

Role of Swasthvaritha in Preventing Adverse Effect of Modern Life Style: A Review

Available online at www.hjhs.co.in

REVIEW ARTICLE

Vipul C Patil

Associate Professor, Swasthvrutta Department, Shree O. H. Nazar Ayurved College, Surat, India

DOI [10.22270/hjhs.v5i2.57](https://doi.org/10.22270/hjhs.v5i2.57)

ABSTRACT

Ayurveda the proud of Indian medical system explored many concepts related to the disease occurrence and their management, Swasthvaritha is one of such concept of Ayurveda which suggest regimen of healthy living. The modern pattern of living style affects health status of peoples due to the stressful working routine. The physical and mental burden of current scenario not only causing health issues but moral values also affected greatly. Therefore it is require to adopt some ethical conduct for maintain physical & mental health along with spiritual well-being. Swasthvaritha recommends daily and dietary rules along with ethical regimen to boost overall health and internal strength. Considering this fact advantage of Swasthvaritha summarizes in present article for managing adverse effect of modern life style.

Keywords: Ayurveda, Swasthvaritha, Dinacharya, Ethical Regimen.

Introduction

Ayurveda the science of medicine practicing from ancient time suggested various rules for disciplinary life style. The disciplinary conduct of daily & dietary routine along with ethical regimen comes under philosophy of *Swasthvaritha*. The general

principles of *Swasthvaritha* help to achieve good health status by synchronizing body with elements of nature, balances internal strength and boost self-control. **Figure 1** depicted area of *Swasthavritta* regimen where major conducts to be followed for acquiring healthy well-being. (1-4)

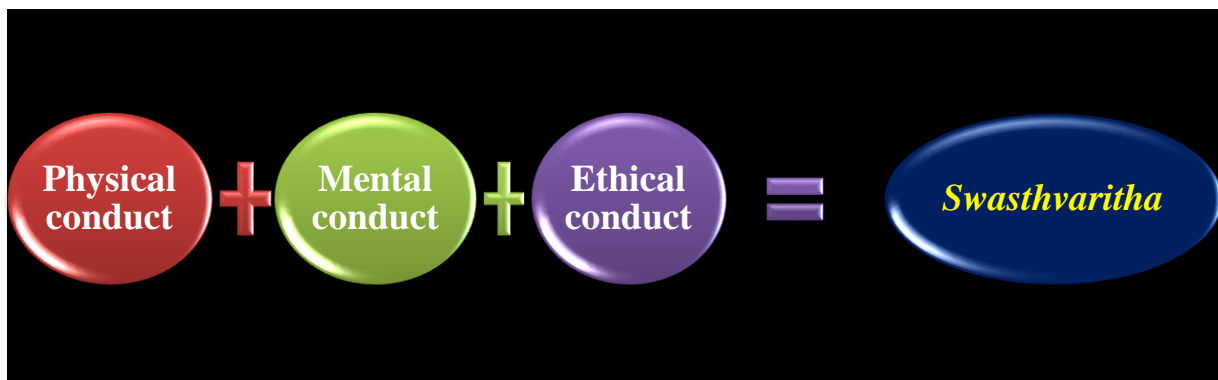


Figure 1. *Swasthavritta* regimens; conducts for healthy well-being

The general principles of *Swasthvaritha* not gives mental peace but also provide strength to combat against diseases like; *Unmad*, *Apasmara* and *Prameha* etc. The principles of *Swasthvaritha* balance *Dosha*, boost strength of *Dhatu* and correct abnormalities of *Agni*.

The current pattern of living style vitiates *Dosha*; *Vata*, *Pitta* or *Kapha* leading to the disturbed physiological functioning and deterioration of health. The *Swasthavritta*

suggested *Dinacharya* for keeping *Dosha* in balancing state:

- ❖ The recommend activities of *Swasthavritta* in morning time help to pacify *Kapha Dosha* since this *Dosha* in predominant state at early morning.
- ❖ The recommend activities of *Swasthavritta* in afternoon time help to

pacify *Pitta Dosha* since it is predominant in afternoon time.

- ❖ The *Vata Dosha* is predominant in night or sleeping time thus concept of *Nidra* and avoidance of meal just before sleep helps to control *Vata* vitiation.

Good conduction of *Ahara-Vihara*, *Yoga* and exercise, etc. helps to restore physical and mental, reduces adversity of stressful life style

Table 1. *Swasthavritta* in the management of adverse effects of sedentary life style (6)

