



THE IMPORTANCE OF VYAYAMA IN DINACHARYA IN PRESENT ERA: A LITERARY REVIEW

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ABSTRACT

Ayurveda is ancient science of life which deals with the prevention of diseases and an art of longevity of life as well as physical and mental health of human being. Vyayam is one among dinacharya, is also a part of earlier fit nation movement in present era one has no time to take care of his own health in such a situation one has to follow preventive measures of ayurveda which are redescrbed under dinacharya and vyayam is one of the component which explains the science of physical wellness as well as mental health and gives strength but if done according to rules described by our ancient acharayas an attempt is here made to practice vyayama when it is done in a right manner only.

KEYWORDS: Dinacharya (daily regimen), vyayama (exercise).

INTRODUCTION

In present scenario it is important to take care of our health. Changing life style which includes changing time of sleep, mental lethargy, changing time of food etc. are the causes to hamper the fitness of man. In present technological world lot of things like heart rate, pulse rate, blood sugar level in blood and many more are possible to track with the help of application on our mobile screen as well as many gadgets are available in market to help our fitness e.g. fitness belts, these may give you information how to get fitness but they do not guide us precisely up to what extent and how to perform. In ayurvedic samhitas vyayama is described as matra, bala and kalavat hence here an attempt is made to describe all the information i.e. importance of vyayama in dinacharya.

AIM: To study concept of vyayama and its importance in dinacharya.

OBJECTIVE: To review literature regarding vyayama.

To study importance of vyayama in dinacharya to correlate relation between matra, bala and kala. Proper screening of literature from classical text of ayurved.

MATERIAL AND METHOD

This is review type of research. All references has been collected and compiled from various available classical text like charak samhita, susrut samhita, astang rhudaya and available commentaries on it all matter is analysed for discussion and attempt has been made to draw some conclusions.

REVIEW OF LITERATURE

In charaka samhita acharya defines vyayama as physical activity which is desirable and is capable of bringing about body stability and improve strength of body. For the study of swastharakshanam there is need of study of dinacharya out of various types of dinacharya vyayama is one of the important type.

Importance of vyayama in dinacharya

According to shushruta enemies will not be able to defeat the person who performs vyayama regularly. Body gets laghavatvum (light weightiness of body) To increase digestive fire.

Physical strength to perform work.

Reduction of vata dosha.

Reduce fat level in the body.

Import body tone and posture of body.

Nurishes body.

Increase firmness to limbs.

Increases circulation.

Import tone and vigour to dhatus.

Matra of vyayama

In all seasons vyayama should be done according to bala (half of total strength) some acharyas consider balardha as when there is profuse sweat appears at axial region forehead, nose, arms and shoulder generally these symptoms appear after exertion so to prevent over exertion acharyas may be advised to stop vyayama after getting these types of symptoms, acharya vaghbhatta and sushruta also opines the same as balardha vyayama as a matra i.e. up to extent

to which exercise to be stop this amount may differ to person to person with respect to body type age and over all health. In cold season and spring season it has been advised to exercise up to half depletion of energy but summer rainy and autumn season less than half of energy should be consume. Exercise should not be started all of sudden but gradually and slowly.

Samyak vyayama lakshane (signs of proper exercise)

Appearance of sweat.

Rise in respiration.

Feeling of lightness of body.

Feeling of blockage in region of heart and such other organs of body.

Ativyayama lakshane (signs of excessive exercise)

Excessive thirst

Kshaya.

Breathlessness,

Shrama.

Glani.

Cough,

Fever

Vomiting.

DISCUSSION

Ayurveda is a science of life which deals primarily with the prevention of diseases and all preventive measures including dinacharya is very important with respect to health and longevity. Vyayama is one of the most important components of dinacharya one should follow the rules described by ayurvedic acharyas regarding vyayama to maintain our health and longevity thus here an attempt is made to follow the concept of vyayama and its importance in dinacharya in present era.

CONCLUSION

For good health and longevity as well as to prevent diseases one should follow dinacharya and vyayama is an important karma it is useful when one should do it with respect to matra bala and kala and excessive exercise should not be done in any condition. Vyayama is contraindicated in certain conditions like agirna (indigestion) and jwara (fever).

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