



RESEARCH ARTICLE

INTEGRATION OF HEALTH WITH INDIAN TRADITIONAL SCIENCE

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Manuscript Info

Manuscript History

Received: 25 September 2022

Final Accepted: 27 October 2022

Published: November 2022

Key words:-

Integration, Traditional Sciences, Yog,
Ayurved, Health, Panchakarma,
Shatkarma

Abstract

For centuries, Yoga and Ayurveda have been contributing an important role in health preservation. The great objective of Ayurveda is to maintain the health of a healthy persons. and to cure the diseases of sick people. in the same way Maharshi Patanjali has been said in Patanjaliyoga Sutra (1:2) "Yogasyachittavrittinirodha" it means that yoga is the removing of the fluctuation of the mind and experience oneness and union with real Devine. Both Yoga and Ayurveda does not promote only physical health, but also emphasize on holistic health. Health is not only a state of physical fitness but also physical, mental, social, spiritual wellbeing. Maharshi Shushruta has also said in the definition of health in Shushrut Samhita (15:38). "Samadosha, samagnischa, samadhatumalakriyaha, Prasannaatmenindriyamanh Swasthyaityabhidheeyate.". Acharya Shushrutahas been defines health is an equilibrium stage of TriDosha (vata, pitta, kapha), Agni (Jathragni, Bhutagni, Dhatvagni). SaptaDhatu (Ras, Rakta, Mansa, Meda, As thi, mija, shukra) and regular excretion of mal (waste product i.e. Mutra, Purish, Sweda) and blissful state of senses, mind and soul, that person is completely healthy. "And also, World Health Organization defines health is "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." And in the modern era, everyone is becoming aware of and following the principles of Yoga and Ayurveda to achieve the most optimal state of health and maintain holistic health. Only using Traditional Indian medical practices is it possible to achieve total wellness.

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Introduction:-

The great advancement of Indian traditional health sciences to maintain holistic health not only the physical health its focus on physical, mental, social as well as spiritual health also. Along with discussing holistic health, Indian traditional health science also discusses how to achieve it via the practices of yoga and ayurveda. the main objective of Indian traditional health sciences such as yoga, ayurveda, naturopathy etc. The first step in protecting and maintaining a healthy person's general well-being is preventive and social medicine. The second step is to treat the illness and provide comfort to the sick individual with medicines. Yogi swatmaram said that in Hathyogpradipika.

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Aseshatapataptanamamasrayamatho hath | aseshayogayuktanamadharakamatho hatha||

That means Hatha Yoga shields practitioners from the three tapas' scorching heat in a similar way to how a home shields a person from the sun's heat. It also serves as a sort of supporting tortoise for those who are consistently committed to doing yoga. (1:10).[1]

Ayurvedic treatment follow two principles, such as purification(sodhan) andmitigation(shaman).Shodhantreatment.are done by following Panchakarma, Yoga (Shatkarma, Asana, Pranayama), and Naturopathy.

Panchakarma derived from Sanskrit word “Panchkarma”that means “the five actions” this is one of the purifications (shodhan)technique of Ayurveda to balance of Tridosha (Vata,Pitta,Kapha) by purvkarma,pradhankarma,andpaschatkarma.InPurvakarma, the patient is prepared for the Pradhan karma by Dipan and pachan (digestion). In the Pradhan karma, prescribed Vasti(enema)for Vata disease, Virechana (purgation) for Pitta disease and Vamana Kriya (vomiting) for Kapha disease, Nasya for nasal application,Raktmokshana for Blood purification after that in the paschat karma patient must follow guideline of routine, diet, sleep etc.

