

## Role of Swasthavrutta in Shalaky Tantra: A Critical Review

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### ABSTRACT:

In Sushruta Samhita Acharya Sushruta define 'Swastha' as, "Samadosha, samagnischa, Samadhatu malhkriyah! Prasannatmendriya manah, Swastha iti abhidhiyate!!" it means 'an individual/person who is in a state of equilibrium of body's; Doshas (humors), Agni (digestive fire), Dhatus (tissues), Malah kriya (Physiological functions of excretions etc.) and whose Aatma (soul), Indriya (senses) and Mana (Mind); all are happy, is considered as a Healthy individual. Therefore, along with doshas, agni and mala our indriya i.e. our sense organs also must be healthy so it's necessary to take care of our sense organs.<sup>1</sup>

In Ayurved Shalakyatantra is a branch which deals with disease which occurs above jatru and this all mainly related to sense organ. Ayurved is not focused on medicinal purpose but also give knowledge about style of living. The main aim of Ayurved is to protect the health of healthy person and also cure the disease of patient. In twenty first century everyone is busy in their own work that they are not able to give time for their own health and endure different disease. To maintain the health of man Ayurved explained about swasthavrutta.

Swasthavrutta help in maintaining a healthy life style and also provide prophylactic prevention against disease. In Ayurved different Acharya such as Charak, Sushruta and Vagbhata explained about Swasthavrutta in their Samhita that shows importance of Swasthavrutta for healing various disease Swasthavrutta help in maintaining good health of our body and specially our indriya that is our sense organ such as eye, ear, nose, etc. This article describes about benefits of Swasthavrutta for Shalakyatantra according to Ayurved point of view.

**Keywords:** Swasthavrutta, Dincharya, Ritucharya, Indriya

### I. INTRODUCTION:

Ayurved describes Swasthavrutta most important concept for health and well being. And in Ayurved Shalakyatantra is clinical branch devoted to all sense organ and their health and explains maintenance of health of indriya. Swasthavrutta includes dincharya, ritucharya and ahara vihara, etc.

In Ayurved Acharya have mentioned about daily practice of dincharya for maintaining health

#### 1) Dincharya<sup>2</sup>

All Acharya explain about dincharya for maintaining healthy and disease free life. One should follow dincharya modalities in everyday life. All activities of whole day from waking up to sleep at night are called dincharya. Now we explain dincharya and its benefits.

Bramha utthitshitsate – Person who desires health should get up early in the morning that is wake up in Bramhamuhurta.<sup>3</sup> Bramha Muhurta time is around 4:00 am

Benefits – swastha raksharnartha and indriya prassanartha

Dantadhavana – After waking up one should brush teeth dantavana should be 12 angula high and thickness of kashangula made of different trees. Dantadhavana should be done in morning and night before going to sleep.

Benefits – bad breadth of mouth eliminates, exudates removed from teeth enhance taste and hence desire for food, mana indriya prassanata, and due to use of medicinal plants it makes gums stronger.<sup>4</sup>

Jivha nirlekhana – after dantadhavana tongue should be cleaned by tongue scraper of 10 angula long, soft and made up of either metal such as gold silver etc or of branch of medicinal tree.<sup>5</sup>

Benefits – Eliminates bad odor of mouth, relieves stiffness of tongue, stimulates the taste buds which

help to improve taste perception and increases salivation

Mukhprakashalan – washing and clean the face

Benefits –help to relieve skin problem such as acne, raktapitta, nilika, etc

Gandusha – Holding of medicated or simple oil or fluid in mouth for some time is called Gandusha.<sup>6</sup>

Benefits – nourishes the face, strengthen teeth and gums, prevent drying of throat, chapping of lips and tooth decay, enhance taste perception.

Anjana – Anjana is a procedure of applying medicinal paste or powder to the inner side of lower lid from inner to outer canthus either by fingertip or with an applicator. Acharya Charak states that eye is prominent of tejomahabhuta and hence kapha dosha is responsible for eye disorder so to protect the eye from kapha dosha anjana should be done .Acharya Charak mentioned that one should apply sauviranjana daily and rasanjana once in every fifth day.

Benefits –Anjana helps to remove unwanted substance from eye and give clear vision. As Acharya Charak states that by the use of anjana eyes get clear and vision of the person shine brightly like moon in the sky.<sup>7</sup>

Netraprakshalan – done with decoction of some medicinal dravyas such as lodhra, amalaki, etc or simply with cold water in morning is useful for eyes.<sup>8</sup>

Nasya – Aushadh or fats (oil, ghee etc) processed with drugs are administered through nostrils is called Nasya.<sup>9</sup>

Nose is pathway of head, medicine given through nose get absorbed in various organ / senses present in urdhwajatrugata like shrungatak marma, eyes, ears, neck...etc. it acts by removing vitiated dosha easily and quickly .Nasya is useful in all disorder of netraroga ,mukhroga ,karnaroga ,nasa roga etc .

Dhoompan – Inhalation of medicated smoke through mouth or nose and releasing it only through mouth.<sup>10</sup>

The person who wishes to take care of his health should inhale herbal smoke daily to treat or to prevent the onset of disease of the part above jatra .Exaggerated kapha and vata dosha such as cough, dyspnea, rhinitis, bad smell of nose and mouth etc. Dhoompan is pashyat karma after Nasya and Gandusha.

