

## Longevity through *Ayurveda*



*Ayurveda*, the science of life is in existence since the dawn of human civilization with the aim of the preservation and promotion of health and treatment of diseases. The conventional medical science so called the modern medical science mainly focuses on the treatment of diseases. Despite of huge advancement of modern medical science and increase in average span of life of man the fall in the health status globally is being noticed. There are many factors responsible for this state like faulty life style and food habits, increased mental and physical stress, environmental challenges like many kinds of pollution and global warming etc. In the middle of the 20th century a great development happened in the medical science and that was the invention of antibiotics. After invention of antibiotics there was marked decrease in infectious diseases, reduced mortality rate and the treatment of infections became easy. This brought a revolution in the medical science and it was thought that the war against diseases has been won. But consequences of antibiotic treatment and development of resistance against the antibiotics spoiled the dream and now is the situation that we are heading towards pre-antibiotic era and that too with newer strains of micro-organisms. On the other hand the life style disorders are challenging the humanity with more morbidity and mortality.

Although relevance of *Ayurveda* was there all the times yet now it seems to be more relevant due its unique life style and disease prevention principles. It is well proved that by following rigorous life style advocated in *Ayurveda* that includes daily regimen (*Dincharya*), Seasonal Regimen (*Ritucharya*), Night regimen (*Ratricharya*), methods of food preparation & consumption (*Aharvidhi visheshayatan*) and understanding body constitution (*Prakriti*) can prevent so many diseases and can promote health. These principles of *Ayurveda* can be useful for the mankind and can decrease the disease burden significantly throughout the globe. *Ayurveda* also talks about the spiritual health and stress handling techniques. This is the need of the day as the stress is major etiological factor for so many diseases and disharmony in the society. Combination of stress and faulty life style leads to the generation of disorders like Diabetes, Dyslipidaemia, Obesity, Hypertension, Premature ageing, cancers etc. All these result in to decreased life span, poor quality of life and increased financial burden.

By following *Ayurvedic* principles of life style, diet & dietetics, body and mind purification methods and *Rasayana* (rejuvenation) we can minimize not only the non communicable disorder but can also control so many communicable diseases by enhancing the immune system of our body. *Ayurveda* describes healthy eating practices, how to eat what to eat where to eat and even when to eat. As we know Japan has the second highest life expectancy rate after Monaco and it is less cardiovascular disorder related country. Japanese people follow healthy eating practices and this is the key of their good health.

*Ayurveda* emphasizes on judicious use of *Ahara* (diet and dietetics), *Nidra* (sleep), and *Bramhacharya*. These three are the sub-pillars of our life. Their judicious use is the key factor of health and healthy life.

For development of strong nation all the citizens should be in good state of physical and mental health. To maintain our own health is our moral and national responsibility. We can achieve this aim of health and happiness through *Ayurveda*

and Yoga. Yoga is an integral part of our country and culture. Life span of man has increased globally and in our country as well. There will be significant increase in geriatric population in the country. The aim is not just to increase the life span of an individual but to add life and quality to the years of life. “*Ayurveda* classic *Sharngadhara Samhita* quotes that we naturally deplete with each decade of life. *Ayurveda* observes natural dominance of *vata dosha* in old individuals and *vata* dominant diseases are expected more in this age group. Thus degenerative and debilitating diseases like osteoarthritis, Alzheimer's disease, dementia, stroke are commonly seen in older populations. Contemporary medicine has not yet been able to either prevent or retard the progress of these age-related disorders, and that is the reason why elderly people look toward *Ayurveda* with hope”<sup>(Bhushan Patvardhan; J-AIM: 2012)</sup>.

Hence, *Ayurvedic* fraternity has to come forward for the sake of humanity and nation and to increase the longevity, health and productivity of the nation. This needs an aggressive, proactive and positive approach.

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