TO STUDY SWASTHAVRITTA WITH ITS PREVENTIVE AND PROMOTIVE ROLE OF HEALTH

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Abstract

Ayurveda is the life science which mentioned various principles for prevention and treatment of diseases. It is ancient medical science which deals with preventive aspect. To maintain positive health in healthy individual, Ayurveda has mentioned some lifestyle strategies are Dincharya (daily regimen), Ritucharya (seasonal regimen), Sadvritta (good moral conducts) and Ashtang yoga (eightfold yoga path first described in Patanjali’s Yoga Sutras). These are the most important concepts in Ayurveda in context to prevention. In today’s scenario, the daily routine of each individual has become so busy and hectic, that many of the lifestyle disorders is common in current era. Ayurveda perceives that positive health depends on healthy life style of an individual. Daily practice of Ayurveda leads to equilibrium of Tridosha, Agni, Saptadhatu, proper excretion of mala, power of digestion etc. Ayurveda also concern about mental health of an individual. Sadvritta and Sadacha is also mentioned in dincharya chapter of Astang Hridaya. Swastha is a well-being of all components of an individual as body, mind, sense organs etc. Excellent capacities of those factors can be achieved by specific life style and rasyana dravyas by which longevity of life can be achieved. Methods to achieve it are described in details in Ayurveda Daily regimen, seasonal regimen, sadvritta dietary guidelines, rasayana, rules for sleep and Brahmacharya, Triskandha Ayurveda Hetu (etiological or causative factors of diseases or health), Linga i.e. sign and symptoms of health and diseases or dravyas for prevention and promotion of health and for treatment of diseases. These are fundamental concepts of Ayurveda. Sushrut and Vagbhat have descended preventive measures in details by following wholesome life style.

Key Words: Swasthavritta, Dincharya, Life style, Preventions, Promotion, Ayurveda Guideline
INTRODUCTION

Ayurveda is a study of life and its preservation. Two important objectives of Ayurveda are prevention and protection of health of healthy being and treatment of diseased persons.1-3

So guidelines of prevention and promotion are described in Ayurveda in details. Life style has an important role for its. For study purpose all preventive and promotive literature is collectively called as “Swasthavritta’, and is similar to preventive and social medicine 4-5

HEALTH:

‘Health’ is a word widely used by us, but its meaning is very often misinterpreted. It is word which has meaning of depth. Health is not perceived in the same way by all the members of community. Traditionally ‘health’ has been viewed as a condition of absence of disease. Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (WHO) Spiritual, emotional and vocational dimensions have also been proposed in defining health.

1.) Physical Dimension: The physical dimension of health refers to the bodily aspect of health. It refers to the more traditional definitions of health as the absence of disease and injury. Physical health ranges in quality along a continuum where a combination of diseases such as cancer, diabetes, cardiovascular disease or hypertension is at one end and a person who is at optimum physical condition (think health not fitness) is at the other.

2.) Mental Dimensions: Mental health is not mere absence of mental illness; good health is the ability to respond to many varied experiences of life with flexibility and a sense of purpose. Mental health defined as “a state of balance between the individual and the surrounding world, a state of harmony between oneself and others, coexistence between the realities of self and that of other people and that of environment.”

Promotion of health is a positive effort for the excellence of health status. It can be achieved by rasayana, immunomodulent life style and aachar rasayanas. Ideal life style is mentioned in Ayurveda in detail. One needs to follow it. For it one has to look for own instinct of life called as Praneshana.6

Then only one will be aware of preservation of it. One has to gain capacity to follow wholesome life style and to avoid causative factors, known as Pradnyaparadha and Astmyendriyartha in Ayurveda.

Equilibrium of dosha-dhutu, mala, agni, mind, indriyas with atman is known as health status Prakriti, predominance of doshas at the time of conception is one of the main factor for healthy status of an individual. As ek-doshaj Prakriti as vataj, pittaj and kaphaj lead to frequent disease due to predominance of single dosha.

Agni or digestive power, metabolic power is also called as life and strength as maintenance and nourishment of body and mind is fulfilled only by proper working of Agni. Individuals’ health is related...
to environment. Seasonal changes can lead to diseases so Rutucharya is mentioned to follow to prevent diseases. All such aspects are described in details in Ayurveda. One can achieve hundred years of life through following guidelines of Swasthavritta and sadvritta mentioned in Ayurveda. One needs to understand about self, constituents of health, life, causes of health & causes of disease respectively.

