



GENERAL PRINCIPLES OF SWASTHVARITHA AND ROLE IN HEALTHY LIVING: AN AYURVEDA REVIEW

Dr. Vipul C. Patil*

Associate Professor, *Swasthvrutta* Department, Shree O. H. Nazar Ayurved College, Surat, India.

***Corresponding Author: Dr. Vipul C. Patil**

Associate Professor, *Swasthvrutta* Department, Shree O. H. Nazar Ayurved College, Surat, India.

Article Received on 12/05/2020

Article Revised on 01/06/2020

Article Accepted on 22/06/2020

ABSTRACT

The current scenario of living style puts huge health burden on society and many people now get suffered with health issues. In this regards medical science seeks some natural ways of healthy living and *Swasthavritta* is one of them. Ayurveda described importance of *Swasthavritta* not only for the prevention of diseases but also strengthen mental health. The basic concepts of *Swasthavritta* offer way of healthy living and suggest guideline for the conduction of dietary routine. It is believed that if one obeys rules of *Swasthavritta* then he/she may not get affected by diseases easily therefore it is important to understand general principles of *Swasthavritta*. This article presented general principles of *Swasthvaritha* and its role in healthy living.

KEYWORDS: *Ayurveda, Swasthavritta, Health, Diseases.*

INTRODUCTION

The pattern of today's life style becomes very irregular due to the noxious dietary habits, disturbed sleeping pattern, addiction to alcoholism & tobacco, etc. These factors affect physical as well as mental health of individual, long term effect of disturbed daily regimen may turned to chronic health issues. Ayurveda the science of disease management focuses mainly towards the prevention of diseases. In this regards ayurveda elaborated various principles for maintaining normal

health status and concept of *Swasthavritta* is one of them. *Swasthavritta* described various physical, mental and spiritual approaches to restore integrity of overall health. The various rules of *Swasthavritta* help to balances *Dosas* and *Dhatu*. *Swasthavritta* establishes synchronization with natural harmony, imparts happiness, provide *Arogya kaya* and *Dhatusamya*. As per ayurveda the health of an individual depends upon conduction of various regimens as mentioned in **Figure 1**.

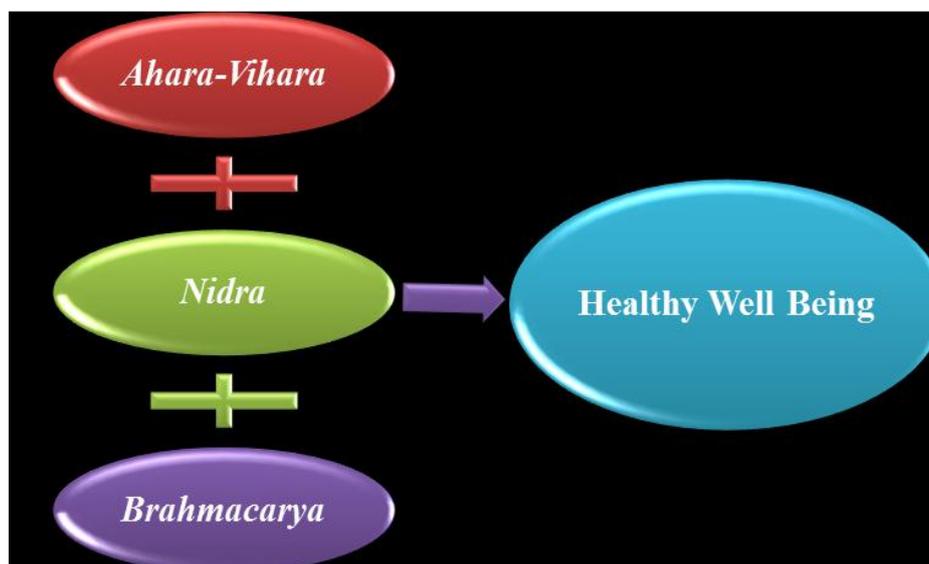


Figure 1: Pillars of Healthy Well Being.

