

## Simple ways to a Healthy Lifestyle !

A healthy lifestyle is important for everyone. Small changes in our routine can give extraordinary results. It helps to live a healthy and disease-free life. Ayurveda has always advised ways to prevent diseases. It primarily mentions daily regimen, seasonal regimen and diet to prevent ailments and maintain health. There are three aims of Ayurveda, the first one focuses on preventing the disease by preserving good health and then cure of disease.

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There are three aims of Ayurveda:

1. Prevention of disease
2. Promoting Health
3. Treatment of disease

Ayurveda has mentioned various Dinacharya (Daily Regimen), Ritucharya (Seasonal Regimen), etc which advises daily regimen and seasonal regimens. Following these regimens is essential for **circadian rhythm**. Recent research suggests that human genes have lost the ability to perceive and stay in tune with the circadian rhythms of nature.

In this 21<sup>st</sup> century, fast-paced world with endless distraction and entertainment, more and more of us are becoming disconnected. Scientists are now beginning to understand exactly how important it is for the body to stay connected to the rhythms of nature. Irregular circadian rhythm is called chronodisruption. Chronodisruption has been linked to a lot of health concerns, including sleep disorders, diabetes, obesity, fatigue, hormonal imbalance, psychiatric disorders, heart disease and some cancers.

Ayurveda has always given utmost importance to stay connected with the circadian rhythm through Daily Regimen. Small changes in our daily routine can make you healthy and prevent ailments.

#### **1. Wake up early**

The ideal time to wake up is 90mins before the sunrise called the Brahma Mahurta. It is considered as Vata kala (Vata dominant period) which helps you to wake up fresh and make your senses more active. This time is perfect for learning as it helps in quick grasping (which is Vata quality). Hence, it is very beneficial for students. The time period after sunrise is Kapha Kala (Kapha dominant) which makes you feel lazy.

## 2. Cleansing

### a) Gut:

Evacuation of bowels in the morning (Vata Kala) is very important because otherwise it will lead to increase of ama or toxins in the body which causes imbalance of doshas.

### b) Cleaning of Teeth

Brushing of Teeth every morning is also known as Dantadhavan. Traditionally, a neem twig was used for cleaning of teeth but a soft bristle toothbrush can be used. Ayurveda says that dantadhavan should always be done with herbs which are bitter in taste. As bitter has cleansing and wound healing properties and also helps to strengthen the gums & teeth. Herbs like Neem, Khadira, Triphala, etc can be used.

### c) Scrapping of tongue

After Dantadhawan, gently scrape the tongue with a tongue scrapper (cleaner) made of metals like copper, silver or gold.

### d) Oil pulling

Swishing oil in the mouth removes bacteria and promotes oral hygiene. It reduces bad breath and inflammation, which improves gum health. It prevents plaque and cavities.

## 3. Abhyanga

Gently rubbing of warm oil over the head, body and feet is known as Abhyanga. It should be done slowly and gently so as to let the oil absorb in the skin. Daily Abhyanga wards off exertion, balances vata and nourishes the body. It makes your skin smooth and healthy. It also strengthens the muscles and is very good for nervous system. Medicated oil is recommended for Abhyanga.

### Types of Abhyanga:

- **Shiroabhyanga**- Massaging the head with medicated oil is good for hair, sensory organs and mind
- **Padabhyanga**- Massaging the feet & soles with medicated oil promotes sleep, improves sensation and relieves stiffness.
- **Karnapurana**- Instilling few drops of medicated oil in ears relieves pain of lower jaw, neck, head and ears.

## 4. Yoga or Exercise

Regular exercise improves blood circulation, gives stability and strength to the body. It makes the body active, light and improves digestion. Exercise also releases Endorphins which are also known as the happy hormones of the body. One should be aware of their capacity and should not over do it as it may lead to imbalance of vata dosha.

## **5. Tamra Jal**

Tamra Jal is water stored in copper vessel. Drinking Tamra Jal is an age-old practice. Copper kills harmful microorganisms and neutralises toxins in water which makes it fit for drinking. Copper balances the three doshas in the body and also improves metabolism.

## **6. Sattvic Ahar**

Food which has sattvic properties should be consumed. Sattvic food means pure, essential, natural, vital and clean. Freshly cooked food, fresh fruits, vegetables, oils, whole grains are all sattvic. Early dinner i.e 2 hours before bedtime is also a part of Sattvic ahar. Mitahar meaning eating in moderation is an important part of Yoga practice. Over-eating leads to a lot of ailments and consuming less food is also harmful. Hence, Mitahar is important.

## **7. Sadvrutt**

Ayurveda also specifies the importance of Social and Behavioural Health. Good conduct plays a vital role in healthy living. Honesty, Non-violence, Cleanliness & Hygiene, Courage, Perseverance, Cheerfulness and Good memory are all part of this Ethical conduct called Sadvrutt.

## **8. Sleep**

A good night's sleep is essential for good health. Irregular sleep pattern disturbs the circadian rhythm. It is been proved that irregular sleep leads to various health disorders. Hence, it is very important to have a regular sleep pattern. Ayurveda advises to sleep early by 10pm during the Kapha dominant time. Sleeping every day at the same time makes it easier to fall asleep.