



Review Article

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SENSITISATION AND AWARENESS FOR AYURVEDA AMONG SCHOOL STUDENT: A REVIEW

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ABSTRACT

Ayurveda is not simply a medical science but a life science, which has majorly described various fundamental principles that help Ayurveda education and research in India that can be further reinforced with innovative and creative motivations. Strategies and futuristic plans are considered essential to be implemented with active initiation by concerned Government bodies for creating awareness among the faculties, students and upcoming scholars of Ayurveda. Children are more susceptible to many diseases due to their transitional immune system. Good health is associated with reduced dropout and massive education performance and productivity. Children are sensitive to the diseases like malnutrition, infectious diseases, intestinal parasites, skin diseases, eye and ear, and dental caries. Ayurveda describes *Dinacharya*, *Rutucharya*, *Matravat Ahara*, *Kala Bhojana*, *Sadvritta* etc. and a copious number of the preparation for the prevention and management of these diseases, which helps in better development of children for tomorrow. Incorporating the principles of Ayurveda in school health, one can reduce the prevalence of health risk behaviours and promote healthy behaviours among children, ultimately leading to a positive effect on health and helping build a vibrant future for the nation with healthy and skilled citizens.

Keywords: Ayurveda awareness, school students.

INTRODUCTION

Ayurveda, a traditional health and education system with a history of more than 5000 years, is considered one of the scientific ways of preserving and promoting a healthy life and weighing the concepts of illness and wellness. But in the present, because of the highly changing era from technology to education, agriculture to our food basket, everything seems to be evolving, and the most affected group from these hampered patterns are adolescents, especially those who disburse 2/3rd of their day at educational institutions. Ayurveda education is going through a very vital stage. The main problem arises due to students' ignorance towards this system of medicines. The methodology of this review is designed to not only furnish us with the data and statistics but also give an airing to our adolescents towards the various concepts of Ayurveda, especially *Sadvritta*, quality of life, Yoga and meditation and ayurvedic approach to holistic health. Students under the age of 10-19 years are categorized as adolescents, perhaps touted as the most crucial period of an individual's life. This is when our society, community and family evolve a set of health practices aiming at a good lifestyle. If, in this habit-forming phase, they are taught about a balanced dietary pattern, lifestyle, and code of conduct, they will lead to excellent academic sport and proper physical and mental growth. This review article is developed to highlight the importance of Ayurveda education among students of age 10-19 years and to create awareness about Ayurveda as a way of healthy living. The first step for procuring this goal is the amendment of the education system. The education system of traditional system should be in a format where students are wisely taught and trained in a manner that they inculcate in themselves the thought process of thinking, which helps them to understand ancient science in the truism of modern advancements. If we go through the details of the teaching

methodology mentioned in Charaka Samhita, *Adhyana*, *Adhyapana*, and *Sambhasha* are the root components of it.¹ As per Charaka, discussion with experts endorses the quest and advancement of knowledge, improves speaking power, removes doubts from scriptures, if any, by unremitting listening to the topics, and develops confidence with doubtless knowledge. It also brings forth some new ideas seamlessly unknown. Along with this, continuous clinical exposure is also a need of the hour. Sushruta Samhita, which is perceived as the ability of a surgical textbook, announces the importance of constant learning and emphasizes the need for a multifaceted approach to education, thereby confirming adequate practical knowledge accompanied by theoretical knowledge¹. These treatises were dated back to the days when there was a *Guru Shishya Parampara* in the community, according to which *Shishya* (disciples) resided with their *Guru* (teachers/mentors). This *Guru Shishya Parampara* was in practice until about the mid-20th century. Following India's independence, several committees were constituted to revolutionize Ayurveda education to fulfil the prospects of today's world. Hence after that, Ayurveda education is said to be institutionalized, and there are currently over 350 functional Ayurveda colleges across the whole country.² The Central Council of Indian Medicine was constituted in 1971. It was responsible for framing and imposing copious regulations, including prospectuses and syllabi in the Indian Systems of Medicine at the undergraduate and postgraduate levels.³ This agency was replaced in June 2021 by the National Commission for the Indian Systems of Medicine.⁴

An extensive literature exploration was done on the theory of health education, wellness and quality of life, various health promotive evaluation described in Ayurveda from authentic classical texts of Ayurveda and Education, research articles from

various web journals of standard e-database like PubMed Central, Google Scholar, Medline, and Science Direct were searched to get relevant research papers related to the manuscript.

Health literacy is considered by the World Health Organization (WHO) to be a strength of health promotion and a crucial determinant of health for people's empowerment.⁵ Because most young people around the world attend school, it is essential that schools are healthy environments and can directly improve young people's health and learning. The school provides an environment for formal education and skills building and plays a role in dealing with issues such as relationship building and conflict resolution.⁶ Schools can potentially improve the health and development of young people, especially in places where enrolment in schools is high.⁷ One of the UN Sustainable Development Goals (SDGs) targets by 2030 is to provide students with all the knowledge and skills necessary for sustainable development.⁸ Utilizing school health education to promote health literacy can be challenging but is a fundamental prerequisite for students' empowerment and to enable them to adopt healthy lifestyles over their lifetimes.⁹ India is splendidly advanced in knowledge of traditions and practices. In the past decennary, India had a rich tradition of intellectual inquiry and a literary legacy. Ayurveda is considered one of them. In *Gurukul*, the *guru* used to have a member of students at his place, and because this group was limited, learning was more organic, spontaneous, not formal and competency based. As this system got dereliction to form universities and colleges, learner-teacher interaction has declined to a bare minimum, and theoretical knowledge has displaced capability. Ayurveda is comprised of two words: 'Ayu', which means life, and 'Veda', which means knowledge. Therefore, the word Ayurveda illustrates knowledge of life, i.e., study of life. Ayurveda has two primary purposes: *Swasthasya Swasthya Rakshanam* means conservation of health of a healthy being, and *Atursya Vikara Prasmanam* means control of disease of a diseased person or to prevent the sufferings.¹⁰ If this presented work of writing, make an effort to introduce some valuable part of Ayurveda into the school curricula of our schools, leading not only to a balanced routine for our teenagers but also promoting their healthy lifestyle full of responsive and sound code of conduct with a real ethnic value in itself. Therefore, it is highly suggested that we strengthen our students with an essential realistic approach to the health and well-being of Ayurveda, i.e., the science of life itself.¹¹ Emergent nations such as India are undergoing a nutritional transition because of increased market maturation leading to a quick change in our lifestyle. The use of technology has markedly reduced physical activity, which along with poor dietary habits, has led to an increase in obesity and overweight. A research survey conducted by an eminent company, Hindustan Unilever Limited, depicts these surprising facts as illustrated below in the table:

