

## Scientific Approach to Longevity

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### ABSTRACT

During the time of covid to fight and combat the infection and to have good defence mechanism there is rush to have good immunity to tackle the situation and have life. In this article trial has been made to explore the regular regimen which is describe in various classic to attained immunity and to maintain it to have long healthy life. By compiling various ayurvedic references. In this article attempt is made so that this can be practice regularly and daily to attain good health without diseases.

**KEYWORDS – DEERGAYU, LONGITIVITY, SWASTHYA, SUKHAYU.**

### I. INTRODUCTION

A long healthy life is wish of every individual since antiquity. Ayurveda is science of life with the aim of attaining health and curing disease of ill. Main aim of Ayurveda is to attain pious acts(Dharma), Wealth(Artha), desires(kama) and salvation(moksha)by health. Ill health takes away the health and happiness from life<sup>1</sup>.

The aim of Ayurveda is “Swasthasya swastha rakshanam aturasya vikara prashamanam ch”. It means to protect health of a healthy and to promote it. To eliminate diseases and dysfunction of the body<sup>2</sup>. Both these are aimed towards the promotion of health at three level- mentally, Physically, Spiritually.

### II. AIMS AND OBJECTIVES

1. Deenacharya, Ratricharya, Rutucharya explained in classics to be reached to every humans beings on the earth.

2. The regimen to be practices to attain long healthy life.

### III. MATERIAL AND METHODS

References have been collected from classical text i.e Charaksamhita, Sushrutsamhita and Ashtangsamhita mentioned in Ayurvedic texts.

All data is compiled, analyzed and is used through and in depth understanding.

The condition where the body is devoid of any abnormality is known as healthy i.e Swastha<sup>3</sup>. The feeling of healthiness is health is swasthya.

Health definition acc to Sushruta “samadosha samaagni samadhatumala kriyahah prasannaatmendriya manahaswastha itiabhidheyate<sup>4</sup>”.

**Samadosha-** The doshas that are present in the body and mind, namely Vata, Pitta, and Kapha must be in balanced state in order to keep a person healthy. When the balance of the doshas is disturbed, either aggravated or decreases (vitiated) it produces a state of dosha vaishyama this is called disease.

**Samaagni-** balance state of agni. Ex. If food is consumed in anger, with jealousy than that food is not digested properly leading to imbalance dosha further it disturb thought processes of person like thinking, so one should have food in warm with peaceful and with proper focus on it.

**Sama Dhatu and kriya-** Balanced state of Dhatu and Malas. According to Ayurveda there are 7 Dhatus, Rasa, Rakta, Mansa, Medas, Asthis, Majja & Shukra and the excreta or Malas Purish (faeces), Mutra(urine), Sweda (Sweat). The dhatu of the body must function properly and so also the Malas of the body.

**Prasann Atmendriya Manah-** In Ayurveda the function of the sensory and motor organs and mind have been given special importance, when there are not in equilibrium and not discharging there function properly it will lead to a state called diseases. Even though the above a functioning properly the bodily activities must not vitiate disease the above, the state of mental health is more important than that of the physical health of a person. Swasth or healthy state is mind.

### MEANS OF ACHIEVING GOOD HEALTH

For achieving perfect health both psyche and physique must remain in equilibrium for

maintaining physical health. Ayurveda strongly recommends the practice of Dinacharya (day regimen) Ratricharya (night regime) Rutucharya (seasonal regime).

**DINACHARYA**- Charaka says "Early to bed early to rise" get up early in the morning before sunrise called Brahmamuhurta. i.e 3am to 6am<sup>5</sup>. One desirous of long healthy life should get up in brahamha muhurta . when previously taken food get properly digested. During this time environment is clean without much of pollutants. Along with clean air, pleasant atmosphere, absence of noise, the morning rays of the rising sun is beneficial.

