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ROLE OF SWASTHAVRITTA FOR PROMOTING GENERAL HEALTH DURING ANXIETY – A REVIEW

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ABSTRACT

Ayurveda science practiced in India, this science encompasses many fundamental theories related to the prevention and treatment of disease. Ayurveda described ways of healthy living and longevity. Ayurveda described many approaches of health and well being including Dinacharya, Rithucharya, Nithya sevaniya ahara, Nishacharya, Pragnaparadha and Rithu shodhana etc.in present article we are discussing regarding the role of swasthavritta for promoting the general health during anxiety

Keywords: Swasthavritta ,Anxiety etc



INTRODUCTION

Ayurveda focuses on restoration and promotion of general health since this ancient science believe in principle of "Swasthasya Swasthya Rakshanam" (maintenance of health of healthy persons) and "Aturashya Vikar Prasamanam" (treating diseased person). Ayurveda mentioned concepts of Dincharya, Ratricharya, Ritucharya and Sadvritta which helps to restore normal health and also prevent invasion of disease causative factors. These all approaches maintain physical as well as mental health and impart longevity. [1- 4] Furthermore ancient ayurveda science presented principle of Swasthavritta, the fundamental theories of Swasthavritta contributed towards the health management and resist prevalence of diseases. Swasthavritta fulfill aim of 'Swasthasya Swasthyraksanam', the person who follows rules of Swasthavritta acquire good physical and mental health, complexion, compact body, luster, happiness, longevity and disease free state. The concept of Swasthavritta helps to establish equilibrium of Dhatus and Doshas therefore maintain normal physiological functioning of body. The concept of Swasthavritta involves various regimen including daily & dietary consideration, seasonal regimen (Ritucharya), ethical regimen, Ratricharya, Nindra and Yoga, etc. The conduction of these rules of Swasthavritta not only promote general health but also prevent pathogenesis of disease like; obesity, diabetes, anxiety, indigestion, constipation, hyperacidity and

insomnia, etc. [4-7] The general conduction of Swasthavritta The specific conduct of Swasthavritta provides special health benefits and disease resistance as mentioned follows: Pratarutthanam Waking up early in morning before sunrise (Brahma Muhurta), this practice boost circulatory process thus prevent problem of blood pressure. Morning time respiration provides fresh air and in this condition lungs acquired with vital energy therefore oxygen insufficiency gets relived and problem of constipation also get sorted out. Ushapana/Achaman Drinking water after cleaning mouth, washing hands and feet with lukewarm water, drinking water helps in motion or bowel evacuation thus relief problem of constipation. Clears toxins, regularize urine passage, improve digestive power and delayed ageing. Malamutra visarjan Passage of urine and defecation regularly in morning time; means one should not avoid natural argues. This practice helps to prevent pathological conditions like; urinary retention, formation of Ama, accumulation of toxins and gout, etc. Dantadhavan Cleaning of teeth using Nimba, Nyagrodha, Arka, Karanja and Khadira, etc. Cleaning of teeth and tongue prevent gums, throat infection, dental carries, bed smell, foul mouth and other problems related to teeth and throat, etc. Nasyakarm The nasal medication with sesame oil or medicated oil into each nostril in morning time regularly, this practice help in the management of respiratory function and clears nasal

