

## Literature review of Ayurvedic concept of “Swasthya” w. s. r. to health.

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### Abstract:

Ayurveda is the science of life. The main aim of Ayurveda is to maintain health and cure diseases of ill people. Ayurveda is based on the main principle of *Dosha* which is of *Vata*, *Pitta* and *Kapha*. If any imbalance of any one of *Dosha* then it affects “Swasthya” that is on human health. In *swasthavrutta* we mainly focused on maintaining health.

**Keywords:** Swasthya, *Dosha*, *swasthavrutta*

### Introduction:

In this study, we considered *Dosha*-*Dhatu*-*Mal* from various points of view like *Prakriti*, *Desha*, *Kaal*, *age*, *Agni*. In this chapter, we have to learn about what is health that is concept of *Swasth*, Which are the rules of health protection and how this healthy state gradually transforms into unhealthiness and causes disease.

### AIM AND OBJECTIVES:

- 1) To study the concept of *Swasthya*.
- 2) To study preventive management for *Swasthya* as Ayurved

### MATERIAL-METHODE:

- 1) For this study we referred *Charaka samhita*, *Ashtanga Hrudaya* for various references of *Swasthya*.
- 2) Related modern text books also referred for modern references

### REVIEW OF LITERATURE

Ayurveda's approach to see toward the human body is step by step manner like *Sharira* (Body)-*Indriya* (sense)-*sattva*(mind)-*atmasanyoga* (Soul). All the elements in the process of maintaining health affects each other. When considering health that is *Swasthya*, they are considered together. Now we study above point which are responsible for *Swasthya* one by one.

**Sharir:** Different organs and *Strotasa* that is hollow spaces of the body are formed due to the mixture of different

*Dosha* and *Mahabhuta*. Hence there is a close relationship between anatomical and Physiological features. Particular *Dosha's* action takes place at certain places so activities of *Doshas* are also observed to vary according to location. A single *Vata Dosha* performs different type of functions such as food intake, digestion, excretion, to maintain heart rate, mental control in different condition. Due to development of modern science and availability of various diagnostic parameters we want to try to study *Ayurvedic* concept of health that is *Swasthya* at the microscopic level. It is important to introduce concept of health in view of *Dosha*. This will introduce the health that is *Swasthya* of various components of the body in a better way.

#### ***Indriya and Mana:***

*Indriya* and *Mana* that is Sense organ and mind respectively introduce us various processes in surrounding. Changes are made in the internal processes of the body are necessary to maintain the existence of the individual in nature, In a healthy condition of body the senses and the mind are also need to active and healthy

#### ***Atma :-***

Every person has his or her own soul which gives personality. The soul, which is the original source of consciousness in the body. As per *Ayurveda* philosophy happiness of soul is essential for health. Thinking about the health of the soul is an indicator of human development and evolution. Normal and healthy feelings of love, brotherhood, compassion towards various peoples, animals or things are indicators of the health of the soul.

As per science of yoga, 'healthy' means a balanced state of body, mind and soul. Yoga is called equality.

At the level of mental state with anger, hating emotions in the mind, and due to false knowledge that is *Avidya* creates imbalance. It is necessary to constantly create a balance. Due to stress balance between body and mind is disturbed. Hence to reduce stress level is important to maintain pysco- somatic health.

#### **Concept of Swastha:**

As per *Ayurveda* qualities of *Swastha Purusha* that is healthy person are all three *Doshas -Vata, Pitta, Kapha*, *Agni* (digestive system), *Dhatu*, *Mala* (excretory products) and *Kriyas* are normal, *Atma* that is soul, *Indriya* that is all sense organ and *Mana* (mind) are calm are called *Swastha* means healthy. In other way concept of *Swastha* means all *Dosha, Agni, Dhātu, Mala* is in a balance state<sup>1</sup>. The person without any pathological state or any diseased condition or any type of illness is considered as to as *Swasthya* that is healthy person.<sup>2</sup>

We can says that *Swastha* or health is balance in all the internal metabolic processes of the body, proper control of mental tendencies, balance of emotions by all of theses process maintain our self in equilibrium condition at level of mental and physical level is called *Swastha* or health.

#### **Relationship of Swasth with various factor :**

Human beings go through various stages of life. During this process transformation occurs. *Kapha* function more occurs in childhood stage.

In old age there always natural predominance of *Vata*. Daily and seasonal changes in the external environment, dietary substances are seen in the human body. Differences seen in different type *Prakruti* and it also considered as natural. Thus, knowledge of dynamic concept of health is essential for maintaining of health.

In this point we are going to discuss about relationship of *Swastha* that is health with various factors which plays important role in to maintain balance state, these are as follows –

1. *Rutu* (season)
2. *Prakruti* and diet relationship
3. *Sharir Vega* (natural urges )
4. Daily regimen and *swasthya* (health) relationship.

