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The keys of life and their regulation

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Abstract

Scientists are only now beginning to understand exactly how important it is for the body to stay in rhythm with nature. In our modern high-tech world, this is becoming a challenge, as more and more folks have what some are calling a “nature deficit disorder. While ayurveda has touted the importance of a connection with nature for millennia. Ayurvedic daily routine designed to maintain and reconnect us to the natural circadian rhythms. In Ayurveda, a daily ritual of self-care is called *dinacharya*. This daily routine can become very elaborate. I am telling in this articles about most key of this routine life, so if you unsure about the benefits of a certain techniques and the science behind it. Maintaining the equilibrium of body elements and the procedure of maintaining the equilibrium of the body elements is the main objective of Ayurveda. Based on these objectives Ayurveda suggests a healthy man’s regimen to be followed.

Keywords: Ahara, Vihara, Abramcharya, longevity, Nidra etc.

Introduction

Most of us would probably enjoy living for a thousand years, and although that is still not an attainable goal, there is longevity tips that can help you live longer and feel better while doing it. Science and ayurved medicine have greatly extended our lifespan from the meager middle 30s just a couple of hundred years ago to a hefty 75+. While genetics does play a part in how long we live, it actually accounts for far less than you might imagine – your lifestyle really makes a much greater difference in your longevity than your genes do.

It really doesn’t matter when you begin using longevity tips to live longer, even someone in their 70s or 80s can improve their health and find that they are enjoying more years than they might have felt possible.

Stress is one of the worst products of the world today. While it is true that people have been subjected to stress since antiquity, because of our instant communications and the complex problems we face every day, it’s not too surprising that many of us suffer the effects of stress: high blood pressure, depression, cardiac trouble, and acute anxiety. If you want to help remove detrimental stress from your life, meditation can provide you with a way. Helping you to shut out the world and relax for a time lets you put things into perspective. You’ll find that meditation not only reduces stress, but gives you a more optimistic outlook generally. It’s easy to learn and has no detrimental side effects.

Grumpiness saps years from your life, and one great, cheap, and easy to do longevity tip is to ‘lighten up’. Being in a perpetually foul mood with a pessimistic outlook can shorten your lifespan by nearly 15%. Trying to see the upside rather than the downside of everything can help you live longer.

As a corollary to grumpiness, try laughing every day. Laughter has been found to have a number of life-enhancing benefits, such as releasing endorphins, expanding blood vessels for improved circulation, boosting the immune system, and relaxing you. It also helps to negate adrenaline and cortisol, stress hormones that can build up in your system during the day.

We have all heard of the benefits of regular physical checkups, and this is another great tip to increase your longevity. A yearly checkup can identify medical conditions when they are just beginning, and when they are easily treatable.

What and how much you eat will also be determining factors in how long you live. If you indulge in a diet saturated with sugar, fats, and salt, you will be shaving years off your life. Not only are excessive quantities of these foods harmful in themselves, they also contribute to obesity, which can cause heart attack, diabetes, liver and gall bladder problems, and even

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cancer. Eating healthy foods in healthy portions are longevity tips that everyone can use.

Sleep is another very important factor in helping us to live longer. Unless you get at least 6 hours of sleep a night, you can be putting yourself at risk for a shorter lifespan. Getting inadequate sleep damages your immune system and interferes with normal brain functions like cognition and memory. Likewise, getting too much sleep is also detrimental and can lead to obesity and diabetes.

Alcohol, smoking, and recreational drug use are responsible for tens of thousands of premature deaths every year. Although these substances are all addictive, and hard to quit, expelling them from your life will make a profound difference in how long you live.

Exercise is as necessary to a 90 year old as it is to someone who is 20. Going for a walk every day, doing aerobics, or swimming all provide great ways to increase your circulation and lung power, keep your muscles toned, and help prevent osteoporosis.

The list of longevity tips can be almost endless, which gives you a great chance to pick out those that you are most comfortable with. Taking control of as many aspects of your life as possible and learning to relax will also make your life much more enjoyable ^[1].

Literature review

According to Ayurveda to maintain a healthy and disease free life one should follow a daily routine or schedule. It is important to follow a daily regime in order to be optimally healthy. Dinacharya is one of the best things that you can do to prevent disease, stay in balance and treat almost every illness. The Ayurvedic Rishis (Saints) considered daily routine to be a stronger healing force than any other medicine.