blockage therefore relief cough & cold. This practice prevents or treats headache, sinusitis, spondylitis, tiredness, facial paralysis and improves breathing process. Gandush Gandush means gargling with lukewarm water or water mixed with natural ingredients, this practice helps to clear mouth and maintain oral hygiene. Pathologically it helps to delayed graying of hair, removes wrinkles, prevent dryness of face, cure tingling sensation, resist teeth infection, prevent diseases of oral cavity and relieve sore throat, etc. Abhyangam The massage with oil to whole body regularly in morning time using sesame or coconut oil, this practice prevent lethargies, maintain compactness of body thus improve physical appearance, cure symptoms of skin diseases, relieve joint pain, helps in arthritis and other painful disorder, improve circulation thus helps in case of high blood pressure and improves overall physical strength. Vyayama / Yoga Daily exercise or Yoga practice in morning hours helps to maintain efficiency of lungs, increases circulation thus clears blockage, prevent digestive problems and cure numbness especially related to the sense organs. Patients with anxiety can pose a diagnostic challenge, as somatic symptoms are more common than psychological symptoms. Most patients present with vague or nonspecific somatic complaints, including, but not limited to, shortness of breath, palpitations, fatigability, headache, dizziness, and restlessness. Patients may also describe psychologic symptoms such as excessive, nonspecific anxiety and worry, emotional

lability, difficulty concentrating, and insomnia.

Factors commonly associated with generalized anxiety include:

- Female gender
- Unmarried
- Poor health
- Low education
- Presence of stressors

The median age of presentation is 30 years.

Many scales have been developed to assess the severity and diagnosis. The GAD-7 has been validated as a diagnostic tool and severity assessment scale.

Initial assessment begins by addressing behavioral or somatic symptoms. Evaluate for psychosocial stress, psychosocial difficulties, and developmental issues. Review past medical history, including trauma, psychiatric conditions, and substance abuse.^[7]

The following evaluation may be obtained to exclude organic causes:

- Thyroid function tests
- Blood glucose level
- Echocardiography
- Toxicology screen

The Generalized Anxiety Disorder 7-Item (GAD-7) Questionnaire is a screening tool that can also be used to monitor patients with generalized anxiety disorder.

The two main treatments for generalized anxiety disorder are cognitive behavioral therapy and medications. Patients may benefit most from a combination of the two. It may take some trial and error to discover which treatments work best.[8][9][10] Dhyanam Meditation in peaceful atmosphere at lonely place in morning time helps to boost strength of mind thus provide relief in mental disorders including anxiety, stress, depression, insomnia and relaxes whole body physically as well as mentally thus cure weakness and fatigue. Ahara/Dietary regimen Ayurveda suggested specific Ahara (dietary regimen) to maintain normal health status. As per ayurveda meal should be taken in proper manner with appropriate time and in optimum quantity. The wholesome diet help to prevent infection since it enhances general immunity; proper diet helps to prevent digestive ailments like indigestion, constipation and acidity, etc. Ratricharya Ratrihojan should be consumed 2-3 hours before bedtime, it should be light and oily food must be avoided at night, this practice help to prevent indigestion, feeling of heaviness, gas trouble and sleeping disturbance. Nindra Proper sleep is essential to keep whole body relax, sleep gives mental relaxation and prepare body for physical activities. One should sleep at least for eight hrs. however this time increase in elderly person and children. Proper sleep regularizes process of regeneration therefore prevent early aging and tissue loss. The person who takes proper sleep remains away from anxiety, depression, stress and headache. [6-12]

CONCLUSION The ayurveda approach of Swasthviritta helps to establish balances synchronization between body and mind. Swasthviritta involves various activities including Bhramamuhurta Jagarana, Ushapana & Nasapaana, Malatyaga, Achamana, Daantadhavana, Jihwanirlekhana, Mukha netra prakshalana, Anjana, Pratimarsha Nasya, Kawal, Dhumapana, Abhyanga, Vyayama, Udavartana, Snana and Anulepana, etc. These all approaches help to prevent pathological conditions such as; Udararoga, kushtha, Medoroga, Arsharoga, Raktapita, Mutraghata, Kasa, Swarbhanga, Mukha malinta, Durgandha, Vairasya, Manyasthambha, Ardhavabhedaka and Santarpanajanya vyadhis, etc. Proper conduction of Ahara and vihara balances Doshas, boost Dhatus, potentiate Agni, regularizes circulation, control metabolic activity and maintain hormonal regulation therefore provides health benefits and resist pathological progression of many diseases.

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