



IMPORTANCE OF VYAYAMA FOR HEALTHY LIFE

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ABSTRACTS

Like proper diet and proper sleep Vyayama (Physical exercise) is also essential for better health. Lack of physical exercise our body become unhealthy and will not live longer. The regular physical exercise or Vyayama causes lightness of body, reduces the body fat, improves level of performance, promotes jatharagni (power of digestion), properly differentiated and firm physique, no disease occurs to those persons whose body is made firm with exercise. To those who resort to daily exercise, even foods that are mixed or apposite properties or which are not digested properly; are digested quickly. Vyayama improves our mental health, it reduce the risk of cardiovascular disease. Keeps us happier, lowers our blood pressure, lowers blood cholesterol, lower the risk of type – 2. Diabetes mellitus. Exercise should be done during cold and spring season and in all other rtu or exercise should be undertaken to one's half of the strength. Vyayama should not be undertaken after having meals, sexual intercourse, Kasa (Cough), Swasa (dyspnea), weak person, tuberculosis patient, bleeding conditions, injured and dehydrated patient. Exercise should be avoided in children and in old age also. Persons having indigestion should avoid Vyayama. The complication of excessive vyayama are Kasa, fever, vomiting, vertigo, the psychological debility, thirst, swasa (dyspnea), bleeding disorders. Therefore one should not indulge in severe exercise of any form.

KEYWORDS: Vyayam, Exercise, Health, Regular.

INTRODUCTION

Ayurveda is a ancient science of life. Ayurveda described the *hita* and *ahita* (wholesome and unwholesome), *sukha* and *dukha* (Happy and unhappy) life.^[1] The life which is healthy and welfare of the society is called *hitayu* otherwise it is *ahitayu*. Similarly when the person is healthy is known as happy otherwise he will be unhappy. The equilibrium of *dhatus* (Body constituents) in qualities as well as in their actions is called *prakriti* or health and their disequilibrium is called *dukha* (disease).^[2] In the state of health equilibrium of *dhatus* should be maintained as it is the object of Ayurveda.^[3] Physical exercise or Vyayama prevents the body from disease. Physical exercise maintain the equilibrium in the body. Physical exercise should be undertaken one's half of the strength. Excessive exercise is harmful to our body. Exercise should avoid in children and older persons. To maintain health and reduce our risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate exercise per day.

Aims and objects

1. To study the importance of Vyayama for health.
2. To study detail about Vyayama as per Ayurveda.

3. To study about relationship of Vyayama and rtu.
4. To study about Vyayama according age.
5. To study about the limitations of Vyayama.
6. To create awareness about maintaining good health for better life for society.

MATERIAL AND METHODS

This is a conceptual study, Data is collected from Ayurved Granthas (texts), physiology books and internet.

DISCUSSION

Activities which produce exertion to the body are known as Vyayama. Healthy growth, brilliant complexion, well manifest divisions of the body, keen digestive fire (power of digestion), absence of lassitude, stability, feeling of lightness, cleanliness, ability to withstand exertion, fatigue, thirst, heat and cold; and best of health, all these accrue from physical exercises, nothing also than it (physical activity) exists which is best to reduce corpulence (obesity), enemies will not be able to vanquish/ defeat the person who does exercises habitually; old age does not invade him quickly, the muscles of the body become stable (strong) in the person who does exercises daily habitually. Diseases will not occur in persons who do physical exercises and get their

body trampled by foot (by others) just as small animals do not go near the lion; it makes the body beautiful to look at even of those persons who are deficient in age, physique and qualities. Even incompatible (unhealthy) foods consumed by person who indulge in physical exercises, foods which are either properly cooked or improperly cooked get digested without any trouble. Physical exercises are always beneficial for strong persons, and who consume fatty foods; it is most beneficial for these persons especially during cold and spring seasons. Exercises should be done daily in all the seasons by men who desire their own wellbeing. Physical exercises should be done to the level of half of the strength of the person. Otherwise, it will kill him; when Vayu (Vata) residing in the region of the heart comes up through the mouth (in other words- more upward breathing) that is the sign of half the strength of the person. Exercise should be done in accordance with age, strength, physique, habitat season and nature of food; otherwise the person gets affected by diseases. Consumption, thirst, loss of taste/ appetite, vomiting, bleeding diseases, dizziness, exhaustion, cough, phthisis, fever and dyspnea are diseases produced by excess of physical exercises. Exercises should be avoided by patients of bleeding disease, emaciation, consumption, dyspnea, cough, injury in the chest (lungs) and by the person who has taken meal just then; who feeling exhausted after meal or copulation, who is suffering from thirst and dizziness.^[4] One should not practise, exercise, laughing, speaking, traveling on foot, sexual activities and night wakings, in excess even if one is accustomed to these. exercise is contra-indicated for persons who are emaciated due to excessive sexual activity, weight lifting and those who are in grip of anger, grief, fear and for the children, for the old persons and for persons having vatika constitution and profession of speaking too much. One should not do exercise while he is hungry and thirsty also.^[5] After doing exercise all the parts of the body should be massaged comfortably.^[6] Regular performance of Vyayama; body is not turned flaccid easily; ageing and grayness do not attack with speed.^[7]

Features of correct exercise

Perspiration, enhanced respiration, lightness of the body, inhibition of the heart and such other organs of the body are indicative of the exercise being performed correctly.^[8] As per yogaratanakara (a grantha) Vyayama should be undertaken up to 'Balardha' level, 'Balardha' level should be judged by the appearance of perspiration over forehead, Nose, body joint region and axilla.^[9]

Modern concepts for physical exercise

The effects of exercise on the Body systems^[10]

The body's main physiological support systems are the musculoskeletal, cardiovascular, respiratory, digestive, immune, nervous and endocrine system.