Longevity of life depends upon following healthy lifestyle including moral conducts; calm and balanced mind and applying preventive and promotive procedures, as massage (Abhyanga), pouring of oil (Seka), exercise (Vyayam), (Nasya) nasal drops, rasayanas or rejuvenating diets and medicines are effective for promotive health and preserving long life.

AIMS

- To study guidelines of Ayurveda on Prevention.
- To study guidelines of Ayurveda on Promotion of health.
- To study ‘Swasthaviritta’ with its preventive and promotive role for health.
- To study guidelines of Swasthaviritta for longevity of life.
- To study applied aspect or methods to use preventive and promotive guidelines of Ayurveda.

Materials and methods

Collection and review of ancient Ayurvedic texts with commentaries and modern literature.

Definition of Ayurveda and aim of Ayurveda:

Aim of Ayurveda is mentioned as ‘Swasthasya Swasthaya rakshana’ and cure of disease. Health preservation is one part of the aim of Ayurveda. Various references from the text at various chapters are mentioned about the same aim.

Ayurveda is very ancient Life science of India, which is being practiced for attaining the complete health to achieve the four pursuits of the human (Dharma, Artha, Kama, Moksha). It is known as the Upaveda to Atharvaveda. Ayurveda means a science deals with a study of a life. The word ‘Ayurveda’ itself indicates knowledge about a life. According to Ayurvedic texts, its’ origin is from divine sources and it has been constructed for achieving health and longevity of a life of an individual. It indicates Ayurveda is a source of guidelines about prevention and promotion of health with longevity of life.

One who does not follow the Dinacharya and Ratricharya regimens properly as stipulated in Ayurveda, are likely to be infected with multiple health problems. Hence everyone should adhere to these regimens strictly in the interest of his own health.

Swasthavritta as preventive Measures Term ‘Swasthavirrita’ is mentioned by Charak while describing its importance for prevention of diseases. According to description, following are rules of Swasthavirритa for one who wants to prevent diseases. By following rules of daily regimen as preventive measures and following panchankarmas and rasayan dravyas, one can attain strength and can achieve anti-ageing effects. Term Swasthavirrita is mentioned in commentary of Ashtang Hriday named as ‘Ayurvedic rasayan’ by Hemadri.

Rasayana as a promotive measure

For achieving more strength and rejuvenating effect, rasayana should be administered. While introducing treatment of various chapter prior to that. The concepts about Rasayana dravyas are specifically described with its use for promotion of health. Charaka has classified Bheshaj in two types, one which enhances the excellent qualities of healthy components of an individual described as Swasthaya Oojaskar is a state of Dhatu-sarata or excellency. Thus Swasthavirrita also deals with the use of rasayan dravyas for promotion of health along with its use for longevity of life. It is also mentioned as the promotive dravyas can be used for therapy and medicated dravyas can be used for promotion of health many times. Thus rasayan is useful for longevity.
Rasayanas use as immune modulant in various diseases

Susrut, Charak and Vagbhat have mentioned Rasayan in detail. Susrut has described it in three chapters of Chikitsa Sthana. Rasayana is that by which one attains rasa etc. duatus with affluence as longevity, strength, energy, firmness and sustaining youthfulness as effects of rasa, virya, vipak located in drugs is rasayana.19

Rasayan dravyas are also described for specific disorders to gain immunity strength for particular dhatu. In this category 'Glycyrrhiza garbar’ yashtimadhu and honey with Vidang and another four combinations of dravyas are mentioned to take for piles (Arsh), krimi (worms) etc. and the same combination is used for a long increase one hundred years of life span. Use of kasatmalya is indicated for disease occurs due to vitiated Rakta-pitta for sharp intellect and longevity of life ‘Bakuchi’ is indicated. Vagbhat, the author of ancient text book on Ayurveda has described rasayana for various diseases. Chitrak Choorna with oil has to be taken for eliminating Vatrogas.20 Bhallataka rasayan is used for Prameha, worms, Piles, skin disorders and obesity.21 Pippli or Piper Rasayan is used for Cough, Asthma, Kshayrog, Grahani, Arsha, Pandurog, Vish mawra, Chardi, etc.22

Those are some examples of rasayanas according to diseases. Ideal behaviour results as rasayan known as Aachar rasayana. Thus ‘these are the specific guidelines for promotion of health and come under lifestyle with specific intention to promote the health of specific system or organ comes under Swasthavritta.23-24

Table – 1: Benefits of rasayan dravyas with respect to promotion of health and longevity of life.

