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## REVIEW ARTICLE

### IMPORTANCE OF SWASTHAVRITTA

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#### Abstract

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Ayurveda has main focuses on preventive medicine; Main role of preventive medicine is to oppose the disease and maintain the health, promote the healthy being, prolong the life and to minimize sufferings. Food plays an important role and cause of stability for all the living beings. There is nothing except diet for sustaining the life of living beings. The Srotas which carries “Anna” (food) are called as Annavaha Srotas. Annavaha Srotas can be correlated with gastrointestinal tract. Mahastrotas is the term applicable to Annavaha Srotas. The Ahara/Aushadhi which is not causing any harm to Srotas and is wholesome to the body and mind is Pathya. Ayurveda specially expresses the importance of food in maintaining & promoting good health as well as in curing diseases. We observe mainly individual suffering from deficiency disease, even after consumption of the so-called balanced diet. Ideal diet means just not only the consumption

of carbohydrate, protein, fat etc. The diet should have the qualities like Hita Ahara, Satmya-Ahara, Aviruddha Ahara, Sarva-Rasa-Sannivishtha-Ahara. To obtain maximum benefit from the diet we take, it is necessary to follow certain dietetics rules like Asta Ahara Vidhi Visheshayatanani, Ahara Vidhi Vidhan, and Dwadashashana Pravichara etc. By adopting these rules regulations related to Ahara Sevana one can prevent the Annavastratao Dushti, which in turn helps to avoid diseases.

## INTRODUCTION

Lifestyle diseases referred as those diseases whose occurrence is based on the daily habits of people are a result of an inappropriate relationship of people with their environment.

These lifestyle diseases generally occur due to bad food habits, physical inactivity and faulty biological clock. So, a healthy lifestyle must be adopted with a proper balanced diet, physical activity. Food, cloth & shelter (Anna, Vastra, Niwasa) these are three main pillars of life. Out of which healthy food plays major role in life. But in today's life, due to occupational stress, everyone wants many things in less time. So, demand of junk food, addiction of smoking, alcoholism increases.

Fast foods have three classes of chemical preservatives commonly used in

foods Benzoates (sodium benzoate), Nitrites (sodium nitrite), sulphites (sulphur dioxide). Due to this diet junk food is linked to a higher risk of obesity, depression, digestive issues, heart disease and stroke, type 2 diabetes, cancer, and early death.

Lifestyle disorders and its causes

S	Lifestyle disorders	Causes
1.	Heart diseases like Arteriosclerosis etc.	High BP, diabetes, Smoking, Obesity, Physical activity
2.	Chronic liver disease	Alcohol
3.	Stroke	Smoking, High BP, elevated cholesterol
4.	Nephritis	Smoking, Diabetes, Hypertension[6]

5.	Diabetes	Diet, Obesity, sedentary lifestyle.
6.	Chronic obstructive pulmonary disease	Air pollution, Occupational dust, Long term cigarette smoking.
7.	Cancer	Alcohol, smoking, medication, dietary factors
8.	Hypertension	Obesity, Alcohol, Lack of physical exercises.[1]

### Swasthavritta Have Many Refrences In Different Ayurveda Incriptions

सर्वमन्यं परित्यज्य शरीरमनुपालयेत् |  
तदभावे हि भावनां सर्वाभावः शरीरिणाम् |  
(च.नि.६/७)

Charaka further emphasizes on maintenance of health. One should take care of his body by neglecting all other things because if body is not healthy then nothing is existing. Word 'Swastha' comprises of 'Swa' meaning one's own & 'Stha' means staying that is being in ones own natural state.

न जन्तुः कश्चिदमरः पृथिव्यां जायते क्वचित् |  
अतो मृत्युरनिवर्या स्यात्किन्तु रोगत्रिवारयेत् |  
(शा.सं)

Sharangdhara quotes, "No creature in the universe is immortal. It is impossible to prevent death, but it is possible to prevent disease. So one should try for that which is preventable."

Swasthavritta has following dietary and lifestyle interventions as per Ayurveda that one should follow in order to achieve healthier life.

## Comparison between City and Body

नगरी नगरस्येव रथस्येव रथीयथा |  
स्वशरीरस्य मेधावी कृतेश्वहितो भवेत् ||  
(च.सू. ५/१०३)

A wise person should perform such actions which are good for his body as the officer incharge of the city and charioteer incharge of the chariot protect city and the chariot respectively. The verse highlights the importance of the collective efforts of citizens for the smooth functioning of a city, just as the mind and body must work together for an individual's well-being. It emphasizes the need for coordination and cooperation among citizens for the growth and development of a city.

In ancient times, the concept of the state was seen as an extension of the individual, with the king or ruler acting as the head of the body. Therefore, the health of the state was seen as dependent on the health of the individuals that comprised it. This shloka reflects this holistic approach to health and well-being, where the health of the body, mind, and community are seen as interconnected and interdependent.

### DINACHARYA (DAILY REGIMEN)

Dinacharya is the daily routine to be followed to remain healthy. Followings are the simple routines for a refreshing and rejuvenating day.

- 1. Pratarutthanam:** To wake up early morning before two hours of sunrise (Brahma Muhurta). it is considered to be the purest time of the day. The body is well rested. The mind is alert, focused and peaceful.
- 2. Contraindication:** In condition of indigestion and any disease conditions.
- 3. Ushapana / Achaman:** After awoken, one should wash hands and feet and drink 04 Anjali ( a cup formed by joining two palms of the hand) lukewarm/ normal water preferably in a copper or clay vessel. **Benefits:** It

regulates easy passage of motion and urine, enhance digestive power, minimize the diseases related to digestive system and delayed ageing.

