



Review Article

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A CONCEPTUAL STUDY ON THE IMPORTANCE OF SWASTHAVRITTA ACHARANA IN PREVENTING URDWAJATRUGATA VIKARAS

Sabarinath MK ^{1*}, Akash Parashar ¹, SM Pasha ²

¹ PG Scholar, Department of PG studies in Shalaky Tantra, Government Ayurveda Medical College, Bengaluru, India

² Associate Professor & HOD, Department of PG studies in Shalaky Tantra, Government Ayurveda Medical College, Bengaluru, India

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*Corresponding author

E-mail: sabariatreya@gmail.com

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ABSTRACT

Ayurveda, the life science is important to protecting indriyas in all aspects. The main aim is the maintenance of swasthya-as a whole body and mind. Every swasthavritta acharana is directly or indirectly related to the Shalaky tantra. Acharyas explain the prevention of urdwajatrugata vikaras step by step, including the dinacharya, rathri charya, diets and routines and even care during rithu charya. Mind and body medicine is related to the fact that our general health depends on all the individual parts working together effectively. Ayurveda's main themes are preserving health, preventing disease occurrence and maintaining. Dinacharya includes danta dhavana, nasya, kavala, gandusha, abhyanga, snana etc., which will help keep the swasthya. Rithu charya should also be given much importance in the present scenario to prevent Shalaky vyadhis. The main objective of this study is to spread awareness of promotive and preventive Eye and ENT care through procedures in Ayurveda.

Keywords: Dinacharya, Swasthya, Urdwajatrugata vikaras, Nasya, Preventive care.

INTRODUCTION

Ayu is life, and Veda is to know or the knowledge, was the name given to the science of medicine by ancient Indians. Ayurveda, the old system of medicine, gave utmost importance to the Shalaky Tantra, one among the Ashtangas. According to Ayurveda, three factors are responsible for the causation of all diseases, including urdwajatu vikaras, i.e. asatmendriyarthasamyoga, pragyaparadha and rituviparyaya. Hence swasthavritta acharana is very important and necessary in this era to prevent the occurrence and reoccurrence of Shalaky diseases. Therefore a conceptual study was done on the accurate representation of various promotive and preventive Eye and ENT care in Ayurveda through multiple modalities like dinacharya which include danta dhavana, nasya, kavala, gandusha, abhyanga, snana etc., rithucharya, sadvritta acharana, rathri charya, and proper manasika upacharas.

Dinacharya (Daily Regimen)

All the Ayurveda acharyas have mentioned the daily practice of dinacharya modalities to maintain the proper health required for long life. Acharyas have given the importance of Shalaky tantra also while describing dinacharyas which include:-

Danthadhavana

Daily practice of dantadhavana in the morning removes gandha vairasya, jihwa dantaasya mala and thus helps danta vishodhana. Acharya Sushruta advocates dantadhavana with dantashodhana choorna. It freshens the mouth, removes bad odour of the mouth and coating of teeth, and therefore does Kapha shaman and increases taste sensation. It has been proved that the benefits of oral hygiene include a healthier heart, healthier pregnancy, improved diabetes management, early cancer detection and weight management. ¹

Kavala and Gandusha

The special methods of medication in which the medicines are applied in the mouth in the form of liquid and semisolid are called kavala and gandusha. Regular practice of kavala and gandusha prevents mukha rogas as the absorption of medicine takes place through the mucous membrane of the buccal cavity. Ophthalmic branches of the facial artery absorb the medicinal values and reach ophthalmic tissues. Hence this procedure will lead to indriya prasadana- thereby, the eyes also get nourished and stimulated.

Abhyanga

Accelerate brain-encephalography and maturation of visual function. In abhyangam, oil reaches brain steam. The optic nerve, which ends in the dristipatala, is the direct extension of the brainstem.

Benefits: Dristi prasadam, nidra labham, sukham, indriya prasadam, Smoothens and increases the functional capacity of prana vayu. Taila is best for vata shamana in Shiras. According to Acharya Charaka, Pada abhyanga is drishtiprasadaka².

Vyayama

One of the benefits of doing vyayama daily, according to Acharyas, is that it helps in deepthagni, which means appropriately functioning the digestive system. When agni is correct, dosha prakopa will not occur in koshta. Thus, the prakupitha doshas will not move from koshta to the shiras and thus no sthanasamsraya in shiras, thereby preventing various shirorogas. Another benefit of vyayama is medasa kshaya. Hence medas (High-fat content) in the body is the reason for various ophthalmic diseases like Age-related Macular Degeneration, Cystoid Macular Oedema, Ent diseases like medoja galaganda (Massive goitre), medoja osth prakopa (Macrochielia / lymphangioma) etc.