1. The effects of exercise on the musculoskeletal systems

The skeleton creates a supporting framework and protects the body's vital organs; the bones also act as a reservoir for calcium and other minerals. Weight-bearing exercise strengthens your bones and helps prevent osteoporosis. Exercise also increases muscle strength, coordination, and balance. Your muscles (and connective tissue linking the bones) are important for maintaining upright posture against gravity and enabling movement. They also produce heat. Movement of the joint lubricates them with synovial fluid, reducing stiffness. Stretching exercise can facilitate mobility and flexibility of the joints, increasing your range of motion.

2. The effects on the cardiovascular system

At the centre of the cardiovascular system is your heart. Along with the blood vessels, it forms a network for carrying blood containing oxygen and nutrients of the body, and removing waste (CO₂). Physical training strengthens your heart and normalizes blood pressure, lowering your risk of heart disease.

3. The effects on the immune system

The blood vessels are supported by lymph vessels and nodes (which make your immune cells). the lymphatic system removes toxins and returns them to the blood circulation. Exercise boosts lymph flow thus promoting a health immune system, which is crucial for fighting infections.

4. The effects on nervous system

Your nervous system consists of the brain and nerve. It's function is to receive, store, process and send information. It controls functions such as heart rate and breathing, as well as motor movement. Exercise Calms your nervous system, as a result of better circulation and reduced muscle tension. Recent studies have shown that regular exercise may also improve thinking skills and enhance memory.

5. The effects on the endocrine system

The endocrine system is closely associated with the nervous system, it send Hormones to the body to control growth, blood sugar levels, body temperature and metabolism. Exercise regulates your hormonal balance, enhancing organ function and physical fitness and lifting your mood.

6. The effects on Digestive system

Your digestive system breaks down food into usable nutrients and eliminates waste products. Over time, it tends to get sluggish and works less efficiently. Exercise contributes to proper functioning of the digestive system and aids the elimination waste.

7. The effects on the respiratory system

The lungs provide the body with oxygen, which is necessary for cellular survival. Exercise increases the flow of oxygen- rich blood to the body and contributes to

the elimination of carbon dioxide. The effects of exercise on respiration are seen almost immediately.

The benefits of Regular physical activity^[11]

- Physical exercise improve our health
- Physical exercise reduce risk of cardiovascular disease
- Physical exercise maintains our weight
- Lower blood cholesterol
- Lower the risk of diabetes
- Lower our blood pressure
- Make strong bones, muscles and joints
- Lower the risk of osteoporosis
- Feel better with more energy. feel more relaxed and sleep better
- Reduce our risk of breast and colon cancers
- Improve our mental health and mood
- Increase our chances of living longer
- Keeps happier
- Reverse up our sex life

Therapeutic benefits of Regular exercise^[12]

Practice of regular exercise is an important component of management of many diseases.

Energy Expenditure of Various exercises

Exercise	Energy spent (Kcal/ Min)
Active standing	3
Cooking	4
Making bed	4
Slow walking (3 Km/ H)	4
Fast walking (6 Km/ h)	6
Dancing	7
Active gardening	8
Climbing stairs	11
Prolonged Jogging	12
Swimming (50 M/ min)	15
Running (12 Km/ h)	16

5. Exercise prevents osteoporosis. Regulated exercise program stimulates osteoblastic activity, facilitates bone mineral metabolism and preserves the geometry. Immobilization and inactivity stimulate osteoclastic activity and produce bone loss.

6. Specific exercises are prescribed for treatment of osteoarthritis as they improve muscle strength and front stability.

CONCLUSION

From above description we came to conclusion that Vyayama or physical exercise is essential for healthy life. It maintains our physical as well as mental health. Exercise should be undertaken one's half of the strength. It should be done in all seasons. Excessive exercise should be avoided. Vyayama is contraindicated in children and old persons. We suggest that before going to start Vyayama contact family doctor or family physician, if the person feels feet then exercise start.

1. Practice of regular exercise is known to reduce insulin resistance. Tissue sensitivity to insulin and glucose tolerance improves with exercise. Exercise increase the number of insulin reception and promotes activity of glucose transports. Hence exercise therapy is very useful in the treatment of diabetes mellitus.

2. Regular exercise is known to decrease sympathetic tone. Therefore, exercise like morning walk is the best mode of treatment of hypertension.

3. Exercise improves coronary perfusion and causes neovascularization of myocardium. Therefore, regular practice of slow and mild exercise helps patient suffering from chronic myocardial infarction.

4. Exercise, if practiced regularly decreases body fat mass. Especially, brisk walking in the early morning is very effective in this regard. Physical activities like walking, running, swimming, dancing and jogging known to induce energy expenditure that in the long run is very effective in reducing obesity (see table) therefore, this is the best way to check obesity and obesity- induced disorders.

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