



Parnanetra Ayurvedic Agro Technology

Co-relating Theories of Ancient Ayurveda & Modern Science of Living Metabolism

- Ayurveda is a body of science, which depends entirely on the management of Vat, Pitta and Kapha Doshas.
- The five Mahabhootas (**Akash – space**), (**Vat – wind**) , (**Teja / Agni – fire**) , (**Jala – water**), (**Prithivi – earth**) and three doshas (**Vata, Pita, Kapha**) are the basic aspects responsible for the life of organisms and also for their conditions of health and disease.
- The Mahabhootas form the physical basis of the body.
- The three doshas are the biological representatives of Mahabhootas and are responsible for Prakriti – normal physiological activities and Vikruti Pathological disorders.
- The building blocks of the entire material universe are termed Mahabhootas.
- The five Mahabhootas constitute the animate as well as the inanimate.
- The similarity in constitution of body tissues and drugs is the basis for drug action, which is, either stimulating (building) or Brimhana or depressing (reducing) or Langhana: substances having similar constitution increases while dissimilar substances reduces.

Panchabhoutic Composition of the Doshas.

Mahabhoota	Property	Physical Character	Sense Organ	Function
Aakaasha	Shabda Sensation of sound	Absence of resistance	Shrotra (Ear)	Porous ness Distinctiveness Perception of Sound
Vaayu	Sparsha Sensation of touch	Movement	Twak (Skin)	Sparseness Activity / Movement Lightness Perception of touch
Teja	Rupa Sensation of light	Heat (Usnatwa)	Chaksu (Eye)	Brightness Color Perception of vision
Jal	Rasa Sensation of test	Liquidity	Rasana (Tongue)	Coldness Heaviness Perception of taste
Prithvi	Gandha Sensation of smell	Roughness Grossness	Ghrana (Nose)	Solidity Perception of smell

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- In broader sense, pancha Mahabhootas is the point in Ayurveda where philosophy and science meet. Regressively it goes into the domain of Philosophy, while it enters the domain of Science progressively.
- Knowledge or sensation in this universe could ultimately be perceived only through the agency of five factors namely hearing, touch, vision, taste and smell and this is possible only with the help of the bhootas. Parts of these Mahabhootas manifest as doshas in a living body.
- By Vat is meant all the functions of the Central and sympathetic Nervous systems.
- By Pitta is meant the functions of Thermo genesis or heat production and metabolism, comprehending in its scope the process of digestion, Coloration of blood and formation of various secretions and excretions, which are either the means or the ends of tissue combustion.
- By Kapha is mean the functions of Thermo-taxis or heat regulation and formation of various preservative fluids e.g. Mucosm synovia. Thus, production and regulation of heat to sustain the nervous system as a whole is the basic approach of Ayurvedic Medicine.
- It is well known that all reproductive forces, human or non-human, are entirely dependent on the maintenance of progressive equilibrium of Vat. Pitta and Kapha.
- During Research on living metabolism, we reached to the conclusion that Vitamins represent Tej Tatwa of Ayurveda
- Basically, it is a question of balanced growth. It is as much as true for a seed as it is true for plant. In fact, all embryonic cells have compressed nervous systems, which are preserved through inherent thermo genesis.
- Dr. K.M. Nadkarni in his book, "Indian Materia Medica" has quoted Dr. Hector Munro. Who states, "Vitamins are nothing more nor less than stored sunlight. It is found that food free from Vitamins is apt to cause diseases, generally known as deficiency diseases".

Dr. Nadkarni further quotes col. Mac Carrison, the great Food and Nutrition Expert. He has summarized the functions of Vitamins as –

- Vitamins are constant constituents of living tissues. Although present in very small amounts, maintenance of health is dependent on their action.
- Proteins, fats, carbo-hydrates and salts cannot support life without vitamin nor vitamins without these proximate principles. They are complementary to each other.



- A distinct relation exists between the amount vitamin required and the rate of metabolic processes.
- All vitamins are concerned in the maintenance of orderly balance bet destructive and constructive cellular processes.
- Vitamins influence markedly the production of hormones and all external secretions.
- The capacity of any given cell for work is impaired in proportion to the degree of Vitamin starvation.
- Vitamins aid the tissues in resisting infection.

Mahabhoota	Dosha	Functions
Pruthvi + Jala	Kapha	It is responsible for adhesion and cohesion.
Tej / Agni	Pita	Is responsible for heat, change and conversion
Akasha + Vat	Vata	Is responsible for control of movements & activity.
Note-		
Adhesion - The quality or condition of sticking together or holding fast . = an attraction or repulsion between the molecules of unlike substances in contact, + abnormal union of structures or parts		
Cohesion - The force that holds together the atoms or molecules in a solid or liquid , as distinguished from Adhesion		



Vriksha-Ayurveda

Ayurveda is not only the Science of medicine but also the Science of ensuring constant equilibrium and therefore perfect health within every living entity. Ayurvedic Agriculture is not only completely organic but it also produces food that is perfectly balanced in all three doshas; Vatta, Pitta and Kapha.

