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“ ROLE OF SWASTHAVRITTA AND YOGA IN LIFESTYLE DISORDERS.”

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Abstract:-

Ancient India practiced the science of Ayurveda, which encompasses a range of fundamental theories focused on preventing and treating diseases. Ayurveda provides guidelines for healthy living and promoting longevity. It outlines various approaches to maintaining health and well-being, such as *Rithucharya*, *Dinacarya*, *Nithya sevaniyaahara*, *Pragnaparadha*, *Rithushodhana* and *Nishacharya*, etc. Additionally, Ayurveda emphasizes the significance of *Ahara*, *Nidra* and *Brahmacarya* in restoring and maintaining good health.⁽⁴⁾ One of Ayurveda's key concepts for achieving a healthy physiology is *Swasthavritta*, which not only helps in sustaining overall well-being but also acts as a prophylactic measure against diseases. *Yoga* therapy play vital role against the life style disorders. Present article explains role of *Swasthavritta* and *Yoga* in the management of life style disorders.

Keywords: *Ayurveda*, *Swasthavritta*, *Yoga*, Disorders.

Introduction:-

According to Ayurveda, lifestyle disorders arise due to continuous indulgence in unhealthy habits and practices. Ayurveda emphasizes the importance of maintaining a balanced and healthy lifestyle to prevent the onset of such disorders and to promote overall well-being. Regular exercise, a proper diet, and a balanced daily routine are considered essential for sustaining a harmonious state of health, in accordance with Ayurvedic principles.

Samprapti

(Pathogenesis of Lifestyle Disorders)

The general pathogenesis of lifestyle disorders, as described in Ayurveda, can be summarized as follows:

Regular exposure to causative factors or unhealthy lifestyle habits detrimental to health, such as *Avyayama* (lack of physical activity), *Acheshta* (sedentary behavior), and *Ati-Ahara Sevana* (overeating or improper dietary practices).

Imbalance or accumulation of *Kapha dosha* due to improper lifestyle and dietary habits.

Prolonged dominance of *Kapha dosha* leads to the vitiation or impairment of *Rasa, Mamsa, and Meda dhatus* (plasma, muscle, and fat tissues).

Disruption of various bodily channels (*Srotas*) impairing the movement of nutrients and waste products.

Manifestation of symptoms associated with *Kapha* excess, such as congestion, heaviness, coldness, lethargy, and mucus-related disorders.

The vitiated doshas accumulate and localize in specific tissues or organs, leading to disease manifestation in those areas.

The continuous progression of these imbalances can ultimately result in the development of specific lifestyle disorders, as illustrated (not included here). The main pathological factors involved are:

- Vitiated *Kapha dosha*
- Dooshita *Rasa dhatu* (vitiated plasma)
- Agnidushti* (impaired digestive fire)
- Amapradosha* (toxicity due to undigested metabolism).

These disorders are primarily associated with *Sanchaya Pradhana* (predominant accumulation) and *Santarpanajanya*

Avastha (conditions arising from over-nourishment).

Ayurveda highlights the significant role of *Swasthavritta* and Yoga therapy in the effective management and prevention of such lifestyle disorders⁵.

Role of swasthavritta in health and disease prevention:-

Ayurveda places a strong emphasis on the restoration and promotion of overall health, guided by the core principles of “*Swasthasya Swasthya Rakshanam*” (preservation of health in the healthy) and “*Aturashya Vikara Prashamanam*” (treatment of disease in the ailing).⁶

The concept of *Swasthavritta* in Ayurveda provides essential guidelines for daily living, ethical behavior, and seasonal routines that uphold physical, mental, and spiritual wellness. By incorporating *Dinacharya*, *Ritucharya*, proper diet, sleep hygiene, and moral conduct, *Swasthavritta* helps prevent the pathogenesis of diseases such as anxiety, obesity, diabetes, hyperacidity, insomnia, constipation, and indigestion.

