



## *Women's role, according to Ayurveda*

Below we present the opinion of two authorities on the future of humanity and Mother Earth, which demonstrates the Role of Women in the seizure of power in all areas necessary to confront the radical solutions required today, leading the changes to ensure the permanence of species and where the male must cooperate in a supporting role that should never have left. Dr. Miguel Córdova. [Ayurveda-Today Programme](#)

### **Part one. To Save Life: Put Women in Power Leonardo Boff, Theologian. Earthcharter Commission**

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There is a happy novelty in the current presidential dispute of Brazil: the presence of two women, Marina Silva and Dilma Rousseff. They are different. Each has her own style, but both have unquestionably solid ethics and an understanding of politics as a tool to serve the common good, and not as a means of conquest and use of power, generally, in the service of one's own vanity or of the elite interests that still dominate the democracy we have inherited.

These two women appeared at a special moment of the history of the country, of humanity and of planet Earth. If we think radically and conclude --as notable cosmologists and biologist have-- that the principal subject of our actions is not us, in a superficial anthropocentrism, but the Earth herself, understood as a living super organism, filled with purpose, Gaia, Pachamama and Great Mother, then we could say that it is the Earth who is speaking to us through these two women, calling for our attention, and warning us. These women are the very Earth that cries out; the Earth that feels and is seeking a new equilibrium.

This new equilibrium should pass predominantly through women, and not through men. Men, after centuries of arrogance, are more interested in protecting their businesses than in saving life and caring for the planet. International gatherings reveal that men are ill prepared to deal with topics of life and the preservation of the Common Home. This crucial moment of grave danger calls for those beings who historically have been, and are, by their nature, better equipped to assume tasks and actions linked to conservation, and caring for life. These are women and their allies, the men who would have incorporated the feminine virtues within themselves. Evolution profoundly linked women to the processes of generating and caring for life. Women are the shepherds of life and the guardian angels of the values derived from the dimension of the

*anima* (of the feminine in woman and in man), namely, caring, reverence, the ability to grasp the message and meaning in the smallest signals; aware of spiritual values such as giving, unconditional love, sacrifice in favor of the other, and an openness to the Sacred.

World feminism brought a fundamental critique of patriarchy, that comes down to us from the neolithic age. Patriarchy created institutions that even now shape world societies, with the instrumental-analytic reason that divorced human beings from nature, that dominated natural processes in a manner so devastating that it brought about global warming; that created the State and its bureaucracy, organized according to the interests of men; that developed a style of education that reproduces and legitimates patriarchal power; and that organized armies and inaugurated war. It affected other matters, such as religions and churches, whose gods and actors are almost all masculine. The «*manifest destiny*» of patriarchy is the *dominium mundi* (domination of the world), with the intent of making us «*teachers and owners of nature.*» (Descartes)

Presently, men have fallen victim to the «*god complex*», as the eminent German psychoanalyst, K. Richter, puts it. Men assumed divine chores: to dominate nature and all others, to organize all life, conquer outer space, and remodel humanity. All this has been simply too much. Men feel like a «*crumbling god*» who falls under its own weight, especially because he has created a death machine, capable of eliminating him from the face of the Earth.

The saving role of woman is urgent now. We agree with these words, written years ago by the Fund of the United Nation for Population: «*The human race has been sacking the Earth in an unsustainable way, and giving women greater decision making power about the future could save the planet from destruction.*» Notice that it does not say «*giving greater power of participation to women,*» something that men allow, but in subordinate manner. Here it affirmed: «*decision making power over the future*». Women must assume the *decision making*, also incorporating men, otherwise, we endanger our future.

This is the profound, I would say, providential, meaning of these two women candidates for the presidency of Brazil: Marina Silva and Dilma Rousseff.

[Leonardo Boff](#)

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## **Part Two. Human being in natural selection process Dr. Anurag Dikshit. Ayurveda Phycisian. Ayurveda-Today Programme**

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This article of Mr. Leonardo Boff is an interesting one and has a close resemblance to the Ayurveda or Vedic Philosophy.

