



## **INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES**

**ISSN: 2394 9406**

### **“SWASTHYA RAKSHA (PREVENTIVE MEASURE) IN AYURVEDA”**

Dr.Rachana Rajendra Magdum<sup>1</sup> Dr.Shweta Rahul Nakil <sup>2</sup> Dr.Rahul Bapusaheb Nakil <sup>3</sup>

1. PG Scholar of Swasthavritta and Yoga Department, Loknete Rajarambapu Patil Ayurvedic Medical College, Hospital, Post Graduate Institute and Research centre, Islampur, 415409
2. Guide, Professor of Swasthavritta and Yoga Department, Loknete Rajarambapu Patil Ayurvedic Medical College, Hospital, Post Graduate Institute and Research centre, Islampur, 415409
3. Professor, HOD of Swasthavritta and Yoga Department, Loknete Rajarambapu Patil Ayurvedic Medical College, Hospital, Post Graduate Institute and Research centre, *Islampur*, 415409

#### **Abstract –**

Ayurveda is an ancient science which deals with every aspect of human life. Swasthya Raksha means maintaining health of healthy individuals. Swasthya Raksha refers to preservation, protection and maintenance of health through preventive, promotive and lifestyle based measure. The main goal of Ayurveda is to maintain the health of healthy individuals and cure diseases of sick people. Swasthya Raksha maintain the health by Dincharya, Rutucharya, Ahara, Nidra, Rasayana, Shodhana and Sadvritta. These are all important for well-being. This review highlights Ayurvedic practices that promote overall well-being. Swasthya Raksha prevent diseases, boost immunity and achieve overall health.

**Key Words** – Ayurveda, Swasthavritta, Swasthya Raksha, Preventive Measure

## **INTRODUCTION**

The main principle of Ayurveda is ‘Swasthyasya swasthya rakshanam aturasya vikara prashamanam.....’ Ayurveda focuses on maintain health of healthy individuals and cure diseases of sick people. Ayurveda maintain health by preventive and promotive measure. In Ayurveda health is not only absence of disease but a state of complete physical, social, mental and spiritual well-being.<sup>[1]</sup>

Swasthya Raksha is an ancient concept that focuses on importance of preventive measure in maintain health. Swasthya Raksha Refers to maintaining health of healthy individuals and cure disease. Swasthya Raksha means protection of health. Swasthya Raksha involves adapting overall lifestyle that promote harmony between the individual and their environment and promoting overall health.

The Principle of Swasthya Raksha are based on concept of maintaining balance and harmony of life, which is achieved through a combination of dietary modification, lifestyle changes and spiritual practice. By following these measures into daily life can prevent

diseases, boost immune system and achieve health.

Swasthya Raksha included Dinacharya, Rutucharya, Ahara, Nidra, Rasayana, Shodhana and Sadvritta. These all are prevent disease and promote overall health. Dinacharya and Rutucharya are maintain health and prevent seasonal imbalance. Ahara and nidra are the important pillars of life. Shodhana karma cure disease from root and promote health. Rasayana and Sadvritta can promote mental and physical well-being. So all these measure can maintain health and prevent disease.<sup>[2]</sup>

## **AIM AND OBJECTIVES –**

### **AIM –**

To maintain health of healthy individual and prevent disease.

### **OBJECTIVES –**

1. To enhance immunity.
2. To promote balanced dosha, dhatu, agni and mala.
3. To maintain mental and spiritual well-being.
4. To support public health through Ayurveda.
5. To educate on preventive health measure.

**MATERIAL AND METHOD** For this review, literary material compiled, explored and analyzed in critical manner from Ayurvedic text, E- Journal, internet data, research paper etc.

## **REVIEW OF LITERATURE**

### **Dincharya –**

Dincharya means ahara and vihar in daily life. Maintain the positive health in the healthy individuals and treating the diseased person are the two objectives of Ayurveda. Acharya's emphasized the importance of preventive aspect. <sup>[3]</sup>

- Waking up in during brahma muhurta.
- Dantdhavana is the ayurvedic concept that involves the cleaning the teeth.
- Jivha- nirlekhana is the tongue scraping process.
- Anjan is the eye care process.
- Nasya is the karma that involves administration of nasal drops in nose and after that Kavala, gandusha and dhumapana is advised.
- Tambula sevana is the paan chewing process.
- Abyanga is oil massage procedure that nourishes the skin.

- Vyayama is the activity that produce tiredness to the body.
- Udwartana is a powder massage procedure.
- Dashavidha papa is the concept that involves avoid the ten sinful act mentally, orally and physically.

### **Rutucharya -**

Rutucharya means seasonal regimen that involves following lifestyle and diet according to changing season. Six rutu mentioned in Ayurveda that divide into adanakala and visargakala. <sup>[4]</sup>

- Hemanta rutu is the winter season that involves warm food, exercise, udvartana.
- Sishira rutu is the cold season that advise warm food and exercise.
- Vasant rutu is the spring season that involves tikshna vamaana, dhumapana, gandusha, nasya, vyayama, udvartana.
- Grishma rutu is the summer season that advised to avoid exercise, sunbath.
- Varsha rutu is the rainy season that involves body massage, warm diet.
- Sharad rutu is the autumn season that advised purgation therapy and bloodletting.

**Ahara –**

Ahara is the fundamental pillar of life. It is the main source of energy. Acharya explained various ahara varga. Ahara vidhi visheshayatane means rules and regulations for consuming and preparing of food. Different types of unwholesome food substance due to their mutually contradictory qualities, combinations, method of preparation, by virtue of place, time, and dosage and by their inherent nature are mentioned in Ayurveda.

