

Innovations

Public Health Through Ayurveda –A Literature Review

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Abstract

While public health made rapid strides in the western world, its progress has been slow in the developing countries such as India, where the main health problems continue to be those faced by the western world 100yrs ago. So Ayurveda provides public health through *Dinacharya* & *Rtucharya* which are well explained in Ayurveda which are daily regimen & seasonal regimen. In this starting from waking up from bed in the *Brahmi muhurta* to safe guard his own life to night sleep and all seasonal regimens were well explained in Ayurveda. Apart from this *sadvritha* and *achara rasayana* also been explained in Ayurveda to promote good health. It is very useful for Disease control and health promotion. To keep fit one should be very alert at every movement one must understand the importance of biological or circadian rhythm. The environmental changes every now and then i.e morning afternoon, evening, day and night, summer, rainy and winter seasons too. In order to keep healthy each person must try to adjust with these constant changes. In today's hectic and materialistic culture, rarely and person gets the time to think of his own health and fitness. Hence many people think that this life style is not possible to follow. But this is totally a wrong concept every one of us should at least understand the importance and benefits of ideal lifestyle and our best to follow. **Aim of the study:** Prevention is better than cure, Ayurveda gives utmost importance to prevention of diseases & maintain positive health through *Dinacharya* and *Rtucharya* i.e daily regime and seasonal regimen.

Key words:: Ayurveda, Public health, *Dinacharya*, *Rutucharya*, *Sadvritha*, *Acharya rasayana*

Introduction

We all try to live a healthy life by incorporating good habits in our lifestyle. Because who doesn't want to live fearlessly without worrying about health problems? However, in today's world, it has become challenging to pay equal attention to health and work. Living an Ayurvedic lifestyle by following *Dinacharya* , *Rcharya* , *Sadvritha* and *achara rasayana* are an Ayurvedic daily and seasonal regimens which are the simple solution to all the health related worries and key to promoting a harmonious balance between mind, body and soul.

The word *Dinacharya* is derived from two words; '*dina*' meaning day and '*acharya*' meaning activity. *Dinacharya*, according to *Ayurveda* , is a daily routine that promotes self-care through different daily activities. It is a genuine fact that seasons leave an immense effect on our *tridoshas*. As per *Charak Samhita*¹, if a person follows diet and routine according to the season, the intensity of his health is improved. So, *Ritucharya* is the best Ayurvedic practice. It comprises of two words, "*Rita*" which means season and "*Charya*" that means discipline. There can be seen some physical and mental impacts caused by seasonal lifestyle changes recommended by Ayurveda. *Sadvritha* in *Ayurveda* help us to increase our mental capacity and to build our physical strength to fight with ailments which can happen due to seasonal changes. So, it balances

all the three *doshas* and keeps us fit and healthy always. By following *Diacharya* and *Rutu charya* it makes us in tune with nature, it regularizes our own biological clock and makes us more self-aware. If you follow this routine regularly with intense care and dedication, your health will benefit in several ways.

Daily Regimen Starts With

1. Wake up early morning²

Ayurveda has recommended special auspicious time for getting up from the bed. A healthy person should wake up one and half hour before sunrise. (*Brahmi muhurtha*)

Arogyam Bhaskaradhicheth – health is obtained from the sun

One should analyses about digestion of food taken previous night. In the early morning the mind is fresh and surroundings are calm and quiet .Hence one can concentrate on meditation, prayers and studies Meditation at this time, mental hypertension, irritation or lethargy becomes less. Concentration increases and the whole day mind becomes active and there are less chances of violation transgression

2. Look in to the mirror³

After getting up from the bed look in to the mirror for knowing any changes which occur in the face i.e. any swellings, edema, color of the conjunctiva etc.

3. Evacuation of bowel⁴

To get a natural call after waking up from the bed in morning is a sign of good health. But due to irregular life style like smoking, alcohol, & improper diet many people do not get proper bowel movement.

1-2 glasses of water keep overnight in the copper vessel, it not only sets up gastro- colic reflex but after 3-4 weeks the minute amounts of copper gives strength to the muscles of large intestine which helps normal bowel movement.

4. Clean your teeth⁵

The teeth should be cleaned with medicated powders mixed with oil the teeth should be brushed with medicated powder containing astringent bitter and slightly pungent taste substance

Benefits; Remove bad order improve the taste sensation stimulate the taste buds Eliminate the gum disease.

