

**BASIC PRINCIPLE FOR LONGEVITY OF LIFE ACCORDING TO AYURVEDA**Dr. Trapti Dwivedi<sup>1\*</sup>, Dr. Rupendra Chandrakar<sup>2</sup> and Dr. G. R. Ratre<sup>2</sup><sup>1</sup>P.G. Scholar, Department of Ayurved Samhita & Siddhant, Shri. N. P. A. Gov. Ayurvedic College, Raipur, C.G.<sup>2</sup>Reader, Department of Ayurved Samhita & Siddhant, Shri. N. P. A. Gov. Ayurvedic College, Raipur, C.G.**\*Corresponding Author: Dr. Trapti Dwivedi**

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**ABSTRACT**

Time proved Ayurveda's prime aim is the protection of health of healthy and curing the disease of diseased that is "swasthasya swasthya rakshanam athurasya vikara prashamanam cha". So for achieving the first aim that is "swasthasya swasthya rakshanam" Dinacharya like Brahma muhurta jagaran, Mala visargan, Danta dhavana, Mukha prakshalana, Abhyanga, Snana etc plays an important role. A healthy mind resides in a healthy body here also Dinacharya plays an important role in balancing both mind and body. So Dinacharya is the basic principle for maintenance of healthy life and longevity. Also other thing which maintains Ayu is Agni Sadvritha etc. It has been said that Ayu Varna Bala Swasthya Oja and Teja etc are due to Agni. Following Sadvritha makes the person fits comfortably in social life and thereby improving a quality of social life. Thus a quality long life can be obtained by following these basic principles in Ayurveda.

**KEYWORDS:** Ayurveda, Longevity, Basic principles, Dinacharya, Sadvritha, Agni.**INTRODUCTION**

Ayurveda is the science of life style. An ideal life style has been described for the health maintenance. Ayurveda's prime aim is the 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 longevity of life. Which includes Dinacharya, Ritucharya, agni capacity and sadvrata.

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

1. Brahmamuhurta-jagara (Wake up just before sunrise)
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 prakshalana (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 (Perfumes 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 suryanamaskar)
22. Paduka-chhatra-dandadi Dharana (use of shoes, umbrella, stick, etc)
23. Jivikoparjana upaya (occupation)

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

**Agni** - In Ayurvedic text books explained of Agni is very vast and huge because Agni is related to digestive process metabolic process, and Anna patchan. According to Ayurveda Agni is different in types-

1. Jatharagni,
2. Bhutagni,
3. Dhatavagni

The main function of Agni is digestion i.e. transformation of the food material, (which is converted into complex molecules to simpler form of molecules), it is the main importance of Agni. If jatharagni transforms food successfully then digestion and metabolic process is complete, health is maintained and no disease will be formed.

**Sadvritta:-** Sadvritta means physical and mental decorum which should be followed by every one on daily basis. In Charak Samhita sutrasthan detailed description of sadvritta has been stated. In which-

- Behavioural Do's and Don't's
- Eating behaviours
- Social rules
- Rules for study
- Havan Karam

Acharya Charak has explained in Indriyopakramaniya adhyaya the importance of sadvritta as by following these rules one will lead a healthy life without suffering from any diseases. It can be interpreted as by following these rules a man can achieve all his goals like longevity of life. Sadvritta (personal and social code of conduct) as per mentioned in Ayurveda will help to gain long, happy, peaceful and healthy life.

## MATERIAL AND METHODS

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

## DISCUSSION

“Prevention is better than cure”. We can prevent the diseases and achieve the longevity of life by maintaining the life style. For achieving the longevity of life we should follow the above mentioned Dincharya, sadvritta, and maintain the Digestive power.

Waking up in Brahma Muhurta- i.e. two hours before the sunrise, It is the time which is ideal for gaining of the knowledge. In the morning present clear air, absence of noise the morning rays of the rising sun is very beneficial to the health. Sun is the God of health So one should get up early in the morning before sunrise.

**Achamana:** Means wash, It will help for the digestion of food, and also evacuation of the bowel completely.

**Danta Dhavana:** It creates desire for the food. But in present time using chemicals the pastes are going to be prepared. So those are not useful for the modern era to have a long life.

**Anjana:** It cleans the eyes.

**Dhumapana:** It promotes strength and prevents diseases of urdhwa jatrugat angas. It maintains the potency of

nasopharynx and oropharynx as it clear secretion. So without diseases man achieve longevity of life.

**Nasya:-** Nasya is a unique method of delivering drug via transnasal route. It causes benefits like lightness of the head, proper sleep and cure of diseases, clarity of organs, and peaceful mind. They are prepared from plant origin they are good for health.

**Vyayama:** In Ayurveda half of one's capacity (Ardha shakti) is considered as beneficial. By doing regularly exercise enhances Agni, avoid laziness and obesity, and also avoid early aging and provide longevity of life. It lowers the body fats, reduce the risk of heart diseases. And lowers LDL and raises HDL. Reducing the stress, improves the sleep, and also helps for the controlling the blood sugar. So that will improve individual life span due to the Vyayam.

**Abhyanga:-** In Ayurveda Abhyanga mean massage with medicated oil. It will increase blood circulation locally providing better transportation of oxygen and nutrients in body. By taking proper massage it delays aging, and improves vision, nourishment, life, sleep. and tones up muscles. By Abhyanga we achieving the longevity of life. So the people are interested to go towards the massage centers. They will definitely increase the life span of the individual.

**Snana:-** It is auspicious, enhances virility, longevity, strength, compactness, and ojas. So we keep daily snana for achieving the longevity of life.

**Aahara:-** According to Ayurveda one should start Aahara with madhura rasa then amla, lavana, tikta, katu, Kashaya. This Aahara rasa gives strength bala, dhatu poshana, indriya prasadata etc.

**Tambula Savan:-** After taking the food one should take Tambula because it will give oral hygiene, digestion of food, and improve functions of body and give longevity of life.

## Agni

Acharya Charaka explained Agni is responsible for the health and diseases state of human body. If the proper digestion is successful then energy, potency and strength is provided to human body and health will be maintained. And if not, diseases state will be formed. In human body Agni having different role and models. Agni having different metabolic processes who conduct the digestion in human body. After successful completion of transformation process, health will be maintained and gives long life span, this is main motto of Ayurveda (swasthashya swasthya rakshanam).

## Sadvritta

In Indriyopakramaniya adhyaya Acharya Charak has explained the importance of sadvritta as by following these rules one will lead a healthy life without suffering

from any diseases and a man can achieve longevity of life.

## CONCLUSION

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