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RESEARCH ARTICLE

ACHARA RASAYAN FOR HEALTH AND LONGEVITY

Dr. Urvashi Sharma¹ and Dr. Ashok Kumar Sharma²

1. M.d. Scholar Department of Kriya sharir, M.M.M. Govt. Ayurved College, Udaipur.
2. Head Of Kriya Sharir Dept, Udaipur.

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Abstract

Ayurveda is not a science for treatment of any disease; it is the science of life. It explains all aspects of life related to ahara, vihara, and achara. Rasayana is one of the eight major branches of ayurveda. Achara means good conduct which are developed by understanding and following the shastras (treatise). Proper observance and implication of achara and vichara is achararasayana. Its practical implication not only increases life span of individual but also increases quality of life. It provides wellbeing and purity of mind. Longevity of life maintenance of good health without proper state of mental wellbeing; would be difficult to achieve. If body is stressed from any external or internal stimuli, the nervous system gets triggered and initiates a specific immune response to be activated, in return the emotional and mental wellbeing of the individual will be compromised from psychological responses occurring in the body. Is therefore important conservation of immunity by physical and psychological wellbeing, this goal can be achieved with the help of wisdom of Ayurvedashastra, we can make life livable and more pleasant by reducing stress and risk of other psychological disorders. Achararasayana is ayurvedic strategy for regulating behavioral social conducts which ensures a healthy life in a healthy society.

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Introduction:-

Ayurveda is considered by many scholars to be oldest healing science. In Sanskrit, Ayurveda means "The Science Of Life". Ayurveda knowledge is originated 5000 years ago which describes every aspect of life for living healthy. Ayurveda places great emphasis on prevention and encourages the maintenance of health through close attention to balance one's life, diet, right thinking, lifestyle and use of herbs. Knowledge of Ayurveda enables one to create balance of body, mind and consciousness. Longevity means lifespan according to the era without any physical or mental disease. Longevity of life can be obtained by maintaining good health and it cannot be achieved without proper state of mental wellbeing. Ayurveda described different types of Ayu (lifespan) and their causes; and advices to achieve longevity through sukhayu and hitayu. Ayu is combination of body, senses, mind and soul and it has four types- sukhayu (happy life), dukhayu (sad life), hitayu (advantageous life), ahitayu (non-advantageous life). [1] Sukh means happiness, pleasure, comfortable, prosperous, ease; and sukhayu means happy and joyful life with qualities mentioned below –

1. Devoid of physical ailments and mental diseases
2. Young
3. Having immense strength and potency

Corresponding Author:- Dr. Urvashi

Address:- M.D. Scholar Department of Kriya sharir, M.M.M. Govt. Ayurved College, Udaipur.

4. Successful and courageous
5. Who constantly in seek of four objectives of life
6. Person who attained analytical knowledge about everything
7. Proper sense functioning of sense organs
8. All comforts and earned through ethical ways
9. Whose all tasks are done in planned way and at right time.

Opposite to sukhayu called dukhayu means unpleasant and painful life. It indicates unhappy state of body and mind.

Hitayu means – hita means good, advantageous, beneficial, favorable.

Means a life which is good, favorable and beneficial to the society. This type of lifespan is possible due to many good deeds and virtues person follows during lifetime.

Opposite to hitayu, called ahitayu means non beneficial and miserable life. Ahitayu is result of misdeeds and indiscipline mode and conduct of life.

Advantageous and happy lives are beneficial to all of us. Disadvantageous and miserable lifespan are harmful to us. Advantageous and happy lifespan help us to achieve four objectives of life and other two types of lifespan push us into dungeons of misery and troubles.

In Ayurveda there are many practices and methods are mentioned for getting happy, healthy and long lifespan like dincharya, ritucharya, swasthivritt, sadvritt, aharavidhividhan, dharaniya-adharniyavega, agrayavarg, rasayanaprayoga, achara rasayana, yoga etc.

