



Natural Urges Of Body and Mind

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A living system constantly interacts with the outer world to meet its needs of various kinds. It needs the fuel to work inwards and to remove the waste products outwards. These vital needs are known as urges or vegas, the bodily signs alarming one of the body's immediate and important needs.

Great attention is given in Ayurveda regarding natural urges of body and mind. There are 14 types of natural urges of the body which are not to be controlled or it should be given vent to whether it is with force or knowingly, because vegas of the body are natural activities of the system intended to eliminate the natural impurities of metabolic processes. This is unlike the urges of mind which are to be controlled because that will give happiness in this world and the other. The bodily urges which should not be suppressed or controlled are sleep, hunger, thirst, feces, flatus, urine, belching, cough, yawning, gasping, tears, vomiting and semen.



REGISTRATION IS FREE

Date & Time
Saturday, 10th September 2016
2:00 pm to 3:30 pm

Venue
Ayur Centre
Number 8, Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd

 For registration, please contact:

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