

**PROMOTION OF HEALTH - A HOLISTIC APPROACH THROUGH AYURVEDA AND
YOGA - A REVIEW STUDY**¹*Vd. Poonam Vikram Dound and ²Vd. Supriya Ashok Shelke¹Assistant Professor, Dept. of Swasthavritta and Yoga, MatoshriAyurved College and Hospital, Eklahare, Nashik, M.S. India.²Assistant Professor, Dept. of Swasthavritta and Yoga, Dhaneshwari Ayurved College and Research Institute, Sambhajinagar, M.S. India.

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ABSTRACT**समदोषः समाग्निश्चसमधातुःमलक्रियाः।****प्रसन्नआत्मन्येन्द्रियमनः स्वस्थइत्यभिधीयते || (सु. सू.१५/४१)**

As mentioned in *Ayurveda* a person is called as Healthy when there is equilibrium of all the *doshas*, *Agni*, *Dhatus* and *Malas* in his body as well as the *Atma*(sole), *Indriya* (sense organs) and *mana* (mind) are at the state of equilibrium. According to WHO, Health is a state of complete physical, mental, social and spiritual well-being and not merely an absence of disease. For maintenance of the health and for the prevention of disease there is need to follow the ancient sciences like *Ayurveda* and *Yoga*. As both of these are based on the lifestyle, diet and *Sadvritta*. In *Ayurveda* texts there are chapters *Dincharya*, *Ritucharya* which tell us how to follow the routine, according to season what to eat and what not to be. Now-a-days so many of the diseases are due to wrong dietary habits and inappropriate lifestyle. This is the need of the time to follow the *Ayurveda*. *Yogashastra* is emphasized on physical and mental stability through *Asanas*, *Pranayama*, *dhyana*(meditation). With the help of *Panchakarma* and *Shuddhikriya* the unwanted *doshas* or the precursors for the disease formation get eliminated from the body at root level so they can't get occur again easily. To maintain the health and to prevent the diseases everyone should follow the *Dincharya*, *Ritucharya* according to *Ayurveda* and the yoga postures according to *Yogashastra*.

KEYWORDS: Health, *Ayurveda*, *Yoga*, *Dincharya*, *Ritucharya*.**INTRODUCTION**

Human life is considered as the invaluable opportunity to achieve the prime goals of life viz. Dharma, Artha, Kama, & Moksha. To achieve all these things one needs a healthy & calm life.^[1]

As mentioned in *Ayurveda* a person is called as Healthy when there is equilibrium of all the *doshas*, *Agni*, *Dhatus* and *Malas* in his body as well as the *Atma*(sole), *Indriya* (sense organs) and *mana* (mind) are at the state of equilibrium. According to modern science, Health is a state of complete Physical, mental and social well-being and not merely the absence of a disease. For maintainance of health *Dincharya* (daily regime) & *Ritucharya* (seasonal regime) as well as for promotion of mental health *Sadvritta* (codes of conducts) told in *Ayurveda*. By following the regime given in *Ayurveda* one will achieve a good health definitely.

AIM

To encourage a positive and healthy lifestyle for promotion of health & disease prevention.

OBJECTIVES

- 1) To develop physical, mental and emotional health through *Ayurveda* and *Yoga*.
- 2) To develop healthy habits and healthy lifestyle in individuals.
- 3) To develop understanding of *yogic* practices and apply this understanding accordingly in one life and living.

SWASTHA (HEALTH) Definition according to *Ayurveda*:

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(sense organs) and *mana* (mind) are at the state of equilibrium.^[2]

Health (Swasthya) According to WHO (1948)

Health is a state of complete Physical, mental and social well-being and not merely the absence of a disease.^[3] Later the Spiritual aspect is added.

Health is a positive concept. Positive health does not mean merely freedom from disease, but it also includes a jubilant and energetic feeling of well-being with an amount of general resistance and capacity to easily cultivate immunity against specific offending agents.

Keys for good health

- *Ahar*(Diet)
- *Vihar*(lifestyle)
- *Vichar*(Mental makeup)
- *Dincharya*(daily routine)
- *Ritucharya*(routine according to season)

1] *Ahara* (Diet): *Charaka Acharya* emphasizes o food on food which are wholesome to the body like rice, green gram, rock salt, goose berry, barley, rain water, milk, ghee, meat and honey. These should be consumed regularly for maintenance of health and prevention of diseases. The above reference can be taken as definition of balanced diet in Ayurveda, rice and barley as Carbohydrate sources, green gram, meat as source of protein, ghee as fats, honey as source of sugar, rock salt as source of mineral, milk and goose berries as vitamin and mineral source which make the components of balanced diet.

2] *Vihar* (lifestyle/ Regimen): Daily regimen, night regimen and seasonal regimens should be followed as mentioned to maintain health notother wise.

3] *Vichar* (Mental make-up): One should avoid *Pradnyaparadha* (intellectual errors), take care of sense organs, by avoiding under-utilization, wrong utilization & over utilization of sense organs, one should have good memory, knowledge about place, time and one self and should follow rules of *Sadvritta* to prevent diseases. Ayurveda follows psychosomatic approach of health. According to Ayurveda, psychic factors are involved in almost all the disease processes along with physical disturbances.^[4]

4] *Dincharya*: Different regimens starting from getting up in early morning to retiring to bed at night for purpose of hygiene, strengthening sense organs, enhancing strength, bringing about longevity and mental peace and harmony are considered under daily regimen or *Dincharya*.

- Daily Regimen for Oral hygiene: *Achamana*(sipping of water), *Danta-dhawana* (teeth brushing), *Jivha-nirlekhana* (tongue cleaning), *Kavala-Gandusha* (gargling).