To achieve these goals, Ayurveda introduces a wide range of preventive and promotive health measures under the umbrella of *Swasthavritta*. This includes

concepts such as *Dinacharya* (daily routine), *Ratricharya* (night routine), *Ritucharya* (seasonal regimen), and *Sadvritta* (ethical and moral conduct), all of which are designed to restore and sustain health while preventing the onset of disease-causing factors.

These regimens not only support physical well-being but also play a crucial role in enhancing mental health, emotional stability, and longevity.

At its core, *Swasthavritta* aims to maintain the equilibrium among *Doshas* (biological humors), *Dhatus* (body tissues), and *Malas* (waste products). This balance is essential for the normal physiological functioning of the body. *Swasthavritta* encompasses:

- *Dinacharya* (Daily regimens)
- *Ritucharya* (Seasonal regimens)
- *Ratricharya* (Night routines)
- *Nidra* (Dietary guidelines)
- *Ahara* (Proper sleep habits)
- *Sadvritta* (Ethical lifestyle practices)
- *Yoga* (Physical and mental discipline)

By integrating these practices into daily life, *Swasthavritta* not only promotes general health but also serves as a preventive measure against a wide range

of lifestyle disorders such as obesity, anxiety, diabetes, indigestion, hyperacidity, insomnia, and constipation⁷

Some lifestyle related disorders

- *Raktachaap*
- *Mansa roga*
- *Hridaya Roga*
- *Sthoulya*
- *Madhumeha*

Role of Yoga in routine practices:

Yoga, when practiced regularly, plays a crucial role in combating the adverse effects of modern sedentary lifestyles. It enhances flexibility, strengthens muscles, supports weight loss, and reduces stress—ultimately lowering the risk of conditions such as diabetes, heart disease, obesity, and hypertension. Beyond physical benefits, yoga significantly improves mental and emotional well-being, contributing to greater life satisfaction

Yoga, as a daily morning practice, offers numerous benefits for both physical and mental health. Rooted in ancient Indian tradition, it combines *Asanas* (physical postures), *Pranayama* (breathing techniques) and *Dhyana* (meditation) forming a holistic approach to maintaining

health and preventing diseases. Regular yoga practice helps to: Enhance respiratory function by maintaining lung efficiency and improving oxygen exchange through breathing exercises.

Improve circulation by clearing bodily blockages, which supports cardiovascular health and prevents digestive issues. Promote weight loss through calorie burning, improved metabolism, and the development of lean muscle mass—reducing the risk of obesity and associated metabolic disorders.

Boost mental well-being by reducing stress, anxiety, and depression, thanks to the calming effects of breath control and meditation techniques.

Strengthen the immune system by activating the parasympathetic nervous system, reducing the negative impact of chronic stress on immune function.

Improve musculoskeletal health by enhancing flexibility, posture, and alignment. Specific postures help strengthen back and core muscles, alleviating back pain and supporting physical stability.

Yoga's *Pranayama* techniques expand lung capacity and benefit those with respiratory disorders, such as asthma and chronic

obstructive pulmonary disease (COPD). Additionally, the stress-reducing effects of yoga lower the risk of cardiovascular diseases like heart disease and stroke.

Table 1 illustrates a selection of effective Asanas for managing lifestyle-related diseases.⁸

Sr. No	Life style disorder	Recommended asanas
1.	Hypertension	<i>Vajrasana</i> <i>Paschimottanasana</i> <i>Sukhasana</i> <i>Shavasana</i>
2.	Diabetes	<i>Paschimottanasana</i> <i>Padangusthansana</i> <i>Dhanu.rasana</i> <i>Bhujangasana</i>
3.	Stress	<i>Balasana Uttanasana</i> <i>Vajrasana</i> <i>Garudasana</i>

Conclusion:

Lifestyle disorders, largely driven by sedentary habits, stress, and dietary imbalances, have become a significant global health concern. Ayurveda offers a time-tested, holistic approach to prevent and manage such disorders through its

fundamental principles of *Swasthavritta* and *Yoga*.

In conclusion, the integrated application of *Swasthavritta*, *Panchakarma*, and *Yoga* serves as a comprehensive approach for the prevention and management of lifestyle disorders, reaffirming the relevance and effectiveness of Ayurveda in modern healthcare.

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