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Role of Swasthavritta in Ayurveda for Healthy Life: A Narrative View

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ABSTRACT:

Background: Diseases known as lifestyle diseases are those whose occurrence is based on people's everyday behaviors and arises from an improper interaction between people and their surroundings. A person's complete well-being, including their body, mind, sensory organs, etc., is referred to as swastha. The Ayurvedic daily routine, seasonal regimen, sadvritta eating requirements, rasayana, sleep regulations, and Brahmacharya all provide detailed descriptions of how to attain it. These are the core ideas of Ayurveda. Panchakarma is a useful treatment for chronic, metabolic, neurological, mental, and autoimmune disorders of the musculoskeletal system. The ideas behind Rasayana Dravyas are explained in detail in relation to its application in health promotion. Medication that improves a person's good attributes from their healthy components is referred to as Swasthya Oojaskar. Thus, by understanding the harmony between human and nature, adopting the best suitable regime is helpful to manage the lifestyle disorders.

Keywords: Lifestyle disorders, Swasthavritta, Dincharya, Rutucharya, Panchakarma.

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1. Introduction

Diseases known as lifestyle diseases are those whose occurrence is based on people's everyday behaviors and arises from an improper interaction between people and their surroundings. A disturbed biological clock, poor eating habits, and physical inactivity are the main causes of

lifestyle disorders. Thus, adopting a healthy lifestyle that includes regular exercise and a well-balanced food is necessary. Life's three primary pillars are food, clothing, and shelter (Anna, Vastra, Niwasa). Which is why eating a nutritious diet is important for survival. However, because of the stress of the modern workplace, everyone demands more in less time. As a result, the need for junk food, drinking, and smoking addictions rise. Three chemical preservatives are frequently found in food items: sulphites (sulphur dioxide), nitrites (sodium nitrite), and benzoates (sodium benzoate). As a result, eating a low-quality, junk-food-rich diet increases the risk of obesity, depression, digestive problems, heart disease and stroke, type 2 diabetes, cancer, and premature death. Prevention is a good step in reducing disease occurrence. Promotion is a positive attempt to reach optimal health state.

Ayurveda, an ancient medical profession, deals with the study of preserving health and life, as well as treating disease when it develops. Guidelines for health prevention and promotion are described in depth at every stage of life, from prenatal life to old age (garbhavastha to jaravastha). All such recommendations stated in Ayurveda are referred to as Swasthavritta. Furthermore, aaturvritta refers to a lifestyle that promotes the healing of diseases.

Concept of Swastha in Ayurveda

Swastha is the well-being of an individual's entire body, mind, and sensory organs. Excellent capacity for those components can be attained with a certain lifestyle and Rasyana Dravyas, resulting in longer life. Ayurveda describes the methods for achieving it in great depth. Daily routine, seasonal regimen, sadvritta eating requirements, rasayana, sleep rules, and Brahmacharya. Triskandha Ayurveda. Hetu (a etiological or causative factors of diseases or health), Linga (signs and symptoms of health and diseases), or Dravyas for disease prevention, promotion, and treatment. These are the essential ideas of Ayurveda. Another significant concept is that Pradnyapardha is a route that causes all dosha vitiation and should be avoided. 'Swasthasya Swasthya rakshana' i.e. to preserve one's health is the primary objective of Ayurveda

Swastavrittha as preventive Measures:

Charak mentions the term 'Swasthavritta' when discussing the necessity of disease prevention. The term Swasthavritta appears in Hemadri's commentary on Ashtang Hriday, titled 'Ayurvedic rasayan'. He described how life is maintained in two ways. Swasthavrittha, a lifestyle, and additional measures such as seasonal purification help people live long, healthy lives. Another method of maintaining life is to modify one's lifestyle in accordance with the sickness in order to cure it. The applied component covers all of the directions for a daily rasayana regimen. According to the description, Swasthavrittha regulations must be followed in order to prevent sickness. By adhering to daily regimen norms as preventive measures, as well as panchankarmas and rasayan dravyas, one might gain vigor and anti-aging benefits.

Preventive measure explained in Ayurveda.

Ayurveda is the only science that incorporates several cleansing methods into daily routines. This serves as both a preventive and curative measure. Though Ayurveda is an ancient health science, it is capable of dealing with contemporary health issues such as lifestyle disorders. Dincharya explained that Ayurveda was a part of Indian culture. However, the westernization of our culture is leading to lifestyle problems such as diabetes, cardiovascular disease, high cholesterol, hypertension, stroke, and depression. These diseases were addressed in Ayurvedic compendia, but in current day and age, they have advanced to the point that 25% of Indians may die from lifestyle diseases before the age of 70. These are sometimes known as civilizational or longevity disorders. Certain ailments, such as diabetes, dental caries, and asthma, are spreading among the younger population, particularly those residing in the West.

