



## A REVIEW ON PRACTICAL ASPECTS OF PRINCIPLES OF *ROGANUTPADNEEYAM*

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### ABSTRACT

Health is the supreme foundation for the achievement of happy life. The body constitutes the root cause of the well being of the individual and the very production of the body is dependent upon the individual self. Thus one should maintain the body leaving everything else for if there is no body, there is nothing that can be made available to the individual. To have a happy, long and disease free life has been an earnest desire of man, from the time immemorial. To achieve this first and foremost aim, Ayurveda has advocated principles of *roganutpadneeyam* i.e. certain rules pertaining to daily regimen, diet, *ritucarya*, *sadvritta*, *adharniya vega* etc. for the preservation of health. The idea of health put forth by Ayurveda is so perfect and comprehensive in itself that it not only proves the proverb 'Health is wealth' but also establishes an understanding of positive healthy life as a whole and its worldly achievements. "Swasthasya swasthya rakshanam" in Ayurveda propounds an unique objective to make human life better, longer, more capable and useful, happier. Its purpose is to make time in which we live, and the future, a better time for all.

**Key words:** *Dincarya, Ritucarya, Swasthya, Roganutpadneeyam.*

### INTRODUCTION:

Ayurveda is primarily the science of positive health and is secondarily the science for cure of diseases. It believes that excellence of health forms the basis for "Chaturvidha purushartha" i.e. *dharma, artha, kama* and *moksha*<sup>[1]</sup>. It represents a holistic and simple form of healing approach. It aims to know oneself and to reveal deeper cause of one's health conditions. It strives to gain insights into the very core of a problem and discover the primary cause of ailment, whether it originates from improper diet, lifestyle, negative thinking or emotional and energetic imbalance. It gives us insight into deeper context of condition which create and effect our mental and physical state.

Today it has been widely accepted that majority of the diseases are created not because of exogenous factors like bacteria and virus but due to weak immune system of host. Fast food, impaired lifestyle, improper and polluted air, water and food as well as stress are some of the important causes that lead to weak immune system<sup>[2]</sup>. Major diseases that affect the population such as hypertension, obesity, diabetes, peptic ulcers, coronary artery diseases are now labelled as life style disorders<sup>[3]</sup>. Ayurveda advocates the certain principles viz. *dincarya, ritucarya*, maintenance of *trayopstambha, sadvritta, rasayana* etc. for preservation and promotion of health.

### DEFINITION:

The term *roganutpadneeyam* implies the prevention of onset of disease that means

the preventive health care. *Roga* is any detourment from the state of health<sup>[4]</sup>. Health in Ayurveda is defined as the state of “*dhatu-samyak*” a balanced condition of body elements resulting in *sukha* (ease) and *prasannatma*- a sense of well being<sup>[5]</sup>. For the full span of life i.e. hundred year, one should observe meticulously the rules of health preservation. Here full span expresses the long as well as healthy life without being disturbed by diseases.

The ideal of health varies from a mere disease free condition to that of positive perfect health. Ayurveda sets up for itself the very lofty ideal of positive health, perfect to the minutest detail. But it is difficult to find the perfect definition of ‘Health’. The world Health Organization (W.H.O.) has laid down that -“Health is a state of complete physical, mental and social well being and not merely absence of disease or infirmity”<sup>[6]</sup>. Even this definition of positive health falls short of definition of positive health as given in Ayurveda, which includes not only physical, mental and social welfare according to the definition of W.H.O. but also moral and spiritual welfare of these, the later being the most important.

Health means balance, harmony and equilibrium in all physiological activities of body and mind. Body consists of *tridoshas*, *dhatu*s and *mala*. The activities of all these elements require the strength of the digestive fire and coordinated activities of all these elements give the alertness of senses, which leads to freshness of mind. This harmonious situation gives us pleasure and eternal happiness of soul. Hence, balance in bio-humours, tissues and waste, good digestive power, positive and happy attitude (*prasannatva*) in senses, mind and soul indicates the healthy condition of the human being.

