

Importance of Swasthavritta in Ayurveda

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Introduction-

Ayurveda, one of the upavedas of Atharva veda deals with the science of life. It is a complete science that teaches us right from the basics to everything that is needed in life. It may be related to birth, life, well being, health, fight against diseases and coping with the nature or surroundings. Everything is explained in Ayurveda.

For specificity, ayurveda is divided into main 8 parts or called as ashtang. Each part or Anga describes a separate entity such as medicine or surgery. So ayurveda as a whole is to be dealt with cautiously. It is important to understand the meanings of ancient quotes and use them for the well being of the mankind.

Tridosha, saptadhatu and mala based on the Prakruti (body constitution) of person forms the basis of ayurvedic treatment.

Ayurvedic treatment helps the person by purification of the body, increasing resistance to diseases and helping in achieving the complete state of health.

Swasthavritta-

Ayurveda today is taught as a complete degree course for BAMS (Bachelor of Ayurvedic Medicine and Surgery). For educational simplicity it is divided into 18 subjects and they are distributed for the curriculum. Of these 18 subjects, one of the most important is Swasthavritta. Today it is treated just as a subject but in my opinion it has everything that Ayurveda wants.

Prayojan of Ayurveda-

The main intention of Ayurveda is

स्वस्थस्य स्वास्थ्यरक्षणं आतुरस्य व्याधीपरिमोक्ष ।

It means to protect the health of a normal individual and cure the diseases of a patient.

Health as described by the World Health Organisation is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.

Here Health means not only free from diseases but a state of well being physically, mentally or socially is important.

Acharya Sushruta also defines Swastha way before the WHO definition

समदोषः समाग्नीश्च समधातुमलक्रिया

प्रसन्नात्मैर्द्रियमनाः स्वस्थ इत्याभिधीयते॥

The concept of Swasthavritta deals with the same. It helps to maintain the state of health and explains the regimens to be followed to keep oneself healthy.

Contents of Swasthavritta-

Today Swasthavritta as a subject teaches everything that is needed to attain the concept of well being be it physical, mental or social. It helps to raise the standard of living and the quality of life.

It begins with....

1. Dinacharya-

Dinacharya or Daily Routine explains the ideal daily routine right from getting up in the morning till going to bed at night. It explains the awakening from sleep, defecation, Dantadhawana, gargling, bathing, what and when to wear, Exercise, its types, duration and Procedure. All are explained in detail.

Every aspect is discussed in detail. Which Dravya to be used, its pros and cons, the correct method to do it is included here so as to maintain a healthy lifestyle.

2. Rutucharya-

Rutu means season. Each and every Rutu has its peculiarities. We have six different rutus and status

of doshik predominance, Guna, Rasa, Vipaka, Bala is changing as per season. Rutucharya explains us what should be the lifestyle in a particular season so that the changes should not hamper our health. We can adjust our lifestyle with the nature in order to avoid the ill effects on our health.

Rutucharya takes care of it and helps to attain the prime motto of Ayurveda, i.e. Swasthasya Swasthyarakshana.

3. Sadvritta-

Sadvritta means code of good conduct for mental health and social behaviour. It deals with personal conduct and social conduct.

4. Trayopstambha-

Trayopstambha means the Three pillars of Health. They are –

a. Ahara b. Nidra c. Brahmacharya

Ahara is the most important one as it is the only thing that is a must to sustain life. Swasthavritta explains the Ahara in detail. Each and every food is categorised into different groups and all the qualities are mentioned. Also the effects of use in Human Body is also explained making it the first science before modern sciences to do so. Different types or constituents of Food and Balanced Diet are also explained in detail.

5. Dharaniya Adharniya Vegas-

Concept of Dharniya and Adharniya vegas is a speciality of Ayurveda. This concept is not described in any other Science. Which Natural urges are to be suppressed and which are to be avoided has a greater impact on the formation of Diseases and the knowledge of it helps to maintain Health.

6. Menstrual Hygiene-

This part is also studied to help females attain the goal of health.

7. Yoga –

The main part of Swasthavritta includes Yoga. Yoga, today is recognised all over the world. India has gifted this science to the World. Different types of Yoga, Ashtang Yoga, Rules and Regulations of Yoga all are included in this. Yoga and Pranayama helps to control the body as well as mind. Asanas provide flexibility to the body and Pranayama helps for cleansing the body and attain Meditation.

Yoga has immense benefits on the well being of the body. Regular Practice can make a person undoubtedly healthy.

8. Shatkarma-

Kriya such as Dhauti, Basti, Neti, Trataka are explained here to cure different diseases.

9. Bandh and Mudras-

Part of Yoga that helps to Rejuvenate the Nervous system.

10. Nisaropchara-

Nisaropchara takes the person close to the nature. Use of Sun, water, Mud related treatment modalities are found here. It teaches us to protect and make the most use of the Nature.

11. Janapadodhwans Vyadhi-

These are some forms of epidemics and here they are studied in detail so as to avoid the epidemics and to control it quickly when they break out.

12. Disposal of waste-

Most important but often neglected factor. Improper disposal of the waste leads to contamination and pollution. So a proper way to dispose off the waste is a must to study.

13. Communicable and Non Communicable Diseases-

Human is a community animal. He has to stay in a community and deal with it everyday.

All the diseases which affect the community and which can spread easily that is Infectious Diseases are studied here.

Newer Non Communicable diseases that bear a lot of burden are also studied here in order to implement proper programmes for patient awareness and treatment.

14. National Health Programmes-

Implementation of National Health Programmes helps for proper code of conduct to eradicate a number of Diseases systemically.

15. Mother Child Health-

Most important programme included so as to bring up healthy future population.

Conclusion

As per the above discussion, Swasthavritta highlights everything that helps to maintain healthy life by the help of dinacharya, rutucharya, ethical behaviour. How to prevent a disease is also important rather than to cure it later. Quality of life is dependant

on proper lifestyle with proper diet and good moral conduct.

Swasthavritta means the behaviour or act by which a person can maintain health and lead a healthy life. Swasthavritta provides the tools to achieve normal metabolic processes through the use of Ayurveda, Yoga and Nisargopchara.

सर्वमन्यं परित्यज्य शरीरामानुपालयेत् |

तद्भावे हि भावनां सर्वाभावः शरीरीनाम ||

च.नि.६/७

Acharya Charaka quotes, one should take care of his body by neglecting all other things because if body is not healthy than nothing is existing.

Swasthavritta must not only be treated as a subject to study but it must be applied as a healthy lifestyle and it should get its due honours in the world of Ayurveda. It must be treated as a complete science dedicated to Health and not just Preventive and Social Medicine.

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