



“Sarve Santu Niramayah”: w. s. r. to Aahra-Vihara-Satvik Mana”

Temkar Shital*¹, Sawai Rajesh²

1. PG Scholar,
2. Professor and HOD, contact no +919423263778, E mail – rajsawai@rediffmail.com

Government Ayurved College, Nanded, Maharashtra, India

*Corresponding author: Ph. No.: +919689965227, E mail – shitaltemkar1@gmail.com

ABSTRACT- “Sarve Bhavantu Sukhinah; Sarve Santu Niramayah” this is the famous verse from Indian philosophy, which mean let all be happy, let all be healthy, let no one be suppressed by grief. So, for welfare of entire universe, it is important to make something for reduce the impact of sorrow and diseases. Time and scenario rapidly change’s but the ultimate goal of person to become happy and healthy remain same. This goal is achieved only after understanding the concept of health and following guidelines of life science, and Ayurveda being ancient life science, is comprehensive system of holistic health care. Because aim of Ayurveda is “Swasthasya Swasthya Rakshanam; Aturasya Vikar Prashamanam”. Due to urbanization and lifestyles change, people are facing many somatic as well as psychological issues and changed Dietary habits (changes in Aaharvidhi-vidhan, AshtaAaharvidhi-Vishaeshaayatane, Aahara as per season, Padanshika-krama etc.) life style (unfollowing Dincharya, Rutucharya,

Vega-Vidharana, Sadavrutta-palana) and psychological alteration (Dharaniya-vegadharana, Dashavidha Papakarma) are the reasons for it. Ayurveda is hope for a solution to these problems. The disease can be cured without any medication by just following a wholesome regimen, whereas even hundreds of medicines cannot cure a disease in the absence of wholesome diet, proper following lifestyle and Satvik mind. So, aim of this paper is to promote healthy life by using guidelines as per mentioned in Ayurveda.

KEYWORDS- Aahara, Health, life-style, Mind, Swasthya, Vihara

INTRODUCTION- The global burden of lifestyle diseases is rapidly increasing such as Diabetes, cancers, heart diseases, hypertension, respiratory diseases etc. and this type of diseases are on rise in India, according to GOQII India fit report 2020 [1]. In this report young adults in the 19-30 age group and 71% of the women fall in the unhealthy category having unhealthiest habits and demonstrate a high proclivity to

be afflicted by lifestyle diseases. This is very troubling condition because young adults are future of country and women health is equally important. So, this is important to disclose their unhealthiest habits and direct healthy guidelines.

Modifiable lifestyle factors such as unhealthy diet, lack of exercise, improper sleep secondly psychological factors like stress, anxiety, anger are some important risk factors for lifestyle diseases and thus essential management strategy is required, for that *Ayurveda* is hope over this problem, because *Ayurveda* is a holistic system of natural health care that originated from *Vedas*. As it deals with various aspect of life. It is not merely the system of treatment but it is an ideal way of life. Aim of *Ayurveda* is “*Swasthasya Swasthya Rakshanam*” and it mentioned various guidelines for *Aahara* (healthy diet), *Vihara* (healthy lifestyle) and *Satvik Mana* (mental wellbeing) to attain the harmony of body. So, objective of this study, to get proper knowledge about faulty lifestyle and its impact on body should be known by all for the promotion of healthy life and prevention of diseases.

MATERIAL AND METHOD – Classical texts of *Ayurveda* were studied for the references related to *Swasthya* and impact of *Aahara*, *Vihara* and *Manasbhava* were compiled, analyzed and discussed for in depth understanding the concept of effect of *Aahara*, *Vihara* and *Manasbhava* as prevention of diseases and maintaining health.

DISCUSSION- Due to urbanization and fast life style people are suffering from many lifestyle diseases. Prevalence of lifestyle

diseases was 37.03%, which include hypertension, diabetes, asthma, obesity etc. There was significant association between lifestyle factors like junk food, tobacco and cigarette use, late night work, sedentary lifestyle, continue use of electronic gazettes and diseases. These are routine practices followed by today’s young adults and they are more prone to lifestyle diseases. This is grievous condition for world. So that promotion of healthy life style practices are essential.

Systematic Review-

Swasthya- one is in perfect health when the three *Doshas* (*Vata*, *pitta* and *Kapha*), digestive fire (digestion, assimilation and metabolism) all the body tissue and components (*Dhatus*), all the excretory functions are in equilibrium with a pleasantly disposed and contented mind, senses and sprit. [2]

Manifestation of lifestyle diseases and *Swasthya* both depend on following three factors; *Aahara*, *Vihara*, *Manasbhava*.

