

ROLE OF RATRICHARYA IN PREVENTING LIFE STYLE DISORDERS

Rabiya Shaikh*¹ and Arun Vaidya²

¹PG Scholar –Department of Shalya Tantra, Parul Institute of Ayurveda, Vadodara, Gujarat-391760, India.

²Reader - Department of Samhita- Siddhant, Parul Institute of Ayurveda, Vadodara, Gujarat-391760 India.

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*Corresponding author: Rabiya Shaikh

PG Scholar –Department of Shalya Tantra, Parul Institute of Ayurveda, Vadodara, Gujarat-391760, India.

ABSTRACT

Ayurveda is a branch of medical science which is consider as the “Science of Life”. As known, its prime motto is restoring the health of the individual first and then treatment of disease if occurred. The *Dincharya* plays an important role for the same. In present era because of busy lifestyle, junk foods, stress and strain, there is prevalence of Hypertension, Diabetes, Dyslipidemia, Obesity and many more lifestyle disorders are increasing and people are on higher risk. As per WHO’s (World Health Organization) global status on life style, it can be conclude that 36.1 million people are dying from life style disorders and it predicts that it will lead to three quarter of all death till 2030. All the Ayurvedic classics have explained *Dincharya* in detail. The topic *Ratricharya* is not mentioned directly but some scattered references are available of the same. It plays an important role in maintenance of healthy life and helps in preventing life style disorders. *Acharya* has mentioned various modalities for the same and hence the present paper is to explain the importance of *Ratricharya* in preventing life style disorders.

KEYWORDS: *Dincharya*, *Ratricharya*, *Bala*, life style disorders.

INTRODUCTION

The meaning of the word ‘*Charya*’ is *Achar* (regimen). The word *Dincharya* is meant for daily regimen to be practiced in proper manner and on regular basis. The aim of this elaborated description in our classics is to maintain and upgrade the state of “*Bala*” (strength as well as immune force) and balanced form of *Tridosha* (three basic body humours) within the body.^[1] The topic “*Ratricharya*”(night regimen) has not been indicated in these chapters of *Dincharya* but through *Arthapatti*, it can be considered within .The meaning of the term *Ratricharya* is the regimen which should be followed at post evening period through proper *ahara* (diet),*vihara* (regimen) and *nidra* (sleep), which plays an important role in maintenance of healthy life and helps in preventing life style disorders.

AIM

To understand the role of *Ratricharya* in preventing lifestyle disorders.

OBJECTIVE

To study different concept of *Ratricharya* explained in *Samhitas* and there utilization in present era.

MATERIALS AND METHODS

All the classical texts of Ayurveda (*Samhitas* along with their commentaries) were referred for this literary work. The discussion is made on the basis of conceptual study and conclusion has been drawn considering the conceptual study and discussion.

Conceptual study

The term “*Ayu*” has been defined by *Charakacharya* as “*Chaitanya anuvruti*” i.e. the life span of a person. The science which discusses and guides regarding the wellness of the *Ayu* is *Ayurveda*, prime motto of which is “*Swasthyasya Swasthya Rakshanama*”.^[2] I.e. maintaining the health of the healthy person first. The topic *Dincharya* is basically attributed for the same and as a part of *Dincharya*, *Ratricharya* should be considered equally.

Life style disorders

The word Life style denotes the way people live. It reflects their whole range of activities and attitude in day to day life. Due to advancement in the society and its scientific progress, it leads to alternate life style which has many implications on human health and may lead to many disorders. It is also termed as “Disease of

Longevity” or “Disease of Civilization”. Life style diseases are becoming even more wide spread with the substantial changes in an individual’s diet and regimen. In the hours of need, it is required to convert defective sedentary lifestyle to an ideal healthy disease free lifestyle. *Ayurveda* being the holistic health science emphasizes the importance of healthy lifestyle in prevention of disease.

According to basic principles of Ayurveda “*Vayu*” is dominant amongst all the body humours. It initiates, regulates and performs all the physical and mental – intellectual activities. *Vagbhatacharya* says that at night, during the last phase of digestion and post 50 yrs of life span *vayu* dominates naturally.^[3] Any indiscipline in following *Ratricharya* deranges the normal functional state of *vayu* and the same can be great disturbing factor to the health and ultimately provokes the life style disorders.

