

*International Ayurveda Day
Dhanvantari Trayodashi on 11th of November 2023*

Dhanvantari Trayodashi is a day dedicated to Lord Dhanvantari and therefore Ayurveda.

Lord Dhanvantari is the God of Healing, the Divine Physician, the Doctor of the Gods. He is considered the incarnation of Lord Vishnu, the god of protection and sustenance. It is also believed that he was the one who created Ayurveda, the ancient system of medicine, and passed it on for the benefit of mankind. Therefore, he is gratefully remembered as the god of Ayurveda.

According to legend, that day Lord Dhanvantari emerged from the turbulent milky ocean (Samudra Manthan). According to Hindu texts, he holds a pot of nectar (amrit), a conch shell (shankh), herbs and a chakra wheel in each hand to protect sentient beings from disease and sorrow and enable them to live long and healthy lives.

If you would like more information, you can find it on the following pages.

*On this day we worship Lord Dhanvantari and pray for good health and a strong body.
This time also marks the beginning of the Festival of Lights - Diwali.*

If you feel like it, maybe dedicate your practice today to Lord Dhanvantari and Ayurveda.

Depending on your mood, you can add incense, lights, flowers or the mantra:

Using "Om Shri Dhanvantri Namaha" as offerings.

If you want, you can also go to the website of the All India Institute of Ayurveda (AIIA)

Check it out for more info or inspiration.

The motto of this year's International Ayurveda Day is:

"Har Din - Har Ghar Ayurveda", which means "Ayurveda always and everywhere".

<https://ayurvedaday.in/#collapseWellbeing>

I wish you a wonderful Ayurveda day!

Hari Om Tat Sat

Natalie



The Ayurvedic god Dhanvantari

Dhanvantari is the god of healing in the Hindu faith. He is said to have emerged from the Milky Ocean, a primordial sea, as the doctor of the gods. He is the tutelary god of Ayurveda. One prays to him when one is committed to Ayurvedic medicine, for knowledge and healing: Dhanvantari is already mentioned in the oldest writings, the Vedas and the Puranas, as the incarnation of Vishnu. He is depicted as a young man in yellow robes, symbolizing the sun and life. In his four hands he holds a vessel with Amrita, a conch shell, a chakra wheel and a bunch of herbs. Amrita is the precious drink of the gods that makes immortal. The conch shell stands for purity and power, but also for the creation of the world through the primal sound OM. The wheel looks like a discus and is supposed to represent protection and healing through naturopathic healing methods.

The creation of the world: the churning of the sea of milk

According to Hindu mythology, the whole world structure came into being through the churning of the sea of milk, during which the god Dhanvantari was born. And it happened like this: Before the creation of the world, gods and demons fought against each other. Gods were still mortal and had to come up with something to win against the demons. So they entered into an apparent alliance with the demons in order to join forces to get the nectar of immortality. To do this, they took the giant serpent Vasuki and wrapped it around Mount Meru. The gods pulled on the snake's tail, the demons on the head, so that the snake's venom would further weaken them. That's how the gods thought of it. Vishnu transformed into Kurma, a turtle, swam under Mount Meru and lifted it up. Then the demons on one side and the gods on the other moved the mountain back and forth like a whisk and the milk turned into cream and butter.

Various good and bad things emerged from the sea of milk, which the gods and demons distributed among themselves: Among them was the worst poison, which God Shiva neutralized by swallowing it. The demons were given a seven-headed horse and Varuni, the goddess of wine. The gods received the moon, a wishing tree, a sacred wish-fulfilling cow, Lakshmi, the goddess of beauty and the arts, and finally god Dhanvantari, who held the vessel of Amrita in his hands. Then the battle between gods and demons really started. When they agreed, the gods were allowed to drink first, with the demon Rahu mingling with them and getting a drop too. Except for this one blunder, the forces were finally distributed in such a way that evil and darkness could be kept in check in the future.

That is why Dhanvantari is also called Sudhapani, meaning "he carries nectar in his hands":

To meditate on Dhanvantari one sounds or thinks "Om Shree Dhanvantari namaha"