

Changes to Textbook of Ayurveda, Volume 1

In summer 2010, we reprinted volume 1 of the Textbook series. While it has some significant changes, they aren't the type of changes that would justify calling it a 2nd Edition. Nevertheless, the changes could be confusing for readers and for teachers who use the book when some students have the older version and others have the newer one. We apologize for the inconvenience of this. Below is a list of the changes.

Which Version Do I Have?

1. Easiest way to distinguish the two versions: books printed in 2010 have the words **VOLUME 1** on the front cover and spine of the book. Books printed before 2010 do NOT have this.
2. The ISBN on the 2010 printing is 978-1-883725-07-5.

The Biggest Changes

1. Have merged Chapters 5 and 6 into a single chapter on the Dhatus, changing the number of chapters from 10 to 9. The book page numbers are the same until page 132; they change after this because of the merge.
2. There is a newly created index for the book that expands the number and quality of entries. The old index was 20 pages versus the new index of 27 pages.

All the Little Things (chapter and page numbers are from 2010 printing; new text is in blue)

1. Numerous small corrections such as spelling errors, format consistencies, etc.
2. Ch. 1, page 22, more accurate information on Lord Buddha's birth date. "Lord Buddha was born on the Indian subcontinent around the 6th or 7th century BCE. *Footnote:* There is much scholarly discussion about the exact year of the Buddha's birth. Modern scholars specify dates ranging from 563 to 623 BCE."
3. Ch. 3, page 48, added "head" to Sites of Vata illustration
4. Ch. 3, page 54, added "navel" to Sites of Pitta illustration
5. Ch. 6, page 185, clarified position of tongue on roof of mouth related to chakras: "When you take your tongue off the roof of the mouth, then your lower chakras are activated which can lead to aggression or competition. When your tongue touches the roof of the mouth, your higher chakras are activated, balancing the flow of energy and unfolding a meditative quality in the mind."
6. Ch. 6, page 185, information about ten great vessels cross-referenced to appendix page 294.
7. Ch. 7, page 210, clarified role of para ojas and pacemaker sinoatrial (SA) node: "Para ojas stimulates the pacemaker sinoatrial (SA) node and maintains the life activity of the heart."
8. Ch. 8, page 247, clarified elements of Table 24; last entry of Normal Heating: "Enhances blood circulation" and Normal Cooling: "Enhances lymphatic circulation;" first entry of Abnormal Heating: "Burns ojas, reduces kapha, builds vata"
9. Appendix, page 284, added Dhatu Mala to Shukra/Artava
10. Appendix, page 289, added row for Rajah Vaha Srotas
11. Appendix, page 294, added explanation of Ten Great Vessels
12. Glossary, page 303, corrected the 2nd definition of pithara agni to reflect the correct word being defined, that is, pithara paka instead of pithara agni.

The following pages are from the 2010 printing, formatted with the same page size, fonts, etc. as the textbook. Conceivably, you could print the pages out and trim them to fit the book or you could cut and paste elements into your older version, like the table entries in the appendix. Following those are the pages of the new index and the Appendix entries.

Unfortunately, the new index won't "work" very well on books printed before 2010 because of the page number changes from merging the chapters. For index entries UP TO page 132, both older and new printings of the book are the same.

Using the new index with pre-2010 printings: (after page 132) you can usually add 3 or 4 to the new index's page number to find the entry in the pre-2010 printing but this will not work in every case.

The Seven Bodily Tissues (Sapta Dhātu)