Table 1: Analysis of survey conducted in three different regions in the context of overweight and obesity

| School Regions | Overweight % | | | Obesity % | | |
|----------------|--------------|------|-------|-----------|------|-------|
| | Total | Boys | Girls | Total | Boys | Girls |
| Delhi | 24.7 | 23.1 | 27.7 | 7.4 | 8.3 | 5.5 |
| Chennai | 16.3 | 17.8 | 15.8 | 3.2 | 3.6 | 2.9 |
| Punjab | 10.9 | 9.9 | 12.0 | 5.6 | 5.0 | 6.3 |

Findings from the National Family Health Surveys (NFHS) adolescents are inadequately informed on the issue related to their health. This survey also showcased the fact that on one side, young people are considered healthier comparatively; on another side, 56% of females and 25% of males in the 15-24 age group are supposed to suffer from anaemia that will affect their physical growth, cognitive development, and performance in school

adversely. So, considering this, adolescents urgently need to be empowered by obtaining reliable knowledge about their specific concerns, which include a rational attitude for managing peer pressure, depression, and stress and making them capable of avoiding risky behaviour. Similarly, another online survey was conducted after preparing a questionnaire by considering various educational, research and awareness-related issues on Ayurveda which contained multiple choice answers as a reciprocate by the contributor. A total of 36 questions were said to upload on the professional survey website <https://www.surveyplanet.com>. Also, a total of 1855 participants showed their opinion through the survey by responding to the questionnaire that evaluated the views of scholars of Ayurveda regarding the present status and scope in the field. Among the total participants, the number of students/scholars was 1015, whereas 840 were teachers/faculty members of Ayurveda. A combined response to each question was considered to evaluate the overall percentage and meaning full by the Chi-square test. Analysis of the reactions was accompanied after that. The overall response to a specific query, as well as comparative opinion between the students/scholars and teachers/ faculties, were taken into consideration. (Q-25) the questionnaire depicts the role of seminars and CMEs in Ayurveda. 55.8 % of participants suppose that it helps to update their knowledge about Ayurveda/subject. Moreover, 79.78 % of participants recommend that Ayurveda Should be a part of the syllabus for basic and higher education in India (Q-26) so that cognizance about this system of medicine will rise among the forthcoming generation.¹¹

WHO determines adolescence as a time division between 10 and 19 years of age.¹² It is considered a critical developmental phase with a significant prospect for health promotion interventions that can potentially address health problems in childhood and prevent those that might occur later in life.¹³ Investing in adolescent health can bring about substantial health, economic and social benefits, particularly for low- and middle-income countries, where more than two-thirds of adolescent deaths occur.¹⁴

Four main modifiable risk behaviours contribute to most NCDs' global burden: unhealthy diet, physical inactivity, and tobacco and alcohol use.¹⁵ Recent research has highlighted the prevalence of these amongst adolescents:

- Obesity rates among young people have seen tenfold rise in four decades.¹³
- Most adolescents (80%) are insufficiently physically active.
- 60–90% of young people have oral health problems, particularly in disadvantaged communities.¹⁶
- Tobacco and alcohol consumption begins in adolescence age.
- 10% of all 13–15-year-olds worldwide are smokers.¹⁷
- 25% of the same age group report having had an alcoholic drink within the past month in many countries.¹⁸
- Material use-related death in youngsters is mainly due to alcohol.¹⁹
- A fifth fluctuating possible cause, especially pertaining to children and the school setting, is hygiene.²⁰ Hygiene is particularly relevant to oral health and NCDs and is included in this handbook along with the other four main risk factors.^{8,16,21-24}

CONCLUSION

Thus, it can be concluded that a better environment right from childhood is indispensable for a healthy life in adulthood. As young people worldwide attend school, schools must be healthy environments which can directly improve their health and learning. The school provides an environment for formal education and skills building and plays a role in dealing with

issues such as relationship building and conflict resolution. Schools can potentially improve the health and development of young people, especially in places where enrolment in schools is high. Hence, school plays a pivotal role in sensitisation and awareness of Ayurveda among school students through Ayurveda education. This review not only creates awareness among the school-going students but also teaches the sagaciousness of Ayurveda in their daily routine, which includes: eating according to *ritu*, getting proper sleep, maintaining good personal hygiene, participating in seasonal or routine detoxification, and so much more, thus preventing the occurrence of various childhood metabolic disorders and FOAD (foetal origin of adult diseases) in their adulthood as per the science of Epigenetics ultimately leading to the WHO goal of world-wide public health coverage.

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