

## Understanding Ayurveda through the science of Epigenetics

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### Abstract

Ayurveda is a science of life. Life is defined as conjunction of *Atma* (consciousness, *chetna* or self), mind, sense organs and body. DNA represents *brahman* (universe) in physiology. DNA creates whole body. Two strands of DNA are similar to the *Ida* and *Pingala nadi*. Any disturbance in *Panchamahabhuta* constitution of body causes disorders. Chemical modification in genes which are more for disease can be cured by following Ayurveda protocol. All Ayurveda protocols help in balancing all *dosha* and purification of body, thus prevents in formation of *aam* (free radicals). This free radicals cause tissue damage and in later stage cause mutation in genes, results in cancer. Thus, re-establishment of all protocols of Ayurveda in today's society is needed to re-stabilize healthy individual and as important step in prevention of many life threatening disorders.

### Keywords

Genetic engineer, *Beeja bhaga avyava*, Epialleles.

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