

# A Scientific Approach to Incorporate the Fundamentals of Ayurveda in our Daily Routine

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## Abstract

*Ayurveda*, the science of life and longevity has a history as long as a human civilization and even beyond. *Ayurveda* was perfected by astute minds and adept hands and is aimed at the physical, mental and spiritual well being of human beings. This is one of the great gifts of the sages of ancient India to mankind and is accepted as the oldest scientific medical system, with a long record of clinical experience. This is the original contribution of India (*Bharatha*) to the world and treats man as a whole-which is a combination of body, mind and soul. Primary aim of *Ayurveda* is to promote positive health in people and minimize the occurrence of disease. *Ayurveda* principles were relevant about 3000 years ago which holds good even today. The present study deals with the advantages to involve the principles of *ayurveda* into daily life that can make one's life significantly more fulfilling and meaningful.

**Keywords:** Ayurveda life style, *Dincharya*, *Sadvritta*.

## Introduction

Although the world has made progress from the Stone Age all the way to the Modern Age, in many ways we have regressed from our roots and have been living increasingly at a much more superficial level. We are less conscious of our health and well-being, and constantly bombarded with noise & general overload, leading to stress, anxiety, and poor mental & physical health. In our modern world, particularly in highly developed countries, it is easy to lose touch with the healing power within each one of us. From the moment a child is born he/she is literally injected with the belief that his/her immune system is not capable of doing its job properly without some artificial means like vaccinations and other drugs.

Furthermore, nowadays the treatment for common childhood ailments consists mainly of allopathic drugs such as antibiotics. Of course, there may be times when such drugs are necessary, but all too often they could be substituted by a safer and more natural approach. *Ayurveda* deals with longevity & rejuvenation. Applying *Ayurveda* principles into daily life will calm our mind, soul, body, and even spirit-not to mention improving overall physical health.

## Aims and Objectives

- To elaborate the fundamentals of *Ayurveda* which can alter our daily routine life as well as

circadian rhythm of body.

- To ascertain the utilizing of these fundamentals efficaciously adopted by general public more and more.

## Material and Methods

- Collect the data from various *samhitas* in respect to *Dincharyas*.
- To accumulate data from sundry research articles and cognate scientific studies on circadian rhythm of body.

## Importance of Daily Health Regimes in *Ayurveda*

*Ayurveda* has much to offer in the way of gentle and effective health care and disease prevention for people of any age through diet and lifestyle, as well as the use of medicinal herbs and spices. One of *Ayurveda's* strengths is its ability to treat each person individually, recognizing there can be many internal and external influences on one's health and happiness.<sup>1</sup> Another strength is *Ayurveda's* focus on prevention of disease by recommending spiritual, herbal, dietary and lifestyle regimens that fit our individual needs and body-types. Many herbs can strengthen the immune system and support the health of people of all ages in a safe and holistic manner. *Ayurveda* deals with complete person and not with the disease alone-the reason it is known as the 'mind-body medicine'.<sup>2</sup>

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- **Wake up Early in the Morning:** There is a well known proverb- 'early to bed, early to rise, makes a person healthy, wealthy and wise'. *Bramha* means knowledge so '*Bramha muhurta*' is the **best time for gaining knowledge**. According to *ayurveda*, one who is desirous of a long, healthy life should wake up at the time of *Bramha Muhurta*.<sup>3</sup> In fact, it is the most fresh and pure time of the entire day.
- **Answering nature's call:** Atmosphere is fresh, pleasant and is the right time to attend the natural urges of the body like bowel and bladder. This prevents the buildup of toxins, help keep the senses and mind clear, and nourish the body.
- Drink a glass of room-temperature water. This will wash the GI tract and flush the kidneys. It also stimulates peristalsis and helps with having a good bowel movement.
- Dedicate a few minutes to **morning meditation**. This will help get into a positive, healthy meditative state for the rest of the day, focus and attention will improve, and work will become more effective with less worry and stress.
- **Danta dhavana:** Though most of us are familiar with brushing our teeth, few regularly practice scraping the tongue. This is an important part of daily hygiene.<sup>4</sup> Simply use a stainless steel tongue scraper and gently scrape from the back or base of the tongue forward until you have scraped the whole surface (5-10 strokes). In addition to removing bacteria from the tongue, scraping sends an indirect message to all the internal organs and stimulates gastric fire and digestive enzymes.
- **Nasyam:** Administration of medicated oil or ghee through the nostrils for clarity and proper functioning of all sense organs.
- **Exercise:** *Prakrita shlesma* is known as *bala*<sup>5</sup> and it is predominant in early phase of the day. Most of the hormones are at the peak level in the morning and they decline with time and are lowest at the evening time. So, for the congruous utilization of *prakrita shlesma* it is obligatory to do opportune exercise in the morning after doing *Anjana*, *Nasya*, *Kavala*, *Dhoompana* and *Abhyanga* which are the paramount part of our *Dincharya* and give us enough strength for all these activities. Try to exercise for at least an hour every single day. By doing this we feel freshness, energetic, additional efficacy, activeness and capacity for doing noetic & physical activities.<sup>6</sup>
- **Eat Mindfully:** Don't eat while doing something else such as while watching TV, working on the computer, or while walking. One should sit at the table and consume food mindfully.<sup>7</sup> Sit at the table and eat slowly in order to eat just the right amount. The less food that enters the system, the fewer calories, fewer toxins, and less undigested food in the body. This will lead towards a healthier life.

