

## **Ayurveda: a Boon for Human Community**

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Ayurveda is science that developed as the human evolved. Ayurveda can be called as the science that deals with health of a person. The main stress of ayurveda is to eradicate sorrows and misery from the life a person. These sorrows and misery can be any, physical or emotional.

There are two principles of ayurveda

- First and the foremost is the maintenance of the diseased free condition of a healthy individual.
- Second is treating a person suffering from any diseases.

These are the two primary principles on which ayurveda works. It would be strange to know that no other medicinal system as any kind of provision to sustain the health of an individual. They only deal with treating a disease and providing relief. But it is not in the case of ayurveda. Ayurveda primarily believes in making a person happy and free from any disease and secondly if a person somehow gets affected by certain ailments then it is concerned with the treating the root cause besides providing a disease.

Only ayurveda is the science that tells us about how to lead a healthy and a quality life style that is extremely beneficial for remaining disease free. As mentioned in the ancient texts of ayurveda, there are two types of regimen that has to be followed. These are:-

- Day regimen – it deals with what all is to be done in a daily routine. According to it a person should wake up early in morning about half an hour before the sun rise. He should get free from nature call and then should brush teeth and then take bath. After that he should worship the supreme power and only then he should have his meals. Even the dietary pattern is also given i.e. what is to be taken and what not. Hence it covers all the aspect which includes daily routines and diet.
- Night regimen – next comes the night regimen that starts after sun set. It has been mentioned that a person should have his dinner before sunset. He should relax and should spend his time with his family. It has also been mentioned that what should be the ambience of the place where he should have his bed and which direction should one sleep. Recent researches have shown that these small-small factors have a very definitive effect not only on the psychic but also on the physical aspect of a person.

There is also one more topic that is called as saddvritta, this deal with the social behavior of a person. This aspect deals with person's behavior and his responsibilities towards the society he lives in. It teaches us that how to live in a society that is helpful in upliftment of the mental status and activities of people around us.

Besides these general heath maintenance methods ayurveda also tells certain ways to achieve longitivity and live life like a youth. These methods are known as rasayana. This longitivity can be achieved by herbal medicines and also by following a certain procedures.

Ayurveda also mentions body's detoxification and rejuvenating procedures known as panchakarma. It is a five step procedures that helps in elimination of toxins in the body thereby establishing the homeostasis in the three humors i.e. (vata, pitta and kapha).

Ayurveda also contains a list of number of herbs with there complete description and their therapeutic use. There is also mentioning of preparation of various herbal medicines that are extremely helpful eradicating various diseases that has been caused due to certain reasons.

Hence ayurveda can be called as a complete health science that as the capability to complete transform you and your body making it energetic, youthful and filled with enthusiasm.