

“Role of yoga and ayurveda in healthy life”

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Abstract -

The objective of the present monograph is to present a critical study on the alliedness of Ayurveda & Yoga on their possible scope as positive health sciences. Yoga & Ayurveda are allied sciences. Ayurveda envisages the total welfare of man while Yoga specifically ensures his psychospiritual development. The changing concept of life and modernity, urbanization and industrial development in modern world have entirely changed. The concept of medicine and its approaches in recent years also has changed. The medical profession is faced with the rapid growth of newer disorders whose causes lies in the society and modern way of life itself.

As pointed out above Yoga & Ayurveda are not only allied disciplines but are complimentary to each other. It is most appropriate to consider Yoga as a branch of *Ayurveda*. *Ayurveda* is the complete science of life and is supposed to safeguard Arogya i.e. health in all its dimensions. Yoga is a discipline of more limited objectives and is specifically concerned with achievement of *Moksha*. Application of the science of Yoga &

Ayurveda in the social and personal life of a common man.

Basic concept of Yoga are incorporated in Ayurveda. The art and science of both these to obtain health and longevity of life to acquire mental poise and peace. To integrate human personality to realise the bliss of the supreme. The Present paper will review the critical view the promotion of health and prevention of disease too should lie upon their correction and management it is perspective Yoga & Ayurveda deliberates on the concept of *achara*, *vichara*, *ahara*, *vihara* as primary modes of care of human health.

Key words – healthy life, preventive medicine, Psychotherapy

Introduction:-

Health and fitness are essential of all persons. Enjoyed by The lowliest among us. They contribute to happy living and national morale. The main need today is to developed systems through which effective health and fitness can be made both accessible and acceptable to the people, in this regards

yoga & *Ayurveda* may play a very important role.

Yoga & Ayurveda is one among oldest systems of health care in the world. Which uniquely perceived an intimate relationship between life style of an individual to its health and disease. The changing concept of life and Modernity, urbanization and industrial development in modern world have entirely changed. The Concept of medicine and its approaches in recent years also has changed the medical profession, and is facing with the rapid growth of newer disorders whose roots lies in the society and modern way of life itself. *Ayurveda* has relatively a wider discipline with greater applicability to the problem of health and diseases. It is a fundamental as well as applied science designed to preserve health and to cure ill health, the ultimate aim is safeguard *arogya* which has been considered the basic of achieving the four primary instincts of life viz; *Dharma, Artha, kama, Moksa*. *Yoga* main emphasis appears to be on achievement of *moksa*. *Moksa* is very comprehensive concept in Hindu tradition and it is not purely an other worldly affair. It definitely refers to the possibilities of the state of *Jivana-Mukta* and transformed state primarily spiritual and mental health in nature.

An overview of the current trends in western medicine too now shows increasing tendency of emphasis on the life style management in prevention and treatment of many modern diseases. The Present paper will review the critical view the promotion of health and prevention of disease too should lie upon their correction and management it is

perspective *Yoga & Ayurveda* deliberates an the concept of *achara, vichara, ahara, vihora* as primary modes of care of human health.

Aims & Objective -

- 1) The objective of the present monograph is to present a critical study on the allied ness of yoga & *Ayurveda* on their possible scope as positive heath science.
- 2) *Yoga & Ayurveda* are allied, *ayurved* envisages the total welfare of mankind while *Yoga* specifically censures his psycho spiritual development. Both sciences are concerned with healthy and better living, in terms of physical, moral, intellectual and spiritual aspects.
- 3) *Yoga & Ayurveda* synergistically primate health and prevention of disease and should lie upon their correction and management.