Care of the tongue⁶

The dirt which is collected at the root of the tongue and which creates abstruption in respiration cleaning the tongue not only clean to mouth but also stimulate the whole digestive track and improve the digestive fire

Care of the mouth⁷

It is important to gargle the mouth after meals and after eating any food and after brushing that eat along with semi solid pasty and medicated oils.

Mode of action :

Here the fluid penetrates the oral mucus membrane and gums by pressure and exerts is suiting and cleaning action on the mouth heels the ulcers in the mouth and cures stomatitis

Collyrium

To make this copper or silver bowl with small amount of water in it is held over a ghee lamp the black soot which accumulate under the bowl is collected as collyrium which causes cooling effect on the eyes resistant to the heat of the sun and wind relief from irritation .

Illustration off nasal drops

It forms the protective layer on the olfactory nerves oil is also an antiseptic and it exerts soothing and nourishing effect of the paranasal sinuses

Medicated smoking (Dhumapanam)

Ayurvedic smoking is done with many medicinal herbs are used like guggulu, jatamamsi, agaru, cardamom. It has soothing action on the sense organs speech and the mind It effect tonic effect on larynx sense organs and sinuses It has some good effect on voice and mind ,Hair and teeth become strong it removes halitosis.

chewing betel leaves

It removes bad breath from the mouth it has a tonic effect on the voice and is therefore useful for speakers and singers

Abhyanga : On whole body Abhyanga means (oil massage) including head and feet increases immunity and it prevents the loss of elasticity of the skin in this way it prevents the aging and stiffness

Strength to collagen fibres which in turn strengthens the tendons improve the blood circulation of different organs.

Stimulates the new system and prevents the old age and increases longevity by massaging all to the souls office suite and the likes the eyesight is improved and Reproductive system .

Udavartana: This is done with different orders that removes the oils which has been applied on the body during all massage it is also a routine procedure done with dry powder of herbs that will provide heat and open the pores of the sweat glands of the skin

Exercise

According to Ayurveda exercise should be stopped when one has to beat in and out quickly when there is sensation of dryness in the mouth.

If exercise is stopped at this stage one can prevent body secretion and excitation from leaving the gastrointestinal tract and adversely affecting other bodily sites it gives the capacity to withstand heat called hungerfatigueKarnapurana

By saturating year with oil daily **Used for**: Stimulation of vestibulo cochlear nerve And helping in transmitting sounds to the cochlea

Rubbing(sariraprimarjanam)

It decreases the excessive sweat by reducing secretions of glandular cells of glands sweat glands It reduces the tastelessness by acting on the autonomous nervous system it internship control by the hypothalamus dell the taste receptors which are activated by rubbing all over the body

Bathing

Stimulate digestive fire by increasing the gastric secretion, promotes sexual power increases enthusiasm and strength washing the body below the neck with hot water is good for increasing strength but washing the head with the same water decreases the strength of hair and eye this hot water effect the central fovea it is the area of highest visual activity hot water increases the stress of the brain results in hair fall.

Wearing clean clothes:

Enhances charm fame ,life span ,remove in auspiciousness producing pleasure ,eligibility for a congregation.

Wearing of jems and ornaments :

Promotes wealth, auspiciousness longevity , prosperity.

Use of foot Wears :

Is beneficial for eye sight and tactile sense organ is destroyer of calamity & promotes libido .
It strengthens the aches of the foot , it stimulates the plantar nerves.

Use of umbrella

Alleviates natural calamities causes soothing effect.

Use of stick : Supports a slipping person , averts enemies.

Food :

Whatever quantity of food taken gets digested in time without disturbing the normally should be regardless as the measure of quantity .

The consumer of the food should make room for the food in the belly in 3 portions such as one portion of the space for solid food items , one for liquids and one empty space for moving body fluids & elements.

While taking food in such quantity one is not affected with any harmful effects caused by food taken in inappropriate quantity,

Sleep

Age and condition		Sleep Needs
Newborns	(0-2 months)	12 to 18 hours
Infants	(3-11 months)	14 to 15 hours
Toddlers	(1-3 years)	12 to 14 hours
Preschoolers	(3-5 years)	11 to 13 hours
School-age children	(5-10 years)	10 to 11 hours
Adolescents	(10-17 years)	8.5 to 9.25 hours
Adults, including elderly		6 hrs.
Pregnant women		8(+) hours

Conclusion

Prevention is better than cure ,Ayurveda gives utmost importance to prevention of diseases & maintain positive health through Dinacharya anad Rtucharya i.e daily regimem & seasonal regimen.

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