

**ROLE OF SWASTHAVRITTA IN THE PREVENTION AND TREATMENT OF
GENERAL DISORDERS: AN AYURVEDA REVIEW**Yashwant Anand Wankhade^{1*}, Kutaskar Chandrashakhar Shridhar² and Aaradhana P. Pasarkar³¹HOD, Associate Professor, Swasthvrutta Department, MUP'S Ayurved College, Hospital & Research Centre, Degaon, Tal.- Risod, Dist. Washim. Maharashtra, India.²Professor, Strirog & Prasuti Tantra Vibhag, Mahila Uykarsa Pratisthan's Ayurvedic College, Degaon Risod, Dist. Washim. Maharashtra, India.³Associate Professor, B R Harne Ayurved Medical College and Hospital, Vangani (Karav) District. Thane. Maharastra, India.***Corresponding Author: Dr. Yashwant Anand Wankhade**

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ABSTRACT

Ayurveda science practiced in India, this science encompasses many fundamental theories related to the prevention and treatment of disease. Ayurveda described ways of healthy living and longevity. Ayurveda described many approaches of health and well being including *Dinacarya*, *Rithucharya*, *Nithya sevaniya ahara*, *Nishacharya*, *Pragnaparadha* and *Rithu shodhana* etc. Concept of *Ahara*, *Nidra* and *Brahmacarya* also contributes greatly towards the health restoration. In this regard Ayurveda mentioned concept of *Swasthavritta* for healthy physiology this concept not only helps to maintain well-being but also provide prophylactic prevention against diseases. The concept of *Swasthavritta* greatly helps in the management of lifestyle disorders, considering importance of this aspect present article explored ancient concept of *Swasthavritta*.

KEYWORDS: *Ayurveda*, *Swasthavritta*, *Dinacarya*, *Rithucharya*, *Ahara*.**INTRODUCTION**

Ayurveda focuses on restoration and promotion of general health since this ancient science believe in principle of “*Swasthasya Swasthya Rakshanam*” (maintenance of health of healthy persons) and “*Aturashya Vikar Prasamanam*” (treating diseased person). Ayurveda mentioned concepts of *Dincharya*, *Ratricharya*, *Ritucharya* and *Sadvritta* which helps to restore normal health and also prevent invasion of disease causative factors. These all approaches maintain physical as well as mental health and impart longevity.^[1-4]

Furthermore ancient ayurveda science presented principle of *Swasthavritta*, the fundamental theories of *Swasthavritta* contributed towards the health management and resist prevalence of diseases.

Swasthavritta fulfill aim of 'Swasthasya Swasthyraksanam', the person who follows rules of *Swasthavritta* acquire good physical and mental health, complexion, compact body, luster, happiness, longevity and disease free state. The concept of *Swasthavritta* helps to establish equilibrium of *Dhatu*s and *Dosh*as therefore maintain normal physiological functioning of body.

The concept of *Swasthavritta* involves various regimen including daily & dietary consideration, seasonal regimen (*Ritucharya*), ethical regimen, *Ratricharya*, *Nidra* and *Yoga*, etc. The conduction of these rules of *Swasthavritta* not only promote general health but also prevent pathogenesis of disease like; obesity, diabetes, anxiety, indigestion, constipation, hyperacidity and insomnia, etc.^[4-7] The general conduction of *Swasthavritta* depicted in Figure 1.



Figure 1: General activities of swasthviritta.

The specific conduct of *Swasthviritta* provides special health benefits and disease resistance as mentioned follows:

Pratarutthanam

Waking up early in morning before sunrise (*Brahma Muhurta*), this practice boost circulatory process thus prevent problem of blood pressure. Morning time respiration provides fresh air and in this condition lungs acquired with vital energy therefore oxygen insufficiency gets relived and problem of constipation also get sorted out.

Ushapana/Achaman

Drinking water after cleaning mouth, washing hands and feet with lukewarm water, drinking water helps in motion or bowel evacuation thus relief problem of constipation. Clears toxins, regularize urine passage, improve digestive power and delayed ageing.

