



SWASTHAVRITTA TOWARDS THE MANAGEMENT OF METABOLIC DISORDERS AND INFECTIOUS DISEASES: A REVIEW

Dr. Dave John*

Assistant Professor, Department of Swasthavritta and Yoga, Mandsaur Institute of Ayurvedic Education and Research, Mandsaur (M.P.) India.

*Corresponding Author: Dr. Dave John

Assistant Professor, Department of Swasthavritta and Yoga, Mandsaur Institute of Ayurvedic Education and Research, Mandsaur (M.P.) India.

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ABSTRACT

The ancient Ayurvedic science presented many guidelines to remain healthy and to be away from pathological conditions, *Swasthavritta* is one such aspect of Ayurveda which helps to maintain optimum health status. The modern society is facing many health issues due to the stressful living style and diversified climatic conditions. The incidence of metabolic disorders are increasing due to the physical as well as mental anxiety similarly lack of immunity and indulgence in awful daily regimen leading to the prevalence of infectious diseases. Therefore it is required to adopt classical concepts of *Swasthavritta* to combat against metabolic disorders and infectious diseases. The preventive approaches of *Swasthavritta* resist pathological progression of such diseases and also provide therapeutic benefits in diseased person. Considering preventive and therapeutic importance of Ayurveda the present article tries to explore the role of *Swasthavritta* towards the management of metabolic disorders and infectious diseases.

KEYWORDS: Ayurveda, Swasthavritta, Metabolic Disorders, Infectious Diseases.

INTRODUCTION

Ayurveda the traditional modality of health restoration not only emphasizes therapeutic approaches for disease management but also focuses on preventive measure to resist pathological invasion of disease causing factors. In this regard Ayurveda presents many concepts to restore disease free life and concept of *Swasthavritta* is one of them. Good conduct of dietary and daily regimens along with ethical consideration is major suggestive remark of

Ayurveda *Swasthavritta*. The guideline described in general principles of *Swasthavritta* synchronizes biological elements with natural harmony, thus one who follows such conduct acquires good health status.

Swasthavritta word derived from three words *Swa*, *Stha* and *Vritta*, the practical meaning of combination of these words depicted in **Figure 1** as literal meaning of *Swasthavritta*.

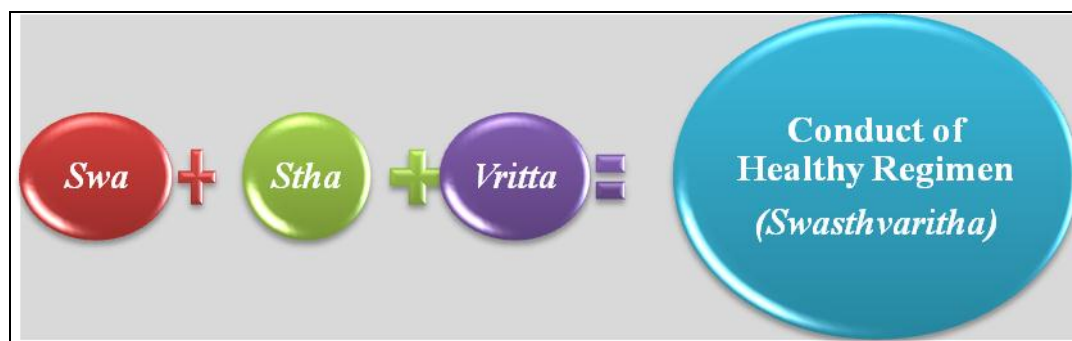


Figure 1: Swasthavritta components words and their practical meaning.

The guideline of daily living regimen suggested under the heading of *Swasthavritta* involves various activities including *Brahmamuhurta-Jagran*, *Malotsarga*, *Dantadhavana*, *Jihva Nirlekhana*, *Snana*, *Nasya*, *Dhyana*, *Yoga*, *Vyayama*, *Abhyangam*, etc. Ayurveda

mentions specific time and ways to perform specific activities daily so to get optimum health benefits of each activity. In this regards concept of *Brahma-muhurta* presented for starting day, cleaning of body should be performed early morning to avoid accumulation of *Ama*,

Nasya advised at morning time to clean nasal and air pathways. *Dhyana* at morning time to strengthen mental health, *Yoga* and *Abhyangam* suggested before going to work. All this may help to boost physical as well as mental health. *Brahmacarya* conduction recommended to acquiring physical, mental as well as spiritual health. The guideline related to the *Ahara* not only suggests what to eat, but also suggest how and when to eat. Here specific *Ahara* recommended in Ayurveda depends upon *Prakriti* or health status of an individual. Concepts of *Swasthvaritha* strengthen *Dhatus*, balance *Tridoshic* equilibrium and restore *Ojas* thus prevent physical and mental weakness, resist early ageing, improves inherent immunity and potentiates *Agni*.

