



PRINCIPLES OF AYURVEDA FOR WHOLENESS OF LIFE

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ABSTRACT:-

Ayurveda is a science of life. The aim of Ayurveda is "Swasthasya Swasthya Rakshnam Athurasya Vikara Prashamanam Cha " i.e propagation of health and cure of diseases. There are certain concept like Dinacharya , Rutucharya, Sadurutta, Rasayan Chikitsa, Yoga which are mention in Ayurveda for propagation of health which are directly responsible for wholeness of life.

1) **Dinacharya -**

Are all those activities we should do from the time of awakening in the morning till we go to the bed at night. e.g- Brahma Mahurta Uttishtate, kawal, Gandush Dharan.

2) **Rutucharya-**

Rutucharya consists of lifestyle and Ayurvedic diet routine to maintain the physical and mental impact caused by seasonal changes as recommended. e.g - in Shishir Ruta - oil massage, wearing warm clothes is recommended, foods like - cereals, pulses, new rice, corn etc.

3) **Sadvritta-**

It is a set of ethical codes and rules in Ayurveda that promote healthy living and good behaviour e.g Being kind, respecting elders, etc.

4) **Rasayan chikitsa –**

It is a Ayurvedic therapy that focus on strengthening mind. It act as the body and both preventive & Curative

5) **Yoga –**

It is a group of physical, mental and practices, spiritual or body and mind aimed at controlling to attain various goals. Ashtang yoga is mentioned in Ayurveda, i.e. Yama, Niyam, Aasana, pranayam, Pratyahar, Dharma, Dhyan, Samadhi.

KEYWORDS :- Dinacharya, Ritucharya, Sadavritta, Rasayan chikitsa, Ayurveda , Wholeness

INTRODUCTION

Ayurveda is the science of life style. An ideal life style has been described for the health maintenance . Ayurveda prime aim is that protection of health of healthy person and curing the disease of an ill. According to Ayurveda man is said to be healthy (swastha) whose Doshas (humors), Dhatus (tissues), Malas (excretory products), and Agni (digestive capacity) are in the state of equilibrium along with mental sensory and spiritual well being. Ayurveda offers several measures related to restoration of health and wholeness of life. Which includes Dinacharya, Ritucharya, yoga ,Rasayanchikitsa and sadvrata. In Ayurveda the Life style were well described in the different classics by different Acharyas. These principles can be put under the headings that are Dina- charya ,Ritucharya, Sadvritta, Rasayan chikitsa,yoga . These principals are helpful for wholeness of life.

AIM AND OBJECTIVE

To explore, how the principles of Ayurveda can promote wholeness of life by emphasizing holistic well-being and balancing physical, mental, and environmental factors.

To enlighten the basic fundamentals of Ayurveda to its full perspective

MATERIAL AND METHODS

Material related to Dinacharya and other topics have been collected from different journals ayurvedic text books Authentic websites etc.

DISCUSSION

Ayurveda places significant importance on both individual well-being and the health of the community. According to Ayurveda, everyone can enjoy a healthy life by following specific rules laid out by science. These various rules are divided into Dinacharya (daily regimen), Ritucharya (seasonal routine), Ratricharya (night regimen), and Sadvritta (code of good conduct for mental health and social behaviour). These guidelines are crucial for preventing illnesses and fostering optimal well-being. By Ayurvedic principles, adhering to these rules is essential for ensuring a healthy, disease-free life for all individuals.

Dinacharya (daily regimen): Ayurveda describes some daily regimen modalities for the maintenance of positive health required for achieving a long, healthy, active life, achieving satisfactory enjoyment of life and attainment of self-realization. The steps are Brahma Muhurta (rising early), oral hygiene, tongue scraping, Abhyanga (oil massage), Snana (bathing), Vyayama (exercise), Ahara- Consuming a balanced and Pathya (wholesome) diet.

