

## Review Article

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## How Elements Affect the Health of our Mind, Body, and Soul?

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**ABSTRACT**

**Introduction:** Mild encephalopathy/encephalitis with the reversible splenic lesion is an uncommon complication of *Salmonella* infection. Awareness of these lesions is important as these are uncommon findings on MRI and carry an excellent prognosis.

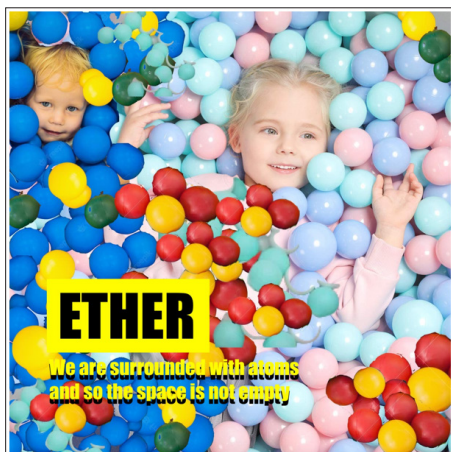
**Case Presentation:** A previously healthy 17-year-old man was hospitalized for a 6-day history of fever and diarrhea. Physical examination of the patient showed fever. Laboratory investigations revealed elevated inflammatory markers, and two blood cultures revealed *S.typhi*. Three days later, the patient presented headaches and hallucinations. The MRI showed abnormal T2 hyperintensity in the splenic of corpus callosum showing restricted diffusion. There was no abnormal postcontrast enhancement of the lesion typical of MERS. The patient's general condition and her laboratory test results, improved after receiving treatment with ceftriaxone and corticosteroids. He received antibiotics for two weeks.

**Conclusion:** Patients with typhoid fever should be closely monitored for the development of neurological complications. Timely intervention can show signs of MERS and reduce morbidity and mortality.

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The universe is like a ball, filled with matter called “elements.” physical and mental well- being depends on the balance of these elements. In this case, the movement of the atoms depends on electromagnetic force, gravity, temperature, earth, water, fire, and air. Every living organism on this planet needs energy to survive, but what is “energy”? How is this energy produced, and where is this energy stored? What happens when the energy increase or is reduced? Can we do something to produce, increase or decrease the energy to help our body survive?

The matter is made up of atoms (neutrons, protons) constantly vibrating because the electrons revolve around. The vibrations produce an increase or decrease, resulting in heat. More than 80% of our heat is lost and is recognized as “photons.” this is the aura that affects our mood. Every action (physical or mental) requires energy to perform. This energy is produced using the matter (food and water) we consume.

Scientists have classified atoms based on protons and chemical structure and not based on actions. You are familiar with carbohydrates (glucose or sugar), protein, and fat. People are made to believe carbohydrate is bad, makes you gain weight, and is associated with numerous illnesses. You were encouraged to consume a high protein, low fat, and carbohydrate diet.

Unfortunately, no one has told you that fats, proteins, and carbohydrates are ultimately broken down to simple “glucose” (mono-saccharide because this can enter every cell in our body (like petrol) and broken into atoms in “mitochondria.”. This is called the “the power house” in every plant, animal, and human cell. Mitochondria is said to be a virus present in the mother that infects the fertilized eggs, so we do not have any living cells with mitochondria transferred from father to offspring.

Glucose enters mitochondria, where the molecule is broken down, producing high energy particle called “atp” (adenosine tri phosphate), which is very volatile and difficult to store. This metabolic pathway is called “the kreb cycle.”

The cells combine certain atoms and store atp as “creatinine” in muscles. When muscles start moving, the creatinine release atp faster than the blink of an eye. Atp split to form adenosine di-phosphate” (adp). This splitting release heat (energy) to make muscles contract.

Humans are not carnivorous because our ancestors were apes who lived eating fruits and vegetables. We do not need to kill and eat animals to nourish our body because glucose is converted in the liver to fat (lipids) and stored in our body. Heavy metals that are present in the bacteria that are present in the vegetables and fruits are kept and recycled. The best form of iron is the one that is recycled in the spleen.