Udwartana

Udwartana is kapha hara and does vilayana of medas. It is stated that obese patients are at high risk of Diabetic Retinopathy, Age-Related Macular Degeneration, Cataract and Glaucoma. Hence udwartana can reduce adipose tissue and weight.

Snana

Snana includes washing eyes, ears and nose, which are indriya adhisthana. It is said that pada prakshalana is chakshushya. Snana reduces alakshmigraha, i.e. it reduces infection. According to Acharya Sushruta, sheetani shirasi snana is chakshushya³.

Nasya

The procedure in which medications are applied to the nostril specifically to nourish the urdwajatrugata angas (organs above the clavicle) is known as Nasya. Its spreads to the following parts:-

Para nasal sinuses.

Through the nasolacrimal duct to the eye.

Through the nasopharynx to the throat.

Through the Eustachian tube to the middle ear.

Importance

Metabolic end product of pigmented epithelial layer of dristipatala, Lipofuscin (starts from 7-10 years of age)

Sometimes epithelial cells also lipidised

Degenerative changes occur at later age, so abnormal lipids are confined to vitiated kapha.

Anjanam is best to keep away vitiated kapha from eye.

Mukhalepa

Facial artery, nerve and trigeminal nerve etc., lying along the cheek has branches to the eye. As a result, mukhalepas efficacy affects the eye also.

Tarpana

One has to undergo tarpana to nourish the eye. For swastha purusha, the matra of tarpana has been mentioned as 500 matras. By tarpana, we can prevent future retinal detachments and reduce the magnitude of refractive errors and also age-related macular degeneration.

Padartha Dharana

Foot has always connected with the eye. The foot is the end organ, so the nerve endings are highly sensitive. The stimulation of nerve endings of the foot reflects in the eye via sympathetic and parasympathetic supply. Footwear aids in maintaining optical acuity. So the foot should be kept clean, healthy and away from heat. In timira chikista paada puja also told by Ashtanga hridaya⁵.

Karnapoorana

It is a procedure in which the ear is filled with medicated oil or swarasa for a stipulated time. It prevents ear diseases, shiro rogas, and kanta rogas. Acharya Sushruta mentioned it in Swasthavritta adhyaya⁶. By filling ears with taila daily, vataja types of ear diseases never occur. It improves hearing capacity and quality. It nourishes the auricular nerve.

Triphala Eye Wash

According to bhaishajya ratnavali, triphalaya kashayena prathar nayana dhavanam means eyes should be washed daily in the morning with triphala kashaya. It helps remove debris and dust

From the middle ear to the intracranial spaces.

Nasya is the vishesha chikitsa for all urdwajatrugata vikaras. Pratimarsha nasya daily protects all indriyas and shiras. According to Acharya Vagbhata, nityam taila nasya is rasayana.

Dhumapana

Vitiated kapha of shiras, which anjana does not quickly eliminate, is instantaneously evacuated by dhumapana. Dhuma has ushna and tikshan guna. It does vatakapha shaman, regulates temperature, dilates vessels and Increases circulation, indriya samshuddhi, shiro laguthva, kapha tanutwa and akshi sravam. Thus it strengthens sense organs and helps in better vision.

Anjana

Daily application of anjana helps in kapha sravana, dilates blood vessels, normalises blood flow, maintains netra strotas, and stimulates nerve ending – increasing the eye's functional capacity. According to Acharya Charaka, drishti becomes nirmala like nabhasindhuvat⁴ (freshly flowing water).

particles and also helps improve good blood circulation to the retina.

Bhojana

Food should be taken sitting in padmasana or sukhasana. While taking ahara, concentration must be only on taking food, as tasty food and concentration lead to Indriya samprasadana.

Chatra Dharana

It is mentioned as chakshushya as it protects the eye from dust, wind etc.

Tambula Sevana

Chewing tambula (pan chewing) daily with sugandha dravyas stimulates salivary glands, increases saliva secretion, and maintains the normal pH of the mouth, thus preventing the growth of bacteria and prevents various mukha rogas.

