



Review Article

AYURVEDIC PRINCIPLES FOR HOLISTIC WELLNESS: A COMPREHENSIVE GUIDE TO ONE HEALTH

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ABSTRACT

Ayurveda, an ancient Indian medical system, promotes a holistic approach to health, stressing the connection between the body, mind, and spirit. This extensive guide introduces Ayurvedic principles aimed at achieving holistic health, with a focus on the "One Health" concept that links personal well-being with environmental balance. It covers the fundamental aspects of Ayurveda, including the three *Doshas* (*Vata*, *Pitta*, and *Kapha*), which symbolize different bodily energies and their impact on health. The guide provides dietary recommendations, lifestyle practices, and therapeutic techniques tailored to individual constitutions and imbalances. It underscores the significance of preventive care, emphasizing the role of daily routines, seasonal adjustments, and mindful living in maintaining balance. Additionally, the guide explores the use of herbal remedies, detoxification methods, and mental health practices such as meditation and yoga to enhance overall wellness. By harmonizing personal health with the natural world, Ayurvedic principles advocate for a sustainable and balanced way of living. This guide is a valuable resource for those looking to improve their well-being through Ayurveda, offering practical advice and actionable steps to achieve a state of health and vitality.

INTRODUCTION

As human populations continue to increase and extend into previously unoccupied regions, the increased proximity to animals and their habitats creates greater chances for the transmission of diseases between animals and humans. The concept of "One Health" acknowledges the interdependence of human well-being, animal well-being, and the well-being of the natural environment. It emphasizes the need for a holistic approach to address health challenges, as issues in one domain can significantly impact the others. Ayurveda provides valuable insights and practices that are in harmony with health principles.

AIM AND OBJECTIVE

To explore, how Ayurveda can promote one health by emphasizing holistic well-being and balancing physical, mental, and environmental factors.

MATERIAL AND METHODS

All the relevant literature including classical Ayurvedic texts with their commentaries and electronic databases including Google Scholar, PubMed, and Google search were searched to collect the relevant data by using the keywords- Ayurveda, One Health, *Swasthya* etc.

One Health Model

"One Health" is a comprehensive approach that underscores the interdependence of different fields working together on a local, national, and global scale to enhance the overall health and welfare of humans, animals, and the environment. The One Health Triad illustrates the interdependent relationship between the health of humans, animals, and the ecosystem, highlighting their interconnectedness.

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Brief Overview of Ayurveda

Ayurveda is an ancient healing system that has its roots in India. It emphasizes holistic well-being by balancing mind, body, and spirit through natural remedies, dietary guidelines, and lifestyle practices. The two goals or aims of Ayurveda are - To maintain the well-being of those who are in good health and treat the ailments of those who are unwell.^[1]

Vedic scholars consider Ayurveda to be the highest among the *Vedas*, as it is believed to benefit human beings in both their current life and the life after death.^[2]

Concept of Health in Ayurveda

Ayurveda says, "*Arogyam Mulamuttamam*," Ayurveda places the highest significance on the concept of *Arogya* (health).^[3] According to *Acharya Sushruta*, Health is- A balanced state of *Tridosha* (the fundamental governing principles of the body), *Agni* (metabolic and digestive processes), and *Dhatu* (the principles that support the formation of body tissues) that leads to effective waste product excretion and a state of contentment in the sense organs, mind, and soul.^[4]

Ayurveda for Human Health

Ayurveda places significant importance on both individual well-being and the health of the community. According to Ayurveda, everyone can enjoy a healthy life by following specific rules laid out by science. These various rules are divided into *Dinacharya* (daily regimen), *Ritucharya* (seasonal routine), *Ratricharya* (night regimen), and *Sadvritta* (code of good conduct for mental health and social behaviour). These guidelines are crucial for preventing illnesses and fostering optimal well-being. By Ayurvedic principles, adhering to these rules is essential for ensuring a healthy, disease-free life for all individuals.

- ***Dinacharya* (daily regimen):** Ayurveda describes some daily regimen modalities for the maintenance of positive health required for achieving a long, healthy, active life, achieving satisfactory enjoyment of life and attainment of self-realization. The steps are - *Brahma Muhurta* (rising early), oral hygiene, tongue scraping, *Abhyanga* (oil massage), *Snana* (bathing), *Vyayama* (exercise), *Ahara*- Consuming a balanced and *Pathya* (wholesome) diet.
- ***Ratricharya* (night regimen):** It includes- c a balanced and *Pathya* (wholesome) diet, involvement in *Vyavaaya/Maithun*, *Nidra* (sleep) etc.
- ***Ritucharya* (seasonal routine):** *Ritucharya* refers to the regimens one should follow during each season to prevent the occurrence of diseases.