Rasayana is Sanskrit word which means ‘path of essence’. Rasayana therapy increases quality of rasa (nutrient part for cells and tissues), by enriching it with nutrients. This excellent rasa, one attains longevity, good memory, health, youthfulness, luster, complexion and voice, development of physique and sense organs, mastery over phonetics, respectability and brilliance on the basics of diet and lifestyle rasayan can be three of types – ahararasayana (diet and nutrition based rasyana), aushadh (drug and herb based rasayana), and achara rasayana (lifestyle based rasyana).

Achara rasayana is concept of Ayurveda for longevity of life. Achara means ethics, conducts, manners and rasayana refers to science of promoting longevity and remedies which are used to maintain optimal health. Rasayana can be behavioral or herbal. Achara rasayana is a behavioral medicine described in charakaSamhita. [2]It is unique concept which implies moral, ethical and behavioral conducts, following it brings rejuvenation in body-mind system. If any individual adopts such conduct gain all benefits of rasayana therapy without consuming and rasayana remedy. It can be practiced alone or with material substance rasayana therapy.

Aims and objectives:-

1. To evaluate the role of achararasayana for healthy and long lifespan.
2. Effect of achararasayana will be explained for mental wellbeing.
3. role of achararasayana will be understand in managing day to day stress level and anxiety etc. kind of psychological conditions occurring in modern era.
4. to analyze the effect of achararasayana (good manners and behavior) on hormonal and chemical effect on body.

Material And Methods:-

our study will be based on various ayurvedic literatures available and research papers and online articles available related to the study topic. After evaluation of all materials conclusion would be made.

Discussion:-

Ayurveda is one of the oldest extant health systems in the world with fundamental principles and theory-based practices. The Sanskrit means of Ayu is life and Veda mean knowledge, therefore Ayurveda is also generally translated as science of life. Ayurveda literature are full of knowledge about life science. It is close to community, not just has geographical sense but also in cultural and social ethos. Due to better accessibility and affordability this system widely accepted among large segment of population.

Mind and body are not different from each other, mental health is equally important as physical health and longevity cannot be obtained without a healthy mind. A happy and satisfied mind can contribute in maintaining happy and healthy life which will result in longevity and it can be obtained through practicing good conducts from very early age of life. Ayurveda literatures have mentioned many good behavioral instructions for happy and healthy social, spiritual life and mental wellbeing. Achararasayana is one of them.

The practice of implementing positive lifestyle routines are preventative health care according to Ayurveda, and research is starting to grow in the western medical world around the importance of psychological management on physical health.

If the physical body is stressed from either external or internal stimuli, the nervous system will be triggered into an autonomic response that will signal a specific immune response to activate. In turn the person's emotional and mental well-being will be compromised from the physiological responses occurring in the body. This creates a potential negative feedback loop that may initiate an unhealthy cycle of reaction between the body and mind.

Ayu is called combination of soul, senses, mind and body. [3] Ayu means also longevity; so ayu(longevity) can be achieved by good physical and mental health. Ayurveda described 5000 years ago that mind and body are not different from each other and if mind body and soul are connected and coordinated to each other than it called ayu or longevity; these are not separate to each other and interrelated and integrated to each other. And recent researchers of modern science also accepted this interrelation and unity of mental and physical body and ayu. According to Ader, Cohen, and Felten, the co-founders of PNI research, "two pathways link the brain and the immune system: the autonomic nervous system and the neuroendocrine outflow via the pituitary. Ader revealed that sympathetic nerves innervate both the primary lymphatic organs and secondary lymphatic organs. [4] Furthermore, the cells in the lymph organs bare receptors sites for many hormones and neurotransmitters secreted by the pituitary gland thus weaving a web of communication happening between the immune system and the neuroendocrine system.

