

**AYURVEDA AND LONGEVITY OF LIFE: A REVIEW****<sup>1</sup>\*Dr. Kundan Dodve M. D (Ay)**

<sup>1</sup>Assistant Professor, Dept. of Samhita & Siddhanta, Dhanvantariayurved College Koydam  
(Gujrat).

Article Received on  
21 Jan. 2020,

Revised on 21 Feb. 2020,  
Accepted on 01 March 2020,

DOI: 10.20959/wjpr20203-17194

**\*Corresponding Author****Dr. Kundan Dodve**

Assistant Professor, Dept. of  
Samhita & Siddhanta,  
Dhanvantariayurved College  
Koydam (Gujrat).

**ABSTRACT**

Since time was changed, everyone is concerned and looking forward to a youthful, productive lifespan of 100 or more years filled with unlimited health and opportunity. After birth, growth and aging ultimately leading to death are inevitable process that simultaneously come in to operation i.e. growth and atrophy. The word “Dirghanjivatiyam” means methods to achieve longevity which is further substantiated in exposition of the word as the maintenance of equilibrium or homeostasis of that us being the purpose of the treatise. By following Dinacharya, Ritucharya, Sadvritta Palana, & Knowledge on Vega sandharana and its consequences, enables a man to live a productive life and thereby it increases the Life span of that individual.

By this lifestyle modalities he gets naturally immunized against communicable diseases & it favours the longevity of life with its all healthy means. Ayurveda puts a considerable thought on the science of longevity including rasayan and Vajeekarana therapy. It is a multi angled approach taking care of the body, the mind and the spirit, thus affording a total well being of an individual. This review will explore various aspects of Ayurved and longevity of life and Ayurvedic treatise of jara and vridhavastha.

**KEYWORDS:** Dirghanjivatiyam, lifespan, Dinacharya, Ritucharya, Rasayana.

**INTRODUCTION**

Ayurveda, one of the world's most authoritative mind-body-spirit medicinal systems, offers various concepts to achieve longevity. With the help of wisdom of ayurveda shastra and advancements in science, we can make life livable and more pleasant while it exists. The first chapter of the charaksamhita, the oldest treatise on ayurveda, is called “Dirghanjivatiyam” the quest for longevity. Now, longevity is not the same as immortality. Ayurveda accepts that

we have seasons of our physical lives. If we wish to aspire to higher states of consciousness through the practices of yoga, then Ayurveda is our guide book for attaining lifelong health and self realization. Today, mostly persons live with at one chronic condition and stress which is closely linked to diet and lifestyle. In Ancient time, the Indian sages knew that the mind was desirous of things that create imbalance such as sweets and intoxicants so they created a system to promote balance and, when treatable, to combat disease. Dinacharya, Ritucharya, Sadvritta Palana, & Knowledge on Vega sandharana and its consequences etc. are many simple ways incorporate Ayurvedic practices that can faster longevity in our life.

### CONCEPTUAL VIEW OF AYURVEDA AND LONGEVITY

The Dinacharya, Ritucharya and Sadvritta are parts of Preventive/Productive Lifestyle measures mentioned in Ayurvedic classics for maintenance of health and also to achieve a long, healthy active life, providing relief from pain and disease. Detailed description of personal hygiene encompass diet and regimen during daily routine (Dinacharya), seasonal routine (Ritucharya) and behavioural, rules of good conduct (Sadvritta) and description of suppressible (Dharniyavega) & non suppressible (Adharniyavega) urges is available in Ayurveda.

### DINACHARYA

Dinacharya (Daily regimen) • It is advisable to wake up during Brahma Muhurta (preferably between 4.00 a.m. to 5.30 a.m.). • One should attend the nature's calls. • The soft brushes made out of twigs of Khadira, Karanja, Apamarga etc. should be used for brushing the teeth. • Tongue should be cleaned by a long flexible strip of metal or plant twig. It not only cleanses the tongue but also stimulates digestion. Mouth should also be cleaned properly. • Chewing of betel leaves with small pieces of Areca nut (Khadira) and fragrant substances like cardamom, cloves, refreshes the mouth and enhance digestion. • It is necessary to massage (Abhyanga) whole body with oil every day. Oil massage ensures softness and unctuousness of skin, free movement of joints and muscles, peripheral circulation and elimination of metabolic wastes. • Regular exercise (Vyayama) is essential for perfect health. It builds up stamina and resistance against disease, clears the channels of body (Srotas) and increases the blood circulation. It enhances efficiency of body organs, promotes appetite and digestion and prevents obesity. • Whole body massage with dry powders of yava, kola & kulath (Udvartana) every day. • Bathing (Snana) improves enthusiasm, strength, sexual vigour, appetite, span of life and removes sweat and other impurities from the body. After bath one