Aahara- *Aahara* is considered as one of the three supporting pillars along with *Nidra* and *Brahmacharya*. [3] “*Aahara* is root of all living being”. [4] *Acharya Kashyapa* named *Aahar* as *Mahabhaishajya*. The source of life for all living being is food. Complexion, clarity, good voice, long life, understanding, happiness, satisfaction, growth, strength and intelligence are all established in food. [5] According to *Ayurveda*, *Aahar* is not only responsible for the formation of the body (*Sharir*) but also the formation of disease (*Vyadhi*). [6]

Aahara as Hetu: *Ayurveda* explains some faulty dietary habits which are responsible for manifestation of diseases.

- **Virudha and Ahitakar Aahara-** Continuous use of unhealthy food are responsible for vitiation of *Doshas*.
- **Rutusandhi (inter seasonal period) and Aahara-** sudden adaptation of *Aahara* gives rise to disease caused by *Aasatmya*.
- **Kshudha vegadharan** –It is also responsible for vitiation of *Doshas*.
- **Hinamatra and Atimatra Aahara-** consuming of insufficient and excess food does not help to improvement of health, it becomes a cause for all disease.
- **Formation of Amavisha-** Incompatible food and improper quantity of food leads to *Agnimandya* and formation of *Amadosha* which is similar to poison.
- **Manas Bhav affects Aahara** - Any wholesome food, even if taken in the right amount, does not get digested if the mental state of the person is riddled with anxiety, grief, anger etc.
- **Gramya Aahara** – It is also the cause physical and mental diseases.

There are some dietary rules and regulation to avoid manifestation of diseases and healthy life-

1. *Ashta Aaharvidhi Visheseaytan*
2. *Aahar Vidhi Vidhan*
3. *Bhojan Vidhi-Bhojan Kram- Bhojan Paschat Karma*
4. *Aaharsevan* according to *Rutu*
5. *Aahar Sevan* according to *Agni*
6. *Aahar according to Manas Bhava*
7. *Padanshika Krama (Astmya Aahartyaga)*
8. *Bhojan Vishayak Sadawrutta*

1) ***Ashta Aahar Vidhi Visheshayatane [7]-***

Prakruti, Karan, Samyog, Rashi, Desh, Kala, Upayokta, Upayog Samstha these eight are *Ashta Aahar Vidhi Visheshayatane* which involves different types of rules and regulation regarding ingestion and preparation of food. The food consumed in proper manner as mentioned in *Ayurvedic Samhitas* helps to balance *Doshas, Dushyas* and *Agni*. It helps to prevent vitiation of *Doshas* and formation of *Ama*. Indirectly it prevents pathogenesis of many diseases.

2) ***Aahar Vidhi Vidhan [8]- Ushna***

Aashniyat, Snigdham Aashniyat, Matravat Aashniyat, Jirne Aashniyat, Viryavirudha Aashniyat, Ishtadeshe Aashniyat, Naati-drutam Aashniyat, Naati-vilambita Aashniyat, Ajalpahasana, Tanmana Bhunajit, Aatma Abhisamikshya these are *Aahar Vidhi Vidhan*. Due to urbanization and changing lifestyle, dietary pattern also gets changed including dietary pattern, habitual use of junk food must bring changes in body as well as mind. Due to this type of dietary changes now we are more prone to lifestyle diseases. *Aahar vidhi Vidhan* plays important role for maintaining *Jatharagni* and mind too.

3) ***Bhojan Vidhi-Bhojan Kram-***

Food which is not easily digestible, fatty, *Guru, Snigdha, Swadu, Manda, Sthira Guna* should be consumed at the commencement of the meal. sour and salty at the middle of meal. Foods which are *Laghu, Ruksha,*

Tikshna, Sara Guna should be consumed at the end of the meal [9]. Following of this *Bhaijan Vidhi* is helpful for balancing the *Doshas* and *Dhatu Uttpati*.

- 4) ***Bhojan Pachat Karma [10]*** – *Aahara- Tambula Seavana and Dhumapana* and *Vihara- Bhuktva Rajavadasit Padarshatam Gatva Vamaparshva Samvishet*. After the *Bhojana* there is *Kaphadosha Vrudhi* for the balancing of *Kapha* use *Kashaya, Tikta, Katu Guanatmak Dhoompana* and *Tambul Seavana*.
- 5) ***Aahara Sevana according to Rutu-Hemant, Shishir*** *Rutu* and long night- *Snigdha, Ushna Aahara*, meal at morning. *Grishma, Pravrut Rutu*, short night – *Drava, Laghu, Sheetal Aahar*, meal at evening. Day and night are equal- meal at afternoon [11]. Due to following of this *Aaharsevan Vidhi* seasonal *Doshaprakopa* get balanced.
- 6) ***Aahar Sevan according to Agni-*** If a person with discipline and self-control should always feed his *Agni* with the fuel of wholesome food and drink will not fall ill. One must take food in proper quantity, which depend on the strength of *Agni* (Digestive power) [12]. If a person takes *Aahara* without *Agni* consideration like *Abhojanat, Atibhojanat, Vishamashanat, Samashanat* etc. manifest *Agnimandya* and it is root cause of all diseases.
- 7) ***Aahar according to Manas Bhava-Mana*** plays equally importance in

the digestion of food. *Satvik-Rajasjik- Tamasik Aahra* explain in *bhagavadgite*. If person takes *Matravat, Hitakar Aaharasevana* then also indigestion occur if he suffer from some psychological issues like *Krodha, Chinta, Shoka, Bhaya* etc. *Manas bhava* equally important during *Aaharsevan*.