One should consume dry food regimens in *Sharad* and *Vasant* seasons, whereas unctuous food regimens in other seasons (*Hemant-Shirira-Grishma*). One should consume cold food regimens in the *Grishma* and *Sharad* seasons, whereas hot in other seasons (*Hemant-Shishira-Vasant-Varsha*). This is a brief diet protocol as per seasons.^[5]

According to *Acharya Bhavmishra*- Someone who adheres to the guidelines outlined for each season avoids experiencing problems that commonly arise during those times.^[6]

- ***Sadvritta*:** By following *Sadvritta*, one can attain *Arogya* and *Indriyavijaya*.^[7] *Sadvritta* is crucial for maintaining overall well-being, encompassing physical, mental, social, ethical, and spiritual aspects of life. *Sadvritta* can be classified into the following types -

1. *Vyavaharika Sadvritta*
2. *Samajika Sadvritta*
3. *Mansik Sadvritta*
4. *Dharmika Sadvritta*
5. *Sharirika Sadvritta*

- **Words of Wisdom: Path of righteousness:** All the creatures are behind happiness. There is no happiness without righteousness. Hence, all should follow the path of righteousness.^[8]

- ***Achara Rasayan* (*Rasayana* effects of good conduct)-** Good conduct, like speaking truth, non-violence, compassion, etc., is considered very important to obtain the benefits of any *Rasayana*.^[9]

- **Preventive Measures^[10] -** *Acharya Charak* says that a person will not get any disease if he/she follows three rules -

1. One who eliminates the accumulation of *Doshas* of early winter in spring, that of summer in early rains and that rainy season in autumn never suffers from seasonal disorders.
2. The man who uses a wholesome diet and behaviour, who moves cautiously, who is unattached to sensual pleasures, who donates, observes equality, who is truthful, who is forbearing and who is devoted to venerable people becomes free from diseases.
3. One who is endowed with such an intellect, speech and (cheerful) actions which yield good results, which has a submissive mind and clear understanding, and who does penance and continued effort in *Yoga*, does not fall victim to diseases.

Ayurveda for Environmental Health

The Ayurvedic concept of "*Loka Purusha Samayata Siddhanta*" introduced by *Acharya Charaka*, suggests that every element in the universe is reflected

within an individual. This idea underscores the interconnectedness of all living beings and their environment. It stresses the importance of maintaining balance and harmony for overall well-being. In the present Anthropocene era, embracing this philosophy might help prevent environmental harm by fostering a holistic awareness of the interdependence between humans and the natural world. Every individual has *Prakruti* (constitution), *Sarata* (strength), and *Aahar* (diet), but there are common factors such as air and region that affect everyone. When these factors become disrupted or contaminated, it can result in the development of illnesses and, ultimately, mortality. This condition is referred to as "*Janapadodhwans*." *Janapadodhwans* is caused by the disruption or vitiation of *Vayu* (air), *Jala* (water), *Desh* (region), and *Kala* (time). In Ayurveda, management of vitiated air, water, region, and time. The sun's rays have been said to be a purifier of the environment and a destroyer of pollutants. Fire is also an air purifier and destroyer of impurities.

Management of vitiated *Vayu*

- Fumigating with *Aparajitha Dhooma Churna* for five consecutive days demonstrates its potential to inhibit the growth of bacteria and fungi.
- *Aloe vera*, lily, snake plant, and *Tulsi* (*Ocimum sanctum*) help reduce the levels of carbon dioxide (CO₂) in the surrounding atmosphere.
- Burning substances like *Laksha*, *Haridra*, *Ativisha*, *Abhaya*, *Ela*, *Kushtha*, *Priyangu*, etc., purify the air.
- **Management of vitiated *Jala***
 - *Nirvishikarana Yoga*, told by (Acharya Vagbhata)
 - Putting ashes of the drugs like *Dhava* (*Anogeissus latifolia*), *Aswakarna* (*Dipterocarpus alatus*), *Patala* (*Stereospermum suaveolens*), *Paribhadra* (*Erythrina variegata*), *Asana* (*Pterocarpus marsupium*), *Nigundi* (*Vitex negundo*), *Mokshaka* (*Schrebera swietenoides*), *Karnikaraka* (*Cassia fistula*), and *Somavalka* (*Acacia leucorrhoea*) help to make the water clear and pure.
 - Impregnation of *Kataka* (*Strychnos potatorum*), *Gomeda* (hessonite), *Visagranthi* (lotus roots), *Shaivalamoola* (root of algae), *Vastra* (cloth), *Mukta* (pearl), *Mani* (potash alum), *Parnimula* (a kind of grass having property of water dilution) and lotus roots; and also heating, exposing to sunlight,

