

STUDIES ON AHARA VIHARA CONDUCTED AMONG AYURVEDA COLLEGE STUDENTS

Priyadarshini S.^{1*}, Deeksha², Sindhura³ and Rakshitha M.⁴

¹Professor & HOD.

²Final Year BAMS Student.

³Final Year BAMS Student,

Government Ayurveda Medical College. Mysore.

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***Corresponding Author**

Prof. Priyadarshini S.

Professor & HOD.

Government Ayurveda

Medical College. Mysore.

ABSTRACT

Life style management today plays a significant role in maintaining health, recuperating from illness or surgery. Ayurveda illustrates daily and seasonal routine to be followed to not only preserve and safeguard health and achieve longevity but also to be creative and productive. A survey to study lifestyle of 100 Ayurveda students, their daily routine inclusive of wake up and bed time, if they are following dina charya principles laid out in Ayurveda was conducted. Data about their food and lifestyle habits were recorded and many issues compared and analysed. This survey study helps

understand the various life style and food habits among students studying Ayurveda and shall be a data base for prospective cohort studies in future. The present survey conducted by Ayurveda students themselves is to create awareness not only about importance of survey study but also to enhance ahara vihara as suggested by Ayurveda and to conduct the same study after one year to understand if it has increased healthy dina charya acceptance.

KEYWORDS: Lifestyle, health status, nithya rasayana, survey.

INTRODUCTION

Prospective and retrospective cohort study conducted on many thousands must have resulted in conclusions and led to accepted theories. As a consequence of epigenetic changes occurring in several generations our ancient seers enumerated daily and seasonal routine.

Consuming few nutritive edibles and drinks on daily basis enhanced immunity, reversed aging, decreased rate of deterioration and maintained the sense organs in better condition so it was classified as –nitya rasayana and was advocated to be relished daily.

Benefits of early raising and sleeping in time and preventing day sleep was also observed as beneficial to retain perfect health. Every aspect like regular exercises, prayer, oil massage particularly for head, feet and whole body and several daily lifestyle practices were recommended only after long time observation and found safe, effective and most essential practices.

Lifestyle involving excessive salt intake was observed and compared among Ayurveda students and students from non professional colleges and found that Ayurveda students were aware of health benefits much more than other students.^[1]

AIM of Survey

1. To collect information about food and lifestyle inclusive of attitudes, ambition.
2. To make a data base to form a cohort group for further study.
3. Enhance communication skill and develop social responsibility to create health awareness.

METHODS

Ayurveda college students are aware of daily regimen and beneficial practices so it was critical to make this survey to assess the percentage of students who had inculcated it into daily practice. Oral consent was taken and it shall be used only for research purpose.

Students from final year collected data from 100 students of the college. The standard questionnaire about various aspects like daily or frequent consumption of ghee, honey, milk, fruits, junk food, curd, non vegetarian, taste preference, habits of time of sleep pattern, exercises, duration of study hours, creative habits, future plans and daily plans were collected systematically and all 60 aspects were analysed.

The data of 30 questions were analysed on MS excel spread sheet and analysed. These 30 questions were on scoring pattern(0 to 4) for easy scoring and analysis. The other 30 questions had two section of answering in affirmative or not and second section had to be answered in 2 to 3 lines.

A data base with all details shall be stored and same questionnaire shall be retested among the same students.

RESULTS AND OBSERVATION

Health status was very impressive as 92 % recorded healthy, only 3% took medications daily and 5% on simple medications once in a month. Vegetarians were 63% and rest are non vegetarians among them 5% consumed non vegetarian daily. Laughter was daily habit among 81% but anger was usual only in 20%. Taste preference as follows madhura 67,amla 14,lavana 3,katu 52,tikta 4 and no one likes kashyaya rasa. Excessive salt daily is avoided by 82% but 8% prefer it daily. It is good to note that 76% don't prefer pizza or junk food at all and 58% don't prefer fried food but 59% eat curd daily,71% never miss early morning breakfast 17% miss breakfast almost daily.

