

HEALTHY LIFE STYLE ACCORDING TO SWASTHAVRITTA- A REVIEW ARTICLE

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ABSTRACT

Ayurveda has a great importance to reduce risk of lifestyle disorders. There are so many concepts which will reduce the risk of life style disorders. Acc. To swasthavritta there are so many pathya aahar kalpna, various type of aasanas and yoga described thus, above factors has wonderful preventive and curative effect on obesity. Swasthavritta is the branch of Ayurveda which deals with prevention of diseases through holistic approach by Diet, Hygiene and Yoga & Naturopathy. Ayurveda is not only a system of medicine in the conventional sense of curing disease; it is a way of life which describes diet; behavior and rules and regulations that are beneficial for life.

KEYWORDS: Pathya, Aahar, Kalpna, Obesity, Hygiene,
Naturopathy, Regulations.

INTRODUCTION

The word Swasthavritta is compounded from three words - Swa, Sth and Vritta contains a trinity of ideas, resembling the trinity of Dosas in Ayurveda. The three words represent in themselves the joint effort of all the Dosas in the body, when working in full co-operation and co-ordination with one another. The result of this concord of Dosha is health and happiness. Swasthavritta thus helps one to attain the goal of perpetual normal health and happiness. It represents stability or maintenance and it means "one who stands". In Ayurveda it means one who is stable in carrying out his duties and attends the requirements of body i.e. A "Swastha" is one who enjoys normal life. Charaka has frequently used the term Prakrti, Swasthya, Sukha, Arogya, Dhatusamya as synonyms of health. He stresses that disorder is

disequilibrium of Dhatus and their equilibrium is health. Health is known as happiness while disorder is unhappiness.^[1]

Characteristics of Swastha

- Persons having proportionate musculature and compactness of the body with strong sensory organs will overcome onslaught of diseases.
- Can withstand hunger and thirst
- Can withstand heat of the sun and cold
- Can withstand physical exercises
- They can digest and assimilate the food properly.

Charaka has explained the ways to prevent disease preserve and promote the health of the person with simple changes in the habits of the persons. The concept of Swasthvritta deals with the aim of 'Swasthasya Swasthyraksanam' as a whole, also it is having its role from chapters of Sutrasthana to Siddisthana, because aim of Ayurveda is always to maintain Ayu.²

Contents of Swasthvritta

1. Daily regimen (Dincharya).
2. Seasonal Regimen (Ritucharya).
3. Occasional Occupational duties.
4. Precautionary Observances in sexual activity.
5. General rules of conduct for the well being of society: Ethical Regimen (Sadvritta).
6. Precautionary measures against untimely old age.

Some highlights on Dincharya

Waking up early: A healthy person should arise one and half hour before sunrise.^[3]

This period is called Brahma Muhurta because this is the best time for meditation thus acquiring Brahmajnana that is supreme knowledge and eternal happiness. Also this is the time when Vata Dosha is predominant and helps in easy evacuation of bowels. Evacuation of Bowel: To get nature's call after getting up from the bed in the morning is a sign of good health. But due to lifestyle and ill habits of many people now a days they do not get proper bowel movement in the morning. This should be avoided. Body Hygiene: Hands, feet, mouth should be thoroughly washed with soap and water after defecation. This type of cleanliness prevents bacterial contamination. Dental Hygiene: After defecation proper cleaning of teeth is

necessary. Seers have prescribed special herbs for brushing like Vat (*Ficus bengalensis*), Vijaysara (*Pterocarpus marsupium*), Jati (*Myristica fragrans*), Karavira (*Nelium indicum*), Arjuna (*Terminalia arjuna*), Nimba (*Azadirachta indica*) and karanja (*Pongamia pinnata*).^[4]

Cleansing of tongue: It should be cleaned by a flexible and long strip of metal or wood. This stimulates the whole digestive tract and increases the digestive fire.^[5]

Cleansing of mouth: Gandusha and Kaval are both variants of gargling described in Samhitas. In Gandusha one takes such a large quantity of fluid into the mouth that one is unable to move it inside the mouth. Whereas in Kaval one holds and moves the semisolid paste solution in the mouth. Either practices help in removing the odour, stimulates the taste buds, strengthens the gums and teeth and increases the appetite.^[6]

The word Ritu is derived from the Sanskrit root: - 'Ri' which means 'to go'. Ritu means time, suitable time, proper time for sacrifice. All the environmental factors like the nature of the land, water and various atmospheric phenomenon including temperature, humidity, wind, rain, clouds, and atmospheric-pressure undergo a continuous change and at a time, no two moments are exactly alike in a given place. Thus with the rising sun the temperature keeps on rising and gradually drops at night. These are known as diurnal variations in the temperature. The maximum and minimum temperature fluctuates daily but it is highest in summer and lowest in winter. Similarly, all these factors show diurnal as well as seasonal variations and these variations for a particular time are known as season (Ritu). So following the regimen according to seasonal variations is ritucharya.

DISCUSSION AND CONCLUSION

Ayurveda is the ancient medical science deals with the study of life, its preservation, ideal and wholesome life style, promotion of health and causes of diseases with treatment. Being healthy means balance, harmony and equilibrium in all the physiological activities of body and mind. This harmonious situation gives pleasure and eternal happiness devoid of any stress. And all this can be attained by following the regimen described in texts. Thus at last we can say the concept of Swasthivritta is pioneer in the field of medicine propagated by our ancient seers and is basic need for building a healthy society.

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