Yoga is also traditional health sciences by following yogic technique people could achieve higher stage of health and consciousness in yogic textbookGherand Samhita Swami NiranjananandSarswati described our body is like a pitcher (ghat). The body is constantly decomposing, just like an unbaked pot in water. Yoga should be practiced baking the body and make it pure. (1:8).[2]

Impurities in the body that create illnesses are the underlying reasons of poor health. Impurities includes physical, mental, emotional, and spiritual impurity in addition to waste material. Modern society is heavily influenced by materialism, yet shatkarma is a part of a comprehensive yoga practise that focuses on the whole person, not just the physical body.Purification is brought about by the six cleansing techniques(shatkarma), while Asana brings about strength, Mudras bring about steadiness, and Pratyahara brings about calmness. Lightness is brought about by Pranayama, and self-realization is brought about by Dhyana. There is no question that Samadhi causes abstraction and liberation to occur (1:10,11) [3]. InHathyogpradipika yogi swatmaram said about six purification technique (shatkarma) The six types of kriyas (shatkarma) should be carried out first if there is an excess of fat or mucus in the body. However, those who are not harmed by the excess of these shouldn't perform them (2:22) [4]. shatkarma is also purification technique of yoga it is composed by Dhauti, Vasti, Neti, Nauli, Trataka,Kapalbhati. According to Gherand Samhita Dhauti cleans the digestive tract or alimentary canal. Basti is also known as yogic enema Basti cleans large intestine. Neti is nasal cleansing technique and ENT specialist, cleansingnose, ears,and throat. Nauli it is a powerful technique which massages and strengthens all the abdominal organs. Tratak which is useful for removing eye defects and balancing the nervous system. Kapalbhati it is helping to remove defects of the lungs [5].Human being lives longer on this earth after following the integrated Indian health science. At many places in the Upanishads and Vedas it is said that man lives for a hundred years, jeevemshardamshatam. It is not merely the thinking of the Vedas and Upanishads or the ancient philosophy, i.e., truth, that if a person remains healthy and disease free, it is natural for him to live for a hundred years or more.[6]

Purpose –

Purpose of the study to evaluate role of Ayurveda and Integration of Indian sciences to promote on holistic health.

Literature Review-

1.**Balakrishnan R. et.al.2017**; A study was carried out to evaluate the impact of kunjla kriya on healthy volunteer's lung functioning. The researcher found that the practice contributed to improved vagal tone and pulmonary functioning. [7]

2.**According to yogi Swatmaram** practice of Basti is beneficial for balancing Tridosha and Dhatu and purify mind and senses [8]. MaharshiGheranda also said that Basti reduces the disorders or Vata and beneficial for urinary and digestive problem.[9]

3.**Heatley et.al.2001**; A study was conducted on 150 subject with chronic sinusitis assigned in three treatment groups: first group was nasal irrigation with bulb syringe, second group was JalNeti or third was reflexology massage. With the follow-up duration was for two weeks. Researcher found that there was a significant improvement in rhinosinusitis [10].

4. **Patra S et.al.2017**;Nauli kriya strengthen abdominal muscles and secretion of gastric juice including endocrine and exocrine function of pancreas [11].

5. **Talwadkar S. et.al.2014**; a randomized control trail done to evaluate the impact of Tratak on cognitive function. After 26-day practiced of Tratak there was a significant improvement on cognitive function [12].

6. **Raghavendram et.al.2016**;Arandomized control trail performed on sixteen mild to moderate Asthama patients practiced 10 minutes of kapalbhati can enhanced the forced vital capacity, forced expiratory volume in 1 second and their ratio. These results indicate a possible role of kapalbhati in management of bronchial Asthma [13].

Methodology:-

Acomprehensive literature search in PubMed, PubMedCentral, googlescholar, databases and review of some ayurvedic and yogic text book was carried out for this paper such as Gherand Samhita, Hathyogpradipika, Shushrut Samhita. Total 8 studies were selected for review of literature. The study is based on Integration of Indian sciences for achieving holistic wellbeing.

Result:-

The results of earlier studies have demonstrated that Shatkarma has a beneficial effect on several health factors.

Conclusion:-

We must conclude that the one of the keyways to achieving holistic health is through the integration of ancient Indian science and health. In this method, the four pillars of health—physical, mental, social, and spiritual are all attempted to be maintained. Ayurveda, Yoga, and Naturopathy are used to treat it. This form of therapy helps to both treat and prevent disease. This form of therapy is inexpensive and has no negative side effects; it is a way of life, not a cure. According to ayurveda the root courses of disease is imbalances of Tridosha. and technique of yoga, ayurveda and naturopathy to balance Tridosha by following some hygiene practice, yogic technique (Shatkarma, Asana, Pranayama) and five element therapy (Naturopathy).

Conflict of interest –

None.

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