

# Ayurdhara Blogs

Modern lifestyle hamari prakruti ke against h



Kabhi socha hai ki aaj kal itni thakan kyun rehti hai? Neend poori ho jaaye phir bhi lagta hai jaise battery hi low chal rahi ho. Ayurveda kehta hai— tum apni Prakriti (apni asli nature) se door ho gaye ho!

Modern Lifestyle Ne Kya Kiya Humare saath ?

## 1. Natural Urges Ignore Karna

Meeting mein toilet rok liya? Neend aa rahi thi par Instagram chalata raha? Ye sab tumhari body ke signals ko suppress karna hai. Ayurveda kehta hai—ye Prajnaparadha (intellectual error) hai, aur isse doshas bigad jaate hain.

## 2. Diet Ka Ghapla

Dahi ke saath aam khaya? Fruit ke saath milk piya? Kaam karte hue khana khaya? Ye Viruddha Ahara (wrong food combinations) hai! Isse Ama (toxins) ban jaate hain jo tumhari body ki nadiyon (Srotas) ko jam kar dete hain.

## 3. Time Se Matlab Nahi

Raat 2 baje sona, din mein jaag kar phir sona, summer ho ya winter—same diet. Ye Dinacharya aur Ritucharya ko ignore karna hai. Result? Vata aur Kapha ka complete imbalance!

## 4. Mental Stress

Office ka pressure, social media ka addiction—sab kuch Rajas (restlessness) aur Tamas (laziness) badha raha hai. Aur mind-body connected hai, Mental stress physical bimari ban jaata hai.

### Ayurveda Kaise Theek Karta Hai?

Step: Daily routine set karo—Dinacharya follow karo. Subah jaldi uthna, tel ki malish (Abhyanga), pranayama karna, sahi waqt pe khana khana.

Step: Apne body type ke according khana khaao. Doshas and agni ke bala ke anusar.

Step: Agar problem bohot purani aur gehri ho gayi hai, toh Panchakarma treatment lo , ayurveda consultant ya doctor se baat kro —ye body ko properly saaf karta hai panchkarma ek detox process hai . Usme Vamana, Virechana, Basti jaise processes hote hain.

Step: Rasayana therapy le—Amla, Haritaki jaise natural herbs lena. Ye tumhari body ko naya jaisa bana dete hain, energy aur immunity dono boost karte hain.

Modern life mein bhi balance possible hai. Bas zaroorat hai apni asli prakruti ko samajhne ki aur uske saath chalne ki or Ayurveda ko apnane ki .

Hamare purkhe hazaron saal se yahi bata rahe hain. Ab waqt aa gaya hai sunne ka.