Cytokines are molecules secreted by activated immune cells, three general categories of cytokines that can cross the blood brain barrier are: Interleukins, interferons, and tumor necrosis factor (TNF). Receptor sites were found for specific cytokines in brain. For an acute phase of illness, this is the body doing its job by signaling out to the neuroendocrine system to conserve its energy and use its reserves to fight whatever it present. For chronic inflammation disease, this is where the body is on constant alert, calling out to the immune cells to keep working and keep fighting, sometimes against itself. Dantzer explains cytokines are found flooding the system in patients with major depressive disorders as well as autoimmune diseases. [5] Cytokines command the brain, liver, immune system, endocrine system and various other tissues to act as one unit in the urgent defense of the body."

The long-term activation of the stress-response system and the overexposure to cortisol and other stress hormones that follows can disrupt almost all your body's processes. This puts you at increased risk of many health problems, including:

1. Anxiety
2. Depression
3. Digestive problems
4. Headaches
5. Heart disease
6. Sleep problems
7. Weight gain
8. Memory and concentration impairment

So it's so important to learn healthy ways to cope with your life stressors.

Achararasayana is one of the behavioral therapies described in Charaka Samhita, for maintaining mental health.

Achara Rasayana may act as a Rasayana(rejuvenating agent)in three ways -Improving the personality 2. In improving the social relationship 3.Improving the physical health by enhancing the psycho-neuro- immunity.

Psychological unwellness is multifactorial condition and we cannot ignore all causes, but we can reduce the frequency of such events by creating a good social life in surrounding and practicing good conducts mentioned in

literature. It should be practiced from very early age of life and it helps in coping the stress level and reduce the harmful effect of stress over our physical health by maintaining proper mental health or early recovery from any mental stimuli.

Achararasayana:

Person who are truthful and devoid of anger, free from alcohol, and sexual indulgence, who do not indulge violence or exertion, who are peaceful and pleasant in their speech, who practice japa (incantation) and cleanliness, who are dhira (steady and stable), who practice charity and penance, who offer prayers to god, cow, knowledgeable persons and old people, who are free from barbarous act, who are compassionate, whose period of sleep and awaking are regular, who habitually take milk and ghee, who knows the country and time, free from ego, follow good conduct, not narrow minded, have love for spiritual knowledge, have excellent sense organs, who have reverence for seniors and self-control, who regularly study scriptures; it also called nityarasayana, by practicing it individual get all benefits of rasayana, good health and better life and defiantly get long life span or longevity. [2]

सत्यवादिनं – truthfulness ; if a person follow it removes unnecessary burden from mind and person feel stress free, it make less hormonal fluctuation in his body, and individual can use this energy in other important and good deeds and get their benefit in his life.

अक्रोधमं – free from anger. Anger and hostility are associated with CHD outcomes and predict the development of atrial fibrillation. Anger triggers body's fight and flight response and person experience stressful event. Autonomic nervous system prepare body to face that opposite situation and secretion of epinephrine and norepinephrine occurs. It alters brain and cardiac activities. It's called alarm phase; it automatically settled down when situation settle to normal but if person experience continuous stress event body's immunity system becomes depleted and illness can ensue; if exhaustion continues for too long period person may suffer from mental illness or breakdown. Non-aggressive attitude also makes his social and spiritual life better.

निवृत्तमद्यमैथुनात् – devoid of alcohol addiction and sexual activities. Regular consumption of alcohol changes the chemistry of the brain. It decreases the levels of the brain chemical serotonin - a key chemical in depression. So one should devoid from any addiction like alcohol or sexual desire; it will make his social life better and that energy, money and time he can utilize for his wellbeing.

अहिंसक, अनयासम, प्रशांत, प्रियवदिनमं - If a person remain non-violent and calm he will remain safe from various mental disorders. Voice is pleasant and speaks politely than his social life would be good and he it keeps his mind calm and stress-free. Person should avoid extraneous work because it is not good for health of heart, this may cause dhatukshya (depletion of tissues due lack of nutrition value) and reduce immune response of that individual.

