



## AYURVEDA PERSPECTIVE OF SWASTHAVRITTA: RECENT ADVANCEMENT

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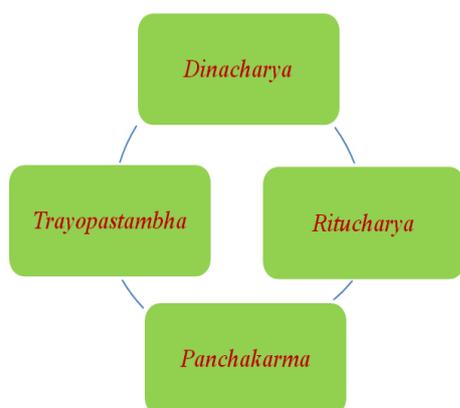
### ABSTRACT

The physiological functionality of body decreases along with decline age due to the process of degeneration. The health of a person depends upon Prakriti of an individual thus one should live life as per Prakriti, the optimum health may be achieved by obeying some rules & regulation of Swasthavritta. The prevalence of disease conditions may be decreases by following concept of Dinacharya and Ritucharya. The use of Yoga and Panchakarma also help to boost physical and mental health. This article emphasized various approaches of Ayurveda which play significant role towards the maintenance of good health.

**KEYWORDS:** Dinacharya, Ritucharya, Panchakarma and Trayopastambha.

### INTRODUCTION

Ayurveda mentioned various that body consisted of various constituents such as; *Rasa, Raktha, Mamsa, Medas, Asthi, Majja* and *Sukra*, the disturb life style and avoidance of *Sadvrittha* may affect adversely any of these constitutional components of body. Ayurveda recommended that *Yogic* exercises along with *Panchakarma* help to maintain good physical status while rules and regulation of *Dinacharya* and *Ritucharya* offers beneficial effect in towards the prevention of pathological condition.<sup>[1-4]</sup>



**Figure 1. Ayurveda recommendation for maintaining optimum health.**

**Ayurveda recommended various approaches for maintaining optimum health which are as follows:**

- *Dinacharya*
- *Ritucharya*

- *Trayopastambha*
- *Panchakarma*

### DINACARYA

The obeying disciplinary daily routine as per Ayurveda termed as *Dinacarya*, the disciplinary daily routine help to maintain good physical and mental status also prevent disease pathogenesis especially infectious diseases. As per Ayurveda the various rule of *Dinacarya* are as follows:

#### *Udhanam*

Wake up in *Brahma Muhoortham* before sunrise to get benefits of fresh air.

#### *Shodhna*

Clean body through eliminating toxic wastes; drinking of water early in the morning help in defecation. *Shodhna* also involve process of *Dantha dhavanam, Jihwa nirlekhanam* and *Mukha dhavanam*.

#### *Nasya:*

*Nasya* help to clean nasal pathway it offer benefits like calmness, induce proper sleep and improve air circulation.

#### *Dhyana*

*Dhyana* helps in *chitta vritti nirodha* which improves mental stability.

#### *Abhyangam*

Application of oil (oil massage); on head and feet improve body compatibility and circulatory process.

**Yoga**

Yoga enhances resistance against diseases; it clears the *srotas* and increases the process of circulation. Yoga promotes *Agni* and thus boosts appetite, it significantly prevent chances of obesity.

**RITUCHARYA**

Ayurveda believe that seasonal variations affects physiological functioning of body due to the changes in *Doshas* predominance. The inappropriate routine which is not as per the seasonal variation may lead *Doshic* imbalance resulting disease conditions. Therefore Ayurveda recommended some confined life style regimen depending upon seasonal variation to maintain optimum health status, these rule of *Ritucharya* help person to tune body rhythm with seasonal variation. The concept of *Ritucharya* described life routine which one should follow in different seasons which are as follows:

**Varsha Ritu**

*Vata Dosh* *Prakopa* predominant in *Varsha Ritu* thus light, digestible food such as; pulses, soups and grains recommended. The prevalence of infection rises in this season thus one should not consume unhygienic food stuffs.

**Sharat Ritu**

Aggravation of *Pita* may occur thus honey, rice, green gram and *Madhura Ahara* recommended.

**Grishma**

*Vata Dosh* increases therefore; light and liquid diet recommended along with rice, curd and fruits. Medical science suggests that consumption of water in large amount prevent process of dehydration.

**TRAYOPASTAMBHA**

Ayurveda described *Ahara*, *Nidra* and *Brahmacarya* as three pillars of healthy living referred as *Trayopastambha*. These three pillars (*Trayopastambha*) contribute significantly towards the maintenance of healthy physical and mental status. The *Ahara*, *Nidra* and *Brahmacarya* help to achieve status of *Swasthavritta* as follows:

**Ahara**

*Ahara* should be consuming when earlier food digested completely, cleaning of hands is very important before taking meal. The rule of *Satmya* food must be consumed depending upon the *Prakriti* of an individual. The cooking process must be hygienic to prevent any chances of infections. The very hot and very cold food not should be consumed. One should not eat more than capacity this may leads indigestion. The dinner must be lighter than breakfast and lunch. The process of *Samyoga* and *Samskara* need to be appropriate otherwise it may create problem of *Virudha-Ahara*. Food which may cause *Doshic* imbalance should be avoided. Incompatible.

**Nidra**

The one should sleep two to three hours after dinner. Ayurveda recommended at least 8 hrs. sleep at night for achieving mental and physical relaxation while sleeping at late night and at day time must be avoided.

**Brahmacarya**

Ayurveda described rules of *Brahmacarya* which advised for control sexual activities, as per ayurveda excess of sexual activity may leads *Dhatu Kshaya* and *Ojas Kshaya* resulting physical and mental weakness. The concept of *Brahmacarya* protects body from the harmful effects of early ageing.

**PANCHAKARMA**

*Panchakarma* is process of *Sodhna* (purification) play significant role in detoxification, it promote longevity and prevent pathological prognosis of diseases. It removes toxins from body and improves circulatory function of body. *Panchakarma* boost mental and physical activity since it opens *Shrotas* which regulates circulatory process of body.<sup>[3-8]</sup>

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