SOME CLASSICAL PREVENTIVE AND CURATIVE APPROACHES
OF AYURVEDA FOR MAINTAINING NORMAL PHYSIOLOGY

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ABSTRACT
Ayurveda is an ancient system of medicine that utilizes various therapies like diet, yoga and herbal preparations to compete with abnormal physiological conditions. As per ayurveda our body is governed by three doshas which are also responsible for physiology of body. Imbalance of tridosha leads abnormal physiology and diseases. Ayurveda suggested various preventive and curative approaches for the management of various diseases, some of these approaches have been classified under