Health Promotion Aspect of “Vyayama” (Physical Culture) As a Part of Dincharya

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ABSTRACT

Ayurved is veda of Aayu, means by which gain age. Out of four veda (rigved, yajurved,saam ved and Atharva veda) Ayurved is upved of Atharva veda. Word Ayurved med up of two words Ayur and ved. And Dincharya means dine dine charya, means practice of all those activities which are health promotive and disease preventive. These activities start from wake up in early morning brham muhurta jagran, malotsraga, dantdhavana, Anjana Nasya Abhyanga Vyayama etc.

Practice of Vyayama in daily routine is beneficial, so Acharya Charak susuruta and vagbhata describe all aspects of vyayama like Symptoms of right vyayama, indication, contraindication and complication of over exercise is define very well. Vyayama according to season and benefits of proper vyayama also discuss in detail. Niyudha (fighting), Bahuyudha (fighting with arm-boxing) Adhva (walking) shilantirghat (gym) types of Vyayama describe in samhita grantha. If individual not practice vyayama daily may cause metabolic syndrome (obesity, diabetes mellitus, and hypertension). “Dear run away due to fear of lion” this example given in context of daily practice of Vyayama in right way. “If lion drag the elephant to make sure the lion dies” through this example explain complication of over exercise.

Here we discus about Vyayama which describe in context of Dincharya. We not compare Vyayama with exercise or yoga. Vyayama may consider like mild form of exercise or may be health promoting aspect of yoga.

Keywords- Vyayama, Dincharya, Ayurved, Niyudha, Adhva, samhita grantha.

INTRODUCTION

In this article we are trying to explain secret of vyayama, describe in Ayurved samhita. Act which produces tiredness in body known as “Vyayama”. (¹) Vyayama very according to individual body strength, age, diet pattern, season and climate. (²) It is mild form of exercise. It is necessary in daily practice because of its effect is health promoting and disease preventing. Vyayama and Asanas differ greatly from both in their mode of performance and in the results. Yoga focuses more on steady postures and relaxation of muscles. It is, “a steady and comfortable state.” The movements are slow and controlled; the breathing is synchronized.

In regular Vyayama, the emphasis is on body movement and stress on the muscles. vyayama usually involves repetitive movement where synchronized breathing is absent. In Ayurveda mentioned that proper physical activity, affects not only our body, but has a positive influence on Mana (mind), emotions, Indriyas (senses) and Aatma (spirit). When someone performs proper vyayama as mentioned in...
Ayurvedic literature, then it helps to maintain the health and brings maximum benefits. If the same vyayama is done improperly or in wrong method, then it will result in the formation of various serious diseases.

MATERIAL AND METHODS
This is conceptual type of research. In this article, material has been collect and compiled by method of literary study through ayurveda samhita grantha vrihat trye (greater triology). Material is Charak samhita, Susuruta samhita, vagbhatta samhita, and various text book of swasthavritta vyayama -

“Sharer ayas jannam karma vyayama sngitum.” Acts which produce tiredness in the body is vyayama. (1) Here tiredness is in muscles not refers to mental tiredness. Vyayama is not like to daily domestic or outdoor activity while they also produce tiredness but Vyayama is active phenomena which accept voluntarily taken and need some plenty time for perform. Benefit are, strength to the muscles, body stable long time in healthy state. It has been done in appropriate quantity. (3)

**Matra( symptom of right Vyayam)** -
Symptoms of right Vyayam clearly explain in charak samhita sutrasthan chapter seven is respiration rate increase, body enlighten ,sweating occur, felt some obstruction at cardiac region, Vyayam should be stopped after these appear of these symptoms. (4)

Concept of Balardha given by acharya susuruta chikitsa sthan chapter 24 Symptom of Balardha is vayu of hridaya sthan exit from mouth means breathlessness occur, one should stopped Vyayam. (5)

Other symptoms of Balardha is sweating from axial, forehead, tip of nose, all joints of limbs, and mouth become dry. Balardha Vyayama means individual should practice of exercise in half of own power. (6)

VYAYAMKAL - (7)

<table>
<thead>
<tr>
<th>Vasant</th>
<th>pravanha</th>
<th>6 to 9 am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hemant</td>
<td>pratasa</td>
<td>4 To 6 am</td>
</tr>
<tr>
<td>pravrth</td>
<td>gyantha</td>
<td>5 to 7 am</td>
</tr>
</tbody>
</table>

In this time stomach is empty , so suitable for Vyayama

<table>
<thead>
<tr>
<th>Contra indicated time-</th>
<th>Madyamk</th>
<th>12.00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Madhya ratri</td>
<td>12.00 am</td>
</tr>
</tbody>
</table>

Grishma varsha rite, just after taken food.