By incorporating these few tips into daily lifestyle we will see changes within just a matter of days. These tips will lead us to a happier, energetic, and productive life.



## Benefits of Ayurveda in Mental Disorders

Unlike conventional medicine, *Ayurveda* approaches every problem from a different perspective and offers a range of procedures to improve physical health and mental functioning. Physical strength and mental performance can be expanded to its full potential with proper nutrition, quality sleep and the balanced wisdom of herbs that can help nourish the mind in a natural, safe way.

Today most people are affected with learning difficulties, low self-esteem and behavioral problems like impulsiveness, restlessness and hyperactivity, as well as inattentiveness are due to diet, lifestyle and behavior. Present day disorders like Hypertension, Obesity, Diabetes, Cholesterol, etc. are mainly due to improper lifestyle. *Ayurveda* helps in treatment and prevention of the present day problems, the natural way.

## Following are Some Codes of Conduct and Behavior

<i>Acharya rasayana</i> (codes of conduct and behavior) on the basis of its effect			
Physical	Psychological	Social	Spiritual
1. Avoid alcohol and smoking	1. Have self control	1. Be loving, sweet spoken, kind, generous and compassionate	1. Regular Meditation
2. Be clean	2. Be free from ego	2. Follow non-violence	2. Regularly study scriptures
3. Have regular sleeping and awakening habits	3. Avoid jealousy and anger always.	3. Respect parents, teachers and elders	3. Regular prayer
4. Always follow your daily routine		4. Be truthful, polite, well mannered, gentle and calm	

## Discussion and Conclusions

*Ayurveda* was written neither for earning money nor for deriving any enjoyment. As mentioned earlier, it was written by sages, who could not bear to see the sufferings of diseased people and whose only aim was to restore their health and happiness. And this can only be achieved if one understands the principles of this life of science well and apply it clinically.

In *Bramha muhurta*, there will be abundance of nascent oxygen which easily mixes with hemoglobin forming oxyhemoglobin reaching to the remote tissues and also boost the immune system as oxygen deficient bodies are highly prone to disease.

In *Danta Dhavana* logic behind indicating twigs of plants possessing *katu* (pungent), *tikta* (bitter), *kashaya* (astringent) *rasas* (tastes) as it poses minimal risk of allergic reactions or mucosal irritations. Astringent *rasas* possess analgesic and antiseptic properties.

## *Acharya Rasayana* (Behavioral Rasayanas)<sup>8</sup>- Code of Conduct and Behavior

Diet, Lifestyle and Behavior are very important to maintain one's mental and physical health. Educate children to lead a healthy and happy life by following *Acharya Rasayana*. *Acharya Rasayana* is a code of socio-behavioral conduct which advocates a lifestyle with defined do's and don'ts, that is following a defined conduct and mentality. It plays a key role in maintaining an equilibrium state of health. Following these codes of conduct and behavior has a positive effect on the body and mind.

For e.g. it is especially important that all of us see only nurturing television shows and movies. Watching violent entertainment or spending time with friends who are often angry or jealous can create impurities in the mental channels. This results in a decrease in mental acuity and creativity. One should always keep the company of good people.

Studies that followed large groups of individuals for many years have documented the protective effects of physical activity for a number of diseases like non insulin dependent diabetes mellitus, hypertension, osteoporosis and colon cancer.<sup>9</sup> In contrast, one can observe a higher rate of cardiovascular events and a higher death rate in those individuals with low levels of physical fitness.<sup>10</sup>

Finally *Ayurveda* is based on universal principles not limited to a particular ethnic group or culture being both person centered and inter cultural and it can be used as an integration of the existent healthcare systems as well as a template to rescue local traditional values in order to meet the needs of different populations.<sup>11</sup>

Modern medicine also accepts that prevention is better than cure. Prevention is only treatment in many diseases like obesity, diabetes, hypertension, AIDS, etc. A vast physical, mental and financial damage can be controlled to do small investment in preventive health measures. *Ayurveda* is widely used

in India as a system of primary health care, and interest in it is growing worldwide as well.<sup>12</sup>

The global trend of public health problems has got a paradigm shift to the chronic life style disorders from its previous focus on infectious diseases and *Ayurveda* is undoubtedly a boon to redress these problems with its age old principles.

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