<table>
<thead>
<tr>
<th>Sanskrit Term</th>
<th>Meaning With (Specific Description 100 years of life)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deergh – aayu</td>
<td>Longevity of life</td>
</tr>
<tr>
<td>Smriti</td>
<td>Excellent memory function</td>
</tr>
<tr>
<td>Medha</td>
<td>Excellent grasping capacity</td>
</tr>
<tr>
<td>Aarogya</td>
<td>Positive health with all dimensions</td>
</tr>
<tr>
<td>Tarun vaya</td>
<td>Youth phase</td>
</tr>
<tr>
<td>Prabha</td>
<td>Glory of Skin</td>
</tr>
<tr>
<td>Varna</td>
<td>Fairness of skin</td>
</tr>
<tr>
<td>Swara</td>
<td>Cultured voice</td>
</tr>
<tr>
<td>Audarya</td>
<td>Excellence of Prabha, Varna, balan</td>
</tr>
<tr>
<td>Dehabala param</td>
<td>Excellent health</td>
</tr>
<tr>
<td>Endriya bula param</td>
<td>Excellent working capacity of senses</td>
</tr>
<tr>
<td>Vacha Siddhi</td>
<td>Purity and capacity of intellect and mind to superior development</td>
</tr>
<tr>
<td>Kantipatra</td>
<td>Complexion</td>
</tr>
<tr>
<td>Arogo</td>
<td>Prevention of disease</td>
</tr>
<tr>
<td>Agni Vridhi</td>
<td>Enhanced digestive capacity</td>
</tr>
<tr>
<td>Medhya</td>
<td>Enhancing intellect</td>
</tr>
<tr>
<td>Param Ojaskar</td>
<td>Excellent enhancer of Ojas</td>
</tr>
<tr>
<td>Vish prasaman</td>
<td>Detoxifying capacity</td>
</tr>
<tr>
<td>Sarva vyadhit</td>
<td>Subsiding all diseases</td>
</tr>
</tbody>
</table>

Health promotion by using procedures indicated in daily regimen - Dinacharya

Life style is described in Dinacharya for prevention and promotion of health. Every act of a routine is supposed to be protective for health and should not be a cause of a disease. Wholesome daily
regulated regimen is one of the most important preventive measures in Ayurveda. Ayurveda’s guidelines for daily regimen are mentioned in Charaka Sutrasthana and Astang Hriday Sutrasthana.  

1.) Dantadhavan – Brushing teeth: The one should attend to the acts of cleansing after considering the condition of body. He should brush his/her teeth with the twigs of arka, nyogrodha, khadira, karanja, kakubha etc. The twig should be of astringent, pungent and/or bitter taste. One can use a paste of Trikatu/Triphala/Trijataka with honey for brushing teeth.

2.) Anjana – Collyrium: One should apply anjana daily, which is beneficial for eyes. Eye is full of the fire element and is particularly prone to kapha, rasanjana should be applied once every seven days to eliminate kapaha.

3.) Nasya – Nasal medication: Nasya is particularly recommended in diseases of the part above the collar bone; because nose is door for the head and the medicine through this spreads and cures the diseases. Pratimarsha nasya is procedure in which oil drops are administered in each nostril. It should be performed daily twice a day. Person who is habituated to nasal medication get the benefits of skin, shoulders, neck, face, and chest become very firm, high and lustrous. Sensory organs become strengthened, grey hair disappear.

4.) Gandushavidhi – Procedure of Gargle: Gandusha is of four types: Snighdha, Saman, Sodhana, Ropana. (Acc to A.H) Use of Murdhataila; arrest and curse the falling of hair and also graying. It generates pleasantness and sharpness of sensory organs, gives strength to the voice, lower jaw and head.

