

ROLE OF PANCHAKARMA PROCEDURES IN DINACHARYA FOR PREVENTING LIFESTYLE DISORDERS

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ABSTRACT

Life style disorder is fast rising problem in India. *Ayurveda* as science of life was a part of culture of Indian lifestyle. Wake up early, exercise, bath, head massage all these were included in Indian lifestyle. But westernization of our culture is giving rise to life style disorders like diabetes, cardiovascular elements, High cholesterol, Hypertension, stroke, depression². These diseases were explained in *Ayurveda* compendia's but in this era they have raised to such a level that 25% of Indians may die of these lifestyle diseases before they are of age 70. These diseases are also called as of civilization or diseases of longevity. Certain diseases like diabetes, dental caries or asthma are propagating in young generation specially living western way. Western life style includes less activity, less manual laborious work, access to much appealing but unhealthy food, late night work⁴. If the factors involved in pathogenesis of these lifestyle disorders are reviewed on the basis of *Ayurveda* science, the symptoms show *agni dushti*, *kapha dushti*, *mansavaha* and *medovaha dushti*. When a person follows *dinacharya* as mentioned in *Ashtanga sangraha* of *Vagbhatacharya*, the life style disorders are prevented as it involves *Panchakarma* and allied treatments like *Abhyanga*, *Nasya*. These procedures are very important and significant as they prevent these *kapha*, *meda*, *mansadushti*, and *stress* and strain of mind as well as body. So following lifestyle of *Ayurveda* is important as these *Panchakarma* procedures prevent lifestyle disorders.

Keywords: *Dinacharya*, Lifestyle disorders, *Panchakarma* procedures

INTRODUCTION

Panchakarma is specialized modality of *Ayurveda*, which eliminates excess *dosha* from body^[1]. *Ayurveda* is only science which has incorporated different detoxification methods in daily routine. This works as preventive as well as curative. The term *Ayurveda* means science of life which has prescribed healthy lifestyle. *Vagbhatacharya* has explained this lifestyle in his ancient compendia *Ashtang Hrudaya and Sangraha* by a separate chapter called *dinacharya*. Though *Ayurveda* is ancient health science it has capacity to deal with health problems arising in this new era such as Life style disorders. *Dincharya* explained in *Ayurveda* was a part of culture in India. But westernization of our culture is giving rise to life style disorders like diabetes, cardio vascular elements, High cholesterol, Hypertension, stroke, depression^[2]. These diseases were explained in *Ayurveda* compendia's but in this era they have raised to such a level that 25% of Indians may die of these lifestyle diseases before they are 70^[3]. These are also called as diseases of civilization or diseases of longevity. Certain diseases like diabetes, dental caries or asthma are propagating in young generation specially living western way. Western life style is of less physical activity, less manual laborious work, access to much appealing but unhealthy food, late night work^[4]. If we review the factors involved in *Ayurveda* pathogenesis of these disorders they are mainly vitiated *Kapha dosha*, *dushita rasadhatu*, *agnidushti* and *amapradosh*. Mainly diseases due

to *sanchaya pradhana* or *santarpanajanya avastha*^[5]. Pathogenesis occurring due to this western life style can be prevented by following *Ayurveda dinacharya*. *Dinacharya* includes *Panchakarma* and its allied procedures like *Nasya*, *Abhyanga*, *Mardana*, *Gandush*, *Anjana*, *Udvartana*. To follow *Dincharya* and these *Panchakarma* procedures included can prevent Life style disorders.

Aim – To study the different *Panchakarma* procedures included in *dincharya* with reference to lifestyle disorders

Observation- Different *Panchakarma* and allied procedures included in *dinacharya* chapter of *Ashtang Hrudaya and Sangraha* are as follows -

Dant dhavana^[6]- is done by Herbs of *Kashaya, katu* and *tikta rasa*.

Jivha nirlekhana^[7] - Cleansing of tongue.

Anjana^[8]-*Anjana* application in eyes

Navana nasya^[9] – Is administration of *anu tail* which is *sneha dravya* in nasal route.

Gandush^[10] - medicated gargling is done.

Dhooma nasya^[11]-Inhalation of medicated smoke

Abyanga^[12] - Oleation, Whole body, Head, Feet massage.