So hindus believe fruits, vegetables, and starch are essential for survival. Vitamins and minerals are present in abundance and help us stay healthy. The vital components are destroyed by heat and chemical reactions when cooking food. We do not need any vitamins or minerals to stay healthy if we consume fresh fruits and vegetables that are not treated with chemicals or radiation. Suppliants consumed by people are more harmful than we are made to believe. This is well known, and so doctors monitor blood. I have not found any study comparing vegetarian and non-vegetarian diets to prove that high protein, low carbohydrate, and fat diets are healthier.

When the modern medical profession was created in 1800, rocker fellow was only interested in creating products that he could sell, promising better health, longevity, and life with no infections. This kindled emotions and increased cash flow to actors.

Chinese medicine provided products, but ayurveda was a ritual practiced by hindus. When the british invaded india, documents containing the information were destroyed, claiming it Was crude and forcing people to learn english. Our ancestors transferred the knowledge by making their children recite mantras and slokas and survived.

I have worked as a doctor managing very sick, infected, and critically ill children for over 30 years. This allowed me to understand and associate food with health. It's certainly not the chemicals but how food is cooked by simply changing the chemical composition using spice, vegetables, milk, yogurt, lemon, and water. In the 1980s, doctors were allowed to test their hypotheses, provided it is not inflicting pain and suffering, and so i have tried various theories and found interesting facts. Unfortunately, the findings were not interesting for pharmaceutical companies because they were disrupting their company's cash flow.

In this book, i have explained the steps in the method that describes when you must add certain spice (some when food is hot and others when cooled) so that the chemical reaction produces the end product that protects our body and soul.

Simply buying curry paste and powder and adding vegetables is not healthy. The vitamins and other essential metals chelate, precipitate and are lost, resulting in deficiency and disease. This food also kills beneficial bacteria and fungi in the gut flora.

I have lived and worked with children suffering from very serious, contagious infections and not suffered from flu, covid, or conditions that required antibiotics or hospitalization. I have not taken any vaccination, including hepatitis b vaccination. How is it that i am protected? What is that i have me resistant to infections and illness?

I hope my contribution will help you resist antimicrobial infections spreading worldwide, killing millions of people.

### **My Childhood**

Growing up as a child of hindu religious scholars in india, i was educated in the 1950s and 60s. The day's first drink was always a glass of cow's milk, followed by a freshly cooked breakfast, vegetables, fruits, nuts, and dry fruits. We did not have cornflakes, bread, toast maker, or sandwiches that most children eat now.

Our parents pared breakfast treated as a ritual. The servants and parents wake up early, chop fresh vegetables and fruits, and cook breakfast. We did not have a fridge or supermarket to buy these fruits, vegetables, cornflakes, or bread. As children, we were asked to cut banana leaves, wash stainless steel glasses, and place them

on the floor. Some families used dining tables and chairs.

The fruit juice was prepared using hand or different methods because the blenders were not invented. The use, idly, and vada's were ground using a stone grinder in the evening, mixed using the hand, and fermented overnight. The fermented mix smelled nice, and the sea tasted nice and healthy. This was served with chutneys, pickles, and occasionally sambar (a blend of vegetables in spicy curry). I do not remember eating poori or heavy, oily food that makes our tummy bloat with gas. Poor people's children ate ragi balls.

Some days, we were made to eat beaten rice (puva) or rice soaked in buttermilk (overnight) with a pinch of salt. Fruits were seasonal, so that we could eat different fruits every month throughout the years. The diet was always balanced, and the way we were expected to eat Was also tailored. Honestly, i did not know, think or ask my mother why i should not eat rice with yogurt first and the rasam or sambar in the end.

Pudding or desserts were not routinely prepared, but often during festivals. We were made to drink cow's milk, not buffalo's milk. I remember my mother saying the people in bangalore are lazy because they drink buffalos' milk, and i know it's true. The children who drank buffalos milk were slow to react, think and not athletic, and often obese. They were lazy and not risk-takers.

Breakfast profoundly affects cognitive ability and behavior in children and adolescents. When children develop diarrhea or vomiting, they are starved and made to drink tender coconut water. We were also offered jaggery (indian cane sugar) when drinking water. In the 1970s, the world health organization organized the "oral rehydration trial" and developed a "rate." this trial was based on tender coconut water, and doctors came to know all about "facilitated absorption." water absorption through the intestinal mucosa needs a molecule of sodium and a molecule of glucose.

