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AN ANALYTICAL STUDY OF VYAYAM WSR TO BODILY EXERCISE

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ABSTACT:-

In Ayurvedic literature the *Vyayam* and its importance is mentioned in detailed. For healthy life ayurveda explains prevention & treatment of diseases, so the *Vyayam* or doing exercise in proper manner as per *Ritucharya*, *Dincharya* and body ability etc. Will help to improve immunity & digestion (*Agni*).

In current Scenario lifestyle is very sedentary so prevalence & incidence of non-communicable diseases likes Diabetes, HTN, Mental stress etc. at its high rate so it's very important to adopt exercise & physical activities for healthy life.

Keywords:-Exercise, Immunity, Digestion, *Ritucharya*, *Dincharya*

INRRDUCTION:-**DEFINITION-**

Charkacharya says in *charkasamita Sutrasthana 7/30* Such a physical action which is desirable and is capable of bringing about bodily stability and strength is known as physical exercise.¹

Physical exercises are to be practiced only in moderation. If they are over-done, they cause over-exertion, giddiness etc; which is not desirable. So they are to be practiced until they bring about lightness, etc; in the body (*Chakrapani*).

The activities by which the whole body is exercised are called *Vyayama* or physical exercise.

The definition of exercise is absolutely same in both the sciences.

Acharya Charaka says regular exercise makes strongest and steadiness in body tissues of a sports person.²

This quotation of *Acharya Charaka* is soundly describing all the benefits of regular exercise described in modern **sports physiology**.

LAXNAS OF VYAYAMA: -

Charkacharya says in *charkasamita Sutrasthana 7/34* Perspiration, enhanced respiration, lightness of the body, inhibition of the heart and such other organs of the body are indicative of the *Vyayama* being

performed correctly. This reference also suggests limitation of duration of *Vyayama*. After presence of above mentioned signs and symptoms one has to stop further exercise.³

LAXNAS OF ARDHA SHAKTI VYAYAMA: -

Sushrutacharya says in *Sushrutsamhita Chikitsasthana 24/47-48* Persons who belong for their welfare should do physical exercise daily up to half of their capacity in all the seasons; otherwise it would prove injurious. That amount of *Vyayama* which makes the *PranaVayu*, situated in the heart, come out through the mouth (hard breathing) in human beings is indicative of “*Balardha*” *Vyayama* or the *Vyayama* up to half of one’s capacity. One should do physical exercise keeping in consideration his own *Vaya* (age), *Bala* (strength), *Sharira* (physique), *Desha* (country), *Kala* (season) and *Ashana* (diet); otherwise, he may fall ill.⁴

These versa can be understood in context to exercise physiology. Exercise physiology mainly deals with the physiological changes in various body tissues and systems during exercise and sports game. Here the same thing is described in different way. *Vyayama* causes certain changes in respiration, perspiration and cardiac rhythm, which indicates physiological changes in

respective systems. An important symptom described here is “*Hridayoparodha*” which need more attention.

According to modern sports physiology, during performance or exercise one particular moment comes when the oxygen debt is more than supply. At this moment sports man feels cardiac discomfort and wants to leave the game or exercise. This is exactly what the term “*Hridayoparodha*” indicates.

Principle of correct exercise method is also described here. When a healthy individual or sports person does physical exercise for the purpose of fitness or gain efficacy in relevant sports, he should stop at his ½ of the own work capacity, otherwise with over work-load or training exertion, he may not perform well in actual competition or may get injured.

Acharya Sushruta pointed out some very important points of consideration like; age, strength, physique, place, season (climate), and diet for proper training procedure or work load management. This is once again related to the physiological aspect of **exercise**.

DINCHCHARYA & VYAYAM :-

In all the Ayurvedic *Samhitas*, there is a particular arrangement of *Dinacharya* (daily regime for prevention the health of individual). Ayurveda incorporated Vyayama as a very beneficial part of

Dinacharya. And that’s why all the *Acharyas* include the description of *Vyayama* in *Dinacharya*.

BENEFITS OF VYAYAM:-

Charkacharya says in *charkasamita Sutrasthana* 7/31 Physical exercise brings about lightness, ability to work, stability resistance to discomfort and alleviation of *Doṣhas* (especially *Kapha*). It stimulates the power of digestion.⁴

Sushrutacharya says in *Sushrutsamhita Chikitsasthana* 24/39-40 Physical exercise results in bodily nourishment, gracefulness, symmetrical growth of the body parts, improved digestion, agility, firmness, lightness, cleanliness, capability for tolerating fatigue, weariness, thirst, heat and cold, etc. and sound health. There is no substitute for it (physical exercise) to reduce obesity⁴

Sushrutacharya says in *Sushrutsamhita Chikitsasthana* 24/41-42 The person who is habituated to regular physical exercise can not be oppressed by enemies forcibly. A person who does Vyayama regularly is not susceptible to the sudden depredation (premature onset) to senility and his muscles become well developed.⁵

Physical exercise makes a person handsome in appearance, even though he may be lacking youthful sprightliness,

charming features and good qualities. The person who does daily Vyayama is able to digest even incompatible food; and his ill-digested or even undigested food gets completely digested. Vyayama is always beneficial for those healthy persons who consume emollient diet, especially in the winter and the spring seasons.

