



Role of Ayurveda in current scenario

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Abstract

Ayurveda is the ancient medical science known to mankind which is based on the principles of harmonious living of all the living creatures in co-ordination with the nature. Man with the evolution of contemporary science has forgotten the basics of healthy living (Lifestyles) and prone to sedentary life, which is impacted in causing many lifestyle disorders. Hence 21st century is an era of Non – Communicable diseases.

Non – Communicable diseases mandatorily need lifestyle modifications with cumulative treatment to establish the normalcy in physiological parameters. Based on these parameters, a new dimension of calculative life has been started in living form in modern fraternity. But according to the environmental conditions these parameters are varies from individuals defined by daily and seasonal changes. This is what Ayurveda has been good at explaining how to respond to these variations to maintain health. The concept of Ayurveda stands on the basis of normal Dosha (Functional Factors), Dhatu (tissues) and Mala (excretions) which are dependent on important factors like Ahara (food), Dinacharya and Rutucharya (Daily and Seasonal Regimens) and Concept of Vega dharana and Adharana (Urges).

Ahara: The main and sole source of energy throughout the life. Hence nature of food, pattern of intake and source of food etc play an important role in health.

Dinacharya and Rutucharya: Daily and Seasonal regimen are the necessary activities that are to be followed right from awaking to the time of sleep, which are to be followed in accordance with Tridosha, these are again influenced by the external factors like temperature, air, environment changes, etc.

The concept of urges (Vegadharana and Adharana): Urges like hunger, sleep, thirst, etc are the natural expressions of internal functions of the different systems. These urges should not to be suppressed so that the body is going to be in harmony. Ayurveda also explained psychological urges like fear, anger, sorrow; desires etc. are to be suppressed. Otherwise they impact on mental status leading to the diseases. To conclude the paper, co-ordination of these three basic fundamentals i.e., Aahara, Dinacharya Rutucharya and Vega concept which plays an important role in preventive health and building immunity of an individual. In the wake of COVID-19 breakdown the whole world is looking towards Ayurveda to improve immunity. Immunity is not merely taking of Ayurvedic medicine alone, but also to follow the lifestyles which are well explained on scientific basis.

Key words: Ayurveda, Lifestyle, Aahara, Regimens and Urges

Biography

Shashikanth Hiremath Presently perusing PhD(External) at Parul University Gujarat. Research Topic: A critical study on Sequential importance of Shareerasthana Chapters w.s.r to Charaka Samhita. He is Associate Professor at Sanjeevini Ayurveda Medical College Hubballi Karnataka India. He got First prize in: National Level Essay competition: "Relevance of Modern Parameters in Ayurvedic Research"



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