Scientists are now beginning to comprehend associated food with immunity, behavior, illness, disease, infections, and obesity. Heavy metals like iron, magnesium, lead and even calcium are present in the soil. The bacteria colonized in the ground swallow (optimization) the heavy metals and carry them into the plants. Bacteria and fungi colonize plants.

Beans (legumes) have bacteria on the roots, which help nitrogen fixation in the soil and help other plants thrive better. The beans have chemicals and metals that are essential to our bodies. Nutrient composition and heavy metals present in plants, vegetables, and fruits can exert immediate or long-term beneficial effects. Poor intake of certain vegetables and fruits alters the nutritional status. For example, water-soluble vitamin deficiency can result in serious long-term disease.

Deleterious behavioral effects have been suggested; for example, sucrose and additives were once suspected of inducing hyperactivity, but rigorous investigations have not confirmed these effects. Despite potent biological mechanisms that protect brain activity from disruption, some cognitive functions appear sensitive to short-term variations of fuel (glucose) availability in certain brain areas.

A glucose load, for example, acutely facilitates mental performance, particularly on demanding, long-duration tasks. The mechanism of this often described effect is not entirely clear. One aspect of diet that has elicited much research in young people is the intake

or omission of breakfast because this is obvious relevance to school performance.

While effects are inconsistent in well-nourished children, breakfast omission deteriorates mental performance in malnourished children. Even intelligence scores can be improved by micronutrient supplementation in children and adolescents with very poor dietary status.

Overall, the literature suggests that regular dietary habits are the best way to ensure optimal mental and behavioral performance. Then, it remains controversial whether the additional. Benefit can be gained from acute dietary manipulations. In contrast, children and adolescents with poor nutritional status are exposed to alterations in mental and behavioral functions that can be corrected by diet to a certain extent.

Cognition is a psychological term used to describe the processes of learning, memory, and attention, as well as perception, language, intelligence, and reasoning. From the experimental point of view, cognitive phenomena are essentially internal psychological processes that must be inferred from overt changes in an organism's behavior. Studied to test cognitive functions in rodent (mice) disease models used and proved our behavior and memory are associated with what we eat and drink.

#### **Natural Ingredients and Their Benefits**

- Loquat leaf: antibacterial ingredient absorbs foul odors and provides a pleasant aroma.
- Bamboo vinegar: it promotes the reproduction of beneficial microorganisms,
- Promotes digestion, removes foul odors, and promotes bowel and oral health.
- Vitamin c: a strong antioxidant that boosts your immunity.
- Wood vinegar: the antibacterial solution removes foul odors and absorbs moisture, sweat & metabolic waste out of your pores.
- Tourmaline: a precious mineral that improves the detoxification process and strengthens your liver & kidneys.
- Anion (negative ion powder): restores the healthy ph levels & harmonizes oxygen levels in the bloodstream.
- Holy basil: bacterial repellent help reduce the bacterial count in hospitals and at home.
- Banana with yoghurt: binder helps reduce diarrhea and intestinal hurry.
- Almond (perini): increase prostaglandin, precursors for producing sperms. Increase healthy cholesterol and reduce heart attack.
- Banana, increased potassium, and antihypertensive.

#### **Food processing**

In the past couple of decades, how vegetables and fruits are treated with chemicals to help them sterilize and make them look fresh has negatively affected our health and well-being.

Processing (canning, drying, freezing, and preparing juices, jams, and jellies) increases the shelf life of fruits and vegetables. Processing steps include preparing the raw material (cleaning, trimming, and peeling followed by cooking, canning, or freezing. The methods of fruit & vegetable processing include sugar preservation, fermentation, pickling & canning.

There are eight ways to preserve summer fruits and vegetables that are all-effective – and can be done in the comfort of your home.

- Drying
- Canning
- Pickling
- Fermenting
- Freezing
- Oil packing
- Salting
- Irradiation

Fruits and vegetables are plant-derived products that can be consumed in raw form without processing or conversion. Fresh-cut fruits and vegetables (ffv) are products that have been Cleaned, peeled, sliced, cubed, or prepared for convenience or ready-to-eat consumption but remain in a living and respiring physiological condition.

Before the fridge was invented and chemicals were identified, meat, fish, and some vegetables were preserved in salt. The salt prevented bacterial colonization because they were getting dehydrated. Fluid moves out from low to higher osmotic gradient.

Overcooking, grinding, and blending fruits and vegetables can also alter the chemicals, vitamins, metals, and other nutrients, so it is not advisable. Using spice help neutralize certain chemicals, change the acid-base balance, and prevent bacterial and fungal toxins from harming us.

Turmeric, used when frying vegetables in oil (onions, potatoes, garlic), acts like an antique that neutralizes bacterial toxins. We were told this powder has antibacterial activity, but this has not been proven true.

Methods of preserving fresh cut fruits and vegetables (ffvs) to retain their wholesomeness include washing with hypochlorite, hydrogen peroxide, organic acids, warm water, and ozone for disinfection and sanitization. Use of antimicrobial edible films and coatings. Controlled atmosphere storage and modified atmosphere packaging of fruits and vegetables.

Exposure of intact or ffv to antibiotic stress and some processing methods induces biosynthesis of phenolic compounds and antioxidant capacity of the produce. Loss of vitamins and other nutrients has been reported during the processing and storage of ffv, hence the need for appropriate processing techniques to retain their nutritional and organoleptic properties.

Ffvs are still faced with the challenge of quality retention and shelf-life preservation, mostly during transportation and handling, without impacting the product's microbiological safety. Hence, food processors are continually investigating processes of retaining ffv's nutritional, organoleptic, and shelf stability.

Even though food processing methods extend fruit and vegetable products' shelf life, fresh-cut processing reduces the commodity's shelf life, rendering the product highly perishable.

These biological changes may lead to flavor loss, cut-surface discoloration, decay, rapid softening, increased rate of vitamin loss, shrinkage as well as the shorter shelf life of the fresh-cut produce.

Interactions between intracellular and intercellular enzymes with substrates and increased water activity may also lead to flavor and textural changes upon processing. A major effect of fresh-cut processing is stress on vegetable tissues, resulting in phytochemical accumulation and loss induced through reduced



activity in key enzymes of secondary metabolic pathways. Fresh-cut processing also results in cell breakdown and the release of intracellular products such as oxidizing enzymes, thereby quickening product decay.

Several factors are reported to affect the overall quality of fresh-cut produce. Among many such factors is appearance. According to kays, lante, and nicoletto, the combination of size, shape, form, color, and the absence of defects greatly affects consumers' purchase of fresh-cut produce. All of these factors can also be influenced by several pre-harvest factors.

Available nutrients inherent in fruits and made available upon consumption include antioxidant vitamins beta-carotene (pro-vitamin a),  $\alpha$ -tocopherol (vitamin e), and ascorbic acid (vitamin c). Research has also shown that regular fruits and vegetables reduce the risk of cancers, cardiovascular diseases, and inflammation.

This, apart from regular body exercise and genetics, has made fruit and vegetable consumption one of the main factors contributing to a healthy lifestyle. With studies showing the nutritional benefits of fruits and vegetables, consumption of fvp promotes health through an increase in the supply of antioxidant and other phytochemical nutrients to the body.

### My observation

I worked as a staff pediatrician in the 1980s. I had an opportunity to observe, investigate and test the hypothesis that helped me learn how the environment, bacteria, fungus, viruses, and various chemicals in our body interact. Resuscitating sick, infected, and ill children were not following protocols or guidelines. We were free to use drugs, chemicals, and fluids, provided we could justify it.

I call the 1980s-1990s the "golden era of modern medicine." once the people in power, the insurance companies, and the institutions claiming to protect humanity stepped in, doctors lost their free will and were forced to follow protocols and guidelines. Antibiotic abuse, tests, investigations, and procedures are performed to protect the ctor and healthcare provider. This has now increased the cost, loss of trust, and the antimicrobial-resistant bacterial, fungal and viral threat that will bring an end to modern medicine.