Ashatansangraha says in Sutrasthana 2/10 Lightness of the body, ability to do hard work, keen digestion, and depletion of excess fat, stable and distinct physique accrue from Vyayama - physical exercise.⁶ These benefits of Vyayama once again could be shown in light of beneficial physiological changes due to exercise and sports. All the three great Acharya s mentioned the *Agni-Vridhhi* as a prime benefit of Vyayama. This clearly indicates improved digestive physiology due to exercise. Moreover reduction in obesity shows improvement in metabolism of carbohydrates and fats, while proper growth of the body (*Shariropachaya*) is the results of good protein metabolism. It is also said that Vyayama reduces the chances of being ill which can be understood in terms of improved immune system of the body. Some of the benefits indicated in above mentioned quotations are suggestive of proper secretion of hormones and enzymes too.

RECOMMENDED PROCEDURES AFTER EXERCISE: -

Sushrutacharya says in *Sushrutsamhita Chikitsasthana* 24/38 After performing Vyayama the whole body should be massaged well. After this, the *Udavartana Karma* with medicated powder and bathing are suggested .

According to Ayurveda, before starting Vyayama, one should do oil massage to the whole body and after completing of Vyayama rubbing of dry powder of astringent drugs are advised, which is called "*Udavartana*". According to the opinion of sports scientists, before starting up training schedule, some stretching exercise and a warm up exercise programme for a while is needed. The cause behind this is to prepare the body tissue. Optimum blood circulation and warming heat is necessary for this. *Abhyanga* (oil-massage) is a very helpful method for increasing blood circulation to the muscles and superficial artery of body. Thus Ayurvedic description is remarkably congruent to the modern exercise physiologist's suggestion.⁶

THE IMPORTANCE OF VYAYAMA IN PROPER MANNER: -

Just after completion the description of Vyayama, *Acharya Charaka* described the schedule for giving up the bad habits and taking up the good habits. He says that a

wise person should give up step by step unwholesome practices to which he is addicted and he should correspondingly adopt ones which are wholesome. The schedule for the same is given below. *Charkacharya says in charkasamita Sutrasthana 7/36* There is, however, difference of opinion as to the process and duration of giving up and adopting the unwholesome and wholesome practices respectively. And accordingly it may take longer time.⁷ *Charkacharya says in charkasamita Sutrasthana 5/37* One should not be in a hurry to give up and to adopt the unwholesome and wholesome practices respectively. A sudden change in habits is likely to cause immense harm to the body. Only a slow and steady process as indicated in the text. It can absolutely eradicate the effects of unwholesome practices and stabilise the effects of wholesome ones.⁸ This is important in regards to adopt the exercise in daily practice, and also important, when a person tries to increase the amount of different exercises and such activities. Same way, if someone decreases the amount of routine exercise etc, then he should follow above principle.

RITUCHARYA AND VYAYAMA:-

There are many references which suggest the important principle for the activity like exercise, sleep and sexual intercourse in

different seasons. According to classical opinion, there is lot of change occurs in biological systems of a person and also in universe due to change in climate. Strength of a person is not a stable condition. There is tremendous change occurring in bodily strength during seasonal variations and that's why, *Acharya* suggest performing little or mild exercise during the summer season in comparison to winter.

Here some direct references are described which suggest seasonal modification in exercise.

HEMANTA RITUCHARYA:

Wrestling with the skilled wrestlers to half of the strength and judicious trampling of the body by experts in that art is advised in *Hemanta Ritu* (winter). Moreover the regular exercise for the persons who are habitual to fatty food is recommended in this season. The limitation is once again said to be $\frac{1}{2}$ of the capacity.

VASANTA: As *Vasanta Ritu* is aggravating time of *Kapha Doṣa*, all the *Ācharya s* advised for regular exercise in this season.

GRISHMA: Physical exercise is to be given up during summer season if the person does not having regular practice of it. The habitual person also been advised to shift on mild exercise at the place of heavy or moderate exercise.

CONTRA-INDICATION OF VYAYAMA: -

Charkacharya says in *charkasamita Sutrasthana* 7/37-38 *Vyayama* is contra-indicated for persons, who are emaciated due to excessive sexual activity, weight lifting and by travelling on foot and for those who are in grip of anger, grief, fear, exhaustion and for the children, for the old persons and for persons having *Vatika* constitution and professionals of speaking too much. One should not do *Vyayama* while he is hungry and thirsty also.⁷

Sushrutacharya says in *Sushrutsamhita Chikitsasthana* 24/50 Persons who are suffering from hemorrhagic diseases, cachexia, phthisis, asthma, coughing and other pulmonary lesions, excessive thirst and vertigo, those who have taken their meals and those who have become weak due to excessive sexual intercourse should not do physical exercise.⁸

Acharya Vagbhata says persons suffering from diseases of *Vata* and *Pitta*; children, the aged and those having indigestion should avoid it.⁶

SIMILARITIES BETWEEN VYAYAM AND EXERCISE:-

VYAYAM	EXERCISE
Increase <i>bala</i>	strengthens the body
<i>Agnivruddhikaran</i>	Enhances Metabolic activity

<i>Vibhakata ganagatravam</i>	Increase Muscle Mass, shapes it well
<i>Laghavam</i>	Provides lightness to body and mind
<i>Karam Samarthyam</i>	The Capacity to work Increase

CONCLUSION:-

The *Vyayam* is very much important as it develops or improves the physical strength & muscle tone of body and physical health leads to mental health,

Ayurveda explains how to do the *Vyayam* as per our body ability, one should do the *Vyayam* in proper manner like according to *Dincharya*, *Ritucharya*, Indications & Contra indications. Physical strength (*vyayam*) helps to improve digestion power, bodily strength, work capacity, mental strength, stability etc. in human being

Hence one should do the *Vyayam* in proper manner as stated in Ayurvedic literature.

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