

Review Article

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CONCEPTUAL STUDY ON THE IMPORTANCE OF *SWASTHAVRITTA* *ACHARANA* IN PREVENTING *URDWAJATRUGATA VIKARAS*

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Abstract

Swasthavritta is science of health restoration; this concept described by ancient Ayurveda philosophers for preventing diseases and maintains normal health conditions. The rules and regulations described in *Swasthavritta* help to maintain proper well being of the individual. The conduction of disciplinary dietary regimen, spiritual and moral conducts, etc. are major consideration of *Swasthavritta* along with ethical regimen. *Swasthavritta* emphasizes on proper daily regime and seasonal regime, basic cleanliness, natural urges and sleeping habits, etc. The various conducts of *Swasthavritta* not only prevent diseases but also improves physical as well as mental strength. *Swasthavritta* helps to maintain balances of *Vata*, *Pitta* and *Kapha Doshas* thereby restore normal physiological functioning of human body. The rules of *Swasthavritta* help to prevent many diseases including *Urdwajatrugata Vikaras* (diseases of ear, eye, nose and throat, etc.). Present article described some key aspects of *Swasthavritta* and its significance to preventing *Urdwajatrugata Vikaras*.

Key-Words: *Ayurveda, Swasthavritta, Urdwajatrugata Vikaras, Nasya*

Introduction

Swasthavritta described as pool of specific conducts for overall well being, this includes good mental conduct, social conduct, religious conduct, good personal conduct, moral and spiritual conduct. Rules of taking food, sleep pattern, controlled sexual activities and daily routine of cleaning, etc. are major considerations of *Swasthavritta*.

Swasthavritta helps to maintain health and longevity. The physical, mental and spiritual conducts play vital role towards the healthy life and *Swasthavritta* described ways of physical and mental conducts. The social and moral behavior also suggested in ancient Ayurveda along with ethical regimen [1-5].

The various conducts of *Swasthavritta* are as follows:

➤ ***Pratarutthanam:***

Waking up early in *Brahma Muhurta*, this helps to get fresh air and sunlight.

➤ ***Ushapana / Achaman:***

Cleaning mouth, drinking water and washing hands with lukewarm water.

➤ ***Malamutra visarjan***

Elimination of wastes by passing *Mutra* and *Mala*.

➤ ***Dantadhavan***

Cleaning of teeth and tongue with *Nyagrodha*, *Arka* and *Karanja*, etc.

➤ ***Nasyakarm***

The utilization of nasal medication using sesame oil or medicated oil through the nostril.

➤ ***Gandush***

Gargling with lukewarm water to clear mouth and maintaining oral hygiene.

➤ ***Abhyangam***

Body massage with oil in morning using sesame or coconut oil.

➤ **Vyayama / Yoga:**

Exercise or *Yoga* practice in morning.

➤ **Dhyanam**

Meditation or *Dhyana* to get mental peace.

➤ **Ahara/Dietary regimen**

Pathya-Ahara (dietary regimen), proper meal, at appropriate time should be consumed in optimum quantity.

➤ **Ratricharya**

Ratricharya, *Nindra* (proper sleep) and avoidance of late night awakening.

Swasthavritta for Urdhwajatru vikaras:

The concept of *Swasthavritta* helps to combat against many diseases including *Urdhwajatru vikaras* like *Dantamoolagata rogas*, *Vartmarogas*, *Tundikeri*, *Arshas* of *Karna* and *Pillarogas* of *Netra*, etc. The major approaches of *Swasthavritta* depicted in **Figure 1**, which helps to prevent *Urdhwajatru vikaras* [5-7].

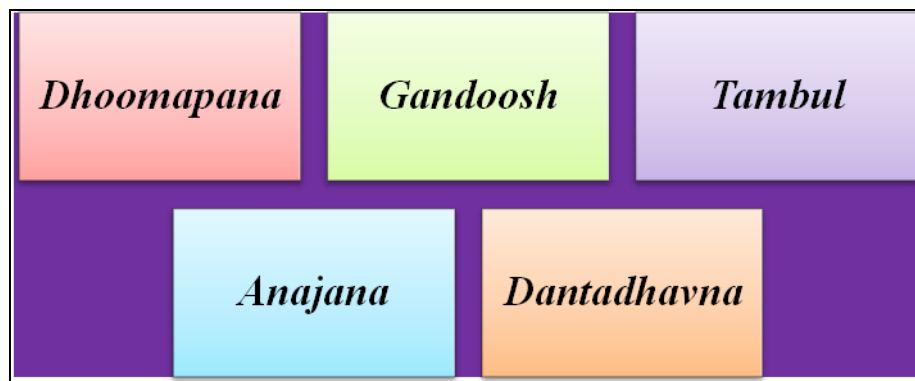


Figure 1: Major Swasthavritta practices that helps to prevent Urdhwajatru vikaras.

- *Swasthavritta* practices of *Anjana* and *Aschyotan* helps to prevent *Netra roga* like *Anjana namika*, *Sira shukra*, *Abhishyanda* and *Akshi ruja*, etc.
- Daily cleaning activities of *Swasthavritta* can prevent *Karna roga* like *Karna shopha*, *Kaphanubandha bhadirya* and *Karna vidradhi*, etc.