Malamutra visarjan

Passage of urine and defecation regularly in morning time; means one should not avoid natural argues. This practice helps to prevent pathological conditions like; urinary retention, formation of *Ama*, accumulation of toxins and gout, etc.

Dantadhavan

Cleaning of teeth using *Nimba*, *Nyagrodha*, *Arka*, *Karanja* and *Khadira*, etc. Cleaning of teeth and tongue prevent gums, throat infection, dental carries, bad smell, foul mouth and other problems related to teeth and throat, etc.

Nasyakarm

The nasal medication with sesame oil or medicated oil into each nostril in morning time regularly, this practice help in the management of respiratory function and clears nasal blockage therefore relief cough & cold. This practice prevents or treats headache, sinusitis, spondylitis, tiredness, facial paralysis and improves breathing process.

Gandush

Gandush means gargling with lukewarm water or water mixed with natural ingredients, this practice helps to clear mouth and maintain oral hygiene. Pathologically it helps to delayed graying of hair, removes wrinkles, prevent dryness of face, cure tingling sensation, resist teeth infection, prevent diseases of oral cavity and relieve sore throat, etc.

Abhyangam

The massage with oil to whole body regularly in morning time using sesame or coconut oil, this practice prevent lethargies, maintain compactness of body thus improve physical appearance, cure symptoms of skin diseases, relieve joint pain, helps in arthritis and other painful disorder, improve circulation thus helps in case of high blood pressure and improves overall physical strength.

Vyayama / Yoga

Daily exercise or *Yoga* practice in morning hours helps to maintain efficiency of lungs, increases circulation thus clears blockage, prevent digestive problems and cure numbness especially related to the sense organs.

Dhyanam

Meditation in peaceful atmosphere at lonely place in morning time helps to boost strength of mind thus provide relief in mental disorders including anxiety, stress, depression, insomnia and relaxes whole body physically as well as mentally thus cure weakness and fatigue.

Ahara/Dietary regimen

Ayurveda suggested specific *Ahara* (dietary regimen) to maintain normal health status. As per ayurveda meal should be taken in proper manner with appropriate time and in optimum quantity. The wholesome diet help to prevent infection since it enhances general immunity; proper diet helps to prevent digestive ailments like indigestion, constipation and acidity, etc.

Ratricharya

Ratricharya should be consumed 2-3 hours before bedtime, it should be light and oily food must be avoided at night, this practice help to prevent indigestion, feeling of heaviness, gas trouble and sleeping disturbance.

Nindra

Proper sleep is essential to keep whole body relax, sleep gives mental relaxation and prepare body for physical activities. One should sleep at least for eight hrs. however this time increase in elderly person and children. Proper sleep regularizes process of regeneration therefore prevent early aging and tissue loss. The person who takes proper sleep remains away from anxiety, depression, stress and headache.^[6-12]

CONCLUSION

The ayurveda approach of *Swasthviritta* helps to establish balances synchronization between body and mind. *Swasthviritta* involves various activities including *Bhramamuhurta Jagarana, Ushapana & Nasapaana, Malatyaga, Achamana, Daantadhavana, Jihwanirlekhana, Mukha netra prakshalana, Anjana, Pratimarsha Nasya, Kawal, Dhumapana, Abhyanga, Vyayama, Udavartana, Snana and Anulepana*, etc. These all approaches help to prevent pathological conditions such as; *Udararoga, kushtha, Medoroga, Arsharoga, Raktapita, Mutraghata, Kasa, Swarbhanga, Mukha malinta, Durgandha, Vairasya, Manyasthambha, Ardhavabhedaka* and *Santarpanajanya vyadhis*, etc. Proper conduction of *Ahara* and *vihara* balances *Doshas*, boost *Dhatu*s, potentiate *Agni*, regularizes circulation, control metabolic activity and maintain hormonal regulation therefore provides health benefits and resist pathological progression of many diseases.

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