

PREVENTION OF LIFE STYLE DISORDER BY APPLIED ASPECTS OF HEMANTA SHISHIR RITUCHARYA

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ABSTRACT

Life style disorder are those disease that depend upon the way we live the life that they are linked with the person. they are mainly our life style related disease. They are mainly CVS, obesity, D.M., arthritis etc. Ayurveda being the science of life help to prevent the life style disorder by applying various regimens i.e. dincharya and ritucharyas, ahara-vihara. This article is just an efford to through light, that how the principle of hemanta and Shishir, ritu can be applied to prevent the life style disorder, in Hemant and shishir ritu.

KEYWORDS: Life Style Disorder, CVS, D.M., Dincharya, Ritu

Charya, Hemanta, Shishir.

INTRODUCTION

In Ayurveda, the various regimen, we already know that with the help of all this dincharya and ritucharyas many disease can be prevented the ahara and vihara according to ritus has been explained in the samhitas. In Hemanta ritu-charya the description has been stated as - during^[1] cold Hemanta (winter) in strong person the Agni (digestion) as contact of cold wind, becomes stronger and stronger and capable of consuming food which are heavy in quantity as well as nature, hence when agni does not get proper fuel i. e. diet it absorbs the rasa –dhatu of body, and so on. So during hemanta, one should use the unctuous sour and salted juice of the meat of dominantaly fatty acids and marshy animals and also meat of burrow dwelling and prasaha type of animals. After this person should drink wine vinegar and honey, one does not lose life span if he takes regularly milk products, can sugar products, fats, oil, new rice and hot water.

One should use massage, anointing head oil, heated chamber, sun heated rooms above and underground during this season one should use carriages, beds and seat made of wool, silk, skin, hairbraids, and variegated blankets. The cloth should be heavy and warm, people should apply thick paste of agaru on his body while on bed, he should sleep embracing well developed women having big and prominent breast and enjoying sexual intercourse up to full satisfaction. When winter beings one should avoid vata increasing and light food and drinks restricted diet, strong winds and intake of colds.

Same concept has been explained in Shushruta Samhita.^[2]

With the above context, the vagbhatta sates some extra work out such as Niyudha i.e. kusthi sated that wrestling with the fit person's and getting the entire body pressed with feet of servant may be followed.^[3]

Coming to life style disorder they are difined as disorder liked with the way, the people live their life, this is commonly caused of alcohol, drug and smoking abuse as well as lack of physical activity and unhealthy eating. Disease that impact on our life style are heart disease, obesity, DM, artherosclerosis asthma etc. Diet and life style are major factors through to influence susceptibility to many disease. Through the hemanta shishir ritu –charyas, the ahara and specially vihar like abhyang, uttsadana, tail prayoga, etc can prevent the many diseases.

Hemantaa and shishira are similar with the slight difference that the latter has more roughness due to (beginning of) aadan and cold due to clouds, winds and rains. Hence the entire routine of living prescribed for hemantaa is applicable to shishir as well. During shishira, one should reside in a house which is more wind free and heated. During shishira, one should avoid pungent, bitter, astringent, light, cold and vata-increasing food and drinks.

DISCUSSION

Life style disorder slowly by they damage our body and our life specially hypertension, obesity and heart disease, they are the serial killer of our life. The effect of cold and their prevention aspect in hemanta shishir ritus are as follows.

Cardio vascular disease – As in the winter season, the barometric temperature of the environment goes down, in the external and internal of the temperature of the body also decreases. As the body temperature decreases the coldness in body decreases due to stasis of blood occur, due to which the blood circulation decreases, which in turn increase the overload

of heart and due to this the heart problem increases. To prevent this, it is necessary to do abhyang and massage. As abhyang and massage improves the circulation, as it activates the bhrajak pitta and when one pitta increases it simultaneously activates the all the pitta. The ushna guna of the pitta finally increases the circulation of the blood which decrease the over load towards the heart preventing many heart problems.

Arthritis- Mainly many type of arthritis have been explained like R.A., O.A. gout, all this have their specific cause, but during winter, due to sita guna, the vata gets aggravated and pain mainly aggravates in hemantaa, as vata is the main cause of pain the intensity of pain increases in this season . Adding to this, the viscosity of synovial fluid also decrease, which restrict the movement of joint and due to this the pain increases more. To overcome this abhyang is necessary it increase the viscoscity synovial fluid as during abhyang when pitta increases its ushna guna liquifieses the fluid allowing to decrease the stiffness making movement easier. The vata nashak oils can be used for abhyanga.

Obesity

As we know obesity is a medical condition in which excess body fat has accumulated to that extent, that it all has negative effects on health. Already in hemanta, the fire hunger is more, there fore there is more chances of gaining obesity in this season In hemanta it has been described that tail(olive oil, mustard oil) vasa (butter, cheese) has been described to take but we have to clear that what type of fat we should take. There are many type of fat present, but specially we have to know about the brown fat and white fat especially the storing one and it also provides energy when there is requirement in the body, on the other hand the brown fat whose main function is to generate heat, and do metabolism by taking brown fat food like apple, arginine, rich food like soya foods, bears, chicken lentil etc. on the other hand, kusti and niyuddha which are explained by vagbhat, this can be understand as- when we do kusti etc which can be included under vyayam, when we start this in cold season, the sheeta contact with our body this accelerate the brown fat to get activate and after the yudha and kusti, when it is completed, the metabolic by product i.e. end product are released by sweats.

Respiratory Disorders

As in cold winter season the attacks of asthma, and cough, cold get aggravated, to overcome this abhyang as per the part and by oil can done with all this the use of murdhin tail is also done as the murdhin tailm actually deals with various methods of applying oil over the head. It is a type of bahya- snehana using oil and conducting treatment over body externally, it is

selectively brought in as treatment for many vata related disorders, and disorder effecting head and sense organs, and also for prevention of many pshyco-somatic disorders and seasonal disease like –kasa, swasa, migraine etc.

CONCLUSION

Hence it is concluded that with the help of ahara and vihara of hemanta and shishir ritu charya, life style disorders can be prevented to a greater extent. If we apply this short procedures to our day to day routine life, many disease we can prevent.

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