

REVIEW ON GENERAL AYURVEDA PRINCIPLES USED FOR THERAPEUTIC
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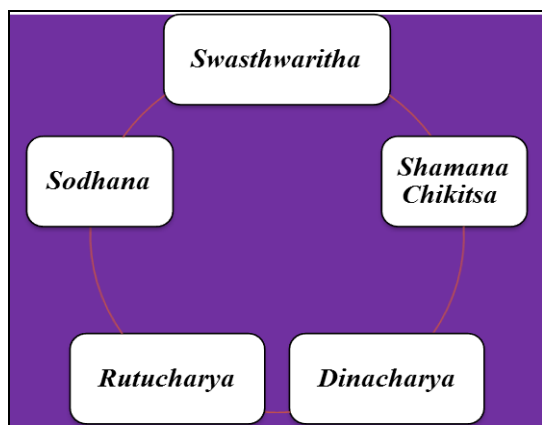
ABSTRACT

Ayurveda the oldest system of Indian civilization presented many ways of healthy living and contributed towards the mental, physical and spiritual well being of individual. The Ayurveda described various principles of understating of disease pathogenesis and treatment of diseases. The consideration of Doshas, Agni, Mala and Dathu, etc. play important role in the physiological functioning of human body, on other hand imbalance of Doshas, Agni, Mala and Dathu, etc. leads pathological manifestation. The Ayurveda principles of therapeutics help to maintain synchronization of these biological entities and establish coordination amongst Atma, Indriya and Manas. The Ayurveda concept of Dinacharya, Rutucharya, Sodhana, Panchakarma and Swasthwaritha helps to prevent and treat diseases. These Ayurveda approaches balance Doshas, strengthen Dhatus, detoxify body and restrict formation of Ama thus prevent diseases pathogenesis and maintain healthy well being. Present article described role of various therapeutic approaches of Ayurveda toward the health restoration.

KEYWORDS: Ayurveda, Doshas, Panchakarma, Swasthwaritha, Dinacharya.

INTRODUCTION

Ayurveda encompasses different principles to describe pathogenesis of diseases and presented many approaches which helps to prevent and treat diseases. Ayurveda works for the management of physical and mental health as well as spiritual and social well being. Ayurveda promote health, provides longevity and establish synchronization of body elements, etc. The various modalities of Ayurveda as depicted in **Figure 1**, helps to maintain optimum health status.^[1,5]

**Figure 1:** Ayurveda approaches for health maintenance.

As depicted in above figure the Ayurveda concepts of *Dinacharya*, *Rutucharya*, *Sodhana*, *Panchakarma* and *Swasthwaritha*, etc. offers several physical and mental health benefits. *Pathya Ahara-Vihara*, *Satmya-Ahara*, *Sarva-Rasa-Sannivishita-Ahara*, *Ahara Vidhi Vidhan* and *Asta Ahara Vidhi Visheshayatanani*, etc. are dietary concepts of Ayurveda which helps to prevent diet related diseases and provides optimum nutritional benefits of consumed *Ahara*. The disciplinary conducts under the category of *Dinacharya* and *Swasthwaritha* should be followed in routine life to restore normal health status. *Swasthwaritha* gives disease free life style; *Shodhna* therapy cleans toxins and *Shamana Chikitsa* balances *Doshas* and treat disease by virtue of their disease pacifying effects.^[5-7]

Swasthavritta

Swasthavritta is Ayurveda concepts of disciplinary living, which suggest some rules for daily and dietary conducts, these rules helps to attain normal health status. *Swasthavritta* helps to achieve *Sukha*, *Arogya* and *Dhatusamya*, etc.

The various conducts of *Swasthavritta* includes *Bhramamuhurta*, *Jagarana*, *Daantadhavana*, *Malatyaga*, *Jihwanirlekhana*, *Netra prakshalana*, *Achamana*, *Anjana*, *Dhumapana*, *Abhyanga* and *Vyayama*, etc.

- *Bhramamuhurta Jagarana* helps to cure metabolic disorders and obesity.
- *Daantadhavana, Jihwanirlekhana* prevents *Mukha Roga*.
- *Abhyanga* maintain rigidity of body and improves muscles strength.
- *Vyayama* helps in *Medoroga*.
- *Nasya* and *Dhumapana* help to cure *Kasa* and allergy.
- *Swasthavritta* gives compact body frame and improves mental strength.
- *Swasthavritta, Ratricharya* and *Sadvritta* help to achieve final goal of *Dharma, Artha* and *Kama*.

The disciplinary conduction of *Ahara* and *vihara* balances *Doshas* & improves *Agni*, thus control circulatory process of body and maintain normal digestive functioning. *Swasthavritta* boost immune power therefore resists pathogenesis of common seasonal diseases and control microbial infections.

Similarly the concept of *Ratricharya* suggest appropriate timing of sleep and it is advises to sleep after the 2-3 hours of dinner. The sleep of eight hour recommended at night to pacify mental activity. The disciplinary conducts of *Ratricharya* helps to prevent diseases like insomnia, depression and anxiety, etc. The *Swasthavritta* and *Ratricharya* synchronize natural harmony and maintain physiology of human body.^[7-9]

Panchakarma

Panchakarma is an Ayurveda approach to detoxify body and treat hormonal, digestive as well as degenerative disorders, etc. *Shodhana* improves equilibrium of *Doshas*, boost functioning of senses, corrects mental functioning and provides vitality. *Shodhana* clears channels of body therefore boost circulation and facilitate detoxification of accumulated *Ama* and toxins. *Shodhana* therapy gives mental relaxation, imparts proper sleep and regularizes hormonal activities, etc.