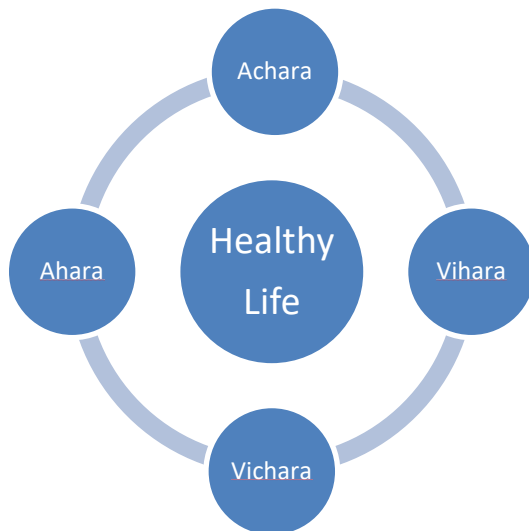
Methods:-

- As Pointed out above, yoga as *ayurveda* are not only allied disciplines but are complimentary to each other, it is most appropriate to consider yoga as a branch of *ayurveda*.
- *Ayurveda* is complete science of life and is supposed to safeguard *arogya* - health in all dimensions.
- yoga is discipline of more limited objective and is specifically concerned with the achievement of *moksa*.
- Application of the science of *Yoga & Ayurveda* in the social and personal life of common man in

four heads; *achara*, *Vichara*, *Ahara*, & *Vihara*.

- One can explain the term of healthy life with help of following model (Figure-I)

Directing the mind towards Wholesome objects



Promotion of Vigyana, Dhairya, Smruti, Samadhi

1) *Achara* (Behavioral regime)

- In Yoga behavioral *Achara* includes *Yama* & *Niyama*.
- *Yama* is control of the body, speech and mind. It is classified in to 5 sub types,
 1. *Ahinsa*
 2. *Satya*
 3. *Asteya*
 4. *Brahmacharya*
 5. *Aparigraha*
- *Niyama* is following the rules of good conduct. It is classified in to 5 sub types,
 1. *Saucha* (cleanness)
 2. *Santosh* (contentment)
 3. *Tapa* (Penance)

4. *Swadhya* (study of religious scriptures)

5. *Iswarpranidhan* (to remember god)

In *Ayurveda Achara* (Behavioral regime) include,

- *Achar rasayana*
- *Sadrutta*
- *Moksha upaya*

Sadrutta (social hygiene) practice of healthy living including personal hygiene and social adjustment measures have been advocated extensively in *Ayurveda* which becoming more and more relented today.

2) *Vichara* – positive mental attitude

- In Yoga “*yogastu chitta vrutti niruddha*” (*Yoga sutra* 1/2) discipline of *vichara*.
Dharna – is concentration of *chitta* on some object.
Dhayana – It is perfect contemplation. It involves concentration upon a point of focus with the intention of knowing the truth about it.
- In *Ayurveda Acharya Charaka* has described several psychological supportive techniques which all come under the preview of the board based *satvavajaya chikitsa*.

“*Manaso gyana vigyan dhairya smruti samadhibhi*”

Ch. Su. 1/58

“*Dhi dhairyatmadi vighyanam manasoushadham param*”

As. Hr. Su. 1/26

- Thus the term *satvavajaya* implies to that modality which is therapeutic for mental or emotional stress and disturbance controls over himself.

3) Ahara- (dietary principal)

- Dietary principle of conventional medicine is very different than Ayurveda. These principles are planed according to the physiological and biological needs of the body tissue and chemistry of the food. These principle changes from person to person and metabolic process turn its courses according to the existing environment. Principal of balanced diet, fat, sugar or salt free diet are unwarranted in a state reductionist perspective. The biological assembly of the body and the process of *aharavidhi* are always ready to moderate the situation. Ayurvedic principles of *asta-ahara-vidhi-visesayatana* are relevant in this context. *Prakruti, Karan, Sayog, rashi, desh, kala, upayog, upayogsanstha.* (ch. Vi. 1/21)

- *Ahar vidhi vidhanam.*

उष्णं, स्निग्धं, मात्रावत्, जिर्णे, विर्याविरुद्धम्,
इष्टे, देशे, इष्टसर्वोपकरणं, नातिद्रुतं, नाति
विलम्बितम्, अजल्पन्, अहसन्, तन्मना भुज्जीत,
आत्मानमभिसमीक्ष्य सम्यक् ||

