

ROLE OF SWASTHAVRITTA, SHODHANA AND YOGA FOR LIFE STYLE  
DISORDERSAsha K.<sup>1\*</sup> and Mandeep Kaur<sup>2</sup><sup>1</sup>Professor, Prasuti Tantra & Stree Roga Dept., Karnataka Ayurveda Medical College, Mangalore, India.<sup>2</sup>Asst. Professor, Panchakarma Dept., Govt. Ayurvedic College, Patiala, Punjab, India.

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## ABSTRACT

Ancient India practiced the science of Ayurveda, which encompasses a range of fundamental theories focused on preventing and treating diseases. Ayurveda provides guidelines for healthy living and promoting longevity. It outlines various approaches to maintaining health and well-being, such as *Rithucharya*, *Dinacarya*, *Nithya sevaniyaahara*, *Pragnaparadha*, *Rithushodhana* and *Nishacharya*, etc. Additionally, Ayurveda emphasizes the significance of *Ahara*, *Nidra* and *Brahmacarya* in restoring and maintaining good health. One of Ayurveda's key concepts for achieving a healthy physiology is Swasthavritta, which not only helps in sustaining overall well-being but also acts as a prophylactic measure against diseases. Similarly *Shodhana* and *Yoga* therapy play vital role against the life style disorders. Present article explains role of *Swasthavritta*, *Shodhana* and *Yoga* in the management of life style disorders.

**KEYWORDS:** *Ayurveda*, *Swasthavritta*, *Shodhana*, *Yoga*, *Disorders*.

## INTRODUCTION

According to Ayurveda, lifestyle disorders arise due to the continuous indulgence in unhealthy habits and practices. Ayurveda emphasizes the importance of maintaining a balanced and healthy lifestyle to prevent the onset of lifestyle disorders and promote overall well-being. Regular exercise, proper diet, and a balanced routine are essential for maintaining a harmonious state of health according to Ayurvedic principles.<sup>[1-4]</sup>

**The general pathogenesis of lifestyle disorders can be summarized as follows:**

- ✓ Regular exposure to causative factors or lifestyle habits those are detrimental to health. These may include *Avyayama*, *Acheshta* and *Ati-Ahara Sevana*.
- ✓ The imbalance or accumulation of *Kapha dosha*.
- ✓ The continuous dominance of *Kapha* leads to the loosening or impairment of the *Rasa*, *Mamsa* and *Meda dhatus*.
- ✓ The impairment of various channels in the body, which affects the proper movement of nutrients and waste products.
- ✓ The manifestation of symptoms and signs associated with an excess of *Kapha dosha*, such as congestion, heaviness, coldness and mucus-related disorders, etc.

- ✓ The affected *Doshas* tend to accumulate and settle in specific locations in the body, causing various diseases in those areas.

The continuous progression of these imbalances can lead to the development of specific lifestyle disorders as depicted in **Figure 1**. The pathogenesis of lifestyle disorders involves mainly vitiated *Kapha Dosha*, *Dooshita Rasadhatu*, *Agnidushti* and *Amapradosha*. These disorders primarily occur due to *Sanchaya Pradhana* and *Santarpanjanya Avastha*. Ayurveda described significance of *Swasthavritta*, *Shodhana* and *Yoga* therapy in the management of these life style disorders.<sup>[4-7]</sup>

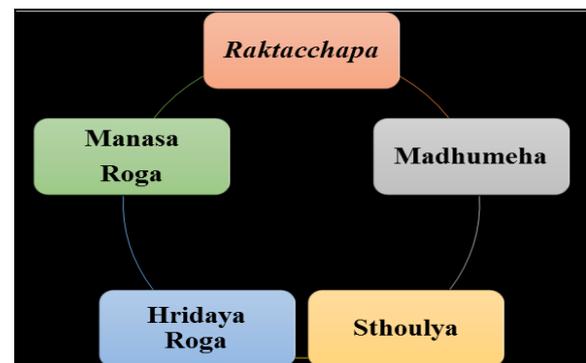


Figure 1: Some common life style related disorders.

**Role of swasthavritta:**

Ayurveda places a strong emphasis on the restoration and promotion of general health, as it follows the principles of "Swasthasya Swasthya Rakshanam" and "Aturashya Vikar Prasamanam". This ancient science outlines various concepts, such as *Dincharya*, *Ratricharya*, *Ritucharya* and *Sadvritta* which helps in restoring normal health and preventing the onset of disease-causing factors. These approaches not only maintain physical well-being but also contribute to mental health and longevity.

Additionally, Ayurveda presents the fundamental principle of *Swasthavritta*, which plays a vital role in health management and disease prevention. *Swasthavritta* helps to establish equilibrium among *Dhatu*s and *Dosha*s, thereby maintaining normal physiological functioning of the body. It involves various regimens, including daily and dietary considerations, seasonal practices, ethical guidelines, *Ratricharya*, *Nindra* and *Yoga*, etc.

*Swasthavritta*, not only promote general health but also prevent the pathogenesis of diseases such as obesity, anxiety, diabetes, indigestion, hyperacidity, insomnia and constipation, etc.<sup>[7-9]</sup>

**Role of panchakarma:**

*Panchakarma* holds immense potential in effectively addressing lifestyle disorders. These disorders include *Hridaya Roga*, *Madhumeha*, *Sthoulya*, *Sandhivata* and *Pakshaghata*, etc. The purificatory measures of *Panchakarma* in Ayurveda cleanse toxins from the cellular level and prevent their production and accumulation in the body. This rejuvenating therapy revitalizes body cells and significantly contributes to the prevention and cure of lifestyle disorders.