Some basic tips from Ayurveda, which, if incorporated in your regimen, will help you to lead a healthy life. Always follow the systematized daily routine, and keep yourselves in-tune with change in seasons, following a well-planned diet and exercise schedule. Ayurveda emphasizes on maintenance of personal, social and civic hygiene, which is a must for positive health. Never sleep during the day as it leads to indigestion.

Drinking buttermilk is excellent as it is easily digestible, kindles hunger, instigates vata and kapha and cures dropsy, haemorrhoids, enlargement of abdomen, abdominal tumour, duodenal diseases, dysuria, enlargement of spleen, loss of appetite, and anaemia.

Ayurveda recommends vegetarian foods that give more nourishment to the body than non-vegetarian foods.

Always try to eat fresh lukewarm food and in limited quantities. Food should be taken at least 2 to 3 hours before bedtime, as it helps in ensuring proper digestion and a sound sleep. Make oil massage a part of your daily routine. Physical exercise should be an inevitable part of your daily routine. Apart from this, yoga practice will help in bringing lightness to the body, stability, ability to work, resistance to discomfort and will stimulate digestion.

Coconut water is sweet, coolant, easily digestible, relieves thirst, is an aphrodisiac, improves hunger and cleanses the urinary bladder.

Periodic use of rejuvenation therapy is considered important in maintenance of positive health, given, its therapeutic potential to delay the ageing process and improve quality of life.

Aims and objectives

Ayurveda also believes that mind is a very powerful tool in both causing and curing any disease, and hence, mental discipline and adherence to moral values are considered a pre-requisite for health. Hence, ethical basis of life is considered to be a vital health support system.

Material and methods

Ayurveda equally considers all aspects of life for the optimum health. These include consideration of physiological, psychological, social, behavior, food and diet and spiritual aspect of the life. This study is carried out by literature search and critical review of the obtained facts. The various medical research databases like pubmed, Google scholar, and other national research databases. The terms entered for search are good conduct", "good behaviour", "sadvritta" Manual search was made by going through the reference list of retrieved articles to identify relevant additional study.

Observations and Discussion

The Three Pillars of Life: ^[2]

The key to health depends not only in the application of drugs but on the prime factors of life and vitality. The three most important factors according to Ayurveda are food, sleep and sexual energy.

AHARA (Food)

Food sustains the life of all living beings.

Properties of food-All food articles are composed of these three factors

The five elements i.e., Panchabhuthas. The six tastes (Shad Rasas).

The twenty attributes (Vimsathi Gunas)

Rules for taking food - Aharakalam (time for food intake)

When previously taken food is completely digested ^[3]. After defaecation and micturition ^[4]. When belching is pure i.e, devoid of the smell of any food. When proper hunger arises. Avoid going to bed immediately after dinner. Eat your food slowly Do not eat in hurry or while running. Avoid eating while driving or working on computers. Chew your food properly ^[5], avoid over eating or less eating ^[6]. Do not watch TV while eating. Avoid eating when emotionally disturbed like after fight, anger, stress, grief. Do not eat stale, leftovers, frozen foods ^[5].

Aharamathra (quantity of food):

Half the capacity of stomach alone be filled with food materials. ¼th space of the stomach needs to be filled with water. The balance space to be spared to facilitate smooth movement of air ^[6].

Other factors

Food must be fresh and consumed in a clean place in a comfortable environment, without talking and laughing and with concentration. While taking food, mind should be peaceful. Do not take excessive quantity of food; do not take inadequate quantity also.

VIHARA

1. Wake Up Early in the Morning

It is good to wake up before the sun rises, when there are loving (sattvic) qualities in nature that bring peace of mind and freshness to the senses. Sunrise varies according to the seasons, but on average vata people should get up about 6 a.m., pitta people by 5:30 a.m., and kapha by 4:30 a.m. Right after waking, look at your hands for a few moments,

then gently move them over your face and chest down to the waist. This cleans the aura ^[7].

2. Say a Prayer before Leaving the Bed

"Dear God, you are inside of me, within my very breath, within each bird, each mighty mountain.

Your sweet touch reaches everything and I am well protected.

Thank you God for this beautiful day before me. May joy, love, peace and compassion be part of my life and all those around me on this day.

I am healing and I am healed. "After this prayer touch the ground with your right hand, then the same hand to the forehead, with great love and respect to Mother Earth.

