it provides great insight into how the substances can be used to replenish the human body and maintain the environment of the gut. By understanding the five elements, practitioners can also understand that the basic environment of the gut is tropical. It is being recognized as the probiotic environment today. Ayurveda had these insights 5000 years ago in Carak Samhita. These concepts provide a breakthrough in understanding of how the environment of the gut can be restored and maintained. Ayurveda maintains that a compromised gut is the starting point of all disease. Additionally, these five elements make up the three doshas. It is not only futile but even dangerous to understand the three doshas without a thorough understanding of the five elements.

Significance: The five elements are essentially the code of the universe. They provide a breakthrough in the understanding of the environment of the gut and how it can be maintained. The five elements also make up the three Ayurvedic doshas and can provide tremendous insight into how our bodies and the universe works.

Image



Recent Publications (minimum 5)

1. Ayurveda and Health Tourism - Vol 14. Issue. 1 - Jan - March 2019 - Cover Story - Stay Well With Ayurveda
2. Ayurveda and Health Tourism - Vol 13. Issue. 4 - Oct- Dec 2018 - Understanding and Overcoming Obesity from the Ayurvedic Perspective
3. Ayurveda and Health Tourism - Vol 13. Issue. 3 - July - Sept 2018 - Eyes - An Ayurvedic Understanding
4. Ayurveda and Health Tourism - Vol 13. Issue. 2 - Apr - Jun 2018 - Understanding Agni - How can a compromised environment in the gut affect health.
5. Ayurveda and Health Tourism - Vol 14. Issue. 1 - Jan - March 2018 - Treating and Understanding PMS - Using Ayurveda

Nidhi Pandya is a third generation Ayurvedic coach. She was raised in Mumbai by her grandfather who was an Ayurvedic healer. She has received a formal Sanskrit education in Ayurveda in the US with practical training in India. She has developed her own unique lens and is able to take concepts of Ayurveda and align them with current research to make the science more usable and easier to understand. Her deep understanding of the functioning of the gut gives her an edge over her peers.

Email: nidhi@nidhipandya.com

Notes/Comments: