



THE POWER OF SATISFYING MEAL

Commonly we focus on Karma as the effects of actions / illegitimate behavior that turn to be a cause for a bad fate. The meaning of the word Karma is not limited to this only. The word Karma comes from Sanskrit word 'Kru' which means to do. This way Karma is the action and also the effect. Moreover, from different angles, this word can be understood as function, action or effect.

क्रियते इति कर्म | क्रिया लक्षणं कर्म ||

- Sanskrit quotes from Charak Samhita

Ayurved and allied philosophical texts, emphasize on the concept of Karma. From the philosophical point of view as well as from the health point of view we see a definite connection between a cause and effect - Karma. There's a fundamental concept in Ayurved called as 'Karya Karan bhava' which is derived from certain Darshan Shastras (The ancient texts that explain the logic and the study of decision making). It says there can't be an effect unless there's some

cause. This concept is explained with different types of causes which have the potential to create an effect.

यत्र धूमः तत्र वह्निः |

- Sanskrit quote which means wherever you see smoke, there's fire.

This line explains the relation between cause and the effect. It is in context with making diagnostic decisions using logic with available factors. This theory strongly believes that nothing will happen unless there's some cause/reason.

Newton's 1st law also is in the same line with this theory. – Every body persists in its state of being at rest or of moving uniformly unless it is acted upon by an external force. The concept of force is very important to create a change in the present state. This will help to understand that any effect will be seen when some cause is acting there.

Karma can be good as well as bad depending upon the cause. In the spiritual texts, it's always believed that unlawful acts create a Karma cloud which we carry throughout our lives and further also. This has a strong potential to create a disturbance with the physical, mental and spiritual health.

On the contrary good Karmas support & build the mind and body complex healthier and then the good effects can be seen in form of good health & absolute bliss and eventually overall wellbeing.

The concept of Karma has a great depth. Technically what you do is karma (action) and what you achieve is also Karma (effect). The principle of Cause and Effect is very commonly used in all the theories. The science of Ayurved uses it at every level. The formation of a disease is always in relation to some causative factor. Seasonal changes, dietary, behavioral changes, thoughts all play a major role in the human mind as well as body. These changes, actions, indulgence in wrong habits can be seen as Karma as well as their effects on the body too can be considered as Karma.

Right from minor health issues to major conditions, there are certain causes which trigger these ailments. There are certain diseases which are considered as specific effects of illicit behavior. "Sinful acts" like disrespecting/misbehaving with elders, parents, Guru, Gods etc are considered as causative factors for those diseases. A scientific mind might find it ludicrous

as well as a superstition. For the most of us, the mind is such a great tool which is regulating various functions of the body – directly or indirectly. When a person has created such an act, it produces tremendous turbulence on a psychological plane. This creates a disturbance with body physiology and this, in turn, can create an imbalance in the body leading to certain diseases.

Our mind is a very powerful tool to keep us fit and healthy. It produces certain vibrations that in turn have a specific effect on physical health, mental health & spiritual health. These vibrations which we understand by Karma can either construct or destruct the health.

Mind, body, lifestyle including food, behavior & thoughts are supporting each other. In other words, a healthy lifestyle creates equilibrium in mind body complex and creates health. Likewise, a peaceful mind supports body and healthy body supports mind. By having a good Karma of a healthy lifestyle, one can build a stronger, healthier structure.

Most of the cultures and traditions have social tenets, behavioral pattern recommended in society. Similarly, Indian culture extracts its principles from Vedas & Ayurved. The traditions, festivals, diet and related behavior does have an effect that shows good Karma on all levels. Ayurved explains 'SadVrutta' – the moral tenets, a behavioral pattern that connects us to good health.

A recently published research paper from New York states that a good lifestyle has potential to change the genetic makeup. A healthy lifestyle is nothing but the tool to manage Karma.

Furthermore strengthening the tissues & organs of the body will lead towards wellbeing at every level. This concept of building the tissues (in other words improving immunity) is called as 'Sarata' in Ayurved. Having excellence of tissues yields good health as well as great virtues like happiness, success etc. In a way, this turns out to be a good Karma to have fitness, vigor, and happiness throughout life.

In the classification of disease, Ayurved explains Adhidaivik as one of the types of diseases which emerge due to certain Karma which lead to these illnesses. The treatment mentioned here is to use of precious stones; chanting some

specific mantras etc. This modality of the treatment focuses to create certain vibrations in our body and help correct the Karma related bad effects.

As explained by Swami Vivekananda, Karma - the action is truly important to gain the knowledge which is the true goal of mankind and not the pleasure. When we tend to gain the pleasure more and more we slip from the path and indulge into causative factors which cause an imbalance in the body for sure and then may create a disease.

'Karma yoga' - the connection with good Karmas will lead towards the fruitful Karma of mental, physical and spiritual wellbeing.



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