Vriksh-Ayurveda is a branch of Ayurveda, which analyses plant, soil and water according to the Tridosha system. The universe is composed of five basic elements i.e. **Panch Mahabhootas**. These five elements in combination with: the **three Gunas** - namely Satva, Raja and Tama and all the **10 Directions** – North, South, East, West, North-East, South-East, North-West, South-West, Urdhva (upwards) and Adhah (downwards); and Kala (time) form the **Tridoshas** namely Vatta, Pitta and Kapha.

The basic principle of Ayurveda is to restore and retain the constant equilibrium of Tridosas – namely Vata, Pitta and Kapha. In Anupaan we have applied this very principle to restore and retain the balance of Tridoshas in soil, water, air and in the bodies of all fauna and flora.

Vrikshayurveda describes the properties of various plants as well as other substances, which can be used as manure. However, proportion, process and doses are not specifically mentioned. **Parnanetra Sanshodhanalay** have devoted all their energy in devising ways and means to transform this knowledge of plant's health and growth into specific formulation to suit present day climates and conditions. The aspect of all-pervading pollution of various kinds affecting soil, water and air had to be taken into consideration while researching and experimenting in the fields.

By divine grace, ultimately we have been able to recycle natural resources for natural rejuvenation. We have been successful through constant and continuous experiments to determine the proportion, the process and doses of vitalizing elements to their optimum levels. We have employed Ayurvedic knowledge, which is more than five thousand years old to create distinct medicinal agents to vitalize plants and also enable them to resist fungus, pests and insects. As such, they are purely Ayurvedic in nature, in content and in preparation. It is altogether a new factor of development in the field of Agriculture.

In terms of Ayurvedic Pharmacology, the process of Anupaan is an innovation and an invention as well. Innovation in the sense that there had been no agricultural application of Ayurvedic Knowledge in modern times prior to the researches of Parnanetra Sanshodhanalay. It is an invention in the sense that, our agricultural inputs **Anupaan Products** simultaneously restore fertility of soil and achieve healthy growth of plants have been developed and manufactured for the first time in the entire world.

The basic Principle of Ayurveda is to retain and restore constant equilibrium of Vatta, Pitta and Kapha (Tridosha) to maintain good health. Parnanetra Sanshodhanalay has applied this very principle in order to remove the imbalance of Vatta, Pitta and Kapha in the plants, soil, air and water.

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Why Ayurvedic Agriculture?

In his book "Ashram Dharma", Baba Muktananda said, "Food is Medicine". This is one of the most fundamental principles of Ayurveda, which can also be summed up by the common saying "You are what you eat". Ayurveda states that perfect health can be maintained through eating a healthy and balanced diet that contains proper proportions of the three doshas; Vat, Pitta and Kapha.

Today it is becoming increasingly challenging to easily get food that fulfils a balanced Ayurvedic diet. This is largely because most food sold in supermarkets today is produced using chemical fertilizers and poisonous pesticides and herbicides. Food produced using these kinds of inorganic inputs not only contains residual poisons from the pesticides and herbicides but also predominantly contain excess Pitta dosha. This imbalance in Pitta dosha is due to the excess heat produced by the abnormal chemical reactions taking place in the soil that has been treated by the chemical fertilizers.

After the Second World War chemical fertilizers started being used on a large scale in commercial agriculture. The introduction of chemical fertilizers became known as the "Green revolution", which was hailed as a miracle due to the instant dramatic increases in the yields produced. Over the past few decades the so-called "Green revolution" has spread throughout the world with Governments supporting and subsidizing these new synthetic chemical techniques. Farmers readily adopted the new techniques, as they are less laborious compared to the more traditional way of farming.

However now we are seeing that the introduction of synthetic chemical fertilizers was short sighted, as it is not sustainable. Gradually farmers had to increase the amount of chemical fertilizer they were putting on the land to maintain the increased yield. Therefore, unutilized fertilizer became deposited in the soil. It hardened the soil. The soil became saline or acidic according to the nature of the fertilizers used. As the upper layer of soil was polluted and hardened, micro and macro organisms, which were helpful to retain the fertility of soil, were either destroyed or pushed below the fertile layer of soil. The plants that were treated with chemical fertilizer grew larger and produced more quantity of output at the cost of the overall health of the plant. The plants were put out of balance, their immunity systems weakened and the quality of the food produced deteriorated. The output quantity is increased mainly being due to excess water and salts in the body of plant.

Farmers therefore found that their crops became more susceptible to pests and that weeds flourished in the fields where chemical fertilizers were added. This led to the introduction of poisonous pesticides and herbicides, which farmers are finding they also have to use more of each year. Farmers are now finding these kinds of inorganic farming techniques not cost effective. They are finding that they have to invest larger proportions of their income each year in the crop in the form of fertilizers, pesticides, herbicides and the large amounts of water needed.

This has led to a vicious circle in the agricultural industry that is gradually destroying the ecological balance of the earth and producing food that is destroying the health of the people that eat it. The basic question, therefore, is **how to restore the ecological balance?** Now more and

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more people are becoming aware of these issues and are seeking alternatives to food and other agricultural products grown with synthetic chemical inputs. There is a rapidly growing demand for organic products.

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