Shiroabhynga – Massaging the head, neck, shoulder with warm and medicated oil. Shiroabhynga eliminates disorder of head, neck, make hair grows soft, long and thick glossy, also prevent graying of hairs, makes satiety in head

prevent facial wrinkles .Nourishes the sense organ and does pratipurana of shira.<sup>11</sup>

Padabhyanga –The application of sneha dravyas on foot and sole region is termed as Padabhyanga .Padabhyanga enhance the vision, it also help to prevent insomnia.<sup>12</sup>

Karnapooran –Process in which ear (EAC) is filled with medicated taila, swaras .etc for treatment of various vyadhi of ear and head.<sup>13</sup>

Helps in earache, neck stiffness, tinnitus, deafness, headache etc. karnapooran pacifies vata in head, nourishes nerve present in ear, help in lock jaw (TMJ), excessive ear wax.

Vagbhata explains Karnapooran is a part of dincharya.

Snana- taking bath makes body pure and clean it calms and freshen the mind and elevates energy levels (sarva indriyanam vibhodanama), removes tiredness, sleepiness exhaustion. Bathing the head with hot water is always harmful to the eye than bathing with cold water .Cold water is good for the eye<sup>14</sup>

Padatra Dharan –It has Chakshuya effect so one should wear foot wear to protect feet.<sup>15</sup>

## 2) Ritucharya<sup>16</sup> –

Ayurved explains rutucharya as a set of rules to follow in each season to keep ourselves healthy and to prevent seasonal disease.

If the rutucharya that is seasonal regimen is followed correctly the dosha pacify by themselves in the upcoming season (shaman) and defect progress to the next stage of disease manifestation

As ear is a sthana of vata dosha nasika and mukha is sthana of kapha and netra of pitta dosha respectively. So often due to 'kala' disease arises in karna, nasika and netra due to prakopa of their respective dosha. So Shodhana karma must be done such as vama, virechana and basti according to ritu that is vata, pitta, kapha shodhana karma done in pravrut, sharad and vasant ritu respectively.

The main root cause of disease vitiated dosha which is treated by shodhana karma never occurs again and hence patient never falls ill.

## 3) Ahara – Vihara

To attain healthy and long life Ayurved concentrate on ahara and vihara Acharya Charak explains ahara is trayoupasthambaha. Health and disease both dependent on ahara so ahara is the key of healthy life. So one should take proper ahara. In Samhita, Acharya explains about various dravyas according their guna and karma such as Charak

explains ghruta, amalaki, triphala as chakshuya dravyas so use of such dravyas according to their guna.

## II. DISCUSSION

helps in maintaining healthy lifestyle and also provide prophylactic prevention against disease. So one should follow Swasthvrutta. Dincharya is important among it. Day start with waking up early in the morning one who desires for long and healthy lifestyle should wake up at the time of Bramhamuhurta. Bramha – knowledge, Bramhamuhurta is the best time for gaining knowledge as atmosphere is fresh and pleasant which is right time for indriyarth dnyana. Dantadhavana, Gandusha, Jivha nirlekhan etc also important for preventing urdhwajatrugata vyadhi.

Several centuries ago, Fubricus Lildanus reported case of ophthalmic that due to infected tooth person loses vision. So oral hygiene also plays important role in oral as well as ophthalmic disorder.<sup>17</sup>

Anjana has unique therapeutic efficacy for various types of ophthalmic disease it has promotive, protective and curative effect on the body and hence it helps in maintaining good eye health.

Nasya- medicine or medicated sneha administered through nasal passage is known as “Nasya nasa hi shirso dwarram” nasal passage is the gateway of head and the drug given through this passage mitigate the various vitiated dosha and cure the disease. Nasya is the best and most specific procedure for the disease of head and supra clavicular disease

Shiroabhynga prevent shiroroga and disease related with hair and scalp provides nourishment to sense organ. Padabhyanga having chakshuya effect. According to Vagbhata “dwye padmadhye pruthsanniveshe shire gate te bahunha ch netre”<sup>18</sup> it means sira present in foot directly connected to the eyes. So when sneha applied to pada (foot) can reach to netra (eyes) through sira for drushtiprasadan .Hence is useful for maintaining good eye sight.

Karnapooran is beneficial to the ear it not only cures ailments but also helpful in maintaining well-being of ear neck and head.

Rutucharya also important to avoid diseases one should follow seasonal regimen. A healthy diet and healthy lifestyle is the key of good health in Samhita, Acharya explains about pathyakara ahara and vihara so ahara vihara must be followed according to dosha and disease one should follow healthy diet for the nourishment of

dhatu which play a vital role in nourishing sense organ.

## III. CONCLUSION:

Increasing globalization brings nothing but the changes in lifestyle and ignorance of health leading to various disorders. To avoid possible unpleasant consequences one should follow swasthavrutta that is dincharya and ahara vihara .... Etc , Dincharya is basically an ideal daily schedule for us which takes into account the natures master cycle and suggest action to follow . By following seasonal regimen and pathyakara ahara vihara person posses a disease free healthy life and our indriya also get nourishment and they work properly leads indriya-prassanata and hence it concluded that swasthavrutta plays important role in Shalakyatantra.

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