

East West Sanskrit Institute
प्राच्यप्रतीच्यसंस्कृतगुरुकुलम्
prācyā-pratīcyā-saṁskṛta-gurukulam

The Āyurvedic definition of health

समदोषः समग्निश्च समधातुमलक्रियः

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते

sama-doṣaḥ samāgniśca sama-dhātu-mala-kriyaḥ

prasannātmendriya-manāḥ svastha ityabhidhīyate

sama – same, equal

doṣaḥ – quality, (vāta, pitta, kapha)

sama – equal, same

agniḥ – fire

ca – and

sama – same, equal

dhātu – tissues

mala – unclean, waste (amala and vimala mean pure)

kriyā – action, all tissues, cells in constant state of renewing

prasanna – blissful, not bothered by anything

ātma – soul/body

indriya – senses

manāḥ – mind

svastha – healthy

iti – thus

abhidhīyate – is called

One can consider him or herself healthy (only) when vāta, pitta and kapha are in equilibrrious state and whose functioning of formation of tissues, as well as eliminative items are also in equilibrrious state and whose soul, sense and motor organs as well as mind are in blissful state.

