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Utilizing Ayurveda For Disease Prevention And Wellness Promotion

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ABSTRACT:

Utilizing Ayurveda for disease prevention and wellness promotion is the option for all human beings all over the world. Due to high tech modernizing lifestyle, diseases cannot be cured. Its main objective is to achieve optimal health and well-being through a comprehensive approach that addresses mind, body, behavior, and environment. Ayurveda for preventive measures can be definitely surprising for all. Therefore, wellness promotion by Ayurveda is also important for human beings. Our ancient Rishis as well as Vaidyas used Ayurveda for disease prevention. Pilot studies presented in this paper were conducted on depression, anxiety, sleep disorders, hypertension, diabetes mellitus, Parkinson's disease, and Alzheimer's disease.

Keywords: *Ayurveda; management; noncommunicable diseases; wellness promotion.*

INTRODUCTION:

Ayurveda is the best medicine for all diseases. So western countries are following our Ayurveda as well. In the period of Ramayana and Mahabharata, our ancient Rishis as well as Vaidyas were used Ayurveda for disease prevention. At that time there were no specialist doctors, then also humans' beings lived happily. There are different dietary and lifestyle recommendations for everyone.

Research has been conducted worldwide on Ayurveda. Wellness promotion is essential for fitness, ayurveda cures all sorts of diseases.

UTILIZATION OF AYURVEDA:

In western countries Ayurveda is utilize for the benefit of the people in order to be free from all types of diseases. After allopathy, everyone wants to take preference of Ayurveda. But in initial stage, most of us although we know about the danger of allopathy as well.

WELLNESS PROMOTION:

Wellness will always be promoted for fitness as well. According to the prevention of diseases as per the improvement of the disease. Ayurveda emphasizes prevention and health promotion and provides treatment for disease. We provide all-inclusive, its main motive is to achieve desirable health and well-being through a comprehensive approach that addresses mind, body, behavior, and environment. It is the science and art of preventing diseases, prolonging life, and promoting health and efficiency through organized community efforts.

The systematic review will be conducted in accordance with the Joanna Briggs institute systematic review guideline on qualitative evidence. Initially, a narrative synthesis will be conducted. Utilizing Ayurveda for disease prevention and wellness promotion. All over the world, Ayurveda practice has been accepted. Modern health facilities are very poor in rural areas and about 65% of the population lives in rural areas, using Ayurveda and medicinal plants as their primary health care needs.

ALLOPATHY:

Allopathy cannot be a solution for all types of diseases. So most of the leading as well as developed countries are also accepted and tried the same for disease prevention. The holistic approach of Ayurveda can provide most of the health services in rural India from its own resources such as preventive and promotive health care. Non-pharmacological remedies of Ayurveda like Sadvritta and Swasthyavritta, Wellness promotion is also possible by Ayurveda. *Ayurveda* is an alternative medicine system with historical roots in the Indian subcontinent. The Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya are considered the "great triad" of Ayurveda texts, and are the basis for modern Ayurveda. Ayurveda is a scientific system of health care that emphasizes prevention and wellness promotion.

DISEASES CAN BE CURED ONLY WITH AYURVEDA:

It can be used to treat disease, but its primary focus is on achieving optimal health and well-being. Ayurveda can be used for disease prevention and wellness promotion in a number of ways. Ayurveda is a traditional Indian system of medicine that is widely used in primary health care in India and is growing in popularity worldwide. Ayurveda's role in primary health care includes.

Ayurveda focuses on treating the whole person rather than just the symptoms of a disease. It emphasizes balance in all aspects of life namely physical, mental, emotional, and spiritual. This holistic approach to Ayurveda has convinced the global population to choose ayurveda over other healthcare suggestions. The occurrence of lifestyle diseases like obesity, dyslipidemia, hypertension, diabetes mellitus associated with cardiovascular diseases is high on the rise. According to world heart federation death from cardiovascular diseases surged 60% globally over the last 30 years. Due to rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these lifestyle diseases has reached alarming proportion among Indians in the recent years, so Ayurveda helps and provides best solution in the form of lifestyle advises, Proper Dietary Management, Panchakarma, Rejuvenation Ayurveda narrated this phenomenon as 'Pragya - Aparadha'. Pragya - Aparadha which is main cause of various diseases, e.g., habits of suppression of any natural urge are a result of Pragya - Aparadha and enlisted as cause of nearly 50% of disease. Overeating and eating of unhealthy foods, overdependence on processed foods, energy drink, fast food, sedentary living, stress, smoking, drinking alcohol, poor sleeping habits are commonest cause of lifestyle disease also poor exposure to sunlight and fresh air, diet and lifestyle are cheap factor thought to influence susceptibility to life style diseases.

