



A PHYSIOLOGICAL CONCEPT OF LIFESTYLE IN AYURVEDA

Dr. Rahish Sewda^{*1}, Dr. Ashok Kumar Sharma², Dr. Kishori Lal Sharma³, Dr. Rekhraj Meena⁴ and Dr. Ayushi Nigam⁵

¹PG Scholar of Kriya Sharir Vibhag, M.M.M.Govt. Ayurved College, Udaipur (Raj.).

²Professor & HOD of Kriya Sharir Vibhag, M.M.M.Govt. Ayurved College, Udaipur (Raj.).

³Associate Professor of Kriya Sharir Vibhag, M.M.M.Govt. Ayurved College, Udaipur (Raj.).

^{4,5}Lecturer of Kriya Sharir Vibhag, M.M.M.Govt. Ayurved College, Udaipur (Raj.).

Corresponding Author: Dr. Rahish Sewda

PG Scholar of Kriya Sharir Vibhag, M.M.M.Govt. Ayurved College, Udaipur (Raj.).

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ABSTRACT

Ayurveda, one of the principles discussed in relation to prevention is dincharya (daily regimen). Sedentary lifestyle, bad food habits, and pollution exposure, according to the World Health Organization, are the triggering factors for the majority of lifestyle disorders, which will account for more than three quarters of all fatalities by 2030. According to Ayurvedic scriptures, one of the causal variables (i.e. trividha hetu) in the onset of diseases is Kala (time). If followed consistently, the daily regimens terminate any changes that can occur due to time at the primary level and slow down the irreversible changes that occur with the passage of time (age), keeping the person healthy and disease-free.

KEYWORDS: Ayurveda, Dincharya, Kala.

INTRODUCTION

It is the science that not only deals with the treatment of diseases, but also emphasises the prevention of diseases.^[1] "Prevention is preferable to cure." There is a strong link between an individual's lifestyle and his or her condition of health and disease.^[2] Lifestyle refers to a person's manner of life, or more specifically, the nutritional (Ahara) and behavioural (Vihara) choices that he or she makes on a daily basis. A healthy person, according to Acharya Sushruta, is one who — The three doshas (vata, pitta, kapha), Agni (digestive power), the seven dhatus (tissues), and malas (waste products) and their activities are normal in him, and his soul, sense organs, and mind are calm/clear (healthy person). The science of ayurveda has two objectives—"प्रयोजनं चास्य स्वस्थस्य स्वास्थरक्षणं मातुरस्य विकारप्रशमनं च" to maintain the positive health in the individuals who are healthy and to treat the persons who are suffering from disease. For fulfillment of the first objective (to maintain positive health in healthy individuals), Ayurveda has mentioned some lifestyle strategies

1. Dincharya (daily regimen)
2. Ritucharya (seasonal regimen)
3. Sadvritta (Good moral conducts)
4. Ashtang Yoga (Eightfold yoga path first described in Patanjali's Yoga Sutras)

5. All these strategies are preventive rather than curative and dincharya (daily regimen) is one of these preventive principles of ayurveda
6. These daily regimens if followed regularly have beneficial physiological effects on our body and our mind.

Various Dincharya Modalities and Their Beneficial Effects On Body And Mind

Ayurveda describes several daily regimen techniques for maintaining positive health, which are necessary for living a long, healthy active life, enjoying life to the fullest, and gaining self realisation.

Activities Under Dinacharya

1. Brahmuhurte jagarana
2. Ushna jalpana
3. Shauchvidhi
4. Danta dhavana
5. Jihvanirlekhana
6. Anjana
7. Nasya
8. Kavala and Gandhusa
9. Dhoomapana
10. Tambula bhakshana
11. Abhyanga
12. Vyayama
13. Chankramana
14. Snana

15. Mangalakritya

1. Brahmamuhurta jagrana^[3]

It is best to get up during the Brahma muhurta (early in the morning i.e. 90 minutes before sunrise.) 7 In the early morning, nascent oxygen in the environment easily and quickly combines with haemoglobin to generate oxy-hemoglobin, which quickly nourishes distant tissues.

2. Ushna jalpana^[4]

Before morning, drink 1-2 glasses of water that have been preserved for the entire night. Renal stones, haemorrhoids, and constipation can all be caused by not drinking enough water in a day.

1. Shauchvidhi^[5]

Every individual should eliminate natural desires (faeces and pee) on a daily basis. The rectum is cleared, digestive power is increased, and other manifestations such as constipation and foul-smelling flatus are avoided when defecation occurs at the appropriate time.

2. Dantadhavana (tooth brushing)^[6]

It is recommended that you brush your teeth in the morning and after each meal. Brushes recommended for Dantdhavana include Katu, Tikta, Kashay Ras (Acharya Charak), and Madhur Ras, according to Acharya Sushrut. Because mouth disorders are primarily caused by Kapha Dosh, Katu, Tikta, and Kashay Ras can help avoid the majority of oral ailments.^[1]

3. Jihva –nirlekhana (tongue cleaning)

A long flexible strip of metal or plant material should be used to wipe the tongue.

4. Anjana (application of collyrium in eyes)

In today's time, excessive work on computer results in dry eye or computer vision syndrome. There are two types of Anjana:

1. Souvira Anjana
2. Rasa Anjana
3. Souvira Anjana has been advised, to use daily
4. Rasanjana is told to use every 5th or 8th day

5. Nasya (oily nasal drops)

Due to the sticky nature of the nasya dravyas (anu taila, katu taila), dust particles do not enter the nasal tract.

6. Kavala and gandusha dharana (Retaining oil in mouth)

Sukhoshna (lukewarm) gandusha and kavala dravyas are employed to promote oral cavity circulation.

7. Dhoomapana (medicated fume inhalation)

When the dhoomapana dravyas are lit with fire, smoke, soot, and even CO₂ are released. The carbon atom in CO₂ has a tendency to stimulate the respiratory centre in the brain stem, which may trigger the respiratory system's normal physiological function.

8. Tambula bhakshana (chewing betel leaves)

Stimulates the taste bud Increases salivation scraps the deposited matter.

9. Abhyanga (oil massage)

Oil massage should be done on a daily basis. Massage improves overall blood circulation and transports medicine potency to the desired location.

10. Vyayama (Physical Exercise)

Physical activity enhances glucose metabolism (Glycolysis) and stimulates lipolysis of adipose tissue (Gluconeogenesis), resulting in the loss of excess fat.

11. Chankramana

It is a type of exercise that does not create any discomfort to the body.

12. Snana (Bath)

A daily bath boosts energy, strength, and hunger while also removing sweat and other toxins from the body.

13. Sandhyopasana / Mangalakritya (Worship of Divine)

Every day, one should remember God and perform Bhagwadsamarana. Self-analysis of daily activities should be done.

CONCLUSION

According to the description above, Ayurveda places a greater emphasis on disease prevention than therapy. Ayurveda places a greater emphasis on health prevention rather than management. Ayurvedic Ahara and Vihara, Dincharya has been characterised in the context of day, and it reduces the detrimental effects of time at a fundamental level, as well as slowing down irreversible changes. Dincharya is essential in today's world, as new diseases, both communicable and non-communicable, emerge at an alarming rate. Some are even solely avoidable.

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