

AYURVEDA KEY FOR HEALTHY LONGER LIFE

***Dr. Deepak Sudam Thorat¹, Dr. Amol H. Waghmare², Dr. Yadunath C. Waykole³ and Dr. Mangesh M. Udmale⁴**

¹Reader, Agadtantra Department, Dr D Y Patil College of Ayurved and Research Centre, Pun411018.

²Reader, Rasashastra & Bk Department, Dr D Y Patil College of Ayurved and Research Centre, Pun411018.

³Lecturer, Agadtantra Department, Dr D Y Patil College of Ayurved and Research Centre, Pun411018.

⁴Lecturer, Rognidan Department, Dr D Y Patil College of Ayurved and Research Centre, Pun411018.

Article Received on
08 June 2018,

Revised on 28 June 2018,
Accepted on 18 July 2018

DOI: 10.20959/wjpr201815-12999

Corresponding Author*Dr. Deepak Sudam Thorat**

Reader, Agadtantra
Department, Dr D Y Patil
College of Ayurved and
Research Centre,
Pun411018.

ABSTRACT

Premature aging has become a major problem in developing countries like INDIA due to unhealthy lifestyle. Premature aging is defined as early sign of aging before old age among various factors which cause body deteriorate, unhealthy lifestyle plays major role. Cellular reaction leads to the production of various free radicals which cause many degenerative disease like arteriosclerosis, neoplasm, diabetic and heart disease and its complications which leading aging and early death. Premature aging process can be avoided by changing lifestyle and using natural antioxidant which is said in Ayurveda. Ayurveda is science of life. The concept of Achara Rasayan, Ahara Vidhividhan, Vayasthapan Gan of Ayurveda to prevent premature aging for healthy

longer life. **Acharya Rasayan:** these are the behavioral discipline describe by ancient acharya's for healthy and longevity of life. e.g. maun –keeping mum for long period avoiding all communication to increase self potential and concentration. **Ahara Vidhividhan:** Non-nutritional, taste oriented food, fast food cause most of diseases for ayurveda advice ideal methods for dietary control i.e. Ahara vidhividhan

KEYWORDS: Premature aging, Acharya Rasayan, Ahara Vidhividhan.

INTRODUCTION

Ayurveda originated more than 2000 years ago. The ancient culture of India includes the most ancient system of medicine also known as AYURVEDA which is not only a system of curing patients but a science of life and living also. The specialty of this science is that it deals not only with cure of disease but also with maintenance of physical, mental and social health of an individual and the society as a whole.

Premature aging has become a major problem in developing countries like India due to unhealthy lifestyle. Premature aging is defined as early sign of aging before old age. Among various factors which cause body deteriorate, unhealthy lifestyle plays major role.

Cellular reaction leads to the production of various free radicals which cause much degenerative diseases like arteriosclerosis, neoplasm, diabetic and heart disease and its complications which leading aging and early death.

Causes of Premature Aging

- Drugs, Tobacco and Smoking.
- Pesticides, Herbicides and Chemicals in food and water.
- Allergic Reactions.
- Emotional upsets.
- Excessive exercise.
- Excess of certain dietary substances.

Etiology

Antioxidants are molecule which safely interact with free radicals and terminate chain of reaction before vital molecule damaged.

↓

Excess amount of free radical are produce due to above cause.

↓

Excess free radicals produce degenerative disease like arteriosclerosis, neoplasm, diabetic and heart disease and its complications and leading to premature aging.

Aim

1. To minimize the effect of these free radicals.
2. Finding the effective natural antioxidants for prevention of premature aging i.e. for longer life with respect to their cause according Ayurvedic point-view.

MATERIAL AND METHODS**1. Achara Rasayan**

- Truthful.
- Free from anger.
- Abstaining wine and women.
- Non-violent, Non-exerting.
- Observing charity.
- Penance, Perseverent.
- Worship of god, cow, teacher, elder person.
- Devoted to love and compassion.
- Sleep in balance.
- Regularly use ghee in meal.
- Knowing measure of place and time with propriety.
- Well behaved, simple living.
- Keeping company of elder person.
- Positive minded, self controlled.
- Having sense concentration to spiritualism.

2. Ahara Vidhi Vidhan

- Hot food.
- Unctuous food.
- Take food in proper quantity.
- Take meal after previous food was digesting.
- Take food consisting of item non-antagonist in potency.
- Food according to their habitat.
- Eat food with proper management.
- Don't eat food too slow and too fast.
- Don't talk and laugh during meal.

- Concentrate on food during food.

Scope of Study

In 21st century all the people are suffering from premature aging. Main cause is the unhealthy lifestyle. Ayurveda is science of life. Lots of concept in ayurveda is helpful for preventing premature aging. Achara Rasayan and Ahara Vidhi Vidhan are helpful for healthy longer life.

DISCUSSION

Premature aging is defined as early sign of aging before old age. Cellular reaction leads to the production of various free radicals which cause much degenerative diseases. To minimize the effect of these free radicals we have one molecule name as Antioxidant. Antioxidants are molecule which safely interact with free radicals and terminate chain of reaction before vital molecule damaged. Production of antioxidant decline with age, some factor is also increase free radicals. Antioxidants have been touted as key to health and longevity.

Acharya Rasayan and Ahara Vidhi Vidhan reduce the factor that cause the free radicals and hence helpful for healthy and longer life.

CONCLUSION

Concept of Acharya rasayan and Ahara Vidhi Vidhan are exact opposite to the causes of premature aging, so we can prevent premature aging and keeping healthy longer life. There are act as natural antioxidant for healthy longer life. Further clinical study can be conducted to prove efficacy.

REFERENCES

1. Dr. Bramhanand Tripathi, Charaka samhita, chaukhamba surbharati prakashan, 2005.
2. Dr Acharya Vidyadhar Shukla & prof. Ravidatta Tripathi, Chaukhambha Sanskrit Pratisthan Delhi, 2009.
3. Dr. Bramhanand Tripathi, Ashtang Hridayam, chaukhamba surbharati prakashan, 2009.
4. API Textbook of Medicine- All Physician in India, 2006.