

**Ashtanga Ayurveda** and **Ashtanga Yoga**.. Sounds Similar.. **But are they same? No.** Ayurveda Hitopadesha, Upaveda of Atharvaveda contained one million Shlokas in one thousand chapters. Due to the decline in intellectual level and life span of human being, in the later period, Ayurveda was re-written in eight sections popularly known as Ashtanga



Ayurveda:

Internal Medicine, Treatment of Head and Neck, Ophthalmology and Otorinolaryngology, Surgery, Toxicology, Psychiatry, Paediatrics, Gerontology or Science of Rejuvenation and the Science of Fertility. Herbs, food, aroma, gems, colours and the practice of yoga, mantras and surgery were classified for the treatment and evaluation based on their therapeutic action from the ancient time itself. **Thus, Ayurveda from its root itself is scientifically organised discipline.**

Coming to Ashtanga Yoga:

**Ashta Anga yoga - "the eight limbs of yoga"** is **Patanjali's** classification of classical yoga



in his **Yoga Sutras**.

He defined the eight limbs as yama (abstinences), niyama (observances), asana (postures), pranayama (breathing), pratyahara (withdrawal), dharana (concentration), dhyana (meditation) and samadhi (absorption). This forms a journey from the **gross, outer level towards the inner, subtle levels of our existence**. And this itself forms the **basis** for the sadhaka - be a sanyasi (monk) or a Samsari (married person).

Lastly comes the conclusion:

I feel myself being very fortunate having studied both the sciences. And it is been always a **guiding force** for me and for my patients. As Mother cares equally for both her children, likewise it's my duty to give equal priority to both the upavedas, ultimately they are the branches of our great Indian philosophical Big Banyan Tree called **Vedas**. A Big salute to my **Janma Bhumi -Dharitri**.