#### Seasonal guidelines <sup>4</sup>

<i>Rutu(Season)</i>	<i>Aahar (Diet)</i>	<i>Vihar (Lifesyle)</i>
<i>Hemant</i>	<i>Oil &amp; ghee, Brimhana, Madhura, Snigdha diet,</i>	<i>Abhyanga, Warm rooms</i>
<i>Shishir</i>	<i>Oil &amp; ghee, Brimhana, Madhur, Snigdha</i>	<i>Stay in minimum windy and warm places</i>
<i>Vasant</i>	<i>Avoid heavy to digest, sour, and sweet food items, food made up of wheat</i>	<i>Vyayama, , Anjana Kavalgraha</i>
<i>Greeshma</i>	<i>Madhur, Sheet, Drava, Snigdha (Rice with ghee &amp; milk) Aahara.</i>	<i>Sheet Lepa of Chandana etc.</i>
<i>Varsha</i>	<i>Consume sour, salty unctuous food, and old barley; wheat and Shali rice</i>	<i>Udwartana, Snana, use of fragrance, garlands, wearing light and clean clothes and should reside in the place which is free from humidity.</i>
<i>Sharad</i>	<i>Consume Madhur, Laghu, Sheet, slightly Tikta foods &amp; Drinks, Shali rice,</i>	<i>Avoiding, heat, day sleeping, curd,</i>

We studied that due to moon and wind that is Vayu formation of various seasons like *Shishira, Vasanta, Grishma*

#### 5. *Rutu*:

Every person should give attention on *Vata Prakopa* in rainy season, *Pitta prakopa* in summer, *Kapha prakopa* in Spring. According to *Prakruti*, every person should change their diet and exercise during this period.

Main aim of Ayurveda is maintain health by preventive aspect, it can be accomplish by the change in diet and adjustment as per change in seasonal condition. If we unable to adjust changes in *Aahar and Vihara* as per seasons that is *Rutu*, it may responsible to *Dosha Vaishamy*, due to which one or other kinds of disorders occurs<sup>3</sup>.

under *Adana Kala, Varsha, Sharad and Hemanta* under *VisargaKala*<sup>5</sup>.

#### ***Prakruti and diet relationship*:<sup>6</sup>**

If we follow *prakruti* wise *Aahar* then it can help us to maintain health,

### **Vata Prakriti:**

A *Vata Prakriti* person should consume limited dried fruits, leafy vegetables, onion, peas in their diet and sweet fruits, mango, coconut, dates, grapes, oranges, cooked vegetables, oil should be consumed more.

### **Kapha Prakriti :**

A *Kapha Prakriti* person should consume less watery foods such as sweet foods, ice cream, chocolates, fried foods, watermelon. Other hand there is no problem in taking hot water, Saindhav that is rock salt, buttermilk, garlic, sorghum, *sunth*, *pimpli*, honey. They also follow lifestyle management like exercise, do not sleep during the day, fasting.

### **Pitta Prakriti**

Daily regimen and its importance in preservation of health.

A *Pitta Prakriti* person should take in limited manner, food like sour foods like curd, chilies, spices, salty alkaline foods, tea-coffee. Foods like milk, butter, ghee, dates, sweet fruits, pomegranate, *moravala* should be taken more. Avoid walking in the sun, excessive exercise, smoking, drinking and staying awake at night.

### **Sharir Vega(natural urges )<sup>7</sup>**

In this point we are going to study, Concept of *Vega Dharana*. Always the diseases are occurs due to the forceful creation urge and suppression of manifested urge. If *Kshavathu Vega Dharana* then it causes *Indriyas Dourbalya*. If *nidra Vega Dharana* then it causes *Akshigourava*, like that *Chardi Nigrahana* causes *Netrakandu*.

### **Daily regimen and swasthya (health) relationship<sup>8</sup>**

Sr no	Swastavritta kriya	Preventive Role of Swasthvrutta Kriya
1.	<i>Gandoosha</i>	For improvement of Strengthens the jaws, voice excellent
2.	<i>Jihvanirlekhan</i>	To Removes the impurities, deposited at the root of the tongue obstruct inhalation, causing halitosis.
3.	<i>Dantadhavan</i>	This removes the impurities from the tongue
4.	<i>Nasya</i>	To get improve strength of <i>Indriyas</i> , and to protect from diseases related to head & neck.
5.	<i>Dhoompana</i>	It used as preventive purposed and as alleviate therapy all types of <i>Urdhwa Jatrugata Rogas</i> .
6.	<i>Anjan</i>	<i>Kaphahar</i> and <i>netraprasadak</i>
7.	<i>Abhyanga</i>	It used as preventive purposed and as alleviate therapy for headache, premature graying of hair, and alopecia also used for strong and good-looking body, while slowing his aging process
8.	<i>Snana</i>	To get relief from fatigue, purifying, primitive of longevity.

### **Discussion:-**

Now days number of increases because of advanced lifestyle. By literature study it is found that modern science has limited treatment for psycho-somatic diseases but in Ayurved there are lots of choices for treatment and preventive management for *Swasthya*.

### Conclusion:-

Due to technology and fast lifestyle there are risk of increase in psychosomatic disorder or stress related diseases. In *ayurveda* for *swasthya* management there are lot of option. *Gandoosha, Jihvanirlekhan, Dantadhavan, Nasya, Dhoompana, Anjan, Abhyanga Snana* like regimen if we follow regularly then it can help in maintaining health.

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