5.) Dhumapana – Inhaling Smoke: A prudent person should always inhale smoke for the prevention of the origin of diseases of the parts above the clavicle due to the derangement of kapha and vata and also for the cure of such diseases, which have appeared already. A person who is inhaling smoke will not afflicted by cough, dyspnoea, coryza, defects of voice, foul smell, anemia, disorder of hair, itching, pain of eyes, hiccup. Regular practice of Dhoompana according to guidelines leads to enhanced strength in head region, sensory as well as motor functions and strengthens function of voice.

6.) Abhyang – oil massage: It is one of the most important daily procedures indicated in Ayurveda for prevention and promotion of health. Specifically massage to be given to head, ears and feet. On should undertake oil massage every day; this removes old age (arrests the effect of old age), fatigue and vata; it also gives strength to clarity and sharpness of vision and nourishment, sound sleep and good skin. People who are suffering from aggravation of kapha, who have indigestion should avoid oil massage.

7.) Vyayam – Exercise: The one who do exercise daily will get benefits like feeling of lightness of the body, capacity to do hard work, stimulation of digestive fire, reduction of fat (which is excess), strong and symmetrical body etc. Exercise is the activity by which body gets tolerable strain. Person who is afflicted by diseases of vata and pitta, indigestion, children and ages should avoid exercise. After doing exercise, the whole body should be massaged in a pleasant manner. Then the body is rubbed with some powder to remove oiliness and bath with warm water should take.

8.) Udvartana – Massage: Massage of the body (without oily substances) subsides or normalize kapha, liquefies and dissolves fat (excess), bestows steadiness and strength to the organs and makes skin healthy and smooth.

‘Prasada’ is an interesting term. All the qualities required for the best skin can be covered by this word.

9.) Snana – Bath: Bath stimulates digestive power, is aphrodisiac, increases the life span and enthusiasm and strength, removes itching, dirt, fatigue, sweat, lassitude, thirst, burning sensation and effect of sinful acts (or impurity of mind). Bath of lower part of the body by pouring hot water gives strength to the body, but pouring hot eater over head region decreases the strength of hair and sensory organs.

10.) Bhojana and Malotsarga - eating and Excretion: One should take food; which is wholesome or beneficial and is in required quantity and should take food after the previous food digestion. Suppression and forceful expulsion (elimination) of urges is harmful. This repeated process will lead to chronic
disease or death in some cases.

Table – 2: Daily regimen & its benefits acc to Sushrutacharya

<table>
<thead>
<tr>
<th>Dinacharya in Sanskrit</th>
<th>Term in English</th>
<th>Preventive and Promotive Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dantadhavan</td>
<td>Teeth washing</td>
<td>Removes foul smell, kapha</td>
</tr>
<tr>
<td>Jihwa Lekhana</td>
<td>Tongue Scraping</td>
<td>Remove dirt, cleans tongue</td>
</tr>
<tr>
<td>Gandoosh</td>
<td>Gargles</td>
<td>Provides, cheerfulness, firmness to teeth.</td>
</tr>
<tr>
<td>Mukh Prakshalan</td>
<td>Facial wash</td>
<td>Alleviates blue spots, dryness of face, boils and other diseases, makes vision strong.</td>
</tr>
<tr>
<td>Anjan</td>
<td>Galena</td>
<td>Removes burning, itching, dirt of eyes, provides brilliance and vision</td>
</tr>
<tr>
<td>Tambula</td>
<td>Chewing betel leaf</td>
<td>Provides clarity and fragrance in mouth, luster and charm on face, alleviates diseases of the throat.</td>
</tr>
<tr>
<td>Abhyang (shirobhyanga)</td>
<td>Massage with oil on head</td>
<td>Eliminates diseases of head, provides softness and gloss in hairs charm on face, saturation in sense organs</td>
</tr>
<tr>
<td>Karnapooran</td>
<td>Filling of ear with oils</td>
<td>Removes pain in the jaw, carotid region, head and ear</td>
</tr>
<tr>
<td>Vyayam</td>
<td>Exercise</td>
<td>Physical development, lustre, compactness of body part, stimulation of digestive power and provides optimum immunity</td>
</tr>
<tr>
<td>Udwartan</td>
<td>Dry massage</td>
<td>Pacifies vata, dissolves kapha</td>
</tr>
<tr>
<td>Snan</td>
<td>Bath</td>
<td>Removes sleep, burning and fatigue, eliminates sweet, itching and stimulates digestive powder</td>
</tr>
<tr>
<td>Mukhalepam</td>
<td>Application of cosmetics on face</td>
<td>Makes eyes firm, cheek &amp; face corpulent and beautiful like lotus</td>
</tr>
<tr>
<td>Aahar</td>
<td>Food</td>
<td>Nourishes, gives strength promotes, life span, memory Ojas and digestive power</td>
</tr>
<tr>
<td>Nidra-kale</td>
<td>Sleeping in time</td>
<td>Promote development, strength, non-drowsiness and equilibrium of dhatus</td>
</tr>
</tbody>
</table>

