

**AYURVEDA: MEDICINE OF FUTURE****Gahalawat Manpreet\*<sup>1</sup> and Kumar krishan<sup>2</sup>**

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**ABSTRACT**

The first and foremost aim of Ayurveda is to preserve the health and increase the quality of life and secondly to cure the diseases of diseased person. Main objective of Ayurveda is to maintain homeostasis in functioning of body tissues. In Ayurveda positive health has been extremely understood and given importance that Acharyas has defined health as a state of sama dosha, sama agni, sama dhatu mala kriya along with prassana atma, indriya and mana. Health is a state of complete wellness physically, mentally and spritually. Four types of Ayu is explained in Ayurveda – two types for personal and two types for society. In Today's era of busy life, over time working life of people become so much stressful that along with physical health mental health is also on stake. People are suffering

from lots of ailments. In such a situation the veda of Ayu i.e. Ayurveda is the only solution to save mankind from suffering.

**INTRODUCTION**

In present era of modern life style, stress, increased work load, lack of exercise, bad food habits, smoking, alcohol, increased environmental pollution etc. reduces person's happiness, immune system and dysfunction of body organs which ultimately produce various diseases like Dyslipidemia, hyperacidity, hypertension, cardiovascular diseases, thyroid disorder, diabetes, COPD, PCOD etc.

In modern system of medicine even after various researches there is no proper solution for these diseased conditions as they mainly focus over the symptoms only, not over the cause of

that problem. On the another hand Ayurveda propounds on unique objective to make human life better, longer, more capable, happier and useful. Its purpose is to make the time in which we live and the future a better time for all. The aim of Ayurveda is to maintain the health of way healthy individual and treat the disease of diseased person. As we see no other system of medicine focuses on maintaining the health of a healthy person. They only treat the diseased. Ayurveda is the only one which gives first and foremost importance to preserve the health of a healthy person by various principles. In Ayurveda individual healthcare is given due emphasis by lying down rules do's and don'ts regarding Dincharya, right from rising from bed in morning up to falling in sleep at night. Importance of Tryupstambha (three pillars) which support life – Aahar (food), Nidra (sleep) and Brihamcharya (judicious fulfillment of sex urge) is given in Ayurveda for preservation of health and maintenance of life. Quality and quantity of food is advised in accordance to one's digestive capacity and counter balancing one's constitutional doshas. Along with these the regimen according to one's prakriti (basic constitution) is given prime importance in Ayurveda. Aacharyas have told various seasonal regimens to maintain health according to environmental condition. General guidelines are also given about good and bad/ do's and don'ts in the concept of Sadvritta and Swasthvritta.

### **DINCHARYA**

Ayurveda describe the rule of conduct to do the daily life style after waking up in morning seeking perfect health and sound body. Dincharya includes waking up at Brihammuhurat due to lots of purity at that time. Tooth brushing by tooth brush made up of fresh twig of nimb, khadira, karanj etc. to prevent dental disorders by their properties. Scrapping of coated tongue by tongue cleaner made up of gold, silver, copper or wood. Gargles with medicated oil to make the teeth and gums strong and healthy. Eye and mouth wash with triphala decoction to prevent eye disease. Tambula sevan for mouth cleansing. For making the strong hair root and relaxing the mind – head massage is advised. Pouring oil in ear cavity Body massage with various medicated oils. Exercises to make body strength. Foot massage, bath etc. In addition to all these guidelines are also given about how to travel and what to keep with oneself during travelling. In Ratricharya time of sleeping and the type of room and place for sleeping is well explained according to every season.

### **RITUCHARYA**

Season classified by different features expresses different effects on body as well as environment. As adaption according to the changes is the key for survival, the knowledge of

Ritucharya (Regimen for various seasons) is important. People do not know the suitable type of food, dressing and other regimens to be followed or to be ignored in particular season, and this leads to disequilibrium of Dhatus leading to various disorders.

In Ayurveda this seasonal regimen is beautifully explained by Acharyas, where they guided about every minute necessity for maintaining health during seasonal changes. If people follow these regimens they can not even prevent the disease but also become able to cure the ailments by bringing equilibrium in Dhatus.

### **SADVRITTA**

Right conduct and moral principles are given prime importance in Ayurveda for maintaining one's Health. Acharyas has given a separate chapter about good conduct or ethical regimen, that is applicable to all people of all the time & place. If we ignore these guidelines, we are definitely going to suffer physically as well as mentally. Sadvritta includes guidelines like people should not tell a lie, should not cheat anyone, should respect the elder ones, old ones, be kind to all living beings be helpful, should respect women etc. In short Sadvritta is good mental, Social, personal, moral and religious conduct. It help to achieve good health and self control.