3. Clean the Face, Mouth, and Eyes

Splash your face with cold water and rinse out your mouth. Wash your eyes with cool water (or one of the eye washes mentioned below) and massage the eyelids by gently rubbing them. Blink your eyes 7 times and rotate your eyes in all directions. Dry your face with a clean towel.

Tridoshic eyewash: try triphala eyewash -1/4 tsp. in 1 cup water, boil for 10 minutes, cool and strain.

Pitta eyewash: use cool water or rose water from organic rose petals - most commercial rose water has chemicals in it that will sting the eyes.

Kapha eyewash: try diluted cranberry juice, 3-5 drops in a teaspoon of distilled water.

4. Drink Water in the Morning

Then drink a glass of room temperature water, preferably from a pure copper cup filled the night before. This washes the GI track, flushes the kidneys, and stimulates peristalsis. It is not a good idea to start the day with tea or coffee, as this drains kidney energy, stresses the adrenals, causes constipation, and is habit-forming.

5. Evacuation

Sit, or better squat, on the toilet and have a bowel movement. Improper digestion of the previous night's meal or lack of sound sleep can prevent this. However the water, followed by sitting on the toilet at a set time each day, helps to regulate bowel movements ^[4]. Alternate nostril breathing may also help. After evacuation wash the anal orifice with warm water, then the hands with soap.

6. Scrape your Tongue

Gently scrape the tongue from the back forward, until you have scraped the whole surface for 7-14 strokes. This stimulates the internal organs, helps digestion, and removes dead bacteria. Ideally, vata can use a gold scraper, pitta a silver one, and kapha copper. Stainless steel can be used by all people ^[8].

7. Clean your Teeth

Always use a soft toothbrush and an astringent, pungent, and bitter toothpaste or powder. The traditional Indian toothbrush is a neem stick, which dislodges fine food particles from between teeth and makes strong, healthy gums. Licorice root sticks are also used. Roasted almond shell powder can be used for vata and kapha, and ground neem for pitta ^[9].

8. Gargling

To strengthen teeth, gums, and jaw, improve the voice and remove wrinkles from cheeks, gargle twice a day with warm sesame oil. Hold the oil in your mouth, swish it around vigorously, then spit it out and gently massage the gums with a finger ^[10].

9. Chewing

Chewing a handful of sesame seeds helps receding gums and strengthens teeth. Alternatively, chew 3-5 dried dates and an inch of dried coconut meat. Chewing in the morning stimulates the liver and the stomach and improves digestive fire. After chewing, brush the teeth again without using toothpaste or powder.

10. Nasal Drops (Nasya)

Putting 3 to 5 drops of warm ghee or oil into each nostril in the morning helps to lubricate the nose, clean the sinuses, and improve voice, vision, and mental clarity. Our nose is the door to the brain, so nose drops nourish prana and bring intelligence ^[11].

For vata: sesame oil, ghee, or vacha (calamus) oil.

For pitta: brahmi ghee, sunflower or coconut oil.

For kapha: vacha (calamus root) oil.

11. Oil drops in the Ears (Karana purana)

Conditions such as ringing in the ears, excess ear wax, poor hearing, lockjaw, and TMJ, are all due to vata in the ears. Putting 5 drops of warm sesame oil in each ear can help these disorders ^[12].

12. Apply Oil to the Head & Body (Abhyanga)

Rub warm oil over the head and body. Gentle, daily oil massage of the scalp can bring happiness, as well as prevent headache, baldness, graying, and receding hairline ^[13]. Oiling your body before bedtime will help induce sound sleep and keep the skin soft. Body becomes smooth skinned, strong, prevents the signs of aging and gives good tactile stimulation. Daily massage will help to reduce stress, fatigue ^[14].

For vata use warm sesame oil.

For pitta use warm sunflower or coconut oil.

For kapha use warm sunflower or mustard oil.

13. Bathing

Bathing is cleansing, increases ojas and refreshing. It removes sweat, dirt, and fatigue, brings energy to the body, clarity to the mind, and holiness to your life ^[15].

14. Dressing

Wearing clean clothes brings beauty and virtue ^[16].

15. Use of Perfumes

Using natural scents, essential oils, or perfumes brings freshness, charm, longevity and joy. It gives vitality to the body and improves self-esteem ^[17].

For vata the best scent to use is hina or amber.

For pitta try using khus, sandalwood, or jasmine.

For kapha use either amber or musk.

