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## ***Swasthavritta* in present day context; a critical review**

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### **Abstract:**

*Science had made a vast shift in living style and living standards of human beings. In addition to this aspect, the pandemic had also made a difference to a greater degree in lifestyle of masses. The sedentary lifestyle and faulty food habits has shown bad impact on physical as well as mental health of human beings. Ayurveda a primitive health science had mentioned Swasthavritta to be followed in day to day life. This helps to maintain a sound mind and healthy body. The relevance of Swasthavritta factors or parts like Diancharya, Rutucharya, Sadvritta Palan, Rasayana Sevana, Ahara and Yoga in present day life are to be studied critically in present context.*

**Keywords:** *Swasthavritta, Diancharya, Rutucharya, Sadvritta Palan, Rasayana Sevana, Ahara*

### **Introduction:**

Modernization had added comfort in day to day living of human beings. It had resulted in sedentary lifestyle and unhealthy food habits. It has adversely affected the physical and also the mental health of human beings. Faulty food habits and use of artificially prepared products in day to day life has hampered the health. Emphasis is given on awareness regarding one's health aspect is been practiced and taught right from school level and its importance is increasing day by day. Ayurveda is not only a health care science but a total holistic science of life. Apart from its disease and medicinal part it also states life principals which can be practiced for healthy living. Importance to each aspect of life and its positive as well as negative effects are very well described in Ayurveda classics. Lifestyle disease which are termed as NCD (non communicable diseases / diseases of civilization) are diseases that appear to increase in frequency as there is relative technological advancement. In this the lifestyle denotes the unhealthy day to day habits, changes in food pattern,

stress and fake modernization. Increasing screen time and usages of smart phones are associated with decrease in physical activity causing inertia and less expenditure of energy. This hampers normal metabolism and results in various disorders.

प्रयोजनंचास्यस्वस्थस्यस्वास्थ्यरक्षणमातुरस्यविकारप्रश्मनंच

- Charaka S. Sutra. 30/26

The prime goal of Ayurveda as stated in classics is maintaining the health of healthy being. It is to guard the natural physical, mental, social as well as spiritual wellbeing of humans. Here the branch of Ayurveda – *Swasthavritta* addresses the issue in holistic manner. The respective branch of *Swasthavritta* termed as social and preventive medicine in modern medicine explains various procedural practices like *Dinacharya*, *Rutucharya*, *Sadvritta Palan*, *Rasayana Sevana*, *Ahara* and *Yoga* to tackle this ever increasing lifestyle disorders.

मानवोयेनविधिनास्वस्थस्तिष्ठतिसर्वदा  
तमेवकारयेत्वैद्योयतःस्वास्थ्यंसदेप्सितं

- Bhavaprakasha Purva. 5/12-13

The *Vaidya* should advocate the *Swasthavritta* procedures as this practices yield good health and this is desired by all.

**Dinacharya** –

The day to day activated which are to be performed for maintaining health is termed as *Dinacharya* in Ayurveda. The activities included in this set which are stated in these texts are as follows,

<i>Karma</i>	Activity to be done	Contemporary activities
<i>Utthan - Brahma Muhurta</i>	Waking up early (96 minutes before sunrise)	One can wake up near to sunrise or at regular morning time till 7am.
<i>Souch</i>	Defecation	By drinking warm water on has to defecate naturally
<i>Dantadhavana</i>	Brushing the teeth and cleaning the tongue	Can use medicated paste or use drug sticks
<i>Anjana</i>	Collyrium	Can be once a week
<i>Nasya</i>	Application of <i>Sneha</i> within both nostrils	Can Apply <i>Sneha</i> in nostrils with little finger

<i>Kavala and Gandusha</i>	Oil pulling and holding it in mouth	Can practice it while bathing
<i>Dhoompan</i>	Medicated smoking	Can be practiced once in a week
<i>Abhyanga</i>	Body oil massage	Can be practiced once in a week or can apply oil to Soles, head and ears at the time of bed
<i>Murdhataila</i>	Application of oil to head	Practiced after taking bath and at time of bed
<i>Vyayama</i>	Exercise	Moderate exercise is advocated in early hours
<i>Ubtana</i>	Skin applications	Can be practiced during bathing. Application of soaps for cleansing purpose can be replaced with this Karma
<i>Shana</i>	Bathing	Extracts of <i>Neem</i> and other skin friendly <i>Dravya</i> can be used on daily basis
<i>Vastra- Ratnadharana</i>	Clothing	Use of cotton clothing
<i>Ahara</i>	Dietary regime	Wholesome and freshly prepared food can be taken
<i>Ratricharya</i>	Night regime	Can take warm milk and ghee at the time of bed for better sleep and overall rejuvenation

### **Rutucharya –**

Bimonthly division of time based on alike climatic conditions are *Rutu*. The environmental changes in these *Rutu* and their effects on respective *Dosha* alignment in one's body is of utmost importance. The division of these *Rutu* can be stated as follows;

<i>Month</i>	<i>Rutu</i>	<b>Contemporary season</b>
<i>Chaitra – Vaishakh</i>	<i>Vasanta</i>	Spring
<i>Jeshtha – Ashada</i>	<i>Greshma</i>	Summer
<i>Shravan – Bhadrapad</i>	<i>Varsha</i>	Rainy
<i>Ashwin – Kartik</i>	<i>Sharad</i>	Autumn
<i>Margashish – Paush</i>	<i>Hemant</i>	Winter
<i>Maag – Phalgun</i>	<i>Shishir</i>	Winter

Here the dietary regime and *Vihara*- the daily activities in accordance to respective *Rutu* are to be followed which will result in maintaining sound health.

#### **Ahara –**

The food that is to be ingested in order to nourish the body and mind are described in the section of *Ahara*. *Aahardravya* are *Rasa Pradhan*, *Rasa* is nothing but taste types mentioned in Ayurveda. Unlike contemporary science, Ayurveda had mentioned *Rasa* –Taste of six types – *Madhur, Amla, Lavan, Tikta, Katu* and *Kashaya*. The foods are then categorized according to these *Rasa* and have its effect on *Tridosha*. So these are advocated according to ones *Prakruti* and also the ongoing *Rutu*. The wholesomeness of *Ahar Dravya* depends upon this eight factors mentioned under the term *Ahar Vidhi Visheshayatan*. If one follows these eight step food regime then the faulty food habits are sidelined and thus lead to healthy body and mind.

#### **Yoga –**

There are many definitions of *Yoga* been stated according to their respective relevance.

योगष्वित्तवृत्तिनिरोधः |

Restraining from the activities of mind is termed as *Yoga*. These comprises practice of various *Yogic* postures – *Asana* and also breathing techniques – *Pranayama*. *Acharya Patanjali* had describes eight limbs of *Yoga* – *Yama, Niyama, Asana, Pranayama, Pratyahara, Dhyana, Dharna* and *Samadhi*. Following the *Yoga* path and dedicating some time in one's daily routine can help to maintain optimum health.

#### **Inference:**

Here along with four mentioned parts of *Swasthavritta* – *Dinacharya, Rutucharya, Ahara* and *Yoga*. One has to follow the *Sadavritta*– the code of conduct. This has profound effect on one's mental state also helps to gain physical wellbeing. Thus in present era of technological advancement, one can opt for the holistic lifestyle mentioned by *Acharyas* in the form of *Swasthavritta*.

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