Various Principles/Rules of *Swasthavritta*

Swasthavritta suggest that one should obey disciplinary daily routine and conduct of daily regimen should be as follow:

- ✦ **Wake up** in *Brahma Muhoortham* even before sunrise.
- ✦ **Cleaning** of body by eliminating toxic materials.
- ✦ **Nasya** should be performed daily to clean nasal airways.
- ✦ **Dhyana** (meditation) in morning time before got o work.
- ✦ **Yoga** along with mediation in *Brahma Muhoortham* should be adopted as daily routine.
- ✦ **Abhyangam** (massage) recommended before breakfast.
- ✦ **Brahmacarya** also advised as basic principle of *Swasthavritta*.
- ✦ **Ahara** is considered as an important aspect of healthy life therefore one should obey rules of *Satmya Ahara*.
- ✦ **Nidra** play key role for health restoration, it is recommended that sleeping time at night preferably two to three hours after dinner. One should take at least 8 hrs. sleep daily at night and avoid day time sleeping for longer period of time.

Health Benefits of Principles/Rules of *Swasthavritta*

- ✦ **Waking up** in *brahma-muhurta* helps to balances *Doshas*, offers pure air for inhalation and facilitates detoxification process.
- ✦ **Cleaning** of body by eliminating toxic materials helps to evacuate accumulated toxins/*Ama* and open up minute channels of body thus enhances physiological activities.
- ✦ **Nasya** clean nasal airways, imparts mental calmness, induces sleep and boosts circulatory process of body.
- ✦ **Dhyana** strengthen mental health, enhances power of self control, suppress anxiety, stress and boosts mental stability.
- ✦ **Yoga** provides resistance against infectious diseases, resort circulatory process, clears *Srotas*, enhances circulatory process, improves appetite, enhances mental power and boost physical integrity.
- ✦ **Abhyangam** restore body compatibility, maintain circulatory process, clears channels and enhances muscular strength.
- ✦ **Brahmacarya** mans control of sexual activities to prevent *Dhatu Kshaya* and *Ojas Kshaya*. *Brahmacarya* prevent physical and mental weakness, prevent early ageing, restore social recognition and maintain balances of spiritual conduct.
- ✦ **Ahara** should be consumed as per *Prakriti* of an individual and proper dietary habits not only maintain nutritional supply but also protect body from disease conditions. The physical health, mental strength and overall attire of an individual greatly affected by quality of food consumed. The *Gunas* of *Ahara* boosts *Dhatu*s and balances *Tridoshic*

equilibrium.

Following food stuffs recommended in specific pathological conditions

- ✦ Wheat for *Madhumeha*
- ✦ Beans for digestive problem
- ✦ Liquid diet for dehydration and diarrhea
- ✦ Digestible light foods for elderly
- ✦ Heavy diet in morning time while light diet in night for controlling metabolic diseases.

Nidra

Proper sleep helps to achieve good health as well as happiness, if one takes proper sleep then he/she remains free from sorrow & grief. The good sleeping habits help in virility and impotence. *Svabhavika Nidra* means regular sleep offers beneficial effects in terms of maintenance of normal physiological functioning. Vigor, longevity and mental peace comes from proper sleep.

CONCLUSION

Ayurveda the holistic science of India says that imbalance in *Tridosha* and diminished state of *Dhatu*s can leads abnormal health. The improper conduction of daily and dietary regimen can affects balances of *Dosha* and *Dhatu*s, therefore it is recommended to follow disciplinary dietary and daily regimen. In this regards ayurveda suggested concept of *Swasthavritta* to achieve equilibrium of *Dhatu* and *Dosha*. The good conduction of concept of *Swasthavritta* maintains normal physiology of body, enhances *Agni*, facilitate *Mala kriyas* and provide healthy well being.

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