### Illness, infection, or disease

The problem ctors encounter now is not new but has started surfacing because people are more educated about health and disease. This may or may not be where ethnic minority people from pakistan lived. The community where inbreeding was common because of their religious belief. I called this hospital the "mecca of metabolic disorder" because the number of newborn babies and children with rear and unknown illnesses and diseases was common.

It was difficult to perform a postmortem examination of the dead children, so we could not identify the true cause. We used skin biopsy to study and identify the chemical changes in the cells. This made me know how deficiency of enzymes and chemicals in the cells alters the function.

Symptoms and signs make the individual know they are not well and rush to consult a doctor. A ctor must listen to the story of the illness as they have lived, experienced, and remember it. This often varies because the body chemistry and bacterial and fungal colonization in and on our bodies are never the same.

Using mechanical ventilation, i could offer symptomatic treatment to sustain life using drugs (bicarbonates, adrenaline, steroids, prostaglandins) to alter their body chemistry or the acid-base balance. Not many babies or children lived for long, but it taught me how diet and changing the body's chemistry could sustain life. Simple nonchemical drugs, avoiding milk, meat, some vegetables, and fruits, and following a strict protocol based on brahmins' traditional diet helped me learn more about health and well-being.

### Instruction

Please use the ingredients as explained in the method. Not grind spice to gather or use curry powder or paste sold in the shop. These powders and pastes are treated or have added chemicals to preserve them. The chemicals change the acid-base balance and so can have abnormal chemicals that can produce long-term illness or deficiency.

You can also buy idly and vada-making powders. The dishes taste good and are easy to cook but are not nutritious. We use our hands when speaking rice along with black gram dhal for 12 hours and then grind it in a conventional grinder. The healthy germs and fungus will help ferment the same mix. The fermentation will go bad if your hand is colonized with bad germs. This is why i made by cooks from udupi is always tastier and healthy.

Calcium, potassium, magnesium, zinc, and iron absorption are simple examples. If the iron is in a ferric state, it cannot be absorbed; you need acid to change the iron's ionic form, so using lemon helps. You must also eat the food containing iron first, not in the end, because iron absorption needs gastric acid. You will be constipated and suffer if you don't follow the simple step.

I can talk about each essential mineral and vitamin, but this is unnecessary; if you follow the steps, i have numbered the method to help you track the steps. If i say add some spice, coconut, yogurt, or milk after cooling, or tell you must serve this food hot, i mean it, so please follow the steps religiously.

### Ayurveda

Ayurveda, a natural system of medicine, originated in india more than 3,000 years ago. It is one of the world's oldest holistic ("whole-body") techniques to help our mind, body, and soul resist insults.

Ayurveda is derived from the sanskrit words ayur (life) and veda(science or knowledge). Thus, ayurveda translates to knowledge of life. I said, "illness is an illusion" once you remove the veil (maya), understand, identify, and remove the cause, we can kindle the chemical in our body to help alleviate the symptoms.

How do i know this? I encountered a patient who presented with severe chest pain. Clinical examination, tests, and investigations could not find the cause for the symptoms, so treating him with strong analgesics, including morphine, was difficult. I decided to test my hypothesis of using a placebo (smarties) and change his mindset to believe i had the best drug that would cure his symptoms, and it did. Illness occurs when your perception and reality, or belief and thought, are not synchronized.

Disease or illness is due to an imbalance of chemicals in our body produced by stress in a person's consciousness. Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, soul, and the environment.

The goal is to promote good health, using rituals known as “dina shastra” and not use chemicals and drugs to fight or treat disease. Treatments may be geared toward specific Health problems using five elements of the universe and not introduce chemicals (drugs) claiming to cure.

Matters in the universe are dead or alive and are connected. If your mind, body, and soul are in harmony with the universe, you will be happy (mental and physical well-being). When something disrupts this balance, you start experiencing symptoms or signs that make you sick. Among the things that can upset this balance are genetic or behavior defects, injuries, climate, age, and emotions.

Five basic elements of the universe are 1. Air, 2. Fire, 3. Water, 4. Earth, and 5. Ether. The majority of people understand four elements but fail to understand ether. Ether is space, universe, or the environment we live in. You are made to believe the space around is empty, but it is not. We swim in the universe surrounded by matter (air, bacteria, virus, fungal spores).