**Dantadhawan** – After elimination of faeces and urine one should brush teeth with specific herbs like arka, nyagrodh, Vata, khadira, karanja, Nimba. which are astringent pungent in taste which helps in protecting teeth and oral cavity. also powder of triphala, trikatu, trijatak can be used.

**Anjana**- application of collyrium helps for attaining good eyesight. eg Sauviranjana.

**Navan**- Administration of nasal drops to clear ailments related above clavicle. It helps to block the entry of foreign material, microbes, viruses and thus prevents from entry of it. Pratimasha nasya (indicated as daily regimen) and two drops in each nostril daily can be used. eg Anutail, Shadbindhu, Panchendriya Taila can be used as regimen as swasthya.

**Gandush**- Holding oil/decoction for certain period in mouth helps to prevent diseases of oral mucosa. eg Oil, meat soup, milk, honey, water, rice gruel can be used.

**Kaval**- Holding oil / decoction and gargling helps to clear passages of kanta and mouth thus helps to protect the entry of virus, from kanta to lungs.

**Dhumpan**- Inhaling of medicated dhuma helps in clearing minute channels. It helps in sinusitis, nasal blockage also it help in loss of sensation a symptoms affecting covid 19 during this pandemic era. Dhumvarti with ghee and oil can be used.

**Tambul sevan**- Chewing betal nut helps in digestion related disorder.

**Abhyanga** – Application of oil bath help in wardoff dead skin, exertion, attain good sleep, healthy skin.

**Vyayama** – Exercis helps to attain ability, keen digestion, depletion of fat, stable and physical health.

**Udavarthana**- massaging of body with soft fragrant powder, helps to remove bad odors, mitigate excess of fat, gives stability to all body parts. eg Chandan, agaru

**Snana**- Improve appetite, span of life, improves strength.

**Yogasana** – "Yogah Chittvritti Nirodhah"- By doing regular yogasana one can balance both mind and body, which help to attain stage of body free from diseases.

In Dinacharya (daily regimen) the procedure and methods to follow in day to day life which leads to happy well beings. Personally this is in turn developing good social relation with the society and good psychological feeling. Ex. If we do not follow daily regimen, take bath, or brush regularly or maintain cleanliness then people start avoiding and regarded as low grade community. This hampers the relation in between society and lading to psychological disorder like anxiety etc.

### Importance of Health

Charaka describes the Importance of healthy life- health "Ayukamaymanendharthaarthsukhsadhana"<sup>6</sup>. Arogya is an excellent source to acquire virtue (Dharma), Wealth (artha), gratification (Kama) and emaciation (Moksha). For ex. In present era covid 19 affected physical as well as mental health of peoples, they lost their jobs, livelihood, loss of wealth, faced with lot of mental stress, causing depletion of life span. According to Charaka person should pursue three desires which says- desires for living healthy life. (Praneshana), desires for wealth (Dhaneshana) and desires for great beyond after the life (parlokeshana)<sup>7</sup>.

**RATRICHARYA**- The regimen that is followed since evening hours to night is included under ratricharya which should be adopted for maintenance of health and prevention of diseases. Meal should be consumed in the first prahara (3hrs) of night, food is taken in lesser quantity than afternoon and avoid the food that is difficult to digest<sup>8</sup>.

After taking light and conductive food in the evening person should go to sleep with pleasant mind, after offering prayers to god in his own bed<sup>9</sup>. Triphala should be mixed with ghee and honey at night to strengthen the vision<sup>10</sup>.

**RUTUCHARYA**- Charaka further described about detailed of diet and regimen to be followed in season to maintain health. If one follows this diseases pertaining to particular season can be controlled and one will not be affected with changes in climate thus can attain Sukhayu. Diet as well as vihar which balances aggravated dosha are described by charak in rutucharya.