Western lifestyles include less physical activity, less manual labor, availability to a wide variety of enticing but unhealthy foods, and late-night employment. When we look at the Ayurvedic pathogenesis of these ailments, we can see that they are mostly caused by vitiated Kapha dosha, dushita rasadhātu, agnidushti, and amapradosh. Mostly diseases caused by sanchaya pradhana or santarpanjanya avastha. Following Ayurvedic dinacharya can help prevent pathogenesis caused by this western lifestyle. Dinacharya is the term used to describe health promotion that involves following methods outlined in a daily regimen. Dinacharya describes a lifestyle that promotes and protects health. Every act in a routine is supposed to be health-promoting and should not cause disease. A healthy daily regimen is one of the most essential preventive strategies in Ayurveda. Dinacharya encompasses Panchakarma and related procedures such as Nasya, Abhyanga, Mardana, Gandush, Anjana, and Udvartana. The brief description and mode of action are as follows:

1. Dant dhavan involves employing herbal sticks such as Kashaya, Katu, and Tikta Rasa. Kashaya rasa plants offer astringent properties for gums. Katu eliminates all plaque, but tikta rasa works on pitta or acid action. This sort of herbal therapy promotes dental and gum health. According to a national study conducted by AC Nielsen, 53% of Indians suffer from common tooth problems such as bleeding gums, foul breath, sensitive teeth, receding gums, and decaying teeth. The daily usage of this danta dhavana may aid with tooth troubles..
2. Jivha nirlekhana - Tongue cleansing maintains sensation taste, removes foul odors, relieves tongue heaviness, and keeps the mouth fresh. Dant dhavana and Jivha nirlekhana promote oral health.
3. Anjana- Anjana application in the eyes preserves eye health and has a cleansing impact. It eliminates excess kapha and promotes smooth functioning of the eyes and eyelids. It increases eye capacity and improves eyesight.
4. Mukh Prakshalan alleviates blue spots, dryness of the face, boils, and other ailments, and strengthens vision.
5. Navana nasya - Pratimarsha nasya is a process that involves administering oil drops into each nostril. It should be repeated twice a day. It improves skin texture, strengthens the neck and chest region, enhances facial beauty, and keeps the mouth fresh. Nasya's preventive role is listed as preventing Pinas, Ardhabhedak, and other ailments connected to the nose, head, ears, and throat, as well as spasms in the neck muscles, headache, facial palsy, and rhinitis. Nasya's beneficial role includes improving indriyas' ability to perceive knowledge, increasing facial complexion, strengthening vessels, ligaments, muscles, and tendons in the head and neck region, and strengthening and improving the sound of their voice.
6. Gandush- Gargling provides the mouth a light feeling by removing kapha and vata. This avoids throat infections. Strengthens voice function.
7. Dhooma- The inhalation of medicated smoke cleanses kapha and vata dosha sanchaya from the throat, nasal area, and sinuses. This avoids infections. All of these procedures keep the nose and pharyngeal passages healthy. Heaviness of head, headache, Rhinitis, migraines, earache, pain in eyes, cough, Hiccup, dyspnea, congestion in throat, weakened teeth, excessive saliva, discharge in ears, rhinorrhea, excessive lacrimation by vitiated tridoshas, suppurative rhinitis, otitis media, pain in teeth, anorexia, stiffness in neck, jaws, hair fall, greying of hairs can be avoided. Dhoompana practiced regularly according to standards improves head strength, sensory and motor functions, and voice function.
8. Abyanga - A daily oil massage is administered to the body. Massage, particularly of the head and feet, is advised. It has a rasayana effect, helps to maintain body tone, smoothes muscle activity by acting as anulomana on vata dosh, relieves muscle stress and strain, and maintains skin tone. Maintains body tone and protects against aging. Nourishes the eyes,

keeps the digestive fire going, tightens the muscles, keeps the body in shape, and increases longevity. Vatanulomana is a key element in the prevention of practically all diseases. Maintain physical and mental wellness. Abhyang heals both the body and the mind. Prevent sadness and rasadushtjanya illnesses, including hridrog.

9. Vyayama- Exercise provides strength, energy, excellent working capacity, a light feeling, and improves digestive power. Vyayama prevents fat buildup. It protects cardiac components.
10. Mardana- Mardana is performed after exercise to relax the body's muscles and prevent vata vitiation caused by excessive exertion.
11. Udvartana is a massage using medicinal herbal powders. It removes extra fats and strengthens the body's tissues and skin.
12. Snana - Hot water bath is a sort of parisheka swedana known as vataghna. Sweda provides lightness to the body and eliminates stiffness.
13. Tambula Sevana- Chewing betel leaf improves mouth clarity and smell, adds shine and beauty to the face, and relieves throat disorders.
14. Dinacharya practices such as Abhyanga, Vyayama, Mardana, Udvartana, and Nasya all help to prevent doshachaya. Sanchaya pradhana samprapti includes lifestyle problems such as diabetes and obesity, as well as cardiovascular disease.