PREVENTION THROUGH AYURVEDA:

Ayurveda provides various regimens such as Dincharya (Daily regimen), Ritucharya (seasonal regimen), Ahara and Vihar (dietary habits and daily routine), Panchakarma (Five detoxification and bio purification therapies), Rasayana therapies (rejuvenation). The Sadvritta (Ideal routine) and Achara Rasayana (code of conduct) are most important to provide healthy and happy physiological perspective. Ahara and Vihara play a central role in life according to Ayurvedic understanding. Ahara is considered as Prana (Basis of life) in Ayurveda. Ahara has described as one of the Trayopastambha (Three subsidiary pillars) of life which are Ahara, Nidra (Sleep) and Brahmacharya.

Diet is considered as vital for a human body as it provides the basis nutrients and promotes longevity. Use of Hita Ahara promotes healthy and longevity and Ahita Ahara promotes manifestation of different disorders. Ayurveda also described eighteen types of dietary incompatibilities (Viruddha Ahara), which should be avoided to maintain health and longevity. Ayurveda provides different Pathayapathya regarding dietary supplementation which definitely helps in the prevention and management of a broad range of lifestyle disorders.

DINCHARYA:

Health is a state of complete physical, mental and social well-being and not merely an absence of disease or infirmity. suggest to begin daily habits with awareness, early rising avoid suppression of natural urges and eliminates wastes as per urge, keep the teeth and skins cleaned, regular use of massage (Abhyanga) regular daily bathing consume suitable and whole some diet according to the appetite and metabolic needs, since it is the basis of life and important for day to days' promotion of health. The status of rural health care in India is disappointing and this is apparent from the fact that 42 % of Indian Children below three are malnourished and 1.72 million children die before turning one, only 43.5 % are fully immunized. Tuberculosis remains undiagnosed, seasonal ailments like malaria, encephalitis, dengue etc. often gets associated with high morbid it and mortality. Primary factors responsible for this are absent or inadequate trained health workers, low perceived need for immunization, infrastructure like, hospital, roads, water and sanitation are also lacking. Shortage of health care providers is another important factor of poor rural health care. Illiteracy, poor

economic state for health care affordability and superstitions associated with origin and cure of disease make the situation even worse. Government of India has started many programs aimed at improving the standard of living in villages or rural areas.

HEALTH MISSION:

The prestigious program of Government of India called Bharat Nirman " is proposed to provide water, housing, telecommunication and information technology, roads, electricity, hygiene but the health component has been left to separate program NRHM or National Rural Health Mission. This program was launched in 2005 and aims to carry out necessary reforms in basic rural health care delivery system. This mission relates health to segment of nutrition sanitation, hygiene and safe drinking water. It also aims to bring the Indian System of Medicine in the main stream to provide better healthcare to Rural India. The operation of this program is based on the availability of adequate infrastructure and trained manpower of State. The participation of local practitioners and trained manpower outside State is negligible. Even the utilization of state Ayurvedic Wellness Programs offers rejuvenation-therapy. Rasayana Chikitsa is the treatment for rejuvenation and regeneration of the tissues, mental well-being, intellect and boosting of the immune system. The detoxification of the body is crucial before undertaking any other major treatment. It helps in removing toxins from the digestive system, lungs, blood vessels and nervous system. Perfect health is the harmonious blend of the mind, body and consciousness. It stems from a system that is perfectly balanced internally and is at total peace with the environment. Swasthya is a composite wellness program that is aimed at complete detoxification and rejuvenation of the mind and body, relieving tension, overcoming debility, improving vitality, restoring youthfulness, increasing endurance levels and sharpening sensory perception.