Benefits of Vyayam -
According to charak samhita sutrasthan, if daily practice of Vyayam symptoms appear in body like lightning (laghuata), strength maintain during long work, exhaustion not felt early, body stable not early symptoms express in body even adverse condition like heat, cold, thirst, and hunger (sthairya dukh sahishnuta). Vata pitta kapha dosha are pacified (dosha kshya). Digestive fire increase (agni vridhi). (8)

Benefits of Vyayam according to acharya susuruta chikitsa sthan, are if a person is ugly after Vyayam they get beautiful look, because add weight lost, muscles get proper distribution and body become compact, figure praposenet (sudarshana). Digestive fire enhanced, increase metabolic rate, thyroid function normal. Old age not attack early. (9)

One of benefit of Vyayam is loss of added fat (meda kshya), so beneficial in obesity. (10)

Through Vyayam ,body become strengthen so compared with lion, and diseases not attack easily so disease compare with weak antelope in susuruta samhita. (11)

Types of Vyayam -
Niyudha, Bahuyudha, Adhva, shilanirghat, padaghat chankraman types of Vyayama describe in samhita grantha. Niyudha and Bahuyudha may be correlate with wrestling, Adhva and chankraman means walking for long distance or simple
walking, shilanirghat throwing or pulling stone, padaghat means massage by feet. \(^ {(12)} \)

Even acharya charaka explain verities of exercise in for kaphaja roga in sleshma prakruti purusha are Padaghat(massaging with feet),swimming, horse, elephant, chariot riding, practicing weapons, rotating weight, pulling rope, shooting arrow. \(^ {(13)} \)

After vyayama massage should be done for relax muscles and absorb sweat through skin again. \(^ {(14)} \)

But now a day various home set up of Vyayam available. Gym, treadmill, worm up exercise, physical yoga practice etc.

Procedure which are convenient in daily practice in Vyayam are Surya namaskar, sukshama Vyayama yog kriya kapalbhati, various stretch and relax technique may be consider.

DISCUSSION

After see all aspect vyayama in samhita granth experienced that vyayama and yoga are not similar. They have own characteristic which is described in table. \(^ {(17)} \)

<table>
<thead>
<tr>
<th>Vyayama</th>
<th>Yoga</th>
</tr>
</thead>
<tbody>
<tr>
<td>If produce tiredness in the body</td>
<td>Asana perform in sable and relax condition of body and not feel tiredness.</td>
</tr>
<tr>
<td>Breathing not controlled</td>
<td>During asana breathing to be controlled, awareness toward body movement</td>
</tr>
<tr>
<td>Sweating occurred</td>
<td>No sweating</td>
</tr>
<tr>
<td>Vyayama prescribed for purpose of health promoting and diseases preventing.</td>
<td>Aim of yoga is getting ultimate health- stage of Samadhi by Chittavratti nirodha and achieve mokasha.</td>
</tr>
<tr>
<td>Physical aspect</td>
<td>Spiritual aspect</td>
</tr>
<tr>
<td>Heart rate, respiration rate increase</td>
<td>Normal physiology</td>
</tr>
<tr>
<td>Digestive fire improve</td>
<td>Normal</td>
</tr>
<tr>
<td>Side effect of over vyayama is respiratory disorder like breathing problem, coughing, bleeding disorder and vertigo, tiredness occur.</td>
<td>Not usually occur.</td>
</tr>
<tr>
<td>Tone up muscles, enhance the strength and make them stout and strong.</td>
<td>Aim of yoga is not to body building.</td>
</tr>
</tbody>
</table>

Vyayama compare with mild exercise. In Ayurved samhita grantha not mention a fix duration of Vyayama because it’s broad consideration. Acharyas explain symptoms which decide to stop Vyayama. And these symptoms appear according to physical strength of individuals. \(^ {(18)} \)

CONCLUSION

Now we conclude that health promoting and disease preventing effect of vyayama. In ayurvedic samhita grantha vyayama describe as both aspects. Word chesta means activities like extension, flexion, abduction, addiction and diagonal movement. \(^ {(19)} \)

Complication-

Before practice of Vyayama consider some factors like age of individual, strength and physical tolerance, diet pattern, season, habitat (sadharan, aanoop, jangam desha). Vyayama always beneficial for who are physically strong and taken fatty diet (singdha ahara). \(^ {(2)} \)

Complication of over vyayama is ,kaas, svasha, kshya, shosha, jwara, rakta pitta bhram klama, may be correlate with respiratory disease, bleeding disorder, weakness, vertigo, tiredness. \(^ {(15)} \)

Contraindication-

Vyayama is contra indicated in condition of Old age, for children, in pregnancy, state of depression, vata prakruti, state of hunger and thirst, indulge in over sex, speak loudly, angry men, just after intake of food. \(^ {(16)} \)

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