

ROLE OF SWASTHAVRITTA IN INCREASING PHYSICAL AND MENTAL STRENGTH BY STRENGTH PROMOTING DRUGS (BALYA DRAVYA)

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ABSTRACT

Ayurveda being science of life everything including ideal life style has been mentioned in the form of DINACHARYA RUTUCHARYA RATRICHARYA SADWRUTTA etc which are dealt under swasthavritta and all these are helpful in maintaining health and promoting strength. Bala is broad concept in terms of ayurveda. Ayurveda has described trividh bala as SAHAJ KALAJ and YUKTIKRUT bala. Bala is characteristic feature of healthy physical and mental state of body. Pramotion of bala can be obtained by dietary contain and bala promoting drugs.

KEYWORDS: Strength, bala, ayurveda, strength promoting factors.

INTRODUCTION

Now a days, physical and mental strength of human is decreasing because sedentary lifestyle and supplements are essential for maintaining or improving the strength Bala (strength) is the ability to do the activities that need lot of physical and mental efforts. Here an attempt is made to throw light on concept of bala, its type, bala promoting drugs, time to consume these drugs, age to start with it, etc.

In ayurveda bala is the property of kapha, vata dosha and mansa, asthi, majja, shukra dhathu. Even diagnosis and treatment in ayurveda depends upon agnibala, shareerbala, manasbala, aturbala etc.

These are described in swasthavritta thousand of year ago. The study is based on selected references from common classical text.

AIM

Postulate the bala (STRENGTH) promoting factors and to improve physical and mental strength with the help of bala promoting drugs from the view of ayurveda.

MATERIAL AND METHOD

A through search is done from charak samhita, sushruta samhita, ashtang hrudhay and commentary on it.

LITRATURE REVIEW

Ayurveda has described trividha bala.

Sahaj bala (natural strength) it develops at the time of origin of body.

sahaj bala is defined by dominance of doshas of garbh constitution.

Kalaj bala(seasonal or age)Physical and mental strength also depends upon and alters with season and age.

Yuktikrit bala- The physical and mental strength that depends on proper diet, physical activities, medicines (rasayan and vajikaran) it can be improved with the help of these factors.

Charkacharya has described strength promoting factors=

Desha(birth place)- sadharan desha.

Kala(time)- visarga kala.

Sukhascha kaalayoga (favorable condition)

Beej kshetra sampat.

Satmyasampaccha.

Yuvan (youth).

Samharsha.

According to sushrutacharya bala is rajas and satmaj bhav. Rasaj bhav develops from prakrut aahar rasa circulating through pregnant mother to her fetus and satmaj bhav depends on satmaj aahar consumed by mother and also these both bhav can be improved throughout the life of individual.

Individual having susamhat shareer (well knit body) where bones are symmetrical and distributed the jointsbare well bound and rasadi dhatus are well formed is called as balwant
The constitution regarding primary elements Kapha dosha is bala of body and the primary

element of kapha are pruthvi and jala regarding bala prithvi represents sthiratva (stability) gurutva while jala roles to nourishment.

Bala and taste relation

Sweet (madhur) itself described as strength promoting property an individual having habit of consuming all rasa has excellent strength.

Bala and agni relation The food consuming is digested with the help of jatharagni to produce ahar rasa which when processed through rasadi agni leads to formation good rasadi dhatu. Also saman vayu increases strength jatharagni.

Bala and dosha relation

Dosha is vata, pitta, kapha are in the same awastha give better strength to body. Bala is mentioned as function of udan vayu specifically kapha in normal state is known as bala of body by charkacharya.

Bala and dhatu relation

Bala is rajas bhav it depends on rasadhatu because it primarily nourishes all other dhatus.

To achieve excellent strength one can work with following

- 1 Diet(aahar)
- 2 code of conduct(vihar)
- 3 meditation (aushadha)

DIET: helps to improve and maintain bala of body.

CODE OF CONDUCT: following factors given in swasthavritta is result as balya.

To follow proper diet well sleep and brahmacharya, Daily massaging of body with tila tail, Use of footwear, Keeping umbrella with, Daily walking.

These are good habits mentioned in swasthavritta. To increase strength of specific organs like application oil on foot increases strength of feet, pouring few drops of oil ear, use of dhoompan improves bala of organs that are situated above neck.

MEDICATION

In ayurvedic text many combination of drugs are mentioned with strength improving results some are mentioned under rasayan vajjkaran adhikar and other are under the treatment of disease.

AGE TO START CONSUMPTION

There is no specified reference of age to begin consumption of strength promoting drugs. According to charkacharya bala varna of foetus promoted naturally in the six month of gestation. Hence strength promoting drugs can be prescribed since from conception. Balya drvya can be consume in all satges of life. Balya draya should consume inudan kala (after dinner).

DISCUSSION

Sahaj and kalaj bala can be improved and maintain with the help of yukti.

CONCLUSION

Kalaj bala and yuktikrut bala of an individual improved and maintain with the help of ahar, vihar and drugs(balya dravya).

SCOPE

Animal experiments and clinical trial of effect of strength improving factors during pregnancy and after birth.

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