

HEALTH BENEFITS OF AYAMBIL

Ayambil is scientifically structured to provide benefits to body, mind, and soul.

The Ayambil diet consists of avoiding tasty, rich food devoid of spices, vegetables, and fruits, has many health benefits including: -

- Helps to detox and cleanse the body.
- During the month of March – April and Sept – Oct, the weather changes due to which it causes imbalance of 3 forces of the body such as Vata (Gas), Pitta (Acidity), Kafa (Cough). Ayambil diet helps to balance and neutralise the digestive system and body.
- Elimination of sugar helps in keeping triglycerides proper. Triglycerides are a type of fat, called lipid, that circulate in our blood. They are the most common type of fat in our body.
- Elimination of sugar aid in the control of diabetes.
- Avoiding use of ghee and oil improves cholesterol related ailments – heart and cardiac.
- Most people are aware that excessive use of ordinary salt leads to rise in blood pressure, which in turn can cause kidney, cerebrovascular and cardiovascular diseases. Avoiding ordinary salt during Ayambil and using roasted salt sparingly aids in lowering blood pressure.
- No dairy products improve sinusitis and respiratory diseases.
- Ayambil diet has been known to improve skin health and cure skin ailments such as vitiligo.

(Various Sources including information from videos on health benefits of Ayambil by medical practitioners)



SPIRITUAL BENEFITS OF AYAMBIL.

By restraining the senses - in case of Ayambil our sense of taste - helps one control the mind, specifically negative emotions, and behaviours. In Jainism, it is said that control of the senses means control of the mind, which ultimately leads to attainment of infinite bliss and eternal life.

From a Jain philosophy point of view, the main aim of Ayambil is to partially eliminate Karma - by the process of Nirjara. Jainism suggests that birth as human being is the only route to attain liberation -moksha. Make best of it with continuous process of Karma Nirjara.

AYAMBIL – RELEVANCE TODAY

In our daily life, we tend to focus on materialistic concerns regarding work, money, food, home etc which can lead to neglecting the needs of the soul and heart. Jain festivals, like Ayambil & Paryushan, give us an opportunity to step back and refocus on the soul.

Ayambil give us an opportunity not only to practice Jain conduct to a greater degree than normal but also to revitalize and strengthen our faith in Jain Religion.

Ayambil Oli is still relevant in modern times as it helps one to:-

- Develop inner strength and self - discipline and spiritual awareness.
- Increase self-control/restraint and mindfulness. By controlling our desires and impulses, aids us to overcome our egos and connect with our inner selves. Practicing self-control is difficult but is necessary for achieving true happiness and inner peace.
- Gain insight into one's true nature.
- Improve patience. Empathise with those in many parts of the world who are living in hunger and poverty.
- The Ayambil diet is like a detoxification. The diet eaten during Ayambil is beneficial for our health and also helps reduce our own carbon and himsa footprint.
- Provides an opportunity to review our eating habits and the food we eat and buy.
- Learn about the Jain faith as The Navpad is the essence of the Jain Philosophy.