Swasthvaritha for Metabolic Disorders

Ayurveda concept of *Swasthvaritha* is very useful towards the prevention and management of metabolic disorders. The dietary and daily regimen suggested under the concept of *Swasthvaritha* control hormonal balances, maintain nutrients supply and cures *Mandata* of *Dhatvagni*, thus prevent pathological cascade of metabolic disorders. The concept of *Malotsarga* prevents accumulation of toxins, ethical conduction restores *Dhatus* and *Yoga/Vyayama* relieves excessive deposition of fat. The general conduction of rules of *Swasthvaritha* prevent blockage of *Srotasa* like; *Medovaha* thus restrict pathogenesis of metabolic condition like *Medovridhi*. *Yoga*, *Vyayama* and *Abhyangam* helps in metabolic condition like obesity since these practices help to lose weight and induces break down of fat cells. Similarly *Swasthvaritha* is helpful for another metabolic condition; Diabetes, in diabetes the disciplinary dietary habits suggested under the concept of *Swasthvaritha* helps to regulate carbohydrate metabolism. Keeping away from stress also helps in diabetes since stress is considered as triggering factor of diabetes. *Dhyana* & *Yoga* relieves anxiety which is considered as prime reason of diabetes. *Swasthvaritha* offers preventive role in metabolic disorders associated with digestive problems. Concept of *Ahara* and *Nidra* suggested in Ayurveda boost *Agni* therefore improves digestion and metabolic activities.

Yoga rectifies psychological problems & controls circulatory process therefore helpful for the management of blood pressure. *Shuddhikriya* (cleansing action) performed in morning time purifies body and reduces insulin resistance through hormonal regulation. *Anulomvilom Pranayama* normalizes functioning of micro-channels; clears minor blockages, overcome hyperinsulinemia thus helpful in condition like diabetes. Various *Asana* prescribed in Ayurveda classics provide physical and mental stability and control stress thus break stress-induced pathophysiology of metabolic disorders.

Asana like *Trikonasana*, *Vrksasana*, *Salabhasana*, *Baddhakonasana*, *Gomukhasana*, *Setubandhasana*, *Vajrasana*, *Tadasana* and *Shavasana* activate parasympathetic nervous system thus decrease blood

pressure & sugar level in diabetes, these all activities increases level of HDL, reduces risk of cardiovascular events and suppress tendency of weight gain.

Specific diet suggested for metabolic syndrome provides therapeutic benefits in case of disease like *Sthaulya*. The dietary recommendation suggested under the concept of *Swasthvaritha* helps to improve body mass index, regularizes systolic blood pressure, balances ratio of low-density lipoprotein & high-density lipoprotein thus prevent pathological initiation of metabolic syndrome.

Swasthvaritha for Infection

The general considerations of *Swasthvaritha* such as; *Pratarutthanam*, *Ushapana*, *Achaman*, *Dantadhavan*, *Gandush* and *Nasyakarm* offers healthy relief from microbial infections especially throat and respiratory infections.

Brahmamuhurta-Jagran provides fresh air to breathe thus clears nasal and respiratory path in case of nasal congestion associated with respiratory infection.

Ushapana/Achaman means cleaning of body parts; this practice reduces chances of microbial infections through infected hands or other body parts. Cleaning process restrict transmission of infections from one person to other, this practice also recommended by health agencies to combat against current pandemic situation.

Dantadhavan as described under the concept of *Swasthvaritha* involves cleaning of teeth and tongue with *Arka* and *Karanja*, etc. *Dantadhavan* removes accumulated filth thus reduces susceptibility towards microbial infections especially in children. This activity of *Swasthvaritha* helps to maintain oral hygiene and resist throat infections.

Gandush means gargling with lukewarm water or medicated liquids, this technique suggested especially for current pandemic situation and also recommended by ancient Ayurveda scholars as daily regimen to strengthen immunity against respiratory infections. *Gandush* prevent diseases of oral cavity, cure sore throat and infections of throat area. Sesame or coconut oil followed by lukewarm water relieves throat infections in early stage.

Nasya-karma means utilization of nasal medication through nostril to clean nasal pathways. This activity prevents infections of nasal and throat area, alleviates infection induced nasal congestion, pacify headache and migraine. *Pratimarshnasya* with sesame oil can help to clear respiratory passage and throat infections.

Malotsarga means process of urination and defecation at early in the morning helps to eliminate toxins from body and reduces susceptibility towards the gastric infections and cure symptoms of abdominal discomforts like cramps and diarrhea.

Yoga is also helpful to increase resistance against microbial infections since this Ayurveda approach boosts immunity thus preventing microbial growth inside the body.

The other approach of *Swasthivritta* like *Snana* maintains hygienic condition of whole body therefore prevents chances of fungal infections and other topical infections.

Dhyanam another approach of *Swasthivritta* plays a vital role in imparting mental strength thus preventing chances of psychological stress associated with pandemic infections when destruction of mass population occurs as seen in current scenario.

CONCLUSION

Ayurveda concept of *Swasthivritta* helps to balance optimal health status, the disciplinary living regimen as per rules of *Swasthivritta* prevents pathological consequences of metabolic disorders such as; diabetes and obesity, etc. *Brahmamuhurta-Jagran, Snana, Nasya, Dhyana, Yoga, Abhyangam*, consideration of ethical regimen and avoidance of junk foods, etc. helps to reduce pathological manifestation of metabolic disorders. Similarly some vital concepts of *Swasthivritta* like; *Pratarutthanam, Achaman, Ushapana, Gandush, Nasyakarm* and *Dantadhavan*, etc. are helpful in microbial infections especially helpful in throat infection. *Swasthivritta* prevents transmission of infectious diseases from one person to others. Various *Yogic Asanas* also offer therapeutic and preventive benefits in the management of metabolic and infectious health ailments. This article suggested that conduction of rules of *Swasthivritta* is need of current scenario to reduce prevalence of metabolic disorders and microbial infections.

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