Toxic residues tend to accumulate in the body due to various reasons and cause cell and tissue damage, leaving one prone to many severe health conditions like cancer, liver and kidney damage, arthritis, atherosclerosis, to name a few. Occasional bouts of stomach disturbances, headaches, irritability, a general feeling of uneasiness or fatigue in the middle of a busy day are often signals to denote that it is time to detoxify. Very often there are no symptoms at all and one gets no clue till problems erupt. Ayur Wakeup provides a holistic experience based on traditional Ayurveda,

NATUROPATHY AND YOGA:

Our wellness program gives you a delicate balance between the mind, body, and spirit. We offer a special health and wellness package that includes massage therapy, yoga, meditation, and herbal remedies with a trained and skilled physician. Eating healthy and being active is a challenge these days. You struggle to maintain your lifestyle and often find yourself with nowhere to turn for support. As per world health organization definition of health as per the concepts of "Swasthya Ayurveda is an ancient Indian system of medicine, which emphasis on prevention of body ailments rather than simply relieving pathological problems or symptoms. As in main concepts of Ayurveda "ArogyamMulamuttamam," Ayurveda given most importance to Arogya (Health). The primary aim of Ayurveda is "Swasthasya Swasthyarakshanam" and "AturasyaVikaraprashamanam," the context explains the importance of maintenance and promotion of health in healthy, along with treating diseases. "Swasthya" means health, "Rakshanam" means protection; "Aturashya" means of the patient, Vikara" means disease, "Prashamanam" means alleviation.Challenges: The major challenge ahead of health promotion by Ayurveda is to produce competent Ayurveda medical practitioners; perhaps the existing system has not been completely successful in producing confidence among Ayurveda graduates for practicing pure Ayurveda. There may be several motives attributing towards this, including student's inability to understand basic principles and concepts of Ayurveda practice, improper infrastructure in Ayurveda institutions, unskilled teachers, etc. Another important provocation is the lack of adequate practical exposure in clinical practice.

Yogasan helps to recover diseases of all types. In the last moment, patients always to save oneself at any cost. At that time, one tries to accept Ayurveda because one knew that there is no any to save on self from such diseases. Our Saints have said earlier about the same. Ayurvedas are the only option for all human beings in order to save oneself from diseases. In covid-19 period, most of our Indians save themselves by using Ayurveda as well. At that time Indians tried to improve their stamina by using Ayurvedic treatment as well. During corona period, most of the Indians used leaves of bitter NEEM, Giloy, Bhuineem and other leaves which were found in their areas. In this way we can say that utilizing Ayurveda is definitely for disease prevention. And Ayurveda is also useful wellness promotion. We cannot be fit throughout the whole life. But we can maintain ourselves according various seasons. As per the extra work done by the patients regarding fitness point of view, they always try for wellness promotion. In this way, we can say that wellness promotion is possible only by using Ayurveda. According to the Ayurveda, every disease can be recovered. So that patient has to trust oneself and take some precautions to maintain or cure oneself. As per the patient's stamina,

they can cure them from all sorts of diseases. At the corona time, Indians were tried to do extra exercise, although they didn't have to face such severe disease but they took extra precautions to save themselves from the disease. According to Ramdev Baba, every disease can be recovered. In their ashram in Haridwar, they are doing the same job of recovering the diseases only with the help of Ayurveda. They are also saying that, our body has the capacity to recover all diseases, but one has to take some precautions as well. Due to modern lifestyle as well as change of eating habits for the taste, we are making our body full diseases. So, for the purpose of utilizing ayurveda for diseases prevention and wellness promotion everyone has to be very careful while eating anything as well.

In this way we can say that, Ayurveda can play a vital for disease prevention as well as wellness promotion. If we change our lifestyle and eating habits for taste, it will be definitely benefit as well. We should be always optimistic about life, because it is not a fate or destiny. We are making our destiny dangerous by accepting western lifestyle. Temporary happiness is very dangerous now a days. People are accepting western lifestyle for temporary happiness of flash life. But will never prevail for a longer time. But after some period of time, when we know about the reality about it, it would-be very late. And at that time, one cannot come back. When one wants to say about reality of it, no one will be ready to hear your voice. Because their peak period has been started. So, utilizing Ayurveda for disease prevention and wellness promotion is the best way for all of us. According to Patanjali, it is the only way to save ourself from all types of diseases as to go and accept Ayurveda as well.

CONCLUSION:

According to world heart federation death from cardiovascular diseases surged 60% globally over the last 30 years. The occurrence of lifestyle diseases like obesity, dyslipidemia, hypertension, diabetes mellitus associated with cardiovascular diseases is high on the rise.

Due to rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these lifestyle diseases has reached alarming proportion among Indians in the recent years, so Ayurveda helps and provides best solution in the form of lifestyle advises, Proper Dietary Management, Panchakarma, Rejuvenation Therapies. Ayurveda narrated this phenomenon as 'Pragya - Aparadha'. Pragya - Aparadha which is main cause of various disease, e.g., habits of suppression of any natural urge are a result of Pragya - Aparadha and enlisted as cause of nearly 50% of disease.

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