In Indian mythology a goddess is a female deity associated with Earth, motherhood, love, and the household. In Vedic Scriptures the importance of female can be seen in the Female Deity as the source of energy. It is written that the trinity God; Lord Bramha, Lord Vishnu & Lord Shiva in order to kill one demon Mahishasur created a female Deity Durga for victory on the evil.

All the religion on this world used the word 'Mother Earth' and not 'Father Earth'. This itself shows that Care, Support, Love, Sacrifice etc are the property of a female and not the male. Nature & Earth both these term belong to feminine gender; Goddess Durga is called "Mother Nature" in Hindu Mythology. So, all the constructive activity of universe is mostly feminine in nature.

In Ayurveda Acharya Sushrut while describing the process of evolution of life said, division of constituents of 25 entities is *Purusa* (Person). These are 8 *Prakriti* (Matter) & 16 *Vikriti* (Combination and product of *Prakriti* these are 5 Basic Elements [Ether, Air, Fire, Water, Earth], 5 Senses, 5 Power of Action & Mind) and one *Purush* (Consciousness); Acharya further described that *Prakriti* can neither be created, nor be destroyed, without any form, and is without consciousness, and is always there. More over it is *Bija Dharmini* (Having the seeds of or ability to produce *Vikriti*) & *Prasava Dharmini* (has the ability to give birth to life). This indicates the motherhood or femaleness of Nature and the causative element of our origin to be feminine gender.

Ironically, the word Gaia (Mother Earth) has in Hindi Language the meaning of “Cow”, this is a Sacred Animal since Vedic time. Cow is said to be “mother of all”, and is so pure and sacred that its different body parts are said to be the place of residence of various Gods. ‘GO (Cow) *BRAHMANEBHYAH* (Godmen) *SHUBHAMASTU NITYAM, LOKA SMASTHA SUKHINO BHAVANTHU*’. In this Vedic Verses, if the loka (world) is to have peace, first the cow should be protected.



Since the evolution of the life on universe, women have been placed on extreme worshipping place due to her power of *Srijana* (Creation) thus called as "Janani" (Having capability of creation and care of new offspring of human beings). To effectively fulfill the above aim, nature has conferred, special anatomical and physiological characteristics in the woman which are collectively referred to as *Strikara Bhava*. One among them is the concept of menses & ovulation. Women are far more sensitive to the rhythms and cycles of nature and Ayurveda is founded on the principle of keeping the body toned in tune with nature. As human life is constantly influenced by the rhythmic phenomenon operating in this universe, the female menstrual cycle which involves dramatic monthly hormonal changes affecting a woman's emotional and physical state is the broad extension of the well known *Loka Purusha Samya Siddhanta* (Concept of Macrocosm & Microcosm or Analogy of body with nature). The menstrual cycle which involves the shedding of

endometrium which was prepared in the anticipation of providing a bed for the fertilized gamete, when fails, result into the manifestation of menses.

Women are blessed with the divine duty of maternity. It is a great treasure to have a child who brings fame, pride, prosperity, beholds righteousness and continuity of human race. The care of a child begins with the health of the parents. So the Bala chikitsa (one among the eight disciplines of Ayurveda, dealing with mother and child care) has been given much importance since the Vedic period itself.

In our current society, male and muscle are synonyms and while dealing with mother nature (Environmental Problems), social, cultural problems masculine approach (Ego or non submissiveness, absence of motherliness) can be seen as the root cause of the problem. This world at large need, more female dominance and this can be seen in **natural selection process of nature** as well. In one scientific research article published in "[The internet Journal of Urology](#)" There have been a number of studies over the past 15-20 years, which suggest that sperm counts in man are on the decline. Since these changes are recent and appear to have occurred internationally, it has been presumed that they reflect adverse effects of environmental or lifestyle factors etc. If the decrease in sperm counts were to continue at the rate that it is then in a few years we will witness widespread male infertility.

The health of nation mainly depends on the health of woman because the healthy and happy woman lays the first step of a prosperous nation. Any feeling of physical or psychological factor directly affects her attitude and efficacy which adversely affects the family.

Today we still need female leadership as is seen in ancient times, to save this mother earth from exploitation by manly behavior.

Dr. Anurag Dikshit  
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