Role of Panchakarma in lifestyle disorders

Panchakarma is an excellent therapy for addressing autoimmune, neurological, mental, and musculoskeletal illnesses of chronic and metabolic origin. Panchakarma therapy is considered superior to Samshamana therapy in Ayurveda because the disorders treated with Samshamana therapy may sometimes be provoked again by gaining momentum with the help of etiological factors and vitiated environmental factors, but in the case of those treated with Panchakarma, there is less/no chances of gaining such type of momentum and thus less/no chances of recurrence of a particular disorder. Panchakarma has five technologies: vamana (therapeutic emesis), virechana (therapeutic purgation), asthapana basti (therapeutic decoction enema), and anuvasana basti (therapeutic oil enema). 4. Nasya Karma (a nasal medicine). 5. Raktamokshan. Ayurveda emphasizes the preventive aspect of Panchakarma rather than the cure. It also aids in the absorption of nutrients and medications provided later in order to achieve the required pharmacotherapeutic results. Panchakarma also improves mental health and reduces stress, which aids in the prevention and control of numerous lifestyle problems. Benefits of Panchakarma the Panchkarma treatment removes pollutants from the body. Restoring balance and harmony in the body. Removal of negativity and enhancement of an optimistic feeling, improvement of mental, physical, and emotional well-being, and an enhanced sense of selfworth. Overall improvement of health and well-being. Panchakarma utilizes a set of therapeutic procedures which are given in a specific order to promote the elimination of toxic substances out of the body via the nearest possible route of elimination. Panchakarma accomplishes the removal of toxic accumulations and the return of the Doshas to normalcy and balance. All the Panchakarma regimens are followed to achieve the homeostasis and not just counter the specific symptom. That is why it outcores the conventional medicines when it comes to tackle a multi- dimensional disorder like Lifestyle diseases. Panchakarma plays vital role in the preservation, maintenance and conservation of health and promotion of longevity. They form a part in the regimen of preventive medicine (Swasthavritta) indicated as prophylactic measures in the context of epidemics and pan epidemics.

Some of the diseases that are commonly treated with Panchakarma are;

1. Vamana- Kapha predominant diseases, Obesity, thyroid, diabetes, asthma, PCOS (polycystic ovarian syndrome) and skin diseases.
2. Virechana- Pitta predominant diseases, Hyperacidity, skin diseases.

3. Basti- Vatapredominant diseases, Arthritis, spondylitis, musculoskeletal issues, etc.
4. Nasya- Migraine, headache, sinusitis, hair fall, premature graying of hair, frozen shoulder, cervical spondylitis, sleeplessness, allergies, etc.
5. Raktamokshana- Rakta predominant diseases Gouty arthritis etc., Shirodhara, Sleeplessness, headache, dandruff, psychological diseases etc.

Rasayana as a promotive measure

Rasayana should be used to increase strength and have a rejuvenating effect. The notions of Rasayana dravyas are specifically addressed in terms of their use in health promotion. Charaka classified Bhesaj into two types: Swasthya Oojaskar, which improves the good attributes of an individual's healthy components, and Dhatu-sarata, which is a condition of Excellency. Thus, Swasthavritta addresses the usage of rasayan dravyas for both health promotion and longevity. It is also stated that promotive dravyas can be utilized for therapy, whereas medicated dravyas can be used for health promotion on numerous occasions. Thus rasayan is good for duration of life with excellent power termed as 'Maha Phalam' by 'Chakrapanidatta'. Rasayanas are used as immunomodulants in a variety of disorders. Rasayana is the process by which one achieves rasa and other dhatus with abundance, such as longevity, strength, vitality, firmness, and the ability to maintain youthfulness as results of rasa, virya, and vipak. Rasayana dravyas are also described for various illnesses to boost immunity for specific dhatus. In this category, 'Glycyrrhiza garbar' yashtimadhu and honey with Vidang, as well as four additional combinations of dravyas, are listed to take for piles (Arsh), krimi (worms), and so on, and the same combination is used to increase one's life span by one hundred years. Kashamarya is used to treat diseases caused by vitiated Rakta-pitta, while 'Bakuchi' is used to promote sharp intellect and lifespan. Chitrak Choorna with oil must be administered to eliminate Vatrogas. Bhallataka rasayan treats Prameha, worms, piles, skin diseases, and obesity. Pippli or Piper Rasayan is used to treat coughs, asthma, kshayrog, grahani, arsha, pandurog, vish mawra, and chardi. Here are some instances of rasayanas based on ailments. Aachar rasayana is the result of ideal behaviour.

2. Conclusion

The goal of Ayurveda is to achieve Swasthasya Swastha Rakshanam and Aturasya Vikara Prashamanam. Ayurveda is a large therapeutic science focused on good living rather than disease treatment. Increased mental and physical stress due to lifestyle, undisciplined daily regimen, inadequate sleep, lack of exercise, dietic rules and regulations, metabolic disturbances are the main causes of Annapachan Vikruti, and the persistence of the same factor denotes the maintenance of the diseases of the system, which denotes the permanent damage of the organ. Ayurveda has adopted numerous preventive measure like following Dincharya, Rutucharya, Yoga, diet, Panchakarma, Rasayan therapy to prevent lifestyle disorders. So, in Ayurveda, there are many options available for prevention of a disease.

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