

AYURVEDA RECOMMENDATION FOR LIFE STYLE; A WAY TO PROTECT SOME SPECIFIC DISORDERS

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ABSTRACT

Ayurveda the science of health always aimed to maintain normal health status of society. The ayurveda literature considered imbalances of Dosha, Dhatu and Mala as a main cause of various diseases. The ancient text described that vitiation of Dosha, Dhatu and Mala associated with improper Ahar, Vihar and Achar. Therefore it is very important to maintain good conduct (Pathyapathya palan) of Ahar, Vihar and Achar. The Pathyapathya palan achieved by obeying rules of ayurveda related to life style management. The good conduction of daily regimen not only maintains healthy status but also help to avoid medication for the diseases management. There are various diseases which may occur due to the bad conduction of dietary and living regimen and incidences of such diseases increases day by day due to the excess of sedentary life style. Considering these all aspect present article explore some important aspect of life style management which help to remain away from diseases of current scenario.

KEYWORDS: Ayurveda, Life style, Dinacharya, Ritucharya, Sedentary life disorders.

INTRODUCTION

The current scenario of living style creates lot of health issues due to the improper dietary and living regimen. Improper life style induces pathogenesis of diseases such as; *Prameha, Medoroga, Hridroga, Aamvata* and *Vatrakta*, etc. The *Pathy-Palan* (good conduction) of *Dinacharya, Ritucharya* and *Ratricharya* help to avoid prevalence of such lifestyle disorders. The proper consideration of *Ahara* and *Vihar* not only help to restore

normal health status but it also imparts discipline in family and society. Sedentary schedule, faulty dietary habits, use of tobacco, alcohol, late night awakening, day time sleeping, involvement in excessive sexual activities, stress, anger and disobeying elders are some major issues of today's life pattern which not only affecting health of young generation but also creating bad impact on upcoming generation. The pathogenesis of disorders triggered by faulty life style described in Figure 1.

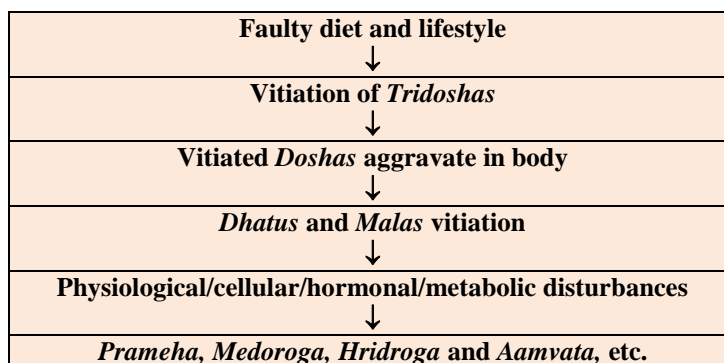


Figure 1: The pathogenesis of disorders triggered by faulty life style.

Ayurveda described various fundamental principles like; *Dinacharya, Ritucharya, Rasayana* therapy and *Sadvritta* for the prevention of diseases and longevity. These basic

concepts of ayurveda help to avoid prevalence of life style disorders and maintain good health status.

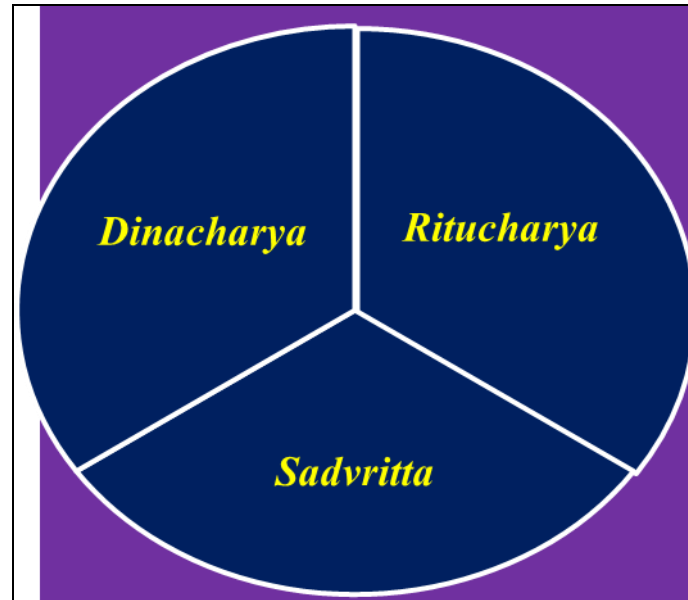


Figure 2: The basic aspects of healthy life style.

DINACHARYA

The some suggested daily regimens as per ayurveda are as follows:

- ❖ *Brahama-muhurat-jagrana:* Waking up before sun-rise
- ❖ *Vega nissaran:* Elimination of *Mala & Mutra* in morning
- ❖ *Mukha & Netra Prakshalana:* Washing of face and eyes
- ❖ *Gandoosh & Kawala:* Tooth brushing & Gargle
- ❖ *Anjana:* Use of *collyrium*
- ❖ *Nasya:* Nasal administration of medicaments
- ❖ *Dhumpana:* Inhalation of medicated smoke
- ❖ *Snana:* Bathing before going to work and before meal daily
- ❖ *Bhojan:* Meal as per *Kala* in manner.
- ❖ *Nidra* Sleeping timely at night and avoid day time sleep.