च. वि. १/२१

In Yoga –

Indicating towards with mitahara, eating sweet and unctuous food offered first to almighty. (That is not eaten for once satisfaction), leaving one forth of stomach empty this is known as mitahara. H.P. 1/58

Regarding constituents of foods are –

“The good grains, wheat, rice, barley and *shatika* (special variety of rice), milk, ghee, sugar, butter, sugarcandy, honey, dry ginger, *patolaka*, *parvara*, few leafy vegetables, green gram And rain water, etc. are consider to be wholesome food for advanced *Yogins*.” H. P. 1/62

- ❖ *Satvik* and vegetarian *ahara* are mentioned in Yoga which has a vital role in promoting ones total health.

4) Vihara- (healthy life style)

- ❖ *Dinacharya, ratricharya* and *rutucharya* are the universal principal of Ayurvedic medicine to ascertain a healthy style of personal life conducive to positive health.

- a) *Dinacharya* (daily routine)

Ayurveda emphasis a positive code of daily living. Dynamic changes of the young society and life style of our community is a matter of great concern today. In which early to bed, *vyama*, *abhyanga*, etc. are explained.

- b) *Rutucharya* (seasonal code of living)

These measures are advised to protect body from direct sunlight in *grishma*, rain water in *varsha* and environmental code in winter season more over changes in dilatory articles are also advised as per state of *agni* which differ according to different places and different season.

- ❖ In *vihara Yoga* contains

- a) *Asana* (posture) – Yoga has prescribed various types of postures. Ex. *Padma, shirsha asana, sarvangasana, matsyasana, halasana, mayurasana, suryanamaskara*, etc. These postures are very helpful in controlling the mind as well as other element in the body. It also keeps the body free

from disease and makes it strong and healthy.

- b) *Pranayama* (breathing exercise)-*pranayama* is the systemic regulated rhythmic breathing which controls the semi voluntary system known as respiratory system in our body. It control the nervous stimulus and there by other system in the body.
- c) The unbalance in rhythm of breathe will affects the whole system of body. (Physically, mentally and emotionally) *pranayama* helps to correct this imbalance and purifies the *naadis*. Thus gets control over involuntary part and thereby body physically mentally and emotionally.
- d) Daily Yoga for 30 min. with 4 Asana, 4 *Pranayama*, Meditation and *Shavasana* will give a physical beauty and healthy charming personality and save from early ageing.

Results-

Basic concepts of Yoga are incorporated in Ayurveda. The objective of both, Ayurveda and Yoga are to obtain health and longevity of life, to acquire mental poise and peace and to integrate human personality to realize bliss of supreme.

Discussion-

Yoga and *Ayurveda* is a way of perfect living and promises meaningful life, efficient mental and emotional control. Recent research however, have established it as practical system for maintain physical and mental health. one gets trained to attain physical fitness and mental harmony which are fundamental to the practices of philosophy. Our life styles have changed

and life style includes the changes in our diet, lack of exercise. Greater indulgence in alcohol and tobacco. The diet we eat in refined sugar and processed food. All these has resulted in tremendous increases are caused because of life style related error. Hence life style modification is considered the sheet anchor of prevention and treatment of different diseases.

In our modern world it has become increasingly necessary to pay attention to our health in a holistic manner and maintain it properly. Rate of cancer, heart disease and diabetes are rising and there is no one who is not touched by this disease is outcomes of life style and diet. But society has been slow to understand how to help people prevent them. The holistic approach of Ayurveda and Yoga is well versed in prevention and provides us with clear guidelines and tools to help avoid suffering due to disease. We have created this program to sure the potential of Yoga and Ayurveda with us many people as possible.

Conclusion-

- The prevention and management of various kinds of psychosomatic and stress disorder have proved a challenges before the present day medical profession.
- The revival of interest in traditional indigenous system of medicine Yoga and Nature care is the byproduct of the failure of modern medicine on these frontiers.
- From the contents of the present monograph one can perceive that there is a sufficient potential in Ayurveda and Yoga to enrich the healthcare and

medical management in the present time.

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