The different approaches of *Panchakarma* provide therapeutic benefits in different pathological conditions. *Virechana* helps in *Raktajavyadhi*, *Vamana* is considered good for *Kushta*, *Abhyanga* provides therapeutic relief in *Udarda Roga*, *Vamana Karma* is also indicated for *Kapha Dushti* while *Virechana Karma* is considered good for *Pitta Dushti*. *Nasya Karma* is used for nasal congestion and migraine, etc. *Basti Karma* helps to alleviate *Vata Roga* and cure *Amavata*. *Raktamokshana* is indicated for *Raktajavyadhi*, *Sodhana* also helps to prevent *Asmari* and *Vatarakta*, etc.

Srotas and Therapeutic Utility

The *Srotas* are channels of body which helps in the circulation of biological components. The pathological conditions associated with *Srotas* are *Atipravritti*, *Sanga* and *Vimargagamana*. Ayurveda suggested approaches for curing disturbances of *Srotas* thus prevent diseases related to the *Srotas*. The correction in *Vatavaha Srotas*

helps to cure painful and inflammatory diseases. The pacification of *Kaphavaha Srotas* helps to prevent obesity, respiratory disturbance and skin diseases. *Pranavaha srotas* support breathing difficulties and *Medovaha Srotas* governs metabolic activities and cure conditions like obesity. The appropriate functioning of *Annavaha Srotas* prevents diseases like indigestion and *Grahni roga*, etc. The functioning of *Raktavaha Srotas* prevents diseases like *Raktapitta* and *Vatarakta*, etc. *Mutravaha Srotas* if works properly then it prevents conditions of urinary retention. Appropriate functioning of *Shukravaha Srotas* prevents sexual dysfunctions and infertility, etc.

Therapeutic importance of Concept of Panchamahabhutas

Akash mahabhuta offers *Sanshaman* action, *Vayu mahabhuta* contributed towards the *Sangrahika* effects, *Agni Mahabhut* improves digestive functioning, *Vayu* and *Agni mahabhut* together imparts *Lekhaniya* effects and *Prithvi mahabhuta* gives rigidity and imparts *Brumhana* effects.

Prithvi Mahabhutas is related with *Mala, Mutra & Kapha*, *Jala Mahabhutas* related with fluids & their circulation inside the body, *Teja Mahabhutas* associated with complexion and body temperature. *Vayu Mahabhutas* is related with hollow organs of body, peristaltic sounds & respiration. *Akash Mahabhutas* is related with lungs, it is related with micro-pores and cavities of body. *Vayu mahabhuta* maintain movements and transportation of body, *Agni mahabhuta* control functioning of *Pitta* and maintain metabolic activity.

Doshas and Disease Management

The pacification of *Vata* control movements inside the body, control speech and govern sense activities. The drugs which pacify *Vata* help to control inflammatory conditions including joint pains, stiffness and menstrual disturbance. The pacification of *Vata* helps to cure anxiety, constipation, dehydration and agitation.

The drugs which pacify *Pitta* help in digestive and metabolic activities, the pacification of *Pitta* prevent indigestion, heartburn, acidity, burning sensation and anger, etc.

The drugs which pacify *Kapha* maintain fluidity and liquidity inside the body, control lethargy and anorexia, etc. Drugs which control *Kapha* prevent congestion, respiratory distress and help to treat obesity, etc.

Ahara for Diseases

Beans recommended for digestive problem, wheat indicated for *Madhumeha*, liquid diet is considered good for dehydration and diarrhea, Light diet is recommended for metabolic diseases and spicy diet recommended to boost digestive functioning. *Madhura Rasa* pacifies *Pitta Roga*, *Amla Rasa* pacifies *Vata Dosh* and cures indigestion. *Lavana Rasa* gives carminative and

digestive properties, etc. *Katu Rasa* stimulates digestive functioning and cure constipation while *Kashaya Rasa* pacifies control diarrhoea.

Specific Drugs for Particular Diseases (*Dravyaguna*)

Drugs possessing *Guru Guna* imparts *Bruhana* effect thus helps in weight gain, drugs with *Laghu Guna* improves circulatory process and relieves obstruction of channels. Drugs possessing *Shita Guna* control inflammatory symptoms and impart calmness. Drugs with *Ushana Guna* relieve cough and potentiates *Agni* therefore boost metabolic functioning. Drugs with *Snigdha Guna* impart *Snehana* action and eliminate dryness of body. *Tikshna* drugs improve digestion, prevent anorexia and relieve dullness, etc. *Sukshma* drugs impart *Vivaran* effect and clears micro-channels thus improves circulatory process of body. The *Guna* of drug contributed towards their therapeutic action and drugs possessing specific *Guna* can be recommended for particular types of pathological conditions.^[9-11]

CONCLUSION

Ayurveda suggested many options for restoring normal health status and described many therapeutic approaches for treating several health ailments. These all Ayurveda approaches contributed towards the mental and physical well being of individual. The Ayurveda concept of *Dinacharya*, *Rutucharya*, *Sodhana*, *Panchakarma* and *Swasthwaritha* helps to balances *Doshas* and *Dhatu*s, Ayurveda therapy helps to detoxify body and prevent diseases pathogenesis thus maintain overall health status. These Ayurveda principles of therapeutics synchronize coordination amongst the *Atma*, *Indriya* and *Manas*.

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