

Conceptual review study of Preventive Measures for Maintenance of Swastha Avastha of Panchadnyanendriya

1) Dr. Madhav Kedari Patade

Assistant Professor,
Samhita Siddhant Department,
Sant Gajanan Maharaj Ayurved
Medical College, Mahagaon.

2) Dr. Digvijay Dadasaheb Patil

Assistant Professor,
Kriyasharir Department,
Sant Gajanan Maharaj Ayurved
Medical College, Mahagaon.

3) Dr. Mangal Sunil Morbale

Principal, Professor & H.O.D.,
Rasashastra and
Bhaishajyakalpana Department,
Sant Gajanan Maharaj Ayurved
Medical College, Mahagaon.

Abstract:

Ayurveda is a branch of science which deals with maintaining health and treating the diseased condition of the body. Human being is the most superior in all species. He has been in search of maintenance of health means Swastha Avastha. Our Ancient Acharyas and their counterpart in this era tried and still going their best to keep the man young. Sushrutacharya has clearly described health as a state of normalcy of mind, body and soul. It is not merely freedom from disease. Panchadnyanendriya or five sense Organs are needed for perceiving of knowledge. Organs of senses are needed to be present in body to perceive external and internal environmental signals. Without them, soul is helpless to reciprocate. Soul gets all information through Indriyas. These five sense Organs are namely Eye, ear, nose, tongue and skin. Due to this, it is need of time to maintain health of these Panchadnyanendriya for better livelihood. Many preventive measures have been mentioned in Dinacharya and Rutucharya adhyayas in Ayurveda. The present study is an attempt to conceptualize these preventive measures for maintenance of health of five sense Organs.

Keywords: Ayurveda, health, Indriyas, five.

Introduction:

Ayurveda is an ancient ocean of knowledge.

There has been a cherished wish of human race from antiquity for living up of 100 years healthily. It is very helpful for gaining four Principal instincts of life namely Dharma, Artha, Kama and Moksha. The health is not only absence of the disease. According to W.H.O., health is a state of physical, mental, spiritual and social well being of an individual, which is very similar to definition of swasthya-healthy person given by Acharya Sushruta.

The basic and applied knowledge of the Ayurveda has survived to the present times through its various branches like basic principles, Rachana Sharir, Kriya Sharir, Kayachikitsa, Shalya Tantra, Shalakya Tantra, Dravya guna, Rasashastra and Bhaishajyakalpana etc. Basic Principles or Samhita Siddhant is one of the important branches of Ayurveda, in which various healthy measures, basic principles, its application has been given. Sense Organs perceive information with the help of mind. They are five namely, eye, ear, nose, tongue and skin. Eye is sense organ that perceives image and light.

Two eyeballs are apparatus for vision. Sense Organs that lets individual hear sound is ear. Sense Organ that lets individual smell is nose or osmotic apparatus. Sense organ that lets individual perceive taste sensation is tongue. Sense organ that perceives touch is skin.

Ayurveda has described preventive measures which contains Ahar and Vihara. Daily and Seasonal observances of dietary rules are included under ahar. Vihara includes lifestyle modifications for maintaining of health namely following a daily and Seasonal regime, observing the rules for suppression or holding of forceful exertion of natural urges denoted as Vegas, practice of seasonal Panchakarma like Vamana in Vasant Ritu, Virechana in Sharad ritu and it is followed by Rasayana chikitsa. By proper application of above mentioned rules, the Swastha Avastha of Panchadnyanendriya is maintained. It becomes very useful for perceiving knowledge and gaining four Purusharthas.

Aim –

To study preventive measures for maintenance of Swastha Avastha of Panchadnyanendriya.

Objective:

1. To take various references related to *Panchadnyanendriya* from classical Ayurvedic texts.
2. To study preventive measures for maintenance of Swastha Avastha of Panchadnyanendriya.

Material and Methods –

Main Classical Ayurvedic texts are used. e.g. Charak Samhita, Sushrut Samhita, Ashtang Hrudya, Ashtang Sangraha. Many Ayurvedic Manuscripts are also used for this study. Various online databases, Articles, research materials are also used for this study as a source material.

Discussion –

Here we will see the different Ayurvedic measures in maintenance of healthy status in each sensory organs sequentially.

Measures of Rasanendriya (Tongue) –

a) Dantadhavan i.e. Cleaning the teeth : In today's modern era, there is rise in dental problems. Regularly cleaning the teeth with tooth paste along with astringent and bitter powder of herbs like khadira, nimb or Triphala prevents tooth decay, bleeding gums, tartar on teeth, foul smell and mouth ulcers etc. This promotes the ruchi i.e. taste. This must be done early morning, after meals and before going to bed.

b) Kavala – Gargling with warm water or medicated water (Triphala decoction) helps in enhancing taste, removing excess Kapha in the mouth and prevents tooth decay.

c) Gandusha – Gargling the mouth with full of sesame oil. It strengthen the masticating muscles, voice, muscle of the face, cheeks, proper functioning of the taste buds, prevents dryness of the throat, cracked lips, tooth decay, ache, hard substances can be broken with the teeth like almond, apricot, the gums become strong and teeth does not shiver due to sour substances or less risk of sensitisation of teeth. This kavala and Gandusha are essential for the prevention of dental and throat disorders and diseases of tongue and mouth. Diseases of the mouth caused due to tobacco chewing can be prevented by kavala and Gandusha.

d) Tambula sevana – It is Chewing of betel leaves after the meal and it is familiar in some Indian people. It prevents accumulation of excess Kapha, bad odour and enhances taste buds. Betel leave with clove, cinnamon, quick lime, betel nut powder is recommended. Tambula chewing after meal, after bath and after getting up from the sleep is useful.