Vyayama^[13]-It is exercise.

Mardana^[14]- Massage by applying pressure.

Udvartana^[15] - Medicated powder massage.

Snana^[16] –Bath by warm water which is a type of fomentation

DISCUSSION

General Pathogenesis of Life style disorder on basis of *Ayurveda* -

Less activity, High calorie food, lack of exercise



Result in *kaphachaya, Rasa, Mansa, Meda dhatu shaithilya, sroto vaigunya*



Symptoms of *Kaphachaya*



According to *Prakruti* and *Anshansha kalpana*



Sthana sanshraya



Causing- Diabetes, High cholesterol, Hypertention, Cardiovascular diseases, Depression.

Dinacharya which is *Ayurveda* life style includes *Shodhana* treatments which may prevent these diseases.

Dant dhavan^[17] - This is done by using herbal sticks of *kashaya, katu, tikta rasa*. *Kashaya rasa* herbs have astringent action on gums. *Katu* removes all plaque and *tikta rasa* acts on *pitta* or acid action. This type of herbal care maintains teeth and gum health. 53 per cent Indians suffer from common tooth problems such as bleeding gums, bad breath, sensitive teeth, receding gums and decayed teeth is revealed by a nation-wide study by AC Nielsen.^[18] Daily use of this *danta dhavana* may overcome dental problems.

Jivha nirlekhana^[19] - Cleansing of tongue maintains sensation taste, removes foul smells, heaviness of tongue and keeps mouth fresh.

Dant dhavana and *jivhanirlekhana* maintain oral health.

Anjana^[20] *Anjana application in eyes maintains health of eye; it has cleansing action .it removes excess kapha and helps in smooth functioning of eyes and eyelids.*

Navana nasya^[21] - *Nasya* is carried out by using *anu tail*. It improves skin texture, strengthens of neck and chest region, increases beauty of face and freshness mouth.

Gandush^[22] - Gargling is done. Gargling gives light feeling to mouth by removing *kapha* and *vata*. This prevents throat infections. Gives strength to vocal function

Dhooma nasya^[23] - Inhalation of medicated smoke removes *kapha* and *vata dosha sanchaya* from throat area, nasal area, cleaning of sinuses. This prevents infections.

All these procedures keep nasal and pharyngeal track healthy.

Abyanga^[24] - Everyday oil massage is given to body .Specially head massage and feet massage is also recommended. It has *rasayana* effect, maintains body tone, makes muscle action smooth by acting as *anulomana* on *vata dosh*, it relieves stress and strain of muscles, and maintains tone of skin. Maintains body tone and prevents from aging. Nourishes eyes, maintains digestive fire, tightens musculature and maintains body shape and adds longevity to life.

Vatanulomana is important factor which attribute in prevention of almost all diseases. Maintain physical as well as mental health. *Abhyang* heals body as well as mind. Prevent depression and *rasadushtjanya* diseases like *hridrog*.

Vyayama^[25] - is included in daily lifestyle. Exercise gives strength, energy, high working capacity, light feeling. Increases digestive power. *Vyayama* prevents accumulation of fats. It prevents cardiac elements.

Mardana^[26] - *Mardana* is done after exercise which relaxes muscles of body prevents vitiation of *vata* due to over exercise.

Udvartana^[27] - *Udvartana* is massage by medicated herbal powders. It dissolves excessive fats, strengthens the body parts and skin.

Snana^[28] - bath by hot water is a type of *parisheka swedana* .which is *vataghna*. *Sweda* gives lightness to body, relieves stiffness.

Abhyanga, *Vyayama*, *Mardana*, *Udvartana*, *Nasya* all these procedures of *dinacharya* prevent *doshachaya*. Lifestyle disorders like *Dibetes*, *Obesity*, *Cardio vascular disease* are of *sanchaya pradhana samprapti*. *Panchakarma* and allied procedures of *dinacharya* prevent this *chaya* of *dosha* and prevent these diseases.

CONCLUSION

Different procedures from *dinacharya* help to prevent hazards which occur due to western lifestyle. Life style disorders can be prevented by following *dinacharya* prescribed by *Ayurveda*

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