- The *Dhoompana* and *Nasya* practices of *Swasthavritta* help to prevent *Nasa roga* like *Nasarbuda* and *Nasapaka*, etc.
- *Abhyanga*, *Snana* and *Shirodhara* helps to prevent *Shiro roga* like *Khalitya*, *Indralupta* and *Palitya*, etc.
- *Gandoosh* and *Dantadhavna* prevent prevalence of *Mukha roga*

The various conducts of daily regimen *Dinacharya* are considered useful to prevent diseases of head and neck region, daily practice of cleaning measures helps to cure diseases of eyes, ears and throat.

Anjana procedure is useful for prevention of *Khaphaj roga*, this enhances the strength of eyes and improves vision.

Pratimarsha nasya helps to prevent *Pinas* and *Ardhambhedak*, etc. this is considered good for diseases of nose, ears, throat, head and neck region. *Dhoompana* and *Nasya* prevent heaviness of head, rhinitis, and migraines and also cure pain in eyes. These practices are considered useful for cough, congestion and discharge in ears. The excessive lacrimation, otitis media, teeth pain and stiffness in neck jaws, etc. can be prevented by *Dhoomapana* [6-9].

Nasya also play important role in *Netra roga*, the drug used through the nostrils reaches to the *Shringataka* and enters to the *Murdha*, through *Netra* and *Kantha*, relives morbid *Doshas* from *Urdhwajatru* and offers several health benefits in the *Netra roga*. *Nasya* drug play important role in the improvement of health of eye since in this way drug can enter easily to the pathway either through the blood circulation, through mucous membrane, via inferior ophthalmic veins and medicine can also absorbed in ophthalmic vessels where it helps to nourish extra ocular muscles and improves strength of eye.

Vagbhat has described that *Dhoomapana*, *Anajana*, *Dantadhavna*, *Gandoosh* and *Tambul* helps to improves sensory and motor functions, boost up vision, strengthens voice and prevent diseases of mouth and suppress prevalence of headache or migraine.

Shirodhara is another practice of *Swasthavritta* suggested for specific purpose as purification measure, this practice helps greatly in the management of *Shirashoola*. Medicated liquids pour slowly on the forehead through a thin stream, this practice is considered useful for *Shirashoola*, *Suryavarta*, *Shankhaka*, *Ardita*, *Pakshaghata*, *Suryavarta*, *Nidranasha*, *Shirogata Vata* and *Akshishula*, etc. *Shirodhara* facilitate percutaneous absorption of drug through, the *Dhara* of oils causes absorption of medicine through the skin into the microcirculation. Therefore drugs exert therapeutic effect by diffusing through the pores of forehead. The heat of Luke warm oil or water open up the skin pores for diffusion since heat of vehicle transferred to the skin. The local heat causes vasodilatation of arterioles and increases circulation of specific area thus facilitates absorption and diffusion of drug which ultimately relieves symptoms of *Shirashoola* [8-11].

Discussion:

The general practices of *Swasthavritta* promotes health and longevity, also helps to prevent various *Urdhwajatrugatavikar*. The conducts of *Swasthavritta* like *Dhoomapana*, *Anajana*, *Dantadhavna*, *Gandoosh*, *Tambul*, *Shirodhara*, *Nasya*, *Aschyotan*, *Dhyanam* and *Ushapana*, etc. play vital role to prevent *Urdhwajatrugatavikar*.

These Ayurveda practices of healthy regimen helps to prevent diseases like hoarseness of voice, stiffness in head, pain in nose, headache, migraine, allergic rhinitis, sinusitis and nasal polyp, etc. Daily cleaning measures are considered good for eye disorder and ear infections. *Dhoomapana*, *Anajana*, *Nasya* and *Dhyanam*, etc. increases the strength of *Panchgyanendriya* thus improves sensory and motor functions of sensory region of upper body parts.

Nasya significantly improves symptoms of cervical spondylosis, tonsillitis, loose teeth, gingivitis and nasal disorders. The practices like *Dantadhavna* and *Gandoosh* helps to prevent diseases of oral cavity. *Shirodhara* and *Dhyanam* provide mental peace and help to cure conditions like *Shirogata Vata* and *Shirashoola* [10-12].

Conclusion:

Swasthavritta means daily regimen which need to be follow for restoring normal health status. The various disciplinary conducts of *Swasthavritta* includes *Pratarutthanam*,

Ushapana, Achaman, Malamutra visarjan, Dantadhavan, Nasyakarm, Gandush, Abhyangam, Vyayama, Dhyanam and Yoga, etc. These practices of *Swasthavritta* help to combat against many pathological conditions and promote general health. The cleaning measures and daily routine as per the *Swasthavritta* guideline offers significant prophylactic role against the *Urdwajatrugata Vikaras*. The rules of *Swasthavritta* help to prevent diseases like *Dantamoolagata rogas, Vartmarogas, Tundikeri, Arshas of Karna and Pillarogas of Netra*, etc. The approaches of *Swasthavritta* contributed towards the restoration of the health of *Urdhwajatrugat Pradesha*. Ayurveda recommended that one should follow the rules of *Swasthavritta* to remain free from the *Urdwajatrugata Vikaras*.

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