- 8) ***Padanshika Krama (Astmya Aahartyaga)-*** By slowly and gradually giving up unwholesome practice and by increasing the wholesome practices in proper sequence, the unwholesome practices do not reoccur and the wholesome practice are fully adopted for prevention of diseases. [13]
- 9) ***Bhojan Vishayak Sadavrutta-*** One should not eat without washing hand, face and feet, with depressed/ stressed mind, at improper time, one should not take stale food (meat, salad, dry vegetable), One should not take curd at night etc. [14] because due to *Sadavrutta Palana Purusharthaprapti* and *Arogyata* occur same time.

Vihara- In Ayurveda *Vihara* (lifestyle) is equally important as *Aahara*. Now a day's world facing many diseases due to lifestyle changes like hypertension, cardiac diseases, obesity, diabetes etc. this type of diseases occur not only due to the faulty *Aahara* but also violation in rules of *Dincharya, Rutucharya, Adharniya VegaDharan, Padanshik Krama, Sdavrutta Palana, Rutunusar Shodhana, Nidra* etc. so, Ayurveda already believes that to achieve and

maintain healthy life practice to healthy *Vihara* (lifestyle) important.

Therefore, in *Charak Samhita* has given *Swasthya Chatushka* which include proper ***Dincharya*** (*Anjana, Dhoompana, Nasya, Dantadhavana, Jivhanirlekhana, Gandusha, Murdha Taila, Padabhyanga, Snana*, etc. ***Rutucharya*** include *Vihara* according to *Shadrutu*. ***Vegaudirana*** are responsible for the manifestation of all diseases. [15] Use of ***Padanshika Krama*** for *Asatmya Viharatyaga* by slowly and gradually giving up unwholesome practice and by increasing the wholesome practices in proper sequence, the unwholesome practices do not reoccur and the wholesome practice are fully adopted for prevention of diseases. ***Sadavrutta*** are equally important *Indriya vijaya* and *Arogyata*. [16] ***Rutunusar Shaodhan*** also explained by Ayurveda for prevention of diseases like *Vamana* in *Vasanta*, *Virechana* in *Sharada* and *Basti* in *Varsharutu*. [17] ***Nidra*** is equally responsible for *Sukha* and *Dukha*, *Bala* and *Abala*, *Gyana* and *Agyana*, *Pushti* and *Karshya*. [18] Hence, faulty *Vihara* plays important role in manifestation of diseases and proper application of *Vihara* is helpful for maintain of healthy life.

Manasbhava- There are two types of *Vyadhi* (diseases) mentioned in Ayurveda; *Sharirik* (physical) and *Manasik* (mental). *Sharir* and *Mana* are interdependent on each other [19]. In present era, people always have stressful lifestyle so that they suffer from many

psychosomatic disorders because Ayurveda already state that *Manasbhava* like *Kama, Shoka, Chinta, Bhaya* vitiated *Vatadosha*. *Krodha* vitiated *Pitta* and *Harsha, Lobha* responsible for *Kaphaprapakopa*. These psychological factors also responsible for *Rasavaha, Uadakvaha* and *Swedavaha Stroto Dushti*. So, it is important to focus on *Manas Bhava* while discussing manifestation of diseases and follow *Sadavrutta, Dharaniya Veagadharana, Achar Rasayana* and unfollowing *Dashvidha Papakarma*.

INTERPRETATION- This study reveals that to attain healthy life, prevention and cure diseases not only diet is responsible but daily lifestyle and psychological factors are equally important but when person practices unhealthy diet, faulty lifestyle and uncontrol psychological factor he gets ill and if he follows proper rules and regulation get healthy. It means that *Aahara, Vihara* and *Manasbhava* are act as *Hetu* as well as *Chikitsa*. So, that from this study we interpret that not only one factor responsible, to attain *Swasthayu* (promotion of healthy life) use guidelines as mentioned in *Ayurveda*.

CONCLUSION- For the promotion of health Ayurveda is complete guide of *Aahara, Vihara* and *Manasbhava*. The main aim of Ayurveda is to achieve *Dharma, Artha, Kama* and *Moksha (Purushartha)*. This *Purusharthaprapti* achieved by through *Swastha Purusha* who implies healthy diet with dietary regulation, proper following *Vihara* including *Dincharya, Rutucharya, Veagavidharana, Padanshika Krama* etc.

and control on *Mana* by *Dharniya Vegadharan, Dhashvidha Papkarmatyaga* and finally state that “*Ayurvedache Palan hech Swasth Vyaktiche Sadhan.*”

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