A review on the guidelines in Ayurveda as Swasthavritta on prevention and promotion of health along with longevity of life with its applied aspect

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Prevention is a wise step to avoid incidence of diseases. Promotion is a positive effort to achieve excellence of health status. Ayurveda, an ancient medical science deals with the study of preservation of health and life along with treatment if disease occurs. Guidelines of prevention and promotion of health are described in details at every stage of life from fetal life up to old age i.e. garbhavastha to jarawastha. All such guidelines described in Ayurveda are collectively called as Swasthavritta. Moreover, the life style supportive to cure diseased condition is also mentioned as aaturvritta. Swastha is a well-being of all components of an individual as body, mind, sense organs etc. Excellent capacities of those factors can be achieved by specific life style and rasyana dravyas by which longevity of life can be achieved. Methods to achieve it are described in details in Ayurveda Daily regimen, seasonal regimen, sadvritta dietary guidelines, rasayana, rules for sleep and Brahmacharya. Triskandha Ayurveda Hetu (aetiological or causative factors of diseases or health), Linga i.e. sign and symptoms of health and diseases or dravyas for prevention and promotion of health and for treatment of diseases. These are fundamental concepts of Ayurveda. Another important concept is a Pradnyapardha is a route cause at all dosha vitiation and it is advised to avoid it. Sushrut and Vagbhat have descend preventive measures in details by following wholesome life style.
Introduction
Ayurveda is a study of life and its preservation. Two important objectives of Ayurveda are prevention and protection of health of healthy being and treatment of diseased persons [1-3].

So guidelines of prevention and promotion are described in Ayurveda in details. Life style has an important role for its. For study purpose all preventive and promotive literature is collectively called as “Swasthavritta’, and is similar to preventive and social medicine [4, 5].

Promotion of health is a positive effort for the excellence of health status. It can be achieved by rasayana, immunomodulent life style and aachar rasayanas. Ideal life style is mentioned in Ayurveda in detail. One needs to follow it. For it one has to look for own instinct of life called as Praneshana [6].

Then only one will be aware of preservation of it. One has to gain capacity to follow wholesome life style and to avoid causative factors, known as Pradnyaaparadha and Astmyendriyartha in Ayurveda.

Equilibrium of dosha-dhutu, mala, agni, mind, indriyas with atman is known as health status Prakriti, predominance of doshas at the time of conception is one of the main factor for healthy status of an individual. As ek-doshaj Prakriti as vataj, pittaj and kaphaj lead to frequent disease due to predominance of single dosha.

Agni or digestive power, metabolic power is also called as life and strength as maintenance and nourishment of body and mind is fulfilled only by proper working of Agni. Individuals’ health is related to environment. Seasonal changes can lead to diseases so Rutucharya is mentioned to follow to prevent diseases [7]. All such aspects are described in details in Ayurveda, One can achieve hundred years of life through following guidelines of Swasthavritta and sadvrittha mentioned in Ayurveda. One needs to understand about self, constituents of health, life, causes of health & causes of disease respectively.

Longevity of life depends upon following healthy life style including moral conducts; calm and balanced mind and applying preventive and promotive procedures, as massage (Abhyanga), poring of oil (Seka), exercise (Vyayam), (Nasya) nasal drops, rasayanas or rejuvenating diets and medicines are effective for promotive health and preserving long life. All such guidelines should be followed and are effective & Ayurveda contains scientific and effective guidelines.

Aim
- To study the guidelines in Ayurveda as Swasthavrittha on Prevention and promotion of health along with longevity of life with its applied aspect.

Objectives
- To study guidelines of Ayurveda on Prevention.
- To study guidelines of Ayurveda on Promotion of health.
- To study ‘Swasthavritta’ with its preventive and promotive role for health.
- To study guidelines of Swasthavritta for longevity of life.
- To study applied aspect or methods to use preventive and promotive guidelines of Ayurveda.

Materials and methods
Collection and review of ancient Ayurvedic texts with commentaries and modern literature.

Definition of Ayurveda and aim of Ayurveda
Ayurveda means a science deals with a study of a life [8]. The word ‘Ayurveda’ itself indicates knowledge about a life. According to Ayurvedic
texts, its’ origin is from divine sources and it has been constructed for achieving health and longevity of a life of an individual. It indicates Ayurveda is a source of guidelines about prevention and promotion of health with longevity of life [9].

Aim of Ayurveda is mentioned as ‘Swasthaya Swasthya rakshana’ and cure of disease. Health preservation is one part of the aim of Ayurveda. Various references from the text at various chapters are mentioned about the same aim.