Dinacharya which literary means daily routine is considered as best preventive measure of Ayurveda. An ideal Dinacharya has been described in Ayurveda like-

1. Brahma muhurta - Jagara (Wake up just before sun- rise)
2. Darpanen mukhasayavalokana (to see the mirror image of himself)
3. Malotsarga (Defecation and urination)
4. Achamana (washing of hands)
5. Danta-Dhavan (tooth brushing)
6. Jihva Nirlekhana (Tongue cleaning)
7. Sneha Gandusha Dharana (Retaining oil in mouth)
8. Mukha-Netra Prakshan (washing of face and eyes)
9. Sugandhita dravya Dharana and tambula sevan
10. Anjana (Application of collyrium)
11. Nasya (oily nasal drops)
12. Dhumapana (Inhalation of medicated smoke)
13. Vayayama (physical exercise)
14. Kshaur karma (Regular cutting of hair nails etc)
15. Abhyanga (Body massage with oil)

16. Sharir parimarjana (Body cleansing)
17. Snana (Bathing)
18. Vastra Dharana (Dressing)
19. Anulepana (Parfumes face-pack,etc)
20. Ratna and abhushana Dharana (use of precious stones and metals in the form of jewellery)
21. Sandhyopasana (Worship and prayer with surya- namaskar)
22. Paduka-chhatra-dandadi Dharana (use of shoes, umbrella, stick, etc)
23. Jivikoparjana upaya (occupation)

It is the ideal regimen of Dincharya and rarely followed by individuals at present time.

Ratricharya (night regimen): It includes balanced and Pathya (wholesome) diet, involvement in Vyavaaya/Maithun, Nidra (sleep) etc.

Ritucharya (seasonal routine): Ritucharya refers to the regimens one should follow during each season to prevent the occurrence of diseases. One should consume dry food regimens in Sharad and Vasant seasons, whereas unctuous food regimens in other seasons (Hemant-Shirira- Grishma). One should consume cold food regimens in the Grishma and Sharad seasons, whereas hot in other seasons (Hemant-Shishira-Vasant-Varsha). This is a brief diet protocol as per seasons

Sadvritta: By following Sadvritta, one can attain Arogya and Indriyavijaya. Sadvritta is crucial for maintaining overall well-being, encompassing physical, mental, social, ethical, and spiritual aspects of life. Sodvritta can be classified into the following types -

1. Vyavaharika Sadvritta
2. Samajika Sadvritta
3. Mansik Sadvritta
4. Dharmika Sadvritta
5. Sharirika Sadvritta

Rasayana Chikitsa :- Rasayana Chikitsa is a wonder treatment protocol for nourishing the body which deals with maintaining the physical and mental health, strengthening the body against diseases, building immunity, rejuvenating the body. In other words, Rasayana Chikitsa aims to retain the youthfulness of body and mind. Rasayana therapy replenishes the vital fluids of the body; boost the Ojas (vital force of life) and the immune system, thus keeping away from diseases and prevents against ill effects of advanced age. Rasayana brings about the normalcy of Rasa Dhatu and thereby maintains other dhatus (body tissues) in equilibrium for a longer period. Such state of improved nutrition prevents ageing which can be understood as Vayasthapana (geriatric care). or Jara nashana

Achara Rasayan (Rasayana effects of good conduct)- Good conduct, like speaking truth, non- violence, compassion, etc., is considered very important to obtain the benefits of any Rasayana

Astanga Yoga

In Sanskrit "Ashta anga" is ashtanga. "Ashta" means Eight and "Anga" is limbs so it means Eight Limb path, Ashtanga yoga is based on Yoga Philosophy of Patanjali. The Asanas, Pranayamas or the dharana which we have studied earlier or the yam and niyam are based on the Yoga Sutras of Patanjali, Hence, we will acquaint ourselves with the fundamentals as stated by Patanjali first.

Ashtanga Yoga is the eight-limbed path of conscious living and spiritual practice that guides one towards Self-Knowledge, liberation and cessation of personal suffering. It is presented in the Yoga Sutras which was compiled around 200 BCE by the great sage Patanjali.

The Eight Limbs are as follows:

1. Yama Restraints :-

- Ahimsa non violence
- Satya - truthfulness
- Asteya - non stealing
- Brahmacharya - sublimating sexual energy
- Aparigrahanon greed

2. Niyama - Observances

- Shaucha - purity within & without
- Santosha-contentment
- Tapas - discipline
- Svadyaya - Self / scriptural study
- Ishvarapranidana - surrender

3. Asana - Posture

4. Pranayama - Control of breath and prana

5. Pratyahara - Directing the senses inwards

6. Dharana - Concentration

7. Dhyana - Meditation

8. Samadhi - Unified consciousness Yogas

CONCLUSION

Ayurveda views each individuals with a unique mind- body constitution. So, with appropriate use of ayurvedic preventive measures such as Dinacharya, Ritucharya, Aahara vidhi and Agni and sadvritta palan we can achieve the wholeness of life.

Simple changes in lifestyle after consulting with experts from the field of Ayurveda will definitely help us to create a better and healthy future of the individuals which indirectly lead to a healthy society.

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