



ANCIENT WAY'S TOWARDS HEALTHY REGIMEN: AN AYURVEDA REVIEW

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Abstract

Ayurveda is science that encompasses knowledge of ancient Vedic philosophers and deals with different aspects of life including diseases and their management. Ayurveda provides ways of healthy and happy life. The basic theories and principles of Ayurveda helps to achieve longevity and disease free life. The general conducts of Ayurveda not only helps to maintain physical and mental well being but also strengthen spiritual health. The Ayurveda concept of *Pancamahabhuta* gives importance of earth, water, fire, air, and space. The good conduct of *Ahara-Vihara* provides balances of *Pancamahabhuta*. The balanced dietary habits, ethical & spiritual regimen and disciplinary daily routine are keys of healthy and long life. The Ayurveda ways of daily regimen gives good state of *Tridoshas*; *Vata*, *Pitta* and *Kapha*. Similarly consideration of seasonal regimen boosts metabolic processes and normalizes biological rhythm. The *Guna of Dravya* (food or medicine) also imparts therapeutic and biological responses therefore appropriate diet and medicines advocated by Ayurveda philosopher for geriatric and pediatric care. This article emphasizes Ayurveda approaches of health restoration.

Key-Words: *Ayurveda, Pancamahabhuta, Tridosha, Dinacharya, Ritucharya*

Introduction

Ayurveda is science that balances synchronization of *Sharira*, *Indriyas*, *Satwa* and *Atma*. Ayurveda not only suggests therapeutic measures for disease management but also gives prime importance to the ways of disease prevention. As per Ayurveda consideration of concept of *Dinacharya*, *Ritucharya* and *Sadvritta*, etc. are helps to resist disease progression and gives healthy and long life. The various health related theories of Ayurveda promotes general health, normalizes physiological activities, balances psychological strength and improves disease resistance power, etc [1-5].

Health Benefits of Ayurveda *Dinacharya*, *Ritucharya* and *Sadvritta*

- ✚ These conducts helps in proper nourishment.
- ✚ Provides strength to the body.
- ✚ Improves appetite, digestion and metabolic activities.
- ✚ Keep away from pathological conditions.
- ✚ Facilitate evacuation of *Mala* and other toxins.
- ✚ Improves mental and senses organs strength.
- ✚ Establish synchronization with nature and spiritual power.
- ✚ Govern hormonal and menstrual activities thus contributed towards the healthy progeny.

The synchronization amongst body, senses, mind and spirit depends upon *Panchamahabhutas* of body (*Akash*, *Vayu*, *Teja*, *Jala* and *Prithvi*). The *Panchamahabhutas* contributed towards the physiological responses of *Tridoshas* (*Vata*, *Pitta* and *Kapha*), *Agni*, *Dhatu*s and *Malas*. The physical and mental activities merely depend upon these biological entities. Therefore balancing state of *Tridoshas*, *Agni* and *Dhatu*s are prerequisite for restoring normal health status [3-6].

The faulty dietary and lifestyle regimen can disturb balances of *Tridoshas* and affects quality of *Dhatu*s. The aggravation of *Malas* may also occur as consequences of awful living regimen. These all conditions triggers pathogenesis of various diseases and deteriorate overall health of an individual. The Ayurveda ways of daily and dietary routine provides good state of *Doshas*, *Dhatu*s, *Agni* and *Malas*.

Suggested foods for the balancing *Vata doshas*:

- ✓ *Vata dosha* is related to the air and space elements thus posses cool, light, rough and dry nature. The food possessing opposite properties can be used for balancing aggravated *Vata Dosha*. Warm and liquid diet suggested including oil, *ghee* and cream.

Suggested foods for the balancing *Pitta doshas*:

- ✓ *Pitta dosha* is predominant to fire and water elements thus posses hot, light, sharp and oily qualities. Therefore foods having opposite properties like cooling effect can be used to prevent aggravation of *Pitta Dosha*. Cucumber, parsley, beans, pomegranate and liquid diet can helps to prevent aggravation of the *Pitta Dosha*.

Suggested foods for the balancing *Kapha dosha*:

- ✓ *Kapha dosha* is earth and water elements predominant thus having heavy, oily and slimy qualities. Therefore foods having warm, light and rough effects like vegetables and meat, etc. can be used to prevent aggravation of *Kapha Dosha* [3-7].

Ayurveda prescribed various types of conducts as depicted in **Figure 1**, which support healthy and disease free life [6-10].