Dhātu (Tissue)	Function	Size	Upa-dhātu (Superior by-product)	Dhātu Mala (Inferior by-product)
Rasa (Plasma and lymph)	Nutrition, Affection (pṛīnana), Immunity	9 aṅjali	Top layer of skin Lactation (stanya) Menstruation (rajah)	Poshaka kapha
Rakta (Red blood cells)	Life function (jīvana), Oxygenation, Enthusiasm	8 aṅjali	Blood vessels and granulation tissue (sirā) Small tendons and sinews (kandara)	Poshaka pitta
Māmsa (Muscle tissue)	Plastering (lepana), Form, Movement, Support, Strength, Protection	varies	Six layers of skin (tvacha) Subcutaneous fat (vasā)	Ear wax, nasal crust, sebaceous secretions, tooth tartar, smegma (khamala)
Meda (Adipose tissue)	Lubrication, Personal love (snehana), Bulk to body, Insulation, Beauty	2 aṅjali	Tendons, sinews, ligaments, flat muscles (snāyu)	Sveda (sweat)
Asthi (Bone tissue)	Support (dhārana), Structure, Protection of vital organs	Approximately 365 bones	Teeth (danta) Cartilage (taruna asthi)	Hair (kesha) Nails (nakha)
Majjā (Bone marrow Nervous tissue Connective tissue)	Fills bone spaces (pūrana), Sensation, Communication, Learning, Memory	2 aṅjali	Lacrimal secretions (ashru)	Oily secretions in eyes (akshi sneha) Epithelial and mucous secretions that help discharge the bowel (vit sneha)
Shukra and Ārtava (Reproductive tissue)	Reproduction (prajanana), Produce ojas, Emotional release	½ aṅjali	Ojas	Apparently none but functionally is the pubic and axillary hair, secondary sexual characteristics

Srotāmsi, the Systems and Channels of the Body

Srotāmsi	Functions	Mūla (Root)	Mārga (Passage)	Mukha (Mouth or Opening)
Shukra Vaha Srotas	Reproduction (prajanana), Produces ojas, Emotional release	Testicles, Nipples	Vas deferens, Epididymis, Prostate, Urethra, Urinogenital tract	Urethral opening
Ārtava Vaha Srotas	Reproduction (prajanana), Produces ojas, Emotional release	Ovaries, Areola of nipples	Fallopian tubes, Uterus, Cervical canal, Vaginal passage (yoni)	Labia minor/major (yoni oshtha)
Rajah Vaha Srotas	Menses	Fundus of the uterus	Endometrium Uterus	Cervix and vaginal passage
Stanya Vaha Srotas	Lactation	Lactiferous glands	Lactiferous ducts	Duct openings in nipples
Purisha Vaha Srotas	Absorption of minerals, Strength, Support, Formation and elimination of feces	Cecum, Rectum, Sigmoid colon	Large intestine	Anal orifice
Mūtra Vaha Srotas	Electrolyte balance, Elimination of urine, Maintenance of blood pressure	Kidneys	Ureter (kidney to bladder), Bladder, Urethra	Urethral opening
Sveda Vaha Srotas	Elimination of liquid wastes, Perspiration, Electrolyte balance, Body temperature, Lubrication	Sweat glands	Sweat ducts	Sweat duct, Openings in pores of skin
Mano Vaha Srotas	Thinking, Feeling, Inquiring, Deciding, Discrimination, Desire, Memory, Communication	Heart (cardiac plexus), 5 bilateral pairs nādi (pathways) - 1 pair (10) for each of the 5 senses	Entire body	Sense organs (ears, skin, eyes, tongue, nose), Marmāni (marma points)

The Ten Great Vessels

The ten great vessels are considered to have both a physical and an esoteric meaning. There are references throughout the ancient texts to them with varying interpretations of their meaning and significance. Here we offer a parallel of the two meanings.

The 10 Great Vessels

Physical	Esoteric ^a
Aorta Vena Cava, Inferior and Superior Right Pulmonary Artery Left Pulmonary Artery Right Pulmonary Veins Left Pulmonary Veins Right Coronary Artery Left Coronary Artery Right Coronary Artery Left Coronary Vein	Cognitive Faculties Shabda (Hearing) Sparsha (Touch) Rūpa (Seeing) Rasa (Taste) Gandha (Smell) Organs of Perception Ears Skin Eyes Tongue Nose

- a. The cognitive faculties and organs of perception carry the objects of perception to the heart.

Relevant Sutra

In the heart attached are ten vessels rooted there and of great significance. The words 'mahat,' 'artha' and 'hridaya' are synonymous. The body with six divisions, intellect, sense organs, five sense objects, self together with qualities, mind along with its objects are located in heart. (3-4)

Life known by the sense perception (reflexes) is located here. It is also the seat of the excellent ojas and reservoir of consciousness. That is why the heart has been said as 'mahat' (great) and 'artha' (serving all purposes) by the physicians.

From the heart as root, ten great vessels carrying ojas pulsate all over the body.

Charaka Samhita, Sutrasthana, Ch 30, verse 1-15

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