Intake on unwholesome food is responsible for the cause of several disorder. Unwholesome food maintain the positive health. A properly selected and timely consumed ahara helps in maintaining equilibrium of doshas, promote effective digestion, support immunity and mental clarity. Proper nutrition enhance both physical and mental clarity.<sup>[5]</sup>

**Nidra –**

Nidra is the fundamental pillar of life. In dinacharya adhyay, the concept of ratricharya is also mentioned. Nidra is the pillar of rejuvenation. Nidra plays a central role in maintaining physiological balance, mental clarity, emotional stability and spiritual well-being.

Proper sleep leads to shukha, pushti, bala, vrushata, janan and ayu. Imbalance in doshas, ahara and vihara effect on nidra. Irregular and inadequate sleep can disturb the balance of doshas and impair all body function and causes disease. Nidra maintain appropriate health, complexion, longevity, lusture, immunity and develop function of sense organ.<sup>[6]</sup>

**Rasayana –**

Rasayana is the rejuvenation therapy that focuses on strengthening body and mind. Rasayana means ahara and vihara that form proper dhatus, prevent aging and cure disease. The dravya which leads to form proper dhatus, prevent aging and cure diseases that dravya is rasayana dravya. Rasayana is for rejuvenation, longevity and disease prevention. Rasayana therapy enhance immunity, increases vitality. Rasayana delays aging and promote overall health.<sup>[7]</sup>

**Shodhana –**

Ayurveda explains chikitsasutra in detail. In chikitsasutra shodhana chikitsa, shaman chikitsa and nidanparivarjana are involved. The first important is shodhana chikitsa. Shodhana chikitsa means panchakarma that involves vamana, virechana, basti, shirovirechana and raktamokshana.



According to vagbhata vamaana, virechana and basti are the best shodhana upkrama. Shodhana chikitsa removes toxins and excess doshas from body. Shodhana karma cure disease from root. Ayurveda explain shodhana upkrama according to rutukaal. These sodhana karma promote overall health. [8]

### **Sadvritta –**

Sadvritta means regimen of right conduct. According to Ayurveda the main reason for disease formation is sadvritta. Sadvritta mainly related with mental and social hygiene. It promote ethical and moral behavior for individual and society. Good conduct promote overall health and prevent diseases. Sadvritta control sense organ. Social, mental, spiritual good conduct mentioned in Ayurveda. [9]

### **DISCUSSION –**

Ayurveda gives more emphasis on prevention of diseases and improve health. Ayurveda provides better solution in the form of adopting proper Dincharya, rutucharya, ahara, nidra, rasayana, shodhana, sadvritta. Dincharya practice balance the doshas which result in good health. Rutucharya prevent seasonal imbalance that result into improve health. Ahara gives strength and immunity. Nidra

plays important role in maintaining physiological balance and mental clarity. Rasayana boosts immunity, increases vitality and promote longevity. Shodhana can cure disease from root and promote good health. Sadvritta ensures mental health, social harmony and spiritual growth.

### **CONCLUSION –**

Swasthya Raksha lies in aligning our daily life with nature rhythms and ancient wisdom of holistic living. By following Dincharya and rutucharya are maintain harmony with external environment and prevent seasonal imbalance. Ahara and nidra are the pillar of physical strength and mental clarity. Shodhana karma cure disease's from root and promote overall health. Rasayana enhance immunity and promote vitality. Sadvritta maintain physical, social and mental health.

### **REFERENCES –**

1. Dr. Brahmanand Tripathi, Charak Samhita, Charak – Chandrika hindi commentary, Chaukhmbha Surbharati Publication, Waranasi 2002, Athdashmahamuliyadhyay, Sutrasthan 30/26, page no. 565

2. Dr. Vijay Patrikar, Swasthavritta, Published by Shri Dhanavantari books publishers Nagpur, 7<sup>th</sup> edition 2017, Chapter 1 – Swasthavritta Parichay, page no. 7,8
3. Vai. Di. Pra. Gadgil, Vai. Yash Shastri, Vai Sachin Kulkarni, Ashtangahridya Sutrasthan, Mankarnika publication 2024, Adhyay 2 – Dincharya, page no. 19 – 23
4. Pa. Kashinatha Pandey Shastri, Dr. Garakhanatha Chaturvedi, Charak samhita, Chaukhambha Bharati Academy Varanasi 2022, Adhyay 6 – Tasyashitiyamdhya, page no. 118 – 133
5. Dr. Vidyanatha, Astanga Sangraha Sutrasthana, Chaukhambha Surbharati Prakashana Varanasi 2006, Chapter 9 – Viruddhana Visnyaniya adhyay, page no. 134
6. Dr. Vijay Kumar Ray, Swasthavritta Vigyana, Chaukhmbha Surbharati Publication New Delhi 2023, Adhyay 5 – Trayoupstmbha, page no. 21
7. Pa. Kashinatha Pandey Shastri, Dr. Garakhanatha Chaturvedi, Charak Samhita, Chaukhambha Bharati Academy Varanasi 2022, Adhyay 1.1, page no. 3, 6
8. Dr. Vijay Patrikar, Swasthavritta, Published by Shri Dhanvantari books Publishers Nagpur, 7<sup>th</sup> edition 2017, Chapter 8 – Sharir Shodhana, Page no. 74
9. Dr. Vijay Kumar Ray, Swasthavritta Vigyana, Chaukhambha Surbharati Delhi 2023, Adhyay 5 – Sadvritta, Page no. 57