16. Exercise

Regular exercise, especially yoga, improves circulation, strength, and endurance. It helps one relax and have sound sleep, and improves digestion and elimination. Exercise daily to half of your capacity, which is until sweat forms on the forehead, armpits, and spine. Any type of exercise should be practiced according to your capacity and body constitution. Yogasanas can be performed along with Sun salutations. This improves flexibility of the body and improves the mental capacity or tolerance power.

Physical exercise brings about lightness, stability and stimulates the digestive fire ^[18].

17. Pranayama

After exercise, sit quietly and do some deep breathing exercises as follows:

Alternate nostril breaths for vata; cooling shitali breaths (curling up your tongue lengthwise and breathing through it) for pitta; bhastrika (short, fast breaths) for kapha.

18. Meditation

It is important to meditate morning and evening for at least 15 minutes. Meditate in the way you are accustomed, or try the "Empty Bowl Meditation". Meditation brings balance and peace into your life. Pranayama and meditation in the morning is the key to healthy body & mind. Meditation improves your ability to focus. It has calming effect on mind. It releases stress and gives strength to the mind. Chanting "Aum" will clear out your thoughts and will help to connect with inner self. Meditation will bring peace and harmony

NIDRA (Sleep)

When the body gets tired and mind turns away from the sense organs owing to the increase of the quality of Tamas in the mind, person falls asleep. Just as we require proper food, rest to the body and mind are also essential. Happiness and misery, obesity and leanness, strength and weakness, sexual vigor and impotence, consciousness and loss of sensory acuity, life and death all depend upon proper and improper sleep. Night is the natural time to sleep. Avoid having a full meal just before retiring to bed. Sleeping on the right side is the most relaxing and good for yoga. Sleeping on the left, it is most digestive and increases interest in food, sleep and sex. 6 to 8 hours of daily sleep is essential ^[19].

Depending upon the causative factors; sleep can be classified into,

Natural, Due to exhaustion of mind and body, Due to increase in Tamas or dullness in the mind, Owing to aggravation of Kapha which causes heaviness and fatigue, Caused by external injury (as to the head), Due to diseases and fatigue they cause, Due to the advent of the night or according to the movement of time.

Complications of day sleep: Aggravation of Kapha and Pitta and diseases caused by them. Obesity and associated complications, Indigestion ^[20].

Permitted day sleep: In Greeshma Rithu (summer) ^[21]

Complications of Insomnia: Body pain, Indigestion and vomiting, Giddiness, Laziness. Yawning, weakness and Senselessness, Diseases of aggravated Vata ^[22].

Measures to induce good sleep: Unctuousness of the head, eyes, ear. Massage, Intake of milk, wine, soup. Bathing. Psychic pleasure. Hearty sounds and smells ^[23].

ABRAHMACHARYAM; these deals with sexual enjoyment.

Rules: Both partners must want to perform the act. Both of them should be good in physical and mental health. Should not engage in sex with a woman in her menstrual period. Avoid women who are devoid of passion, not clean, too old, too young, sick or pregnant. Both partners after enjoying the sexual intercourse, should take a cool bath, drink cool water, milk or wine or food containing natural sugar. Those who regulate their sexual energy will have increased memory, power, intelligence, health and longevity ^[24].

Sadvritha (Ethical Regimen): Ayurveda prescribes certain rules for maintaining healthy mind. These are principles of right conduct that are applicable to all people at all times and places. Practicing them gives balance and peace to the mind. Mind has a strong relation to the Tridosha balance and thereby health. They are always speak the truth. Do not lose your temper under any circumstances. Do not get addicted to sensory pleasures. Do not harm anyone. As far as possible, do not expose yourself to hardships. Try to control your passions. Endeavor to speak pleasant and sweet words. Meditate everyday for tranquility of mind. Observe cleanliness in all things. Be patient. Observe self control. Try to distribute knowledge, good advice and money to others. Whenever possible, devote your services to God, to the wise and to respectable or elderly individuals. Be straightforward and kind. Avoid irregularity in daily activities. Avoid over eating, overdrinking, too much sexual activity, too much or too little sleep. Behave according to the time and place where you are residing. Act always in a courteous and polite manner. Control your sense organs. Make a habit of doing all that is good and avoiding all that is bad ^[25].

Enjoy your day & Night.

Conclusion

A daily routine is absolutely necessary to bring radical change in body, mind, and consciousness. Routine helps to establish balance in one's constitution. It also regularizes a person's biological clock, aids digestion, absorption and assimilation, and generates self-esteem, discipline, peace, happiness, and longevity.

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