Chark has mentioned as preventive measures should be followed by which one can avoid occurrence of disease which may occur in future [10].

**Swasthavrittha as preventive Measures**

Term ‘Swasthavritta’ is mentioned by Charak while describing its importance for prevention of diseases [11]. According to description, Following are rules of Swasthaviritha for one who wants to prevent diseases. By following rules of daily regimen as preventive measures and following panchankarmas and rasayan dravyas, one can attain strength and can achieve anti-ageing effect [12].

Term Swasthavritta is mentioned in commentary of Ashtang Hriday named as ‘Ayurvedic rasayan’ by Hemadri. ‘He has described maintenance of life is made by two ways. One is Swasthaviritha, life style and other efforts as seasonal purification to achieve long healthy life. Another way of maintenance of life is practiced by following appropriate lifestyle modification according to disease to get cure [13]. Applied aspect includes all the instructions of daily regimen with rasayana.

**Rasayana as a promotive measure**

For achieving more strength and rejuvenating effect, rasayana should be administered. While introducing treatment of various chapter prior to that [14]. The concepts about Rasayana dravyas are specifically described with its use for promotion of health. Charaka has classified Bheshaj in two types, one which enhances the excellent qualities of healthy components of an individual described as Swasthya Oojaskar [15] is a state of Dhatu-sarata or excellency.

Thus Swasthavritta also deals with the use of rasayan dravyas for promotion of health along with its use for longevity of life [16]. It is also mentioned as the promotive dravyas can be used for therapy and medicated dravyas can be used for promotion of health many times [17].

Thus rasayan is useful for longevity of life with excellent strength described as ‘Maha Phalam’ by ‘Chakrapanidatta’, commentator of Charak-Sanhita [18]. ‘Gangadhar’ another commentator is mentioned as Rasayan dravyas are more effective for therapy as compared with bajikaran dravya (Table – 1).

**Rasayanas use as immunomodulant in various diseases**

Susrut, Charak and Vagbhat have mentioned Rasayan in detail. Susrut has described it in three chapters of Chikitsa Sthana. Rasayana is that by which one attains rasa etc. duatus with affluence as longevity, strength, energy, firmness and sustaining youthfulness as effects of rasa, virya, vipak located in drugs is rasayana [19].

Rasayan dravyas are also described for specific disorders to gain immunity strength for particular dhatus. In this category ‘Glycyrrhiza garbar’ yashtimadhu and honey with Vidang and another four combinations of dravyas are mentioned to take for piles (Arsh), krmi (worms) etc. and the same combination is used for a long increase one hundred years of life span. Use of kashamarya is indicated for disease occurs due to vitiated Rakta-pitta for sharp intellect and longevity of life ‘Bakuchi’ is indicated.

Vagbhat, the author of ancient text book on Ayurveda has described rasayana for various diseases. Chitrak Choorna with oil has to be taken for eliminating Vatrogas [20]. Bhallataka rasayan is used for Prameha, worms, Piles, skin disorders and obesity [21]. Pippli or Piper
Rasayan is used for Cough, Asthma, Kshayrog, Grahani, Arsha, Pandurog, Vish mawra, Chardi, etc. [22].

Those are some examples of rasayanas according to diseases. Ideal behaviour results as rasayan known as Aachar rasayana [23, 24]. Thus ‘these are the specific guidelines for promotion of health and comes under lifestyle with specific intention to promote the health of specific system or organ comes under Swasthavritta.

Table 1: Benefits of rasayan dravyas with respect to promotion of health and longevity of life.