### **AAHAR**

Acharya Charak has considered Aahar as Prana (Basis of life). Importance of Aahar for maintaining health can be understood by the fact that it has been called Mahabhaisjya by Acharya Kashyapa. In Ayurveda, it is clearly mentioned that food should be taken in such a amount that one part of stomach should be filled up with solid food, the second part with liquid and the third part with should be left empty for proper movement of doshas. The quantity of diet varies from person to person because every person have different type of Agni (metabolic capacity). Basic theme of good diet lies in Mitahara. Mitahara stands for easily digestible food and food in proper quantity. Proper food keeps the agni in sama avastha which further leads to formation of excellent quanlity of dhatus and thus helps in maintenance of health.

### **NIDRA**

Showing the importance of sleep Acharya Charak states that the happiness or misery, the soundness of health or emaciation, the strength or the weakness, the knowledge or ignorance and so much so that even life or death depends upon sleep.

Aacharya Sushrut has also supported the facts. He stated that a good sleep enjoyed at a proper time and for the proper period tends to improve the growth, strength, vigor and complexion of body. Good sleep increases digestive power, removes laziness and keep the natural equilibrium among the different body tissues. Hence sleep plays an important role in maintenance of health.

### **BRIHMACHARYA**

It is one among the Tryaupstambha. It is a way of life that leads one to self realization through the control of our senses or desires. In todays generation people became slave to this desire. This in turn affected their ability and create disharmony in society. Ayurveda tells Brihmcharya to control these desires and attain peaceful life with self control of overall desires.

### **RASAYAN CHIKITSA**

Rasayan chikitsa in Ayurveda helps to nourish the tissue and rejuvenation. It is immunomodulator, provide healthy and long life, increases mental health. Aachar rasayan is unique contribution of Ayurveda for moral, ethical and behavioral conduct. It tells how to live a peaceful life which is also beneficial to society. Because the life of a person which is not contributing for society in any way is said as useless. Aachar rasayan tells mankind the way of living by adopting non violence, truth, freedom from anger, calmness, respect of elder ones, not to hurt anyone even by speech, devotion to vedas, examine the work before performing it, either it is good or bad, keep control on your desires etc.

Person who adopt Aachar Rasayan gains all the benefits of Rasayan chikitsa and the person who don't adopt Aachar Rasayan can't get the benefits of Rasayan chikitsa.

### **VAJIKARAN CHIKITSA**

It is one of the Ashtang ayurveda which shows its importance and necessity. In Ayurveda Vajikaran chikitsa is mentioned for santan prapti. Santan utpatti is very much important for continuation of generation. In today's life style infertility rate is increasing on a higher note. So vajikaran chikitsa mentioned in Ayurveda is the need of the hour. It helps to remove all sexual disorders and provide strength to person.

## PANCHKARMA

In Ayurveda various detoxification procedures are mentioned in name of Panchkarma. Ayurveda is the only science that believes in the removal of the cause of the diseases as it is the root of diseases. By Panchkarma procedures toxins from very minute levels are removed from body. The doshas which are pacified by giving medicines can misbalance but the doshas which are removed by detoxification procedures does not get prakupita (aggravated) again to cause the diseases.

## PATHYA- APATHYA

Ayurveda not only prescribe medicine as per the diseases but also give proper and strict advice about pathya apathya. It is said in Ayurveda that if a person follows pathya he will not need any medicine. And if the person does not follow pathya then prescribing medicine to him/her is of no use. This statement shows how important is Pathya – Apathya. Nidan parivarjan (avoiding the causative factors) is said to be the first line of treatment in Ayurveda.

There are various other principles of Ayurveda like Samanya- Vishesha siddhant, ritu sandhi charya, janpadodhwansa, yoga, daivvyaparshya, satvavjya chikitsa that are very much helpful or we can say are must to improve our life style and protect us from numerous diseases.

## CONCLUSION

On the basis of above said things it can be concluded that Ayurveda is the only Medicine of Future as it is pure treatment that treat the diseases and does not produce any other disease as a complication. It tells us about the way of living which is very much needed as per the present lifestyle of the people. Ayurveda is boon or blessing for people to attain a diseased free, happy, satisfactory life.

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