Use of Rasayanas

The appropriate use of rasayana dravyas will help to maintain the health of urdwajatrugata angas and prevents age-related diseases. The use of yashtimadhu, ghrita and triphala acts as rasayana if we use them daily to strengthen of eyesight. Regular use of ghrita at night act as rasayana in the case of all karna rogas⁷ especially it prevents the occurrence of badhira (Sensory Neural Hearing loss).

Following Sadvritta and Achararasayana

Probably, the code of Achara Rasayana keeps the aspirant free from emotional disturbances and permits stress less life with the pronounced anabolic state leading to due health and happiness.

Avoid Vega Dharana

Urdwajatrugata vikaras arises due to vegadharana are:

Mutra vega - shiroruja⁸

Pureesha vega - shirashoola

Kshavadhu vega - ardhavabhedaka

Pipasa vega - badhirya

Basha vega - pratishyaya, akshi roga

Nidra - shiroroga, akshiroga, murdhini gaurava

Following Proper Rithucharya

Due to climatic changes, many changes occur in the physiology of the eye, which may lead to many urdwajatrugata vikaras. When one rithu is completed, and the other rithu commences (i.e. during rithu sandhi), the atmosphere's changes trigger many diseases. To get rid of these, Acharyas had mentioned rithu charyas. In Hemantha and shishira rithu murdhini taila⁹ should be making use of. In vasantha rithu, dhoomapana, kavala and anjana should be done daily¹⁰. Following these charyas helps in removing excess accumulated kupita doshas from the shareera and makes the person swasthya.

At Workplace

Always talk about relevant topics in a pleasing manner, to the point, attractively without giving a chance for raising expostulation. The talk should magnetize others. Always remain pleasant with good conduct and passion. By following these, the mind will be pleasant, and the person will get rid of various types of tension, which eventually prevents the occurrence of multiple types of shiro rogas, including vataja shirashoola (tension headache), sannipataja shirashoola (headache due to Hypertension) etc.

Mental Status

Proper mind is essential for the proper functioning of indriyas. Because indriyas can perceive objects only in the presence of manas, it is only the centre to analyse qualities of objects, such as colour, size and shape etc.

The following are necessary:-

Vishudhi manas.

Ahitashanat sadaa nivruithi.

Avoid extreme worries and anger.

Keep the mind relaxed and calm, and try to be happy always.

Rathri Charya

Proper bedtime and an adequate sleep period will prevent all indriya vikaras. One should avoid excessive maithuna, unless specified by Acharyas in particular rithu, as excessive maithuna leads to shukra kshaya, further leads to ojas kshaya which reduces the Tejas in eyes and leads to netra indriya vikaras.

DISCUSSION

Preventive healthcare consists of measures taken for disease prevention against disease treatment. Preventative healthcare is given importance worldwide as there is a rise in chronic diseases and deaths. Polluted air, water and food are mainly the cause of today's diseases; hence we should have proper knowledge of their impact on our bodies. Ayurveda's main themes are preserving health, preventing disease occurrence and maintaining. This is a conceptual study where an attempt is made to study the importance of the preventive aspect of diseases of the eye, ear, nose, throat and head through rithucharya, dinacharya, sadvritta, manasopachara etc. Timira, patalagata netra rogas, shushkakshipaka, karnanada, badirya, pratishyaya, shirashoola etc., uttamanga can be prevented by above-said regimen.

All the above preventative measures described in the classics of Ayurveda neutralize the effect of today's stressed lifestyle, which

is the leading cause of the occurrence of various urdwajatru vikaras. By following daily regimens properly, a person can attain excellent potential for the body and sense organs. Thus Ayurveda is the primary stream system in restoring the physical, mental and spiritual health of mankind, and maintenance of public health related to the eye, ear, nose, oral cavity and head, which should be emphasized as the need of the hour.

CONCLUSION

Most urdwajatru vikaras can be prevented nowadays by avoiding our negligence of simple preventive aspects. One who wants to avoid Shalakyia vyadhis has to follow dinacharya, rutucharya etc., as preventive measures to keep the body and mind healthy. Proper care of shiras increases the strength of indriyas and strengthens the individual's Ayu (life span). Adopting a present-day lifestyle harmed overall health and caused misery in human society. Ayurveda offers a ray of hope for tackling these issues. Body strength, immunity, and energy provide an opportunity for an individual to shine in their life. With all of the positive effects that come from the acharana of swasthavritta, Ayurveda becomes the first line of treatment in maintaining the health of the individual and establishing homeostasis in nature.

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