<table>
<thead>
<tr>
<th>Sanskrit Term</th>
<th>Meaning With (Specific Description 100 years of life)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deergh – aayu</td>
<td>Longevity of life</td>
</tr>
<tr>
<td>Smriti</td>
<td>Excellent memory function</td>
</tr>
<tr>
<td>Medha</td>
<td>Excellent grasping capacity</td>
</tr>
<tr>
<td>Aarogya</td>
<td>Positive health with all dimensions</td>
</tr>
<tr>
<td>Tarun vaya</td>
<td>Youth phase</td>
</tr>
<tr>
<td>Prabha</td>
<td>Glory of Skin</td>
</tr>
<tr>
<td>Varna</td>
<td>Fairness of skin</td>
</tr>
<tr>
<td>Swara</td>
<td>Cultured voice</td>
</tr>
<tr>
<td>Audarya</td>
<td>Excellence of Prabha, Varna, balan</td>
</tr>
<tr>
<td>Dehabala param</td>
<td>Excellent health</td>
</tr>
<tr>
<td>Endriya bala paran</td>
<td>Excellent working capacity of senses</td>
</tr>
<tr>
<td>Vacha Siddhi</td>
<td>Purity and capacity of intellect and mind to superior development</td>
</tr>
<tr>
<td>Kanti</td>
<td>Complexion</td>
</tr>
<tr>
<td>Arogo</td>
<td>Prevention of disease</td>
</tr>
<tr>
<td>Agni Vriddhi</td>
<td>Enhanced digestive capacity</td>
</tr>
<tr>
<td>Medhya</td>
<td>Enhancing intellect</td>
</tr>
<tr>
<td>Param Ojaskar</td>
<td>Excellent enhancer of Ojas</td>
</tr>
<tr>
<td>Vish prasaman</td>
<td>Detoxifying capacity</td>
</tr>
<tr>
<td>Sarva vyadhitiar</td>
<td>Subsiding all diseases</td>
</tr>
</tbody>
</table>

Health promotion by using procedures indicated in daily regimen- Dinacharya

Life style is described in Dinacharya for prevention and promotion of health. Every act of a routine is supposed to be protective for health and should not be a cause of a disease. Wholesome daily regimen is one of the most important preventive measures in Ayurveda.

Indication For Urdwajatrugat of Head and neck region

Care of eyes, ears, nerves, head, hairs should be taken daily. Ayurveda’s guidelines for it are mentioned in Charaka Sutrasthana [25].

Anjana – Procedure as Anjana is useful for prevention of khaphaj roga. It enhances the capacity of eyes, improves vision Aschyotan procedures are said to be performed daily.

All details about dose, procedure, indications, and contraindications are described in text [26].

Benefits of Nasya

Pratimarsha nasya is procedure in which oil drops are administered in each nostril. It should be performed daily twice a day [27, 28].

Preventive role of nasya is mentioned as prevention of Pinas, Ardhabhedak, etc. diseases related to nose, head, ears throat, spasm in the neck muscles, headache, facial palsy, Rhinitis’ migraine can be prevented [29].

Promotive role of Nasya

Ability of indriyas to perceive the knowledge increases facial complexion improves, strength of vessels, ligaments, muscles, tendons of head
and neck region enhance. Voice strengthens and quality improves.

Importance of Nasya is described as Basti that is useful for all age groups from child up to old age [30].

**Preventive role of Dhoompana**

Heaviness of head, headache, Rhinitis, migraines, earache, pain in eyes, cough, Hiccups, dyspnea, congestion in throat weakened teeth excessive saliva, discharge in ears, rhinorrhea, excessive lacrimation by vitiated tridoshas, suppurative Rhinitis, otitis media, pain in teeth, anorexia, stiffness in neck, jaws, hair fall, greying of hairs can be prevented by performing dhoomapana as per rules described in Ayurveda in details [31].

Vagbhat has mentioned to practice daily *dhoomapana*, *Gandoosh*, *Tambul*, *Anajana*, *Dantadhavna* for prevention and promotion of health [32].

**Use of Dhoompana as promotion of health**

Regular practice of *Dhoompana* according to guidelines leads to enhanced strength in head region, sensory as well as motor functions and strengthens function of voice [33].

**Benefits of daily regimes – Massage**

*Abhyang* is one of the most important daily procedures indicated in Ayurveda for prevention and promotion of health. Specifically, massage to be given to the head, stomach, feet (Table 2).

These guidelines are clearly mentioned for preventive and promotive measures [34].

| Table 2: Daily Regimen and its benefits: according to Suhsrut. |
|---|---|---|
| **Dinacharya in Sanskrit** | **Term in English** | **Preventive and Promotive Role** |
| **Dantadhavan** | Teeth washing | Removes foul smell, kapha |
| **Jihwa Lekhana** | Tongue Scraping | Remove dirt, cleans tongue |
| **Gandoosh** | Gargles | Provides cheerfulness, firmness to teeth |
| **Mukh Prakashal** | Facial wash | Alleviates blue spots, dryness of face, boils and other diseases, makes vision strong. |
| **Anjan** | Galena | Removes burning, itching, dirt of eyes, provides brilliance and vision |
| **Tambula** | Chewing betel leaf | Provides clarity and fragrance in mouth, lustre and charm on face, alleviates diseases of the throat. |
| **Abhyang (shirobhyanga)** | Massage with oil on head | Eliminates diseases of head, provides softness and gloss in hair charm on face, saturation in sense organs |
| **Karnapooran** | Filling of ear with oils | Removes pain in the jaw, carotid region, head and ear |
| **Vyayam** | Exercise | Physical development, lustre, compactness of body part, stimulation of digestive power and provides optimum immunity |
| **Udwartan** | Dry massage | Pacifies vata, dissolves kapha |
| **Snan** | Bath | Removes sleep, burning and fatigue, eliminates sweet, itching and stimulates digestive powder |
| **Mukhalepam** | Application of cosmetics on face | Makes eyes firm, cheek & face corpulent and beautiful like lotus |
| **Aahar** | Food | Nourishes, gives strength, promotes, life span, memory |
| **Nidra-kale** | Sleeping in time | Promote development, strength, non-drowsiness and equilibrium of dhatus |
Table – 3: Seasonal guidelines.