immersing hot iron balls are said to clear water from impurities.

- To remove the smell of vitiated water, *Nagakesara* (*Messua ferrea* L.), *Champaka* (*Michelia champaka* L.), *Utpala* (*Nymphaea sellata* Willd.), *Patala* (*Stereospermum suaveolens* DC), and *Karavira* (*Nerium indicum* Mill) flowers are indicated.
- *Hamsodaka*, the water indicated in *Sarat ritu* prepared by exposing to sunlight and moonlight, has got *Rasayana* (rejuvenating), *Balya* (strengthening), *Medhya* (promotes intellect), *Tridoshahara* and *Anabhishyandi* (does not obstruct channels of circulation) properties.

Management of vitiated *Desh*

- *Neem* (*Azadiracta indica*), wild *Neem* (*Melia azadirach*), and river tamarind subabool (*Leucaena leucocephala*) have been proven to lower the Chromium concentration in soil.

Management of vitiated *Kala* (Season)

- *Deshantargaman* - Because one cannot change the season.
- Stop *Adharma* (like deforestation, use of chlorofluorocarbons (CFCs) and hydrochlorofluorocarbons (HCFCs) etc.

Ayurveda for Animal Health

- **Use of *Prajasthapana Mahakashaya***- The *Prajasthapana* (promoting conception and foetus growth) *Mahakashaya* includes drugs that can be used as *Basti Dravya* (medicinal substances for enema) to cleanse the *Garbhashaya* (uterus) and eliminate uterine infections. This purification process aims to promote a healthy pregnancy, which, in turn, can result in the birth of healthy offspring. Some of the drugs under *Prajasthapana Mahakashaya* are *Aindri*, *Brahmi*, *Shatavirya*, *Sahasravirya*, *Amogha* etc.
- **To Enhance the Quality of Milk and other related products**- Milk production can be enhanced by employing *Sanyajanan* and *Sanyasodhan Dravyas*, along with ensuring that cattle receive adequate exercise and are provided with natural feed.
- **Animal Shelter**- Ensuring a pristine and unpolluted environment holds excellent significance within animal shelters, as it directly impacts the health and overall welfare of the animals. This is crucial for preventing diseases and promoting their well-being.

Adravyabhuta Chikitsa

Mantra	Uses	Reference
<i>Garbhadhaan Mantra</i>	For healthy progeny of animals	(Ch. Sa. 8/7)
<i>Prasav Mantra</i>	For uncomplicated delivery (natural delivery)	(Ch. Sa. 8/39)
<i>Siddha Mantra</i>	For treatment of animals suffering from <i>Visha</i>	(Su. Kal. 7/61-62)

• **Satvavajaya chikitsa**

- Do not tie animals near slaughterhouses.
- Do not do cruelty in front of animals.
- Never misbehave with animals.

All these factors lead to mental stress on animals, which lead to *Vyadhi*.

DISCUSSION

The COVID-19 pandemic underscores the significance of adopting a One Health approach. To seamlessly incorporate Ayurveda into the One Health framework, it is imperative to undertake substantial research to record the safety and efficacy of Ayurvedic interventions. This involves formulating policies and guidelines for the secure and suitable application of these interventions, assimilating Ayurvedic practices into conventional healthcare, and overcoming obstacles hindering widespread acceptance.

CONCLUSION

Ayurveda offers a holistic approach to one's health, focusing on balance and harmony between mind, body, and spirit. By emphasizing personalized wellness through natural remedies, dietary choices, and lifestyle adjustments, Ayurveda promotes overall well-being and longevity. Its principles can complement modern medicine, contributing to a more comprehensive and sustainable approach to health. The principles of Ayurveda align perfectly with the concept of *Vasudhaiva Kutumbakam*.

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