RITUCHARYA

The suggested regimen as per various season are comes under *Ritucharya* which are as follows:

Hemant Ritu

Laghu and *Ruksha* foods contradicted in *Hemant Ritu*.

Shishira Ritu

Pungent and bitter foods contradicted in *Shishira Ritu*

Grishma Ritu

Amla, *Katu* and *Ushana* foods contradicted in *Grishma Ritu*.

Varsha Ritu

Mantha and open water source avoids in *Varsha Ritu*. Street food and unhygienic food also avoided.

Sharad Ritu

Curd, meat of aquatic and marshy animals contradicted in *Sharad Ritu*.

General Dietary Recommendation to avoid life style disorders

Ushnamashniyat

One should consume warm food.

Matravatashniyat

Diet should be consumed according to *Agni* and *Bala*.

Naativilambitam-ashniyat Naatidrutam-ashniyat

Avoid eating too slowly and too fast.

Veeryavirudhhamashniyat

Consume foods should not be antagonistic in *Virya*..

Jeerneashniyat

One should consume meal after digestion of previous meal.

Snighdhamashniyat

Fats in some quantity.

SADVRITTA

Sadvritta means conduction of ethical regimen which helps to maintain normal health status of body. *Sadvritta* involve consideration of ethical, social, mental, moral and physical values. The *Sadvritta* induces positive effects on mind and body. It enhances *Satvik Guna* and imparts good values in family.

Sadvritta involve following considerations

- ❖ One should not lose self-control.
- ❖ Respect elders, forefathers, teachers, women and colleagues.
- ❖ Always speak truth and avoid evil thoughts.
- ❖ Control of anger, grief, jealousy and greed.
- ❖ Avoid indulgence in *Himsa*, *Asteya*, *Anyathakma* and *Vyapada*.
- ❖ One should follow disciplinary life and dietary habits.
- ❖ Excessive sexual intercourse and non-ethical sexual relationship should be avoided.
- ❖ Start day with prayer and *Yoga*.
- ❖ Consumption of alcohol and smoke must be avoided.
- ❖ Be humble, kind and should helps others.

VYAYAMA (EXERCISE) AS TOOL OF HEALTHY LIFE

Daily exercise boost physical strength, increases luster, stimulates digestion, prevents ailments, imparts firmness, reduces fatigue and boosts immunity. Daily exercise make person resistant to life style disorders like; diabetes mellitus, hypertensive and obesity. Walking, jogging, cycling, *Yoga*, gardening, swimming and playing games are some exercise suggested to maintain good physical and mental status. Ayurveda and modern science both strongly recommended exercise early morning daily as a tool of healthy living.

AYURVEDA LIFE STYLE FOR SOME SPECIFIC DISEASES**Prameha**

- In *Prameha Langhan*, *Dipandravya*, *Yava*, *Shali*, *Laja*, *Puransura*, *Gokshura*, *Jambu*, *Trikatu*, *Ashwavahana* and *Bhramana vyayama* recommended.
- *Dhumapana*, *Divaswapna*, *Masha*, *Maithuna*, *Dadhisevana* and *Navanna sevana* contradicted in *Prameha*.

Hridroga

- *Swedana*, *Jangalamamsa*, *Mudgayusha*, *Draksha*, *Tambulabhakshana*, *Takra* and *Madhu* recommended in *Hridroga*.
- *Trushna*, *Ashruvegasandharana*, *aavikshira*, *Rakta mokshana*, *Madhookpushpa* and *Ghrita* contradicted in *Hridroga*.

Medorog

- *Puranshali*, *Kodrava*, *Chinta*, *Ratrijagarana*, *Langhana*, *Madhu*, *Ushnajala*, *Shigru* and *Yoga* recommended for *Medorog*.
- *Shitalajala*, *Masha*, *Snehaabhyanga*, *Divaswapna*, *Madhurabhojana*, *Bhojanapaschatjalapana* and *Ghrita* contradicted in *Medorog*.

CONCLUSION

The current scenario of unhealthy living is responsible for the high prevalence of life style related disorders.

Ayurveda offers holistic and logical approaches for the management of good health like; concept of *Dincharya*, *Ritucharya*, *Ratricharya* and *Sadvritta*. These non-pharmacological approaches of ayurveda help to restore normal health status and keep away from disease conditions. Ayurveda emphasizes that balanced dietary pattern and disciplinary daily regimen help to remain away from medicines. The good conduction of daily regimen (*Dincharya*) enhances physical as well as mental health. Similarly consideration of seasonal diversity (*Ritucharya*) is very essential to remain free from disease conditions. The diet as per *Tridosha*, *Prakriti* and *Satmya* play important role in curing of diseases. *Sadvritta* not only offers health benefits but it also imparts social, moral and spiritual values.

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