Living in an environment that is colonized with more carbon-di-oxide, oxygen, nitrogen, hydrogen, humidity, and cold or hot temperature, the way we think and act can differ. If you are in a crowded place with different bacteria, fungi, and viruses, you can expect to get infections if your body cannot suppress immunity. It is a ritual called “dina shastra” (daily ritual), and there are no products that can be sold. Ayurveda regards the human being as an individual and complete image of the entire universe, a microcosm, and a macrocosm. You must understand the environment you live in and change to help change how your body and mind work. We must learn to adapt to the environment to support the unity of body, mind, and soul referred to as self “aham.”

The reason is the interface between the material or gross body and the immaterial or subtle self. This is constantly in action with all its thoughts, feelings, and sensations. Our self, on the other hand, is our innermost core, rests within itself, and, according to ayurveda, is the indestructible and eternally healthy source of our being.

### Story of the illness

Good history taking in allopathy, homeopathy, or arvydas has been the main method used to identify the cause of illness for generations. Full evaluation of the history of a patient's complaints is crucial to making a correct diagnosis and helps in planning the management. Every doctor spends the rest of their professional life relearning the lesson. The doctor's first task is to listen and observe, not only to obtain information about the current problem but also to understand the patient and learn about their life situation.' Symptoms identified by taking a history provide some of the most important items of information used in the process of diagnosing a disease. When patients describe the symptoms for which they seek professional attention, they are also reporting the story of an illness as they have lived and remembered it, which can vary. To some extent, symptoms are a universal human experience. Virtually every person. Experiences some discomfort for which they are seeking some help.

Talking with a patient has a third function: it helps that person to feel that they are understood, and it thereby helps to establish a therapeutic relationship. A style of questioning narrowly shaped for the sole purpose of diagnosing a disease ignores much of what patients have experienced and many of their concerns and questions. It, therefore, often prevents the Development of a trusting relationship and diminishes the chances of helping the

patient. Talking with a patient about the experience of being ill, on the other hand, can have great value even when nothing can be done about the disease.'

Collecting information using the protocol, guidelines, pre-primed assessment sheets, or computers may be good and more efficient. Still, it is not advisable because people believe drugs can cure illness. The doctors must identify the cause, and deficiencies, help them rectify the error and prevent complications and death.

The disadvantage of a protocol or pre-printed assessment sheet is that you forget to think of relevant questions and the sequence of questioning required to identify the cause. Using fill- in-the-blanks in the questionnaire meticulously prevents doctors from using their knowledge and experience to collect and analyze data in their brains. This type of “fill in the blank questionnaire” requires no special history-taking skill and will result in a delay in identifying the cause and offering the solution.

I have encountered some doctors meticulously trying to take a history with these pre-printed sheets when they should have concentrated on treating the patient. The patient is uncomfortable and, at times, very ill, but the doctor starts asking questions as primed and fails to recognize the patient's problem nor give importance to what the patient wants to say. This makes the patient feel that the doctor is not keen on understanding his current problem and so loses confidence in the management. The other problem is that when the doctor takes a history with a pre-printed history sheet, there is no eye contact with the patient because the doctor is keen on reading the printed questions. This breaks the patient-doctor relationship and can disadvantage the doctor and patient.

Common diseases commonly occur, but rare diseases rarely happen. Views on common diseases in primary and secondary medical care vary and depend on the primary care physician or nurse's training and experience in interpreting symptoms and signs.

Mastering this skill takes years of training, practice, and passion for healing. My article published in medical journal qcj (bmj) in 1996

### Illness is defined as “dosha.”

The doshas are the organizing principles that guide human physiology, psychology, and behavior. The doshas are not substances but dynamic forces that control all physiological and pathological processes in the body.

Every human being is born with his constitution, his prakriti - understood as the genetic code present in every cell, organ, and system. At the same time, you also exist on the level of exchange with the environment. Vata, pitta, and kapha are always considered to unite.

The combination of the five elements is air, water, earth, and fire. Earth is neutral, but fire is kindled by philosophy and extinguished by water. Its characteristics are light, dry, cool, and fast. It controls all voluntary and involuntary movements and is responsible for our nervous system.