should wear clean clothes and smear the body with perfume. • One should have regular shaving, haircut (Kshaura Karma), cutting of nails<sup>1</sup>.

### **RITUCHARYA**

Rithucharya (Seasonal regimen) In Ayurvedic classics, there has been a thorough consideration for seasons, besides the dietetic regimens for days and nights. Whole year is divided into six seasons and detailed dietetic regimen for these seasons is prescribed. This is Ayurvedic wisdom which works in favour of preventive medicine as a seasonal system of holistic health. Our health is affected by these environmental changes. If we don't adapt to these specific changes, we will become prone to lifestyle disorders.

### **SADVRITTA**

According to Ayurveda, to increase longevity and healthy life everyone should follow sadvrittapan. In charaksamhita, Acharya charak has prescribed a list of good conduct which is very necessary to follow if we want to control the indriya's and to gain perfect lifespan. Sadvritta give the detail knowledge about things should have to do or not to do and how to live. By following this rules described in ayurveda is highly effective in reducing the lifestyle disorders and helps to achieve longevity.

### **VEGADHARAN**

The word vega means natural urge and dharan refers to suppression. Vegadharan is suppression of natural urges. Dharniyavegas suppressible urges and Adharniyavegas are non-suppressible urges. Vegadharan has been explained by swasthviritta. Mind and body both attract each other. Many diseases caused due to excess of dharniyavegas such as manasikavega affects the mind. Manasikavega are described in charakasamhita. Ayurveda wants us to enjoy every moment of life and urges us to live with the moment. Basically, when we suppress non suppressible urges, the physiological functions in the body associated with those adharniyavegas create a pathological state which can create non communicable diseases in the future. Our body is like temple and we must listen to our natural urges wisely. When we respect our body's natural urges, we create a equilibrium in mind body health.

### **RASAYAN AND VAJEEKARANA**

Long and healthy life cherished by man since ancient times. It is a distinct branch in Ashtanga Ayurveda and indicates its importance in treatment. All classical treatises have explained Rasayanas in great details. The purpose of Ayurveda is maintenance of Swasthya

(health) and treatment of the Aatura (diseased person). Practical application of Rasayana at both the levels help in serving the purpose. Ayurveda uses the inherent principles of nature to help maintain health in a person by keeping the individuals body, mind and spirit in perfect equilibrium with nature. Ayurvedic text have advised vajikaran formulations even for healthy persons who are willing to go for procreation. Vajikaran therapy improves the function of the reproductive organs and vitalizes reproductive tissues increasing semen count and strengthening sperm motility in men and making eggs more viable for conception in women. This process enhances not only the quality and longevity of one's individual life but also the health and vitality of his or her offspring.

### CONCLUSION

By following the above mentioned principles in its proper way enables an individual to have a life without miseries. Dincharya, Ritucharya, Sadvritta and proper knowledge on vegas helps a persons to prevent disesses and rasayan and vajikarana therapies promotes good health and longevity. With help of wisdom of Ayurveda Shastra and advancements in Science, we can make life livable and more pleasant while it exists.

### REFERENCES

1. Vaidyahareshchandrakushwah. Charaksamhita. (Vol 1 ed.). Varanasi: Chaukhambha Orientalia, 2018.
2. Dr P.V. Tiwari charaksamhita vol 1 chaukhambavisvabharti, 2017.
3. Vajikarana: a unique therapy of ayurveda International research journal of pharmacy, Bagde A.B, Sawant R.S.
4. Article review concept of rasayanshaileshdespandey.
5. Ayurveda based diet and life style guidelines for prevention of cardiac disorders, CCRAS.