Role of Swasthvaritha in Preventing Adverse Effect of Modern Life Style:

A Review

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ABSTRACT

Ayurveda the proud of Indian medical system explored many concepts related to the disease occurrence and their management, Swasthvaritha is one of such concept of Ayurveda which suggest regimen of healthy living. The modern pattern of living style affects health status of peoples due to the stressful working routine. The physical and mental burden of current scenario not only causing health issues but moral values also affected greatly. Therefore it is require to adopt some ethical conduct for maintain physical & mental health along with spiritual well-being. Swasthvaritha recommends daily and dietary rules along with ethical regimen to boost overall health and internal strength. Considering this fact advantage of Swasthvaritha summarizes in present article for managing adverse effect of modern life style.

Keywords: Ayurveda, Swasthvaritha, Dinacharya, Ethical Regimen.

Introduction

Ayurveda the science of medicine practicing from ancient time suggested various rules for disciplinary life style. The disciplinary conduct of daily & dietary routine along with ethical regimen comes under philosophy of Swasthvaritha. The general principles of Swasthvaritha help to achieve good health status by synchronizing body with elements of nature, balances internal strength and boost self-control. Figure 1 depicted area of Swasthavritta regimen where major conducts to be followed for acquiring healthy well-being. (1-4)

Figure 1. Swasthavritta regimen; conducts for healthy well-being

The general principles of Swasthvaritha not gives mental peace but also provide strength to combat against diseases like; Unmad, Apasmara and Prameha etc. The principles of Swasthvaritha balance Dosha, boost strength of Dhatu and correct abnormalities of Agni.

The current pattern of living style vitiates Dosha; Vata, Pitta or Kapha leading to the disturbed physiological functioning and deterioration of health. The Swasthavritta suggested Dinacharya for keeping Dosha in balancing state:

- The recommend activities of Swasthavritta in morning time help to pacify Kapha Dosha since this Dosha in predominant state at early morning.
- The recommend activities of Swasthavritta in afternoon time help to
pacify Pitta Dosha since it is predominant in afternoon time.

- The Vata Dosha is predominant in night or sleeping time thus concept of Nidra and avoidance of meal just before sleep helps to control Vata vitiation.

Good conduction of Ahara-Vihara, Yoga and exercise, etc. helps to restore physical and mental, reduces adversity of stressful life style

**Table 1. Swasthavritta in the management of adverse effects of sedentary life style (6)**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Adverse effect of modern life style</th>
<th>Role of Swasthavritta in health restoration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Waking up late in morning leads lethargy and lack of enthusiasm</td>
<td>Swasthavritta suggest early rising in morning to normalize metabolic activities and complete detoxification leading to the enthusiasm and vitality</td>
</tr>
<tr>
<td>2</td>
<td>Sleeping in day time aggravates Kapha and Pitta</td>
<td>Swasthavritta suggests avoidance of day time sleep and little walk after meal to avoid vitiation of Pitta Dosha</td>
</tr>
<tr>
<td>3</td>
<td>If one takes heavy food just before bed time in night then it may cause Apachai and sleeplessness</td>
<td>Swasthavritta suggests Aharakalam 3-4 hrs. before to bed time to acquire initial digestion of consumed food and it also prevent chances of Vata vitiation</td>
</tr>
<tr>
<td>4</td>
<td>Late night awakening or incomplete sleep may vitiate Vata which resulting body pain, laziness, weakness and indigestion</td>
<td>As per Swasthavritta one should sleep at least for 8 hours at night to avoid Dosha aggravation and restlessness.</td>
</tr>
<tr>
<td>5</td>
<td>Excessive indulgences in sexual activities can cause deprivation Dhatu and weakness</td>
<td>Obeying rule of Sadvritha (ethical regimen) imparts health benefits not only in physical manner but also enhances moral and social values.</td>
</tr>
<tr>
<td>6</td>
<td>Avyayama and Medyanam Ati Bhakshanat can cause weakness and excessive thirst</td>
<td>Daily exercise, Yoga and proper diet provide physical and mental health and prevent symptoms of obesity</td>
</tr>
<tr>
<td>7</td>
<td>Excessive consumption of Guru and Amla Rasa can leads Ojas Kshaya and irregular defecation</td>
<td>Swasthavritta suggests avoidance of Guru and Amla Rasa to acquire appropriate digestion and metabolic functioning of body</td>
</tr>
<tr>
<td>8</td>
<td>Stress, anger, alcoholism and smoking habits can cause anorexia, nephropathy, cardiac troubles and mental retardation</td>
<td>Meditation and Yoga helps to avoid stress and mental anxiety thus prevent symptoms of mental illness and hypertension.</td>
</tr>
</tbody>
</table>

Swasthavritta not only recommended physical and mental exercise but it also emphasizes ethical conduct to imparts moral values and social reputation, these ethical regimen are as follows:

- It is recommended to speak truth, one should not lie.
- It is suggested that one should not harm others.

and imparts spiritual strength. The sedentary lifestyle, lack of exercise, stress and awful dietary habits, etc. can leads pathogenesis of many diseases including pancreatitis, heart problems and gastric problems, etc. The suggested regimen of Swasthvaritha provides relief from such types of health ailments. **Table 1** depicted specific role of Swasthavritta in the management of adverse effects of sedentary life style. (5-7)
**Swasthavritta** in preventing diseases induced by modern day life style (sedentary life style):

Swasthavritta suggests excessive intake of heavy foods which helps to avoid fatty liver, it is suggested to avoid *Madyapana* & smoking habits for remaining away from liver cirrhosis and cancer. Avoidance of unethical sexual conduct helps to get rid of sexually transmitted disease. Yoga and meditation helps to avoid depression, insomnia and mental retardation. Daily exercises correct imbalances of fat deposition and prevent pathogenesis of metabolic syndrome. Proper dietary habits help in condition like constipation, diarrhea, irritable bowel disease and abdominal cramps. Rising in morning time helps in breathlessness and cure respiratory troubles. (7,8)

**Conclusion**

Ayurveda emphasizes that good health is the prime need of human being and in this regards ayurveda suggested some conducts to be followed for acquiring optimum health status. *Swasthavritta* the ayurveda guideline for healthy well being recommended that one should involve in regular physical exercise, one should follow proper dietary regimen, avoid stress, controls unethical sexual desire, involved in spiritual conduct, speak truth, should not harm others, should respect elder, should not be jealous with colleague and helpful to others. These all suggested conduct of *Swasthavritta* helps significantly towards the prevention of adverse health effects associated with modern day life style or sedentary life style.

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**Conflict of Interest**

The author declares that there is no conflict of interest regarding the publication of this article.

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