*Panchakarma* or *Shodhana* therapy can be conducted before resorting to *Shamana Oushadhi*. It corrects imbalances in *Dosha*, *Dushya*, *Agni* and *Srotas* thereby disrupting the pathogenesis of diseases. *Panchakarma* serves as an integral part of holistic health management, promoting wellness by restoring balance and eliminating the root causes of lifestyle disorders.

*Vamana* removes excess *Kapha*, making the body lighter, enhancing sensory functions and clearing channels in the chest and head regions.

*Virechana*, when performed correctly, eliminates excess *Pitta*, cleanses all channels in the body, ignites *Jatharagni* and induces a feeling of lightness in case of obesity.

*Basti Karma* facilitates proper elimination of feces, urine, and flatus, increases appetite, improves taste, and promotes a sense of euphoria.

*Nasya Karma* effectively alleviates aggravated *Dosha* in the head and neck area, clearing the channels of circulation.

The seasonal cleansing practices in Ayurveda play a crucial role in preventing lifestyle disorders. *Rutu Samshodhana*, includes *Vamana* during *Vasanta Rutu*, *Virechana* and *Raktamokshana* during *Sharat Rutu* and *Basti* during *Varsha Rutu* as an effective preventive measures.

*Snehapana* in *Shodhana Karma* helps in liquefying the vitiated *Dosha* and *Dushya*. The main therapeutic procedures like *Vamana*, *Virechana*, and *Asthapana Basti* act through *Vyavayi*, *Vikasi*, *Ushna*, *Teekshna* and *Anupravanabhava* properties. They facilitate the elimination of toxic materials through the gastrointestinal tract, either upward or downward. This results in *Srotoshodhana*, *Agnivardhana* and *Koshtashodhana*. Additionally, it removes *Vata Aavarana* and reduces stress on tissues.<sup>[7-9]</sup>

**Role of yoga:**

*Yoga* involves daily exercise or practice in the morning. This routine helps to maintain lung efficiency, improves circulation by clearing blockages, and prevents digestive issues. *Yoga* promotes weight loss through calorie burning and the development of lean muscle mass. By improving body composition, regular yoga practice reduces the risk of obesity and related conditions. *Yoga* contributes towards the mental well-being by lowering stress levels and promoting relaxation. As a result, it can help prevent mental health conditions like depression and anxiety. *Yoga's* breathing techniques, or *Pranayama*, expand the lungs and enhance respiratory function. This can be beneficial for individuals with respiratory disorders like asthma and chronic obstructive pulmonary disease.

*Yoga* helps to lower stress levels by employing deep breathing exercises and meditation, promoting physical and mental relaxation. Reduced stress levels through yoga practice can lower the risk of heart disease, stroke and other related conditions.

*Yoga's* stress-reducing effects strengthen the immune system. Deep breathing and meditation activate the parasympathetic nervous system, reducing the impact of stress on immunity. *Yoga* enhances flexibility, posture, and alignment, reducing the risk of musculoskeletal issues. Strengthening the back and abdominal muscles through yoga can alleviate back pain and improve overall physical function. **Table 1** depicted some *Asanas* for the management of life style related diseases.<sup>[8-10]</sup>

**Table 1: Asanas for the management of life style related diseases.**

S. No.	Life style disorder	Recommended yoga poses
1	Hypertension	<ul style="list-style-type: none"> <li>➤ <i>Vajrasana</i></li> <li>➤ <i>Paschimottanasana</i></li> <li>➤ <i>Sukhasana</i></li> <li>➤ <i>Shavasana</i></li> </ul>
2	Diabetes	<ul style="list-style-type: none"> <li>➤ <i>Paschimottanasana</i></li> <li>➤ <i>Padangusthansana</i></li> <li>➤ <i>Dhanurasana</i></li> <li>➤ <i>Bhujangasana</i></li> </ul>
3	Stress	<ul style="list-style-type: none"> <li>➤ <i>Balasana</i></li> <li>➤ <i>Uttanasana</i></li> <li>➤ <i>Vajrasana</i></li> <li>➤ <i>Garudasana</i></li> </ul>

**CONCLUSION**

Various *Panchakarma* procedures play a crucial role in preventing diseases arising from lifestyle changes. By following *Ayurveda's* prescribed *Rutu Shodhana/Panchakarma*, lifestyle disorders can be effectively prevented. *Yoga* offers a comprehensive approach to prevent and treat diseases associated with a sedentary lifestyle. By reducing stress, improving flexibility, strengthening muscles, aiding weight loss *Yoga* can lower the risk of conditions like diabetes, heart disease, obesity, and hypertension. Regular yoga practice not only enhances physical health but also improves mental and emotional well-being, leading to increased life satisfaction. *Ayurveda* presents the fundamental principle of *Swasthavritta*, which plays a vital role in health management and disease prevention. *Swasthavritta*, not only promote general health but also prevent the pathogenesis of diseases such as anxiety, obesity, diabetes, hyperacidity, insomnia, constipation and indigestion, etc.

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