Table – 3: Seasonal guidelines.

<table>
<thead>
<tr>
<th>Season</th>
<th>Using diet</th>
<th>Lifestyle/Vihar</th>
<th>Sodhana/Purification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsha</td>
<td>Madhur-amla-lavan, laghu, snigdha, honey, boiled water pippali</td>
<td>Protection from rain, mild, exercise. Drying clothes properly, avoid extreme walking</td>
<td>Basti, Vaman, Virechana, Nasya</td>
</tr>
<tr>
<td>Sharad</td>
<td>Madhur, Tikta, kashay, laghu, rice, green gram, aamalaki, cold water</td>
<td>Chandanadi lepan, avoiding, heat, day sleeping, curd, oil over eating</td>
<td>Raktamokshan, virechana</td>
</tr>
</tbody>
</table>
Preventive role of seasonal purification and seasonal guidelines:

It is one of the important measures to prevent future diseases that may occur due to aggravated doshas by environmental effects.\(^{31}\)

The dosa accumulated abnormally during winter should be expelled out in spring season; dosa accumulated in summer in the time of clouds that is expelled out at the end of cloudy weather, i.e. sharad ritu. By doing this properly one does not get affected by the diseases, which are produced by seasonal effects.

Normally purification therapy is done in samanya ritu (Normal season).

Discussion:

Ayurveda is ancient life science which deals with healthy and unhealthy both. It is study of life, its preservation, ideal and wholesome life style, promotion of health and causes of diseases with treatment. Fundamental of life have described in detail in which concept of health, maintenance of health through ideal Aahar-Vihar according to age, prakriti, season, desh, agni, etc. on the basis of Samanya-vishesh Siddhant are included. Methods to protect the health and promote it are wholesome daily regimes as ideal timings of sleep, wholesome diet with proper time and ahara vidhi, balanced and positive mental and intellectual activities, seasonal guidelines for aahar-vihar and purification methods. Daily procedures such as nasya, anjan; abhyang, vyayam have great importance in preventive and promotion of health.

Rasayan is one of the important measures to prevent disease and promote health in a general and specific according to used dravyas. Rasayana is a specialty of Ayurveda which deals with promotion of health through various dravyas and conducts. By reviewing texts in aspect of applied aspect for longevity of life, it is found that the guidelines about life style which mainly described as what to do and what should avoid dincharya, Rutucharya at physical, mental, social, spiritual level have great importance, A step to avoid unwholesome aahar-vihar and to follow wholesome is most important for prevention and promotion of health.

Conclusion

Considering all Guidelines collected for prevention and promotion of health from Ayurveda texts, it is concluded that Ayurveda deals with study of health and its prevention and promotion. Details of health dimensions are the parameters of positive health with characteristics described in Rasayan adhyay as excellent capacities at physical-mental and intellectual levels.

रोगस्तु दोषवैषयम् दोषसाम्यमरोगता ।
(अ.हृ.सू.१)
Abnormal state of Dhatus which produces Dukha is Vikara or disease. Balance or normal state of Dhatus which produces Sukha is Prakruti is Health or Arogya.32

If an individual wants to make his life hitayu and sukhayu; one should follow rules of pathya – apathy, ahar – vihar, dincharya, rutucharya and avoidance of causes of diseases as pradnaparadha, kal and astamyendriyarh sanyog.

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