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Ayurveda Possesses True Paths to Lead Life

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Ageing can be inherent as well as prodigious natural ageing is painless and enjoy full also unnatural ageing can be pain full. Reasons responsible for early ageing and what can be done to prevent this are narrated in Ayurveda. ere are certain Panch-Karm processors which are very simple and useful for old age which includes –Aabhyang, Swedan, Vaman, Virechan, Pattra pottali swedan, Shastik shali pind swedan, Matra Basti, Natural basti, Shiro Basti, Kati Basti, Janu Basti, Shirodhara, Pratimarsh nasya etc. are especially very useful in providing new life in old age.

In old age Vatprakop (Aggravated Vat Dosha) is naturally high, food habits and other living styles make it more intense and invite diseases such as constipation, back pain, knee pain, headache, migraine, increased heartbeat, cough, breathing problems etc. e main reason of these diseases is broadly due to disproportion in vat, pitta and cough. Among all Vatprakop is a natural old age symptom and Ayurveda has simple and safe solutions for their cures. By following certain basic principles we can prevent ourselves from old age diseases and can reduce their e ect. ese principles are laid down with reasoning as under:-

Aacharya Charak has rst of all stated the principle of LIII. III. (Limited balance diet)-Limit depends upon the hunger which means, when a person takes a diet it should be digested till the intake of next meal; trends of urine and stools should have been satis ed; body feels light; observes a sense of energy all are proof of a person having limited appropriate diet.

Limited diet doesn't create obstacle in the nature of a person instead, it definitely initiates energy, glow, happiness and longitivity to the lives of human beings. First of all let's talk about 'LIMIT' the limit is described as, when food that is in taken is completely digested of the first meal between the second meal without disturbing the nature.

Agni strength expects the power to digest so it is necessary for us to know that what all reasons are responsible for Agni's distortion:

1st Reason: Uncontrolled and Unlimited diet.

 $2^{\rm nd}$ Reason: Aadhyashan; which means intake food overlapping with the undigested food i.e., Eating Before the time period of digestion of a meal which results in acidity along with reduced Agni.

 $3^{\rm rd}$ Reason: Vishanmashan; having meals on uncertain timings, sometimes too much diet; sometimes very less diet.

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¹Charak Samhita Sutra-sthan.5/3.

- Suppression of urge of Sternutation: Controlling the sneeze results in sti ness in neck region, headache, facial paralysis, migraine, weakness in senses etc.
- Suppression of urge for Eructation: Hiccough, tremor, sense of obstruction in heart and chest, cough.
- Suppression of urge for Pendioulation: Flexion of body, convulsion, spasm, naesthesia, tremor, etc.
- Suppression of the urge for hunger: Emaciation, weakness, discoloration, pain in body, giddiness.
- Suppression of the urge for thirst: Dryness of throat and mouth, fatigue, depression, pain in cardiac region.
- Suppression of the urge for Lachymation: Cold, cardiac diseases, eye disease, giddiness.
- Suppression of urge for sleep: Yawning, sleepy behavior, heaviness in eyes.
- Suppression of urge for deep breathing a er exercise: Stupor, cardiac diseases etc.

Above thirteen urges should not be produced forcibly neither they should be suppressed. All the above mentioned suppressions are responsible for reduced Agni. In shastras, religion and beliefs Agni has special mention and descriptions of its prayer, respect and disrespect are laid down and considered the same. Infect to be away from the reasons responsible for agni mandya is the ture way to worship Agni; joining hands, o ering prayers and gi s are not the actual signs of worshiping. As we can see that almost all diseases are caused due to reduced Agni