जपशौचपरंधीरमं – vedic mantra chanting and meditating regularly enhance memory and calms mind and increases coordination between mind and heart, meditation releases stress and open mind to consciousness and improve intelligence. Cleanliness of body and surrounding environment, staying hygienic, and have patience in every situation and his behave is steady promotes positive attitude towards life.

This positive attitude makes his mind positive and it effect his life and views very positively which give rasayana effect in his physical health also.

दाननित्यम – donation of extra things and some part of his earning to needy ones gives praise and prayers both and good for social relationship and it all make him feel mentally positive and satisfied.

तपस्विन- simple living, and focusing on his work properly.

देवगौब्रह्मिणआचार्यगुरुवृद्धअर्चने – respect and worship to god, cows, more knowledgeable and holy persons and elder ones. One should gain knowledge to elders and knowledgeable persons and follow their lessons; he also respect and take care of innocent animals. One may get good advices from elders because they have more experience of life which we can know without going through that situation.

अनृशंस्यपरमनित्यनित्यकरुणवेदिनं – person who is away from bad deeds and have kindness in his heart towards other individual can understand true situation of people and give benefits to the society and may help society.

समजागरणस्वप्नं – person whose sleeping and awaking time is fixed and according to described in treatise ; it maintain his circadian rhythm and it will keep his all physiological activities of his organs and system in lane and person feel more energetic and healthy by keeping neuroendocrine system in balance and it increases his immune power and mental strength. Nocturnal sleep promotes releasing of GH.

नित्यक्षीरघृतअशिनयम- he consumes milk and filtered butter daily in his diet, these food articles are satvika and easily convert into ojas; it also focuses on daily healthy and full of nutritious diet; it increases the quality of rasa so act as rasayana on body.

देशकालप्रामाण्यं, युक्तिज्ञं - person is aware about his surrounding and time and behaves, according to place and time and take diet according to the time and weather ; it keep his physical and social wellbeing.

अनहंकृत, शस्ताचार, असंकीर्ण- person when free from ego, it helps him taking right decision and prevent from unnecessary mental stress and keep his mind peaceful and calm.

Well behaved and good manners keep him happy and good for his social wellbeing.

Who is not narrow minded and have wide angle of thought, it keep him away from unnecessary mental stress and help him take decision of his life without any partiality and it is good for his social wellbeing.

अध्यात्म, प्रवणेन्द्रिय, उपासितारंवृद्धनामास्तिकानां- person who believes in veda and full of spiritual knowledge, his sense organs functions properly, who worship elders and other theist.

जितात्मानं- whose mind and senses are in his own control, which keep him away from unnecessary attachment to the things.

धर्मशास्त्रपरं- person who constantly tries to gain knowledge about moral principles and laws and follows them in his life. Gaining knowledge from vedic literature sharpens intellect and with knowledge of literature one can save himself from prgyapradha.

विद्यान्नरंनित्यरसायनम - All of these also called nityarasayana (positive lifestyle rejuvenating methods). Person who follows and practice it, get all benefits of rasayanadescribed in treatise and get longevity of life.

Achara Rasayana may act as a Rasayana in three ways -In improving the personality 2. In improving the social relationship 3.improving the physical health by enhancing the psycho-neuro- immunity.

Conclusion:-

There are so much stress a person faces from very early stage of life in today's era, that's why various psychological disorders are very common in modern era and we can find many individual suffering from them but they are

unaware of it or don't want to discuss about it but it affects their day to day life very badly. Practical implication of achara rasayana not only increases life span but also it increases quality of life. It is Cost-effective strategy to reduce global burden of disease. Achara rasayana (Ayurvedic lifestyle modification) has been highly significant clinically. It is a behavioural therapy on changing the automatic negative thoughts that can contribute to and exacerbate emotional difficulties, depression, and anxiety. Because these negative thoughts spring forward spontaneously, are accepted as true, and tend to negatively influence the individual's mood.

Achararasayan improves one's self esteem and increases positive thoughts which provide a positive lifestyle and happy life.

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