Measures for Ghranendriya (Nose and sense of smell)

a) Nasya – Daily nasya i.e. nasal application is advised as a daily practice. It includes use of oil. Administration of 2 drops of sesame oil or medicated oil, Anutaila in nostrils is recommended for daily nasya. It prevents hair fall, early graying, diseases of eyes and ears, gives relief from neck pain, headache, aridita (bails palsy), lock jaw, sinusitis, migraine, tremors in head, gives strength to veins, muscles and Joints of neck and head region and strengths to the voice, prevents diseases above the suprastern notch and diseases of sense Organs. Diseases of the respiratory tract – mainly related to pollution, dust and inhalation of gases can be prevented by daily usage of oil nasya.

b) Dhumapana (medicated smoking) – medicated smoking with dhumavarti prepared with medicinal drugs is used. It prevents the aggravation of Kapha and Vata dosha in suprasternal region. There can be use of Dhumapana instead of cigarette smoking promotes health.

It gives relief in the conditions like heaviness in the head, headache, sinusitis, migraine, pain in ear and eye, cough, hiccup, asthma, throat irritation, dental Caries, excess salivation, neck and jaw stiffness, elongated uvula, itching and maggots, graying of hair, early baldness, hair fall, sneezing, drowsiness, over sleeping. Air pollution related disorders can be prevented and treated by Dhumapana.

Measures for Chakshurendriya (eyes) :

a) Anjana – Use of Tujanana daily in the morning

b) Rasanjana – used at every 7th night.

c) Padabhyanga – means massage of foot. It is done with pure ghee (butter) after washing foot regularly, wearing footwear. It is used taking care of eyes in person who has excessive use of

computers or occupation related eye stress and strain.

d) Use of Umbrella or hat – it is used mainly during summer to prevent heat stroke.

Measures for sparshanendriya (skin) –

a) Abhyanga - Mainly massage of oil should be applied to skin regularly. It is helpful in diseases arising from climatic change, constant exposure to polluted air, dust particles. We can use sesame oil or olive oil, mustard oil, coconut oil, any medicated oil for daily or alternate day or weekly basis and it is very must in today's global warming rise area. Pollution causes dryness in the skin and it is prevented by oil massage.

There is engagement of people in late night stress and it leads to increase in rukshata and finally it results in aggravation of Vata dosha in the body. In today's fast speed life, there is stress on every human. It is also on school and college going children. Service and business classes have work stress. There is high stress on housewife due to heavy work in nuclear family. All these leads to many Vata aggravated disorders namely depression, insomnia, fear, anxiety which in turn give rise to hypertension, diabetes mellitus, cardiac diseases. Abhyanga is the best remedy for all such disorders. It is impossible to do whole body massage for some people due to heavy schedule. So at least head, foot massage and oiling in the ears must be done.

Abhyanga prevents and cures headache, baldness, hair fall, early graying, disturbed sleep, skin disorders, strength to bones, muscles, bone. It is useful in preventing any injuries or fall. It is most useful rejuvenation of body.

b) Vyayama-lack of exercise is the main cause of many diseases. There should be proper and well systemised exercise namely aerobics, walking , jogging, cycling, hill climbing. Daily exercise brings lightness in the body. It increase stamina, enhances digestive fire, prevents obesity , diabetes mellitus etc. Weight lifting exercise helps to improve muscle tone. All these exercises prevents formation of diseases related to Cardiovascular System, respiratory system, digestive system, nervous system etc. Yogasana

and pranayama is also useful for mind control, anxiety, relieving stress etc.

Pranayama is a regulated form of breathing instead of hurried and irregular flow of air. General health of nasal tract, sinuses, throat, respiratory system is well established by regular exercise of pranayam. It also does stability of mind as well and ultimately causes control of Vata dosha. Pranayam namely Suryabhedana, Ujjayi, shitali, shitalakari , bhramari have to be done regularly.

c) Udvartana (medicated bathing powder) – Generally it is done at festivals only and also in the saloon and beauty parlours for regular facial massage. It prevents fat accumulation, itching and skin disorders. It helps for stability of the muscles, body tissues, gives a glow to the face hence useful in acne. The black heads on nose can be prevented by regular application udvartana and it is substitute to soap.

d) Snana bath – Daily bath with hot or cold water causes enhancement of digestive fire, it protects life, gives energy, prevents skin disorders, decreases drowsiness. It gives lightness to body. It causes freshness in the body and mind. The hot water bath should be done below the neck strictly. If it is practiced above the head leads to hair and eye disorders. Cold water bath can be practiced above the head.

Measures for shravanendriya (ears)

Karnapurana is a best remedy can be regularly used for hearing loss. Karnapurana contains filling of ear with sesame oil and then keep a cotton ball. In today's ear of noise pollution, it has to be used for regular intervals.

Nidra – It is the other remedy essential for healthy status of all the sense Organs. There should be regular use of sleep and it should be adequate. For treatment of insomnia and netratarpana, nasya and netratarpana can be used.

We can prevent the formation of disease in region above the clavicle by taking above measures at regular intervals.

Conclusion –

Panchadnyanendriya or five sense Organs are precious part of our life. We have to take care of all

the sense Organs for our life. There are different preventive measures for different sense Organs. Measures for tongue contains dantadhavan, kaval, gandusha and Tambula sevana. Measures for Nose contains nasya and Dhumapana. Measures for eyes contain Anjana, padabhyanga, rasanjana and use of Umbrella or hat. Measures for skin contains Abhyanga, vyayama, udvartana and Snana. Measures for ears contain karnapurana.

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