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## Concept of *Swasthavritta*; a critical review

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### **Abstract:**

*Health is individual as well as mass issue in present day scenario. Ayurveda the most primitive healthcare science had described preventive as well as curative measures for the diseased. Due to globalization and digitalization of world, the person to person interaction and narratives - trends in social media – social life are in vogue. The physical as well as mental wellbeing of masses is a burning subject to tackle. Here the principles of Swasthavritta like Sadvrutta, Yoga, Pranayama, Pathya-Apathya etc. are to be nurtured and propagated to the masses for the collective benefit of society. In this context the Swasthavritta principles are been discussed.*

**Keywords:** *Swasthavritta, Sadvrutta, Yoga, Pranayama, Pathya-Apathya*

### **Introduction:**

Technology and advancement in science had increased the pace of life. As the development was in progress, it was primarily confined to metros, but due to the effect of social media and digitalization it has reached every nooks and corners of human habitat. Thus resulting in sedentary lifestyle and hence the increasing verge of non-communicable lifestyle disorders are rising at alarming pace. The living habits had a major impact on development of this disorders. On other hand improved medical facilities and sanitary health awareness had led to reduction in number of common communicable disorders. Unhealthy or sedentary lifestyle had resulted in following disorders, obesity, hypertension, diabetes, mental disorders, chronic fatigue syndrome, metabolic syndromes, insomnia, migraine, rapid ageing process, dementia, and autoimmune skin disorder etc. The person to person way of communication has been changed post pandemic. There has been a major shift in work culture, food habits and also the excessive use of social media. Moreover it has been making a

major impact on one's physical, social and mental wellbeing. The average screen time has increased irrespective of one's profession and had led to lower the physical activity rate. In infants and children's the screen exposure had hampers their social - emotional development and also the cognitive functions. In young and aged group of masses it had led to development of disorders like sleep deprivation, obesity, low emotional quotient, etc. which in turn give rise to increasing risk of cardiovascular diseases and other mental disorders. The media type and set of narrative has adverse effect on one's mental health. Restless activities, low quality of sleep, depression, stress, aggression etc. are the outcome of these provocative media content.

Here the principles of Ayurveda can be a guiding light to keep these disorders and adverse effects at the bay. In Ayurveda the branch of *Swasthavritta* had advised the remedies for the same which can be implemented on masses. The principles of *Swasthavritta* which can be advocated and taught to mass population for the healthy mind and body can be briefs as follows;

#### ***Sadvritta palan*** –

The code of conduct or the ethics to be followed in day to day life can be termed as *Sadvritta*. These are related to the health of mind and right use of ones *Indriyas*. One should educate all peoples by verge of this social media and urge them to life a healthy happy life.

<i>Sadvritta</i>	Code of conduct
<i>Sharirik</i>	Physical
<i>Mansik</i>	Mental
<i>Dharmik</i>	Moral
<i>Samajik</i>	Social
<i>Vyavaharik</i>	Ethical

#### ***Yoga and Pranayama*** –

In present day context *Yoga and Pranayama* are the exercises of body and breath. In relevance to the *Yoga*, it has a wide applicability and goal. While *Pranayama* is one of the limb mentioned in *Ashtanga Yoga*. But in present day context the peoples are to be trained and taught the physical exercise aspect of *Yoga* and the breathing *kriya* – *Pranayama* for better physical and mental health. All should encourage each other to actively imbibe the lifestyle with prioritizing *Yoga* and *Pranayama* in it. Daily practice of *Suryanamaskara*, various *Asana* of each posture like, *Bhujangasana*, *Sarvangasana*, *Chakrasana*, *Tadasana*, *Makarasana* etc. the *Pranayama* like *Bhastrika*, *Bhramari*, *Anulom vilom*, *Kapalbhati* etc. can be beneficial in these ailments.

***Pathya – apathya -***

The food habits are been most affected in present day scenario. The fastfood culture had increased the numbers of non-communicable disorders. A wide movement of awareness and education in the social media platforms is needed for setting beneficial food habits in masses. A healthy diet regime is described by Ayurveda. This wholesomeness of diet depends upon this eight factors mentioned under the term *Ahar Vidhi Visheshayatan*. A contemporary and easy to understand food regime should be advocated for peoples of different work types. The concept of *Pathya* – the foods which are beneficial for physical as well as mental health of a healthy person and also will prove useful in a diseased condition is to be studied and its importance should be propagated. In same way the *Apathya* – food which are not beneficial should be conveyed to masses. The use of natural and organically produced food should be given preference.

***Dinacharya – Rutucharya –***

The daily routine to be followed in order to maintain the sound health is included in *Dinacharya*. Also the seasonal dos and don'ts are been mentioned by Ayurveda under the title *Rutucarya*. The out of season food and fruits are used widely now a days. This awareness is to be done. The routine is set according to ones nature of work and also his/ her *Prakruti* plays an important role in it.

**Inference –**

Social media had made available a very powerful platform to convey the message to the masses. We have seen the negative and unhealthy matter is been circulated and made viral over the social media. Here a purposeful attempt is to be made by various institutions, governing bodies, NGOs, and others to propagate the right and positive healthy message to the mass public. Moreover the education is to be done in a new way so as to make these healthy message to be delivered to mass public at ease.

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