

HOLISTIC APPROACH OF AYURVEDA TO ACHIEVE COMPLETE HEALTH AS DESIRABLE BY WHO

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ABSTRACT

Health is a state of complete physical, mental, social, spiritual well-being, happiness of mind & senses, pleasant soul and not merely the absence of disease or infirmity. Ayurveda is a science of life, a system of health care and medicine which aims to guide people in living a healthy life. It provides knowledge of how to live and concentrates on the health and well-being of the individual as a whole, and as a member of society. In this competitive era with hectic schedules, it's the need of hour to follow certain dietetic and lifestyle guidelines for leading healthy and peaceful life. Today NCD's are more common and a major challenge to control them, so that we can follow do's and don'ts of health dimensions as given in Ayurveda and we could reduce NCD's burden across the globe.

Keyword: Physical health; Mental health; Social health; Spiritual health; Ayurveda health.

INTRODUCTION

Health definition has been mentioned much elaboratively in Ayurveda literature. According to Acharya Sushruta, a person can be called as healthy (*Swastha*) if *Dosha* (*vata* – sensory & motor function, *pitta* – metabolic function, *kapha* – anatomy along with all system of the body), *Agni* (digestive fire), *Dhatu* (each and

every cell of the body), *Malakriya* (evacuation of excreta i.e. stool, urine, sweat and other secretion from the body) are in equilibrium state along with *Prasannaatma* (pleasant soul), *Prasannaindriya* (happiness of senses) and *Prasannamana* (tranquil & happy

mind).¹ According to WHO, Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.²

Methods & Material

For Physical Health: *Ahaara* (diet)

Do's: Take lukewarm water approximate 250 – 300 ml before evacuation of stool. Take herbal tea and breakfast like *Daliya*, *Khichadi*, *Mungadaala* and its preparations, dry fruits like papaya, pomegranate, apple, banana and sessional fruits as per *Agnibala* (digestive fire).³ Take lunch & dinner - rich fiber whole cereals like wheat / Barley / bajra / maize / ragi / rice / millet / and its preparations and seasonal vegetables as per *Agnibala* (digestive fire).⁴ To take milk and ghee,⁵ dinner should be light and taken ideally at least 30 min after the sunset ,not exceeding more than 1 hour. (7 to 8pm).

Don't: Avoid cold & frozen product, bakery product, snacks & fast food and heavy food.⁶

Vihaara (code of conduct)

Do's: Get up early morning 72 minutes before sunrise, first do regular *Shauchkrita* (attending natural call) *Dantadhawana* (proper cleaning mouth, teeth, tongue) with bitter & astringent herbs powder, paste or stick.⁷ *Vyayama* (exercise),⁸ pranayama (breathing exercise) and yoga in empty stomach minimum 30 minutes daily (morning & evening).⁹ Go to sleep between 9 pm to 10pm. Physical relation only with own partner as per the strength of the individual and season/ climate (*Abrahmacharya*).¹⁰

Don't: Avoid day sleep and awakening at night.¹¹

For Mental Health

Do's (Follow these behavioral codes for peace & mind)

- Go to sleep and early wake up at early morning, Cleanliness, Truthfulness, honesty, Freedom from anger, Non indulgence in alcohol, Nonviolence, Calmness, Self-control, engaged in meditation, using ghee regularly, Keeping the company of elders and the wise people.

Don't (Avoid following behavioral codes)

- *Lobha* (Greediness), *Shoka* (grief), *Bhaya* (fear), *Krodha* anger, *Ahankar* (ego), *Nirlajata* (shamelessness), *Irshya* (envy), *Abhyasuya* jealousy,

Kama (passion), *Maanap* (ride), *Mada* (arrogance), *Cittodvega* (anxiety), *Vishada* (anguish), *Dainya* (Inferiority complex).¹²

For Social Health

Do's: Proactively, having good facial expression, having good mannerism, Loving and compassionate, Sweet speech, Positive attitude, Devote Vedic scriptures, one should find out and consider the views of the society, behave in such a way by which others will be pleased.¹³

Don't: One should not enjoy the happiness alone, one should not trust each and everybody, one should not suspect everyone, one should not disclose his enemy, one should not disclose his insults

For Spiritual Health

Do's: Respectful toward teachers, parents and elders, respectful toward his passion and work, charitable, religious, belief in the existence of God, controlling the senses, a person should think how my days and nights passing on, one should follow every action in moderate course.¹⁴

Don't: Avoiding the extremes of any activities.

DISCUSSION

Physical Health – Diet (*Aahara*): - lukewarm water in early morning helps to increase bowel moment and improves digestion. light breakfast like *Daliya*, *Khichadi*, *Mungadaala* (green gram soap) and its preparation and fruits are good for morning diet because in morning due to mild digestive fire, it will not be able to digest heavy diet. If someone is not feeling hungry, no need to take breakfast. Lunch & dinner should be *Ushna* (fresh and warm food), *Snigdha* (with pure ghee or oil), and *Pra-krita* (natural) it's good for digestive fire. Majority of the diseases are originated due to weak digestive fire so that there is need to maintain optimum digestive fire for healthy life.¹⁵ **Exercise** should be *Ardhasaktaya* (up to half strength of the individual). It includes *Dhavana* (running), jumping, *Plavana* (Leaping) chakramana (walking), *Niyuddha* (boxing) and athletic activities etc. It builds up muscles and make skeleton of body strong.¹⁶ **Nidra** (sound sleep) maintains equilibrium and physiology state of the body.¹⁷

Mental health – today major factor of mental disorder is wrong time and irregular sleep pattern. So, each and every one should follow “**Right time and sound sleep**” for mental health. *Acharya Charaka* has praised the benefits of proper sleep, right time and sound sleep has given happiness, strength of mind and body, energy or activeness, enhance sexual activity, knowledge and longevity. And improper and untimely sleep results in disease or pain, weakness of mind and body, loss of energy or inactiveness, infertility or impotency, wrong perception of knowledge and feeling useless of life or death.¹⁸

Free from intoxication – *Acharya Charaka* has told that Regular use of wine and trance drugs diminish *Satva guna* (confidence) and increases *Mansika Dosha* (*Raja & Tama*) like Greediness, grief, fear, anger, ego, shamelessness, jealousy, passion, pride, arrogance, anxiety, anguish, Inferiority complex etc. So, everyone should increase *Satva guna* and try to decrease & suppress *Raja & Tamoguna* for mental health.^{19,20}

Free from unwanted relationship – According to *Acharya Arundatta* don't do physical relationship with any other person except your own partner for mental health.

Social health – *Acharya Vagbhatta* told that it is an individual's ability to handle and act based on different social conditions. Having healthy relation involves proactiveness, initiating good communication, empathy, and care for family, friends and colleagues.²¹

Spiritual health – *Acharya Charaka* told that until and unless one does realize that i am not doing whole things, i am only the means to do, till then he will not get absolute knowledge of soul. After receiving absolute knowledge, he/she will come to know the facts in totality.^{22,23}

CONCLUSION

Ayurveda literature has mentioned complete health dimensions and importance for healthy life including spiritual health. If a man's consumes pure diet his mind will be pure as a matter of course. Purity of mind follows from purity of food. One resorts to wholesome diet and regimens, who enters into action after proper

observation, who is unattached to the pleasure drawn from the satisfaction of sensory objects who is given to charity, impartiality, truthfulness and forgiveness and who is at service of learned people, seldom gets afflicted with diseases. No disease can afflict an individual who is endowed with excellence of thoughts, speech and acts which are ultimately blissful, independent thinking, clear understanding, knowledge, penance and continued effort in yoga.

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