<table>
<thead>
<tr>
<th>Season</th>
<th>Using diet</th>
<th>Lifestyle/ Vihar</th>
<th>Shodhan/ Purification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsha</td>
<td>Madhur-amla-lavan, laghu, snigdha, honey, boiled water pippali</td>
<td>Protection from rain, mild exercise, Drying clothes properly, avoid extreme walking</td>
<td>Basti, Vaman, Virechana, Nasya</td>
</tr>
<tr>
<td>Sharad</td>
<td>Madhur, Tikta, kashay, laghu, rice, green gram, aamalaki, cold water</td>
<td>Chandanadi lepan, avoiding heat, day sleeping, curd, oil over eating</td>
<td>Raktamokshan, virechana</td>
</tr>
<tr>
<td>Hement</td>
<td>Oil &amp; ghee, Brimhana, Madhur, Sneeegdhar, diet, jaggery, milk products</td>
<td>Worm gooms, heavy exercise, massage</td>
<td>-</td>
</tr>
<tr>
<td>Shishir</td>
<td>Nutritional diet</td>
<td>Worm gooms, heavy exercise</td>
<td>-</td>
</tr>
<tr>
<td>Vasant</td>
<td>Warm Water, water prepared by musta, sunth katu, tikta, kashay diet</td>
<td>Vyayam, udwatan, kapoor, chandan, avoiding direct sun rays at afternoon</td>
<td>Vaman, Nasya, Dhoomapana</td>
</tr>
<tr>
<td>Greesham</td>
<td>Water kept in mud vessel – cold water, madhur and diet without salt, plenty of liquid diet</td>
<td>Cool lepa of chanda etc.</td>
<td>-</td>
</tr>
</tbody>
</table>

Preventive role of seasonal purification and seasonal guidelines

It is one of the important measures to prevent future diseases that may occur due to aggravated doshas by environmental effects [35] (Table – 3).

Importance of sadvritta for health and longevity

The moral conducts for safety, prevention of imbalance and for maintaining personal and social health are described in sadvritta.

Discussion

Ayurveda is the ancient medical science deals with the study of life, its preservation, ideal and wholesome lifestyle, promotion of health and causes of diseases with treatment. Fundamental of life have described in detail in which concept of health, maintenance of health through ideal Aahar-Vihar according to age, prakriti, season, desh, agni, etc. on the basis of Samanya- vishesh Siddhant are included. Methods to protect the health and promote it are wholesome daily regimes as ideal timings of sleep, wholesome diet with proper time and ahara vidhi, balanced and positive mental and intellectual activities, seasonal guidelines for aahar-vihar and purification methods. Daily procedures such as nasya, anjan; abhyang, vyayam have great importance in preventive and promotion of health.

Rasayan is one of the important measures to prevent disease and promote health in a general and specific according to used dravyas. Rasayana is a specialty of Ayurveda which deals with promotion of health through various dravyas and conducts.

By reviewing texts in aspect of applied aspect for longevity of life, it is found that the guidelines about life style which mainly described as what to do and what should avoid dincharya, Rutucharya at physical, mental, social, spiritual level have great importance. A step to avoid unwholesome aahar-vihar and to follow wholesome is most important for prevention and promotion of health.
Conclusion

Considering all Guidelines collected for prevention and promotion of health from Ayurveda texts, it is concluded that Ayurveda deals with study of health and its prevention and promotion. Details of health dimensions are the parameters of positive health with characteristics described in Rasayan adhyay as excellent capacities at physical-mental and intellectual levels. Longevity of life is also depends upon ideal life style with proper aahir-vihar-rasayana and avoidance of causes of diseases as pradnaparadha, kal and astamyendriyarh sanyog. It is concluded that guidelines about longevity of life in Ayurveda are mentioned with details.

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