



REDISCOVERING HEALTH THE NATURAL WAY

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How often do you hear people commenting something like “Thanks to the dramatic advances in the field of the medical science, most people today can look forward to longer, more productive lives than their grandparents might have ever imagined...”. Before we progress further into this discussion, let us dwell a little on this particular question, are we really living better than our grandparents? What classifies it into a lifestyle that is healthier than what our ancestors followed?

Let us analyze an average day of a modern man: it starts usually with a last-minute wake up call, grabbing something to eat that resembles a breakfast (i.e. if at all time permits), then rushing off to the workplace. Working in stressful conditions, always racing to meet the deadlines, working for late hours, suppressing even the natural urges coupled with replacing lunch with a quick bite of junk food, does not help much in the direction of healthier lifestyle. Can you imagine this person struggling to make the ends meet? He is the person in need of the ‘dramatic medical advances’! It has always been a bitter fact that man is mortal; his life span is limited and interrupted by numerous diseases. Nobody wishes to die sooner or lie in the bed sickened up; a long and healthy life is what everybody looks forward to. Now how to achieve this in a more natural and healthy way would be the million dollar question.

In a life where there is a price for everything, let us consider an instance where we want to buy a house. Now, we invest in it in so many ways, starting from the money, giving shape to it with our thoughts, everything that we need in our physical as well as emotional shelter to make a home out of the house. We need all of these, and along with them, most importantly, we need the ever precious time. In the same way, health also needs some investment in the means of time, which of course is very minor compared to investing in a house! After all, what is a life without time to appreciate what you have built for yourself?

Each one of us is born with an immune strength, a strength partly determined by the heredity and later trained and modified throughout the lifespan. But in today’s busy and stressful lifestyle, a person pursuing the ladder to success, has to encounter many situations which leave behind an undesirable influence on the body as well as on the mind, resulting in the reduced immunity & repeated occurrence of diseases, which in turn plays spoilsport in his working environment. Thus the never ending cycle of miseries will continue to flock him. Hence, more than ever, now is the need to take care of our health. And believe me, all it needs is a little time and some attention!

Statistics show that we are slowly heading into what can be tagged as a generation of patients. Every one of us is affected by one or the other problems. One cannot change the society or the situation drastically, but can always alter some of the habits that influence our healthier being and cultivate some good ones, so as to take the right steps not only to safeguard our own health, but also that of the generations to come. What we need today is a holistic approach to the worlds managing our health. We call know that there is always a scope for the improvements in everything, in a similar manner we can also mold our lifestyles so as to meet the needs of the time in a natural way by following some simple conventions of Ayurveda.

The Ayurveda lifestyle includes a three dimensional work-plan: Ahara (diet conducive towards health), Vihara (day to day activities), Cheshta (special activities). A proper blend of these three together aims at bringing about the harmony in the triad of 'body – mind – senses'. When these three are well balanced they result in to the state called 'Health'.

Ayurveda has worked out the proper balance of Ahara – Vihara – Cheshta, in the form of set of daily activities (Dinacharya) & six seasonal patterns of activities (Ritucharya).

The Dinacharya (Dina- day; Charya- activities) is a set of activities performed during a day. We have to select the activities which are conducive towards our Prakruti, and follow them regularly. The Dinacharya includes

- A prescribed time for getting up.
- Washing face
- Proper way of Dantadhavana (brushing teeth)
- Kavala – Gandoosha (different patterns of gargling)
- Anjana (collegium)
- Nasya (administration of medicines through nose)
- Dhmrpana (inhalation of medicated fumes)
- Vyayama (exercise)
- Abyanga (massage)
- Karnapoorana (irrigating ears with medicated oils)
- Shiro-abhyanga (head massage)
- Pada-abhyanga (foot massage)
- Udvartana (powder massage - scrubbing)
- Snana (bath)
- Gandha – Malya – Vastra Dharana (using perfumes, beads, & clean clothing) etc.

Apart from these, Dinacharya also includes timings for proper food, sleep, work, etc. these are the procedures designed by our ancestors to cleanse each part of the body & harmonize the doshas.

As a matter of fact, we do perform many of these activities daily. All we have to do is to select the activities in accordance to the Prakruti, and avoid those which oppose. A small schedule of exercise - a regular, proper diet - avoiding suppression of natural urges – four to six hours of sleep (according to Prakruti) – is the package that can do wonders to one's health. It is an age old open secret, trusted & followed.

Our health is in our own hands, all we have to do is take care of it.