There are two types of nerves sympathetic and parasympathetic nervous systems. Stress, fear, virus, and even ejaculation (sex) stimulate the sympathetic nervous system. Meditation, foreplay,

and staying positive make parasympathetic nerves and our brain fire “alpha waves,” reducing heart rate, breathing, and immunity will remain strong.

### The Vata

Vata is our principle of movement. On a mental level, it ensures creativity and perception. Our life cycle represents old age. We experience vata energy from 2:00 a.m. To 6:00 a.m. And from 2:00 p.m. To 6:00 p.m. In nature, we experience vata as cold, dry winter weather.

### The Pitta

The elements of fire and water make up the pitta dosha. Pitta is our thermal principle. Its properties are warm, fluid, mobile, spicy, and acidic. Pitta is responsible for digestion and metabolism. On a spiritual level, it represents our intellect. In our life cycle, it stands for the middle of life. We experience pitta energy during the hours of the day from 10:00 a.m. To 2:00 p.m. And from 10:00 p.m. To 2:00 a.m. Pitta predominates in warm weather in the summer months through early fall.

This energy controls digestion, metabolism (how well you break down foods), and certain hormones linked to your appetite.

Things that can disrupt it are eating sour or spicy foods and spending too much time in the sun. If it’s your main life force, you’re more likely to develop conditions like crohn’s disease, heart disease, high blood pressure, and infections.

### The Kapha

The elements earth and water make up the kapha dosha. Its characteristics are heavy, cold, soft, and slow. Kapha is responsible for our cohesion and structure in the body and gives us stability on a physical and mental level. In our life cycle, it stands for childhood. We have kapha dominance in the hours of the day from 6:00 a.m. To 10:00 a.m. And from 6:00 p.m. To 10:00 p.m. Cold, wet weather in nature represents kapha, such as spring or early winter.






Based on this knowledge, our ancestors explained what we must and must not. This helped people to live a healthy life.

The most important ritual plants, animals, and humans perform daily is when the sun starts shining in the morning. The reason is to trap the energy, help the body move, the brain starts thinking, and organs function.

We have been conditioned to believe breaking fast is the most important activity we must perform to stay healthy. Scientists have not explained the amount or type of food we must and must not eat, nor any study to prove what happens if you don’t break your fast in the morning.

This life force controls muscle growth, body strength and stability, weight, and your immune system. Stress and fear can disrupt sleep, and you start sleeping during the day, eating too many sweet foods, and eating or drinking things that contain too much salt or water. This happens because the body release cortisol hoping to suppress inflammation (cause pain, alterFunction) designed to protect our body. This hormone suppresses immunity and defends our body from infections.

If it’s your main life energy, practitioners believe you may develop asthma and other breathing disorders, cancer, diabetes, nausea after eating, and obesity.

	ETHER	FIRE	AIR	EATH	WATER
					
DOSHA	VATA	PITTA	KAPHA		
	Ether + Air	Water + Fire	Water + Earth		
BALANCED	Energetic, Enthusiastic, Positive, Active, Attractive, and Friendly	Funny, Co-operative, Confident, Decisive	Generous, Kind, Strategic, Patient person, helpful		
UNBALANCED	Nervous, Anxious, Loss of memory, Restlessness	Critical, Angry, Dictatorial, Workaholic	Stubborn, Melancholic, Grudge Holding, Feeling stuck		
REMEDY	Listen to water trickling, Stay near running water, water fall, Drink lemon water in the morning	Allow free time, Spend time in nature, Do not skip meals	Get regular routine, Workout, Exercise, Eat vegetables, Live in peaceful environment		
	Try massage, cuddle your loved ones, Try meditation, Place small fountain at home	Dress cooler colour, not bright ones, Try challenging sports, Let go and Surrender	Favour warm and bright coloured dress, Seek stimulus, Clear space, at home and office		

### Ayurvedic treatment

An ayurvedic practitioner will create a treatment plan specifically designed for you. They must consider your unique physical and emotional makeup, primary life force, and the balance between all three elements.

The goal of treatment is to cleanse your body of impurities that are ingested as food, which can stay in your body and lead to illness. The cleansing process, called “panchakarma,” - is designed to reduce your symptoms and signs and restore harmony and balance. An ayurvedic practitioner might rely on blood purification, massage, medical oils, herbs, and enemas or laxatives to achieve this.