Nitya rasayana such as milk, honey, ghee, fruits were considered and milk (51%) and ghee(32%) was taken where as fruits (25%) and honey(10%)was least consumed. Tea /coffee /fruit juice/lassi was also consumed.(Graph1).Nitya rasayana enhance health like regular rasayan which are organ and tissue specific.^[2]

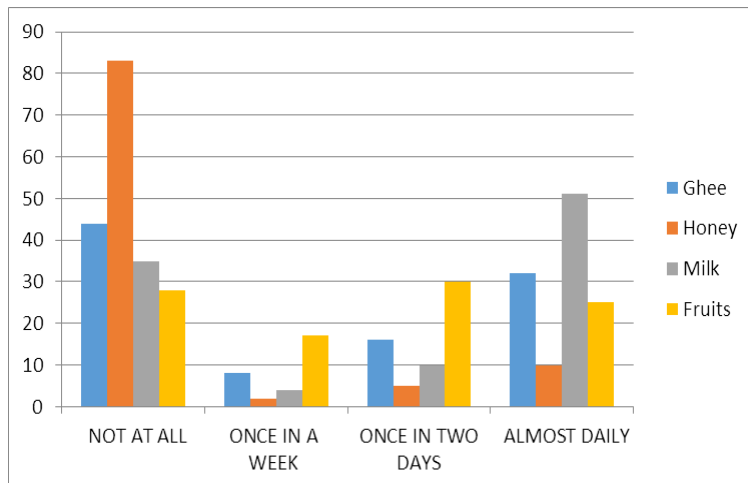
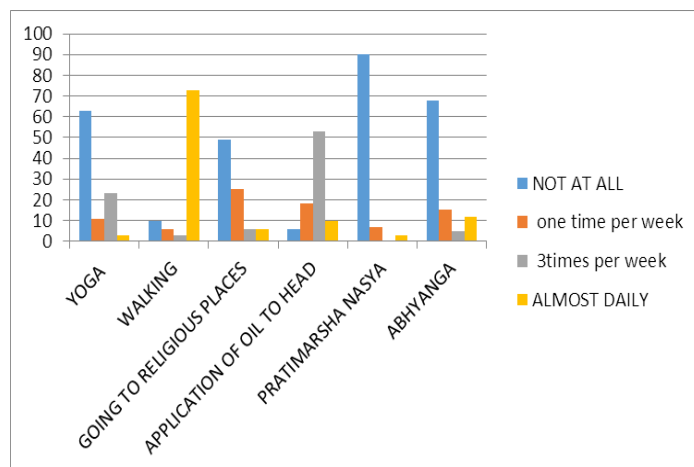


Table.1.showing sleeping and studying pattern.

Wake up time	4.30 to 5.30	36	6.30 to 7.30	59	After 8 am,	5
Bedtime	Before 10 pm	5	10 to 11 pm	40	11 to 12.30	55
Day sleep	3 times /week	16	daily	26	Not at all	58
Study hours	Less than 1 hour	16	Between 1 to 2hours	43	More than 4 hours	41

Importance of sleep pattern along with food are considered to have prime importance.^[3] Waking early and sleeping early and preventing day sleep enhances better immunity. During data collection it was seen that early morning risers were better academic performers.



Graph. 2. Showing lifestyle activities

Vihara showed much to be adopted. Yoga(63%) was not at all a choice but walking was preferred(73%)while (53%)preferred oil massage for head three times a week, pratimarsha nasya daily was least adopted by3% and 90% never did it. But as all students were between 20 to 22 years most of them were healthy and not on any regular medication. Peer pressure for adopting various activities like walking than yoga was noticed along with adopting limited head oiling and whole body massage was also found to be reduced.

CONCLUSIONS

During survey students were also made to realise the importance of ahara vihara as suggested in classical treatises and importance of regular exercises and avoidance of junk food are essential to heal ulcers and pus formation and maintain health.^[4]

Life style and food habits are essentially based on various factors like satmya, prakruti, desha, kala but it is imperative to consider well tested aspects.^[5]

Concepts of rasayana and ageing have been investigated.^[6] and a data of this survey helps in prospective cohort study in future.

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