**4. Malamutra Visarjan (Voidings of natural urges):**

It is beneficial to inculcate the habit of voiding natural urges in the morning. **Benefits:** It helps to maintain health and prevention of diseases. A tendency to suppress the natural urges (Vega Vidharan) is the root cause of many diseases.

**5. Dantadhavan (cleaning teeth and tounge):**

After defecation, clean teeth preferably astringent, pungent or bitter plants such as Arka, Nimba, Nyagrodha, Khadira, Karanja, etc. After cleaning teeth, the tongue should be scrapped by curve scrappers. Teeth also may be cleaned with the fine powder of Triphala (Haritaki, Bibhitaki and Amalaki) or Trikatu (Sunthi, Pippali and Maricha) added to honey.

**Benefits:** Brushing the teeth removes the accumulated filth and helps in appreciating taste. After cleaning the teeth and tongue, salt water gargling should be done to keep gums, mouth and throat healthy.

**6. Nasyakarm / Nasal medication:**

Apply 3-5 drops of ghee or medicated oil viz. Anutaila into each nostril in the morning regularly. **Benifits:** It keeps eyes, ears, nose, head, shoulder

healthy, prevents wrinkles, baldness and early greying of hair. It also alleviates diseases like headache, paralysis, sinusitis, mental disorder, spondylitis and skin complaints, relieves the tiredness, improves eye sight and increases the strength of teeth. **Contraindication:** It should not be applied in toxic conditions, indigestion, respiratory diseases and after child birth.

**7. Gandush (Gargling)( Oral cleansing techniques) -**

Fill the oral cavity completely with lukewarm or coldwater mixed with paste of tila taila (sesame oil) /ghee/ cold milk/ honey / honey mixed water and hold till the tears come out of eyes and nostrils OR Gargle with either of above regularly.

**Benefits:** It enhances the efficiency of sense organs; removes wrinkles; delayed graying of hair, black circles on face; removes and prevents cracking and roughness of the lips, excessive salivation, dry face, tingling sensation, shaky teeth, diseases of oral cavity, anorexia, loss of taste, impaired vision, sore throat, etc.

**8. Abhyangam (Oil massage) -**

After above process, massage oil to the whole body particularly on head, ears and feet with sesame oil/ mustard oil or coconut oil. Medicated oils may also be used. **Benefits:** It increases softness

and unctuousness skin and muscles; helps in free movement of joints ; increases circulation of blood; enhances the strength of head and forehead and makes hair black, long and deep-rooted; helps in getting sound sleep, increases hearing power and helps in maintenance of health. \* Oil massage of feet especially before sleeping in night improves eyesight, relieves fatigue and stiffness of feet.

- 9. Vyayama / Exercise / Yoga:** Do regular exercise to remain healthy till the appearance of sweat on forehead and axilla. **Benefits:** It increases the blood circulation and efficiency of lungs, increases stamina and resistance against disease. Regular walking enhances memory, improves digestion and efficiency of sense organs. **Precaution:** Careful selection and extent of exercise should be done in diseases like cough, tuberculosis, heart diseases, etc.

- 10. Kshaur Karma (Cutting of hair and nails)** - Shaving, cutting nail and hair, etc. should be done regularly i.e. maximum once in 5 days. It imparts lightness to the body and makes one cheerful.

- 11. Udvartana (Massage of herbal powder):** Massage of herbal powder over the body after exercise in the opposite direction of hair root.

**Benefits:** It reduces fat, cleanses the skin and imparts firmness to the limbs, improves complexion and cures itches and eruptions.

- 12. Snana (Bath)** After that take bath with neither very hot nor very cold water.

**Benefits:** It removes dirt, sweat, itching, thirst, burning sensation and exhaustion. It also improves appetite, longevity, courage and strength. Bathing in warm water also gives strength, but warm water should not be poured over head otherwise it causes loss of strength of the hairs and eyes. **Contradictions:** Bathing is not recommended in people suffering from facial paralysis, diseases of eye, mouth, ear, flatulence, sinusitis, indigestion, diarrhoea and immediately after food intake.

- 13. Dhyanam (Meditation)** For a few minutes to an hour sit in Peace for just a little while and meditate. Be quiet for some time and try and introspect. The whole day, indeed the whole world, revolves around meditation. Meditation is a key part of the Dinacharya as it helps in self-awareness.

#### **RATRICHARYA (ROUTINE AT NIGHT)**

1. **Ratibhojan (Dinner)** should be taken at least three hours before bedtime. It

should be lighter than lunch consisting of only easily digestible food and consumed in warm state. Avoid consuming curd at night. Walk a hundred steps after dinner then lie in left lateral position for 10-15 min.

2. **Sleep (Nindra)** is overcomes wear and tear of the body due to physical work and mental stress and tissue loss. The amount of sleep necessary is more in case of children and old individuals whereas for an adult on an average 6-7 hrs of sleep. Sleeping during the day and late at night should be avoided. However if one keeps awake at night, then can take some sleep in the day time. Day sleep is not contraindicated in summer. But in winter day sleep causes respiratory and digestive troubles. It is advisable to massage the head, sole and palm with oil before going to bed.

## CONCLUSION

नित्यं हिताहारविहारसेवी समीक्ष्यकारी विषयेष्वसक्तः।  
दाता समः सत्यपरः क्षमावानाप्तोपसेवी च भवत्यरोगः॥  
(अ. ह. सू. 4/36८)

A Person who practices wholesome diet and lifestyle regularly, is thoughtful in his actions not indulged in sensual pleasure, who is generous truthful has forgiving nature and acquaintance with trustworthy people will remain unaffected by diseases.

With all the details of wholesome diet, lifestyle, mindful actions, social and behavioural conducts. Swasthavritta unveils a complete guide to a contended and healthy life

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