

CONCEPT OF REJUVENATIVE HEALTH CARE IN AYURVEDA WSR TO DIETARY REGIMEN

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ABSTRACT

Ayurveda, science of life based on concept of Tridosha theory, Panchmahabhuta theory etc. Healthy condition of the body represents the state of equilibrium among the three doshas viz.vata, pitta and kapha. Whenever this equilibrium among the three doshas is disturbed due to any reason, it results in the genesis of diseases. The food is the basic component for the production of bodily energy. After ingestion of food rasa is produced, that rasa is converted to body components and supports all types of life activities.

KEYWORDS: Tridosha theory, health, rejuvenation, ahara (ie.food) etc.

INTRODUCTION

Ayurveda, Indian system of medicine is well known global traditional systems of medicine. It is science of life based on concept of Tridosha theory and Panchmahabhoot theory. Ayurveda is the first medical system that has advocated an integrated approach towards longevity of health and alleviation of diseases. It first provide philosophical framework that determine the path of therapeutic practice. Its first and foremost objective is to protect the health of the individual and second is to cure the diseases.

MATERIAL AND METHODS

Healthy state of the body represents the state of optimum equilibrium among the three doshas viz.vata, pitta and kapha. Whenever this equilibrium among the three doshas is disturbed due

to any reason, it results in diseases. There may be multiple reasons for a disease to develop but in Ayurved, there are three reasons *asatmendriyarth samyoga*, *pragyaparadha* and *parinaam* leads to disease process. Health is a balanced state of all the three doshas, agni, all the seven dhatus and mala and it also includes the concept of mental, social as well as spiritual health of an individual. Disturbed state of all these entities results in disease. According to WHO, health is a state of complete physical, mental and social well being, not merely the absence of disease, but Sushurut,^[1] and Charak also included spiritual well being, which is not included in the definition of health given by WHO. This system emphasizes the importance of maintenance of proper life style for keeping positive health (ie.Dincharya). Ayurved is considered not just as an ethnomedicine but also a complete medical system of health that takes into consideration of physical psychological, philosophical, ethical and spiritual well being of mankind.

First and foremost factor, which need to be concentrated to maintain positive health is Ahara i.e. diet.^[2] Ayurveda lays great emphasis on the diet regulation. Food has great influence over physical health and mental development of an individual. The food is the basic component of the production of the body energy and life supporting vital matter known as *rasa*. The *rasa* is converted to body components and supports all types of life activities.

Ahara is the prime factor among *Tryoupastambha* (ie. Three basic pillars of life) like Ahara (food), *Nidra* (sleep) and *Brahmacharya* ie.controlled sexual habit.^[3] For maintaining good health, one should have proper healthy dietary habits. Quantity of food plays an important role in maintaining the health of an individual and it is related to one's digestive capacity. Food should be eaten in appropriate quantity. Too much or too little food results in vitiation of all the three doshas ie.*Vata*, *Pitta* and *kapha*.^[4] One should eat only that amount of solid food which will occupy 1/3rd space of stomach, the next 1/3rd should be filled with liquids and the remaining should be reserved for the generation of metabolic components i.e *Vata*, *Pitta* and *Kapha*.^[5]

The concept of light and heavy food also has been described in Ayurveda for maintaining health. The stomach should not be completely filled with light food and only 1/3rd or half of stomach should be filled with heavy food because light substances naturally stimulate digestive enzymes and do not vitiate doshas but heavy food even in small quantity can cause uneasiness and vitiate doshas as it naturally suppresses the digestive mechanism.Beneficial

diet (ie.Hitkara ahara) consists of those food components which after digestion; appear similar to constituents of body.

Appropriate quantity of food results in strength, complexion, happiness and delayed aging. The food substances which maintain the health and reduces the risk of diseases in future should be used regularly. Pippali ie.Piper longum commonly used to improve digestive power but Pippali, Kshara ie. alkaline substance and Lavana ie. salts should not be used in excess quantity as their high amount leads to genesis of diseases in body and may be fatal.^[6]

Eight basic measures (ie.Ashta Aharavidhi Visheshayatana).^[7] should be kept in mind while taking food like -

- 1- Natural qualities
- 2- Preparaton
- 3- Combination
- 4- Quantity
- 5- Habitat
- 6- Time
- 7- Rules of use
- 8- User.

The method of taking food also influences the health of an individual. Daily routine (ie.Dinacharya).^[8] and seasonal routines (ie.Ritucharya),^[9] are prescribed to maintain positive health.

Ayurveda emphasizes in the process of detoxification so that the maladies of mind and bodies are cured. A patient undergoing Ayurveda treatment is usually subject to a list of do's and dont's, which in turn is predetermined by the consulting Ayurveda medication keeping in mind his constitution, nature of his malady and a thorough assessment of kind of lifestyle followed by him. Being an Ayurveda means of treatment it turns down the consumption of junk food. It prohibits the consumption of food at frequent intervals, insisting on the gapping of meals with a time interval of more than three hours. It insists on the importance of exercising. According to one of the golden rules of ayurvedic lifestyle, staying awake late into the night is strictly prohibited. It upholds early awakening. Over-eating should be avoided.

The general examination is known as ten-fold examination,^[10] through which a physician examines the following parameters in the patient like 1) Psychosomatic constitution 2) Disease susceptibility 3) Quality of tissues 4) Body fluids 5) Anthropometry 6) Adaptability 7) Mental health 8) Digestive power 9) Exercise endurance and 10) Age. In addition to these, examination of pulse, urine, stool, tongue, voice, speech, skin, eyes and overall appearance is also necessary.

CONCLUSION

The treatment in restoring the balance of disturbed humors through regulating diet, correcting life routine and behavior, administration of drugs and resorting to purificatory therapies known as panchakarma and Rasayana therapy. Panchakarma includes five basic karma's i.e. Vamana, Virechana, Nasya, asthapana, vasti & anuvasana vasti and it involves the detoxification of body, after which Rasayana therapy is beneficial. Ayurveda has given great emphasis on living harmony with the universe along with importance on rejuvenation of dhatus. Thus, Indian system of medicine is very important for maintaining the holistic health of people.

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