An article for APA titled Spirituality in Ayurveda, which deals with indigenous views about health and wellness and might of interest to the IP group.

From: **shashwat shukla** <shashwat80@gmail.com>

Dear Louise,

I have recently published an article for APA titled Spirituality in Ayurveda. The article deals with indigenous views about health and wellness and might of interest to the IP group. I am attaching the background note, abstract and citation

best regards,

Shashwat

**Background Note**

Sense and Sensibility were provided flesh in the characters of Elinor and Marianne, in Jane Austen’s famous novel, however some indigenous well being protocols see their development in an individual as the culmination of a learning process about health and rejuvenation. The emergence of a sense and sensibility about the functioning of the self and its relationship with the physical world is the end goal of Ayurveda. The word Ayurveda is composed of two words Ayu + Veda = Life/Longevity + knowledge. Ayurveda not only aims to heal a client but as a byproduct also arouse in the client the sense and sensibility about health and wellness. When fully developed the individual is aware about his state of being and its ongoing interaction with the outer world. Thus on a damp cold morning an ayurveda student would know his kapha is
likely to increase and he is going to avoid bread and dairy products which might increase Kaph like characteristics, i.e. increase in mucous and congestion. Such a sense and sensibility is developed by the deep spiritual roots which Ayurveda has and which link it with the Samkhya school of Indian Philosophy. In this article I have looked at this philosophical context, and how it plays a vital role in the development of an Ayurvedic understanding of health and wellness.

Abstract

Suffering, pain and disease occur at various levels of being. Thus the role of spirituality in clinical practice for health and rejuvenation acquires importance. Different treatment strategies take varying stances on the role of spirituality in clinical practice. This article explores the role of spirituality in clinical practice as envisaged in Ayurveda, the indigenous system of medicine from India.

Keywords: Spiritualism, Ayurveda, Healing, Insight, Intuition

Citation


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