DISCUSSION

Nidra (sleep) is the foremost regimen to *Ratricharya*. It has been included amongst *Traya Upastambha* (three essential sub pillars) viz. *Ahara* (food), *Nidra*(sleep), *Abrahmacharya* (disciplined indulgence of sex).^[4] *Ayurvedic* classics have emphasised on proper and timely indulgence of sleep to maintain balanced physiological running and mental state as well. Both *Charakacharya* and *Vagbhatacharya* indicate advantageous effects of proper indulgence of *Nidra* as –proper and regular indulgence of *Nidra* provides *Sukha* (idealhealth), *pushti* (nourishedstateofbody), *Bala*(strength) ,*Vrushat* (normal sexual power), *Gyana*(mental activity) and *Jivitam*(ideal life span).^[5] *Acharya* further states that one who desires healthy and long life span, should avoid indiscipline in indulgence of sleep like: *Akaale* (at improper time) , *Atiprasang* (excecive sleep).^[6]

Looking to the current scenario it is observed that sleeping pattern in general, especially in youngsters is quite irregular. It harms the “*Bala*” (immune force) along with strength and stability which ultimately leads to some life style disorders like hyper acidity, hypertension, GIT- disorders (Gastro intestinal tract disorders) etc.

The three essential considerations regarding *Ratricharya* are *Ahara*(food), *Vihara* (regimen) and *Mana*(mental factor).

Ahara (food)

“*Ahara*” is highly considerable factor to *Dincharya* and it is to be indulged at night – as a part of *Ratricharya*. Some vital hints regarding indulgence of diet (on post evening time) which should be followed are as under:

At night, the diet should not be –*Vidahi*(which creates burning sensation), *Vishthambhi* (which creates abdominal fullness with constipation), *Abhishyandhi* (which creates unduly heaviness and sluggishness within body channels), *Asatmya* (unfavorable); such type of

Ahara proves to be highly disadvantageous to the routine health as it is not easily digestible.

One should avoid repeated and delayed food intake at night to maintain the healthy state of *Agni* as the *Agni* is the base of *Bala* (immune force) and *Bala* (immune force) is the base of *Arogya*.^[7]

Vagbhatacharya advices that at night – before going to bed one should take *Triphala churna* with *Madhu* (honey) and *Ghrut* (butter oil) in uneven proportion . It not only strengthens the clarity of vision but supports the body health in general through its *Rasayana prabhav* (specific action of drug or diet which prevents degenerative process and enhances healthy state of the body).^[8]

Medovikar (Obesity) is one of the most prevalent lifestyle disorders. In this specific development *Ajirna* (state of improper digestion) and *Kaphavikruti* (derangement in one of the *tridosha-kapha*) are supportive factors and to counteract the same, an important reference is given by *Acharya Bhavprakash* that, at night an intake of warm water becomes beneficial as it dissolves an accumulation of *Kapha*, regulates the *vayu* and abolishes the state of *Ajirna* (state of improper digestion).^[9]

Thus it becomes the best preventive measure not only for obesity but many GI-tract disorders, chronic cold, asthma, constipation too.

Vihara (regimen)

Vihar also plays an important role in maintaining health. *Acharya* has mentioned the importance of *Chankramana* (gentle walking) after proper diet. It becomes supportive to normal digestion and sleep.

Mana (mental stability)

Acharya Vagbhata has advised that before going to bed one should go through self assessment regularly at night of his entire routine to establish wellness for next days.^[10]

Mana is dominant to physique and to make it peaceful, positive and progressive one should practice *shavasana* (yogic practice done in supine posture), *prarthana* (prayer) and *adhyayana* (divine reading) especially at night. Many lifestyle disorders, psychosomatic diseases and personality disorders can be corrected and prevented through its regular practice.

CONCLUSION

Going through the entire description, we can realise that proper follow up of above mentioned indications included under *Ratricharya* are essential to enrich the routine physical and psychological health and consequently boost up the state of *Bala* which in turn proves to be best preventive measure to the variety of

lifestyle disorders; hence *Ratricharya* should be practiced sincerely and regularly.

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