In order to obtain positive health Ayurveda has suggested preventive principles advocated under the ‘*swasthavritta*’<sup>[7][8]</sup>. So, Ayurveda approach for *roganutpadneeyam* i.e. prevention of disease include following-

- *Dincarya* ( routines of day )
- *Ratricarya* (routines of night)
- *Ritucarya* ( seasonal regimens)
- *Adhaarniya vega* ( non retention of natural urges)
- *Rasayana* ( rejuvenative measures)
- *Sadvritta* ( rules of ethical conduct)
- *Upvasa* ( fasting)
- *Samshodhana* ( Seasonal purification of an individual)
- Maintenance of *trayopastambha*
- *Yoga*

Individual health care is given due emphasis by laying down rules-

- Do’s and don’ts regarding *dincarya*( daily routine) and *ratricarya* ( night regimen), right from rising from bed in the morning upto falling asleep at night<sup>[9]</sup>. In addition special care for smooth and efficient functioning of whole body and its cognitive and connative organs and for the cleaning of orifices opening on the surface of the body the specific procedures like- *anjana*, *karnapurana*, *dantadhavana*, *gandusa*, *kavala*, *jivhanirlekhana*, *tambulasevan*, *dhoompana*, *nasya*, *shiroabhyanga*, *dehabhyanga*, *padabhyanga*, *snana*, *anulepana*, *udvartana*, *vyayama* etc. have been prescribed<sup>[10]</sup>.

- Instructions for judicious modifications as per requirement to seasonal changes in climate i.e. rise and fall in heat, cold, humidity are also given under the heading of *ritucarya*<sup>[11]</sup>. Modifications with regard to quantity and quality of food and drinks, clothings,

exercise, sleep, sex act, dwellings are most imperative for adoption according to external atmospheric changes and maintenance of balance and for countering the provocative effects of seasonal dominant forces.

- Further for keeping equilibrium in body elements, one more measure is advocated, viz. regular resource of periodic elimination procedure which may be effective in evacuation of provoked viaticum. It is to be applied in a particular month of a season as a preventive measure for probable occurrence of specific disease<sup>[12]</sup>.

- Suppression of natural urges is considered as the cause of number of disease. So it is advised to restrain or avoid the withholding of the urges for physical and mental health<sup>[13]</sup>.

- It has been summed up under the three main heads – observance of which is compared in importance with pillars which support a building (*trayopastambha*) for preservation of health and maintenance of life viz. *ahara*, *nidra* and *brahmacarya* (judicious fulfilment of sex urge)<sup>[14]</sup>. Quantity and quality of food is advised to be in accordance to one's constitutional *doshas*. Sleep and sex too should be within limit of one's physical condition and conducive to health. Any transgress would result in immediate or late reaction i.e. acute or chronic diseases.

- For mental hygiene and social amity too one is advised to follow the instructions i.e. re-observance of approved methods and avoidance of disproved methods pertaining to *dharma*, *artha* and *kama* and follow the path of *maître*, *karuna*, *priiti*, *upeksa* as well as to promote *ahimsa*, *satya*, *brahmcarya*, *asteya*, *aparigraha* etc. like high ideals to sublime

*kamadi doshas* inherent in human mind and to uplift the spirit.

Thus, in short is the outline of preventive principles advocated by Ayurveda assuring physical, mental and social health.

#### **MATERIAL AND METHODS:**

A thorough literature search was conducted to gather as much information regarding relevant topic through classical texts along with the references of retrieved article.

#### **DISCUSSION :**

As mentioned earlier that today it has been widely accepted that majority of the diseases are created not because of exogenous factors like bacteria and virus but due to weak immune system of host. Fast food, fast lifestyle, improper and polluted air, water and food as well as stress are some of the important causes that lead to weak immune system. It is the need of the present time to focus more on health prevention. The present era has a significant change in entire thinking about the problems of health and disease towards its preventive measures. Nowadays efforts are being made to work out a comprehensive schedule to get employed towards the specialization of the entire medical discipline with the main objectives to keep the society at large – healthy, both mentally as well as physically.

#### **CONCLUSION :**

Today it is the need of time to focus more on the prevention of the diseases rather than cure. Ayurveda has laid emphasis on this most important aspect i.e. prevention of diseases and promotion of health for which certain rules or principle have been advocated. Hence, the measures ascribed in Ayurveda in relation to prevention of diseases and induction of positive health when taken into consideration and

employed at large in society will be of paramount importance.

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