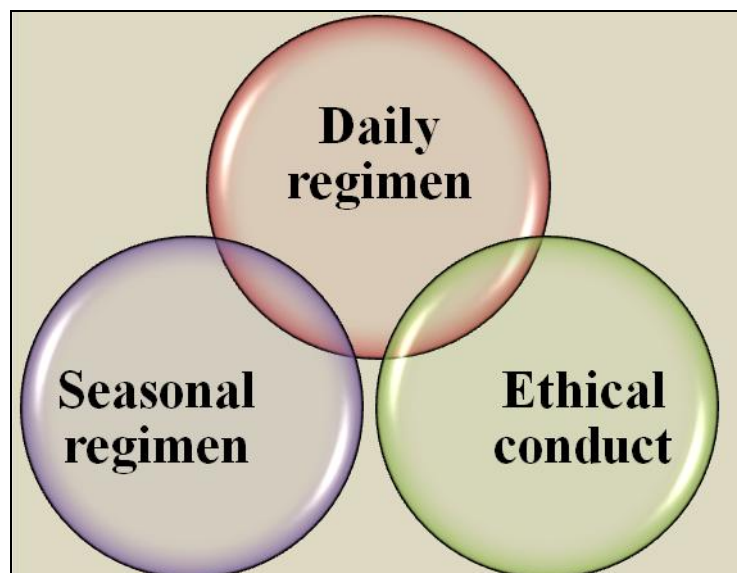


Figure 1: Ayurveda ways of healthy regimen.

1. DAILY ROUTINE:

- ✓ *Malotsarg*: one should not suppress natural urges, avoid *Vegavidharan* to eliminates biological waste, this helps to remain healthy and prevent diseases of skin and digestive system.
- ✓ *Nasya* with sesame oil or *Anu Talia* improves functioning of nasal and respiratory pathways.
- ✓ *Gandush* with *Triphala* decoction or medicated water or warm water advises to prevent throat infection and to clean mouth. It prevents mouth ulcer, maintains oral hygiene and control excess thirst.
- ✓ *Abhyanga* with *Tila Taila* should be done daily in morning which improves physical strength and prevents numbness of body.
- ✓ *Vyayama* especially light exercise should be done to maintain flexibility of body and regularizes circulatory process.
- ✓ Hair should be kept properly and should be cut regularly. Similarly, nails should also be kept clear and should be cut regularly.
- ✓ *Snana* means bath is advocated for maintain general hygiene.
- ✓ *Nidra* is important aspect of life, it is advises to take full sleep at least for 8 hrs. at night, day time sleeping and late night awakening should be avoided. Good sleeping pattern provides mental relaxation and person feels happy and remains away from migraine and headache.

2. SEASONAL REGIMENS

Summer season:

- ✓ Liquid diets advocated for summer season to prevent heat shock. Coconut water, buttermilk and juice, etc. advises in case of dehydration.
- ✓ Avoid hot, oily and spicy foods in summer season while intake of fruits, soups and salads should be increased.
- ✓ Paste of *Chandan* can be applied on body for cooling effect.
- ✓ Excessive physical exercise and sun exposure are to be avoided in summer season.

Winter season:

- ✓ Milk, cereals, hot food and *Kapha* pacifying diet advocated.
- ✓ Massaging with mustard oil and little exercise suggested.
- ✓ Cold foods should be avoided such as ice-cream and juices.
- ✓ Green vegetables, seasonal fruits, *Ghee* and meat can be consumed in winter season.

Rainy season:

- ✓ Easily digestible, barley, diluted honey and food cooked at home should be consumed during rainy season while street food and unhygienic materials are to be avoided.
- ✓ Heavy, cold, fatty and oily stuffs should not be consumed.

3. GOOD CONDUCT (ETHICAL REGIMEN):

- ✓ One should helps and share happiness with others.
- ✓ Sense organs should be control and remain intact with nature and involve in worship.
- ✓ Excessive sexual indulgence should be avoided.
- ✓ Avoid alcohol, tobacco and unethical regimen.
- ✓ One should not speak lie and always respect elders, maintain general hygiene and be social.
- ✓ *Yogasanas*, meditation and spiritual conduct should be practices to acquire physical as well as mental peace.

Conclusion

Ayurveda described various ways of healthy regimen including concepts of *Dinacharya*, *Ritucharya* and *Sadvritta*, etc. These conducts helps to prevent disease, promotes general health, maintain physiological activities, boosts psychological and physical strength, nourishes body, improves metabolic activities, facilitates evacuation of toxins and establishes synchronization of body with natural and spiritual power.

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