### SADAVRITA

Charaka explains Sadvrita (Good conduct) That one should worship God, preceptor(Guru), Elderly people accomplished teacher, Should take initiation in truth, remain cheerful, should have a present of mind even in difficult circumstances. Should donate, help the poor. With help in building good behavioral changes in human. He even recommended wearing white cloths, cutting, hairs, nails, use of flower and fragrance. One should not be attached to women friends and servant with sinful attitude. One should follow the conduct by doing this one will purified with mind and body.

### AAHARA

Charaka emphasizes on food which are wholesome to the body like rice, green gram, rock salt, goose berry, barley, rain water, milk, ghee, meat, and honey. These should be consumed regularly for maintenance of health and prevention of diseases. The above references can be taken as definition of balanced diet in Ayurveda, rice and barley as carbohydrate sources, green gram, meat as source of protein, ghee as fats. Honey as source of sugar, rock salt as source of mineral, milk and goose berries as vitamin and mineral sources which make the components of balanced diet<sup>11</sup>. Wholesome food when consume in peaceful state of mind than only that aahar responsible for formation of good variety of bodily constituent which help to tackle with various ailment and protect and preservation of health.

### SOCIAL HYGIENE

Social hygiene Man is a social animal. One has to work in the society in a manner which is conducive for better hygiene and sanitation of the community. This can be achieved by individual efforts with cooperation from society. Garbage should not be thrown at random. Gutter and drainage system should not be blocked. Toilet and Washroom Should be maintained properly Water Sources should be thoroughly cleaned. The outbreak of any diseases must be reported to the Authorities immediately so Public health action can be taken.

It is said Rasayan and panchakarma is the best treatment in cases of epidemic diseases. In Janapadodhvoamsaneeya chapter Charaka has explain detailed about it. Janpada means community. Udhwamsa means destruction. Vitiated Air, Water, Place and time are the factor this are at work if administered with proper Panchakarma and treatment for those who are

affected with 4 factors. Proper Rasayana therapy with medicine that are collected before onset of epidemics disease restore physical health at community level. Also following Sadvrita is the best effective treatment in such diseases. Dhuma(fumigation) Sarshapa, Haridra, Nimba patra, Guggulu can be used.

### IMPORTANCE OF RASAYANA

Rasayana is preventive and promotive treatment in such diseases. By consuming Rasayana one gets long life, heightened memory, intelligence, freedom from disease, youth, excellence of luster, complexion and voice, optimum strength of body and sense utterance, that always gets fulfilled the reverence of people, body glow, all these does man obtain by the use of vitalizer. The vitalizers are so called because they help to replenish the vital fluids of the body<sup>12</sup>. Eg Chawanprasha, Vasaawaleha, Abhayaamalaki rasayana, Dadimadi rasayan, Kusmandaavaleha can be used as rasayana therapy.

### ACHARA RASAYANA

Some of social conduct and behavior will be endowed with all the qualities mentioned in Achara Rasayana (rejuvenating regimens therapy. One who are truthful and free from anger, devoid of alcohol sex indulgence, who do not indulge in violence, who are peaceful and pleasing in their speech, who practice japa and cleanliness, who are dheera,(courage),who regularly practice charity and tapa. Who regularly offer prayers to god, cows, brahamana, teachers, preceptors, and old people who are compassionate. Who habitually take milk and ghee, who are experts in the knowledge of rationality, whose period of awakening and sleep are regularly, who are free from ego, whose conduct is good, who are not narrow minded, who have love for spiritual knowledge, who have axcellent sense organ, who have reverence of seniors, Astikas and person, having self controlled and who regularly study Dharmashastra get the best out of rejuvenation therapy and such person will not affected with pandemic.

**OBSERVTION:** It is observed right from sages to man on earth who followed above mentioned daily regimen with seasonal purification along with good moral ethic is able to attain longitivity and good health with mental satisfaction.

#### IV. CONCLUSION:

By above drawn observation it can be concluded potential which is explained in Ayurveda should be followed regularly and propagated to attain health and longevity to mankind with lasting immunity.

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