- Daily Regimen for protection of eyes: *Anjana*(collyrium), *Pratimarshanasya* (Nasal instillation), *Shirobhyanga* (Head massage with oil), *Padabhyanga* (Foot massage with oil), *Shit jala Shirshasnan* (Head bath with cold water), *Padaprakshalana*(washing of feet).
- Daily Regimen for protection of ears: *Pratimarshanasya* (Nasal instillation), *Shirobhyanga* (Head massage with oil), *KarnaPurana* (putting oil in ears).
- Daily Regimen for healthy skin: *Abhyanga* (body massage with oil), *Udwartana* (powder massage), *Snana* (bath), *Anulepana* (anointment).
Daily regimen mainly helps in maintenance of health by pacifying the diurnal variation of doshas and prevention of disease.

5] *Ritucharya*

The modifications in diet and lifestyle to be brought about, according to *Agni*, *Bala* of an individual to prevent the seasonal disorders, produced due to aggravation of Doshas consequent to change in the environmental factors like temperature, humidity, rainfall etc. is known as *Ritucharya*. As per Ayurveda, seasons are produced by the action of *Vata* while as per modern revolution and precision of earth are responsible for causation of disease.

Shodhan according to Ritu (*Ritushodhana*)^[5]

Doshas	Chaya	Prakopa	Prashama/Prasara
Vata	Grishma	Varsha	Sharad
Pitta	Varsha	Sharad	Hemant
Kapha	Shishir	Vasant	Greeshma

The diseases due to variations in the climate can be prevented by following purification in respective seasons. The Kapha dosha produced due to effects of cold during *Hemant & Shishira* Ritu should be expelled out in the beginning of *Vasant Ritu* through emesis, *Vata* Accumulated during *GrishmaRitu* should be expelled in *Varsha Ritu* through *Asthapana basti* & *Pitta* accumulated during *Varsha Ritu* should be expelled in the beginning of *SharadRitu* by purgation and blood-letting. These purificatory procedures prevent seasonal diseases.

Yoga

It is a healthy way of life, originated in India. Now it is believed to be a form of science accepted all over the world. The western culture is also accepting it as a healthy form of scientific exercise.

The word *Yoga* is derived from *Sanskrit* root *yuj* means join or unite. This can be taken as the union of body, mind and soul. *Yoga* contains *Ashtang Yoga* i.e. *Yama*, *Niyama*, *Asana*, *Pranayama*, *Pratyahara*, *Dharana*, *Dhyana* (meditation), *Samadhi*, *Shuddhikriya* etc.^[6] *Yoga* signifies integration of personality at the highest level.

Importance of Yoga

Good health is the right of every human being. But this right depends on the individual, social and environmental factors. Along with environmental or social factors to a large extent, we can develop a better immune system and a better perception of oneself so that other conditions do not affect us adversely and we can achieve good health. *Yoga* is one of the most powerful drugless system of treatment. It is having its own concept of wellness which has been scientifically understood and presented by many. *Yoga* can be adopted as lifestyle for promoting our physical and mental health. *Yoga* is to encourage a positive and healthy lifestyle for physical, mental and emotional health of children. *Yoga* helps in the development of strength, stamina, endurance and high

energy at physical level. It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to inner and outer harmony.

Further scope for the study

Yoga if introduced at school level, would help to inculcate healthy habits and lifestyle to achieve good health.

Yoga sessions can be added to school, college and at the offices also for maintenance and the promotion of health. As now-a-days incidence of the non-communicable diseases is raising up *Ayurveda* as well as *Yoga* both the sciences will help to reduce the rate.

For a healthy individual Daily Yoga Protocol could be as following

Sr.No.	Topic	Time
1.	<i>Prarthana</i>	2 mins
2.	<i>Shithilikarankriya</i> : Neck rotations Shoulder rotation Hip movements Knee movements	10 mins
3.	Standing position <i>Asanas</i> : <i>Tadasana</i> <i>Vrikshasana</i>	2 mins 2 mins
4.	Sitting position <i>Asanas</i> : <i>Vakrasana</i> <i>Shashankasana</i>	2 mins 2 mins
5.	Supine position <i>Asanas</i> : <i>Pawanmuktasana</i> <i>Halasana</i>	2 mins 2 mins
6.	Prone position <i>Asana</i> : <i>Bhujangasana</i> <i>Shalabhasana</i>	2 mins 2 mins
7.	<i>Shavasana</i> / <i>Makarasana</i>	2 mins
8.	<i>Pranayama</i> : <i>Anulom-vilom</i> <i>Bhastrika Pranayama</i>	2 mins 2 mins
9.	<i>Prarthana</i>	2 mins

DISCUSSION

- Now-a-days so many of the diseases are due to wrong dietary habits and inappropriate lifestyle. This is the need of the time to follow the lifestyle taught by *Ayurveda* texts. *Yoga-shastra* is emphasized on physical and mental stability through *Asanas*, *Pranayama*, *Dhyana* (meditation). With the help of *Panchakarma* and *Shuddhi-kriya* the unwanted doshas or the precursors for the disease formation get eliminated from the body at root level so they can't get occur again easily.
- As the incidence of the non-communicable diseases is raising up *Ayurveda* as well as *Yoga* both the sciences will help to reduce the rate.

RESULT

- Aim of every person is to achieve greater health for the final achievement of *Moksha*.
- To maintain the health and to prevent the diseases everyone should follow the *dincharya*, *Ritucharya* according to *Ayurveda* and the *Yoga* postures according to *Yogashastra*.

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