S. No.	Adverse effect of modern life style	Role of <i>Swasthavritta</i> in health restoration
1	Waking up late in morning leads lethargy and lack of enthusiasm	<i>Swasthavritta</i> suggest early rising in morning to normalize metabolic activities and complete detoxification leading to the enthusiasm and vitality
2	Sleeping in day time aggravates <i>Kapha</i> and <i>Pitta</i>	<i>Swasthavritta</i> suggests avoidance of day time sleep and little walk after meal to avoid vitiation of <i>Pitta Dosha</i>
3	If one takes heavy food just before bed time in night then it may cause <i>Apachai</i> and sleeplessness	<i>Swasthavritta</i> suggests <i>Aharakalam</i> 3-4 hrs. before to bed time to acquire initial digestion of consumed food and it also prevent chances of <i>Vata</i> vitiation
4	Late night awakening or incomplete sleep may vitiate <i>Vata</i> which resulting body pain, laziness, weakness and indigestion	As per <i>Swasthavritta</i> one should sleep at least for 8 hours at night to avoid <i>Dosha</i> aggravation and restlessness.
5	Excessive indulgences in sexual activities can cause deprivation <i>Dhatu</i> and weakness	Obeying rule of <i>Sadvritta</i> (ethical regimen) imparts health benefits not only in physical manner but also enhances moral and social values.
6	<i>Avyayama</i> and <i>Medyanam Ati Bhakshanat</i> can cause weakness and excessive thirst	Daily exercise, <i>Yoga</i> and proper diet provide physical and mental health and prevent symptoms of obesity
7	Excessive consumption of <i>Guru</i> and <i>Amla Rasa</i> can leads <i>Ojas Kshaya</i> and irregular defecation	<i>Swasthavritta</i> suggests avoidance of <i>Guru</i> and <i>Amla Rasa</i> to acquire appropriate digestion and metabolic functioning of body
8	Stress, anger, alcoholism and smoking habits can cause anorexia, nephropathy, cardiac troubles and mental retardation	Meditation and <i>Yoga</i> helps to avoid stress and mental anxiety thus prevent symptoms of mental illness and hypertension.

Swasthavritta not only recommended physical and mental excise but it also emphasizes ethical conduct to imparts moral values and social reputation, these ethical regimen are as follows:

- ✚ It is recommended to speak truth, one should not lie.
- ✚ It is suggested that one should not harm others.

and imparts spiritual strength. The sedentary lifestyle, lack of exercise, stress and awful dietary habits, etc. can leads pathogenesis of many diseases including pancreatitis, heart problems and gastric problems, etc. The suggested regimen of *Swasthavritta* provides relief from such types of health ailments. **Table 1** depicted specific role of *Swasthavritta* in the management of adverse effects of sedentary life style. (5-7)

- ✚ One should remain calm and avoid anxiety.
- ✚ One should respect elder and women.
- ✚ We should be jealous with other.
- ✚ One should help others.
- ✚ Avoidance of unethical sexual activities.

Swasthavritta in preventing diseases induced by modern day life style (sedentary life style):

Swasthavritta suggests excessive intake of heavy foods which helps to avoid fatty liver, it is suggested to avoid *Madyapana* & smoking habits for remaining away from liver cirrhosis and cancer. Avoidance of unethical sexual conduct helps to get rid of sexually transmitted disease. Yoga and meditation helps to avoid depression, insomnia and mental retardation. Daily exercises correct imbalances of fat deposition and prevent pathogenesis of metabolic syndrome. Proper dietary habits help in condition like constipation, diarrhea, irritable bowel disease and abdominal cramps. Rising in morning time helps in breathlessness and cure respiratory troubles. (7,8)

Conclusion

Ayurveda emphasizes that good health is the prime need of human being and in this regards ayurveda suggested some conducts to be followed for acquiring optimum health status. *Swasthavritta* the ayurveda guideline for healthy well being recommended that one should involve in regular physical exercise, one should follow proper dietary regimen, avoid stress, controls unethical sexual desire, involved in spiritual conduct, speak truth, should not harm others, should respect elder, should not be jealous with colleague and helpful to others. These all suggested conduct of *Swasthavritta* helps significantly towards the prevention of adverse health effects associated with modern day life style or sedentary life style.

Acknowledgements

I would like to express my gratitude to Himalayan Journal of Health Sciences who gave me the opportunity to publish the article.

Financial Disclosure statement: The author received no specific funding for this work.

Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

References

1. K. R. Srikantha Murthy. Sushruta Samhita (English Translation) Part-I, Chaukhambha Orientation Varanasi. 2000.p. 177.
2. TrikamjinYadavji, Charaka Samhita with Chakrapanidatta Ayurvedadipika commentary. Reprint ed. Varanasi (India) (Chaukhamba Surbharati Prakashana). 2011.p.4
3. C. Dwarakanath, The Fundamental Principles of Ayurveda, Krishnadas Academy, Varanasi, India; 1952.
4. Janmejaya Samal- The Concept of Public Health in Ayurveda. IAMJ. 2013; 1(2):1-5.
5. Dr. P.V.Sharma; Sushruta samhita, part 1, 1999, Varanasi, Chaukhamba Bharati Academy; su /su/1/3.p.11.
6. Chakradutta. Chakrapanidutta, Vaidyprabha Hindi Commentary by Tripathi, Indradev Chaukhabha Sanskrit Sansthan Varanasi; 1997.
7. Agnivesh, Charaka, Dridhbala, *Charaka Samhita*, Sutrasthan, 17/80. English Translation by Sharma RK and Bhagwan Dash. Vol. 4. Reprint. Chowkhamba Sanskrit Series Office, Varanasi; 2009.
8. Dr. Keval Krishna Thakral; Sushruta samhita of maharsi sushruta (Shri Dalhanacharya evam Shri Gayadas virasita vistrira hindi vakhya), part 2, 2014, Varanasi, Chaukhamba orientalia; su /ni/12/4-8, 10-15.p. 835-42.