Sexually active women are prone to getting urinary tract infections. Doctors test urine and offer drugs (antibiotics) to kill the bacteria that may kill common bacteria (e.coli) and change the acid-base balance in the vagina, which help fungus (candida) thrive, causing thrush.

Ayurveda encourages women to consume food that makes the vaginal (environment) alkaline, preventing urinary tract infections.

### How does it work?

Ayurveda treatment starts with an internal purification process, followed by a special diet, herbal remedies, massage therapy, yoga, and meditation.

The concepts of universal interconnectedness, the body’s constitution (prakriti), and life forces (doshas) are the primary basis of ayurvedic medicine. Goals of treatment aid the person by eliminating impurities, reducing symptoms, increasing disease resistance, reducing worry, and increasing harmony in life. Herbs and other plants, including oils and common spices, are used extensively in ayurvedic treatment.

The fda doesn’t review or approve ayurvedic products. The agency has warned, without any scientifically proof, claim one in five ayurvedic medicines contain toxic metals, like lead, mercury, and arsenic. These heavy metals can cause life-threatening illnesses, especially in children. Unfortunately, they do not talk about plastics, nanoparticles, and chemicals used in drugs that can alter our body functions.

In india, ayurveda is considered a form of medical care, equal to conventional western medicine, traditional chinese medicine, naturopathic medicine, and homeopathic medicine.



Ayurveda can have positive effects when used as a complementary therapy in combination with standard, conventional medical care.

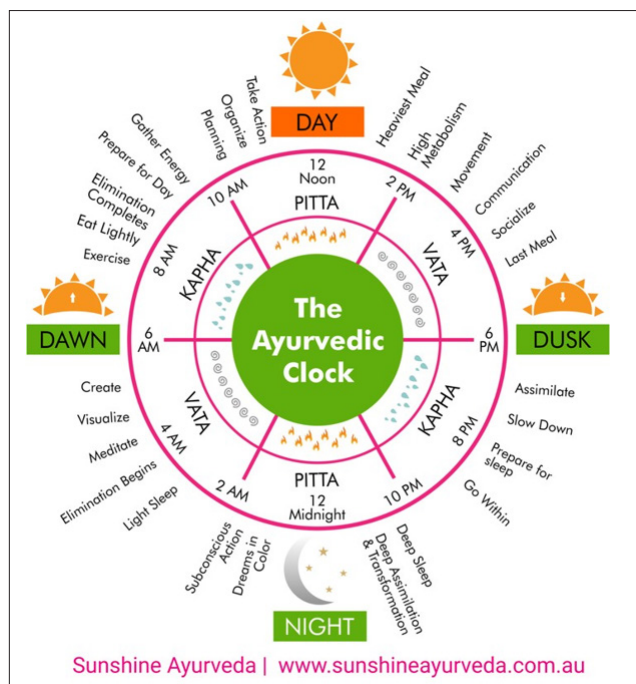
Many ayurvedic materials have not been thoroughly studied in western or indian research because people with vested interests are protecting their investments. They claim products used in ayurvedic medicine contain herbs, metals, minerals, or other materials that may be harmful. Scientists have not organized studies or compared results but claimed. Ayurvedic medicines are not regulated as dietary supplements. Still, like drugs, they are not required to meet conventional treatments' safety and efficacy standards. They also claim ayurvedic products or nutritional supplements interact or work against the effects of western medicines.

The doctors trained in medical school do not give any importance or discuss ayurvedic treatments. They warn pregnant women, nursing, or people thinking of using ayurvedic therapy to treat a child and advise them to consult their healthcare provider. It is important to know that "modern drugs seldom cure" but offer symptomatic treatment to alleviate pain and suffering, so do not eliminate the cause. A healthcare provider diagnoses a disease or condition with substantial conventional medical training and experience to offer treatment, claiming the drugs cure the disease or condition.

Ayurveda can positively affect our mental and physical wellness, making our bodies resistant to infections, illnesses, or diseases.

### Useful Websites

Banyan botanical diet: <https://www.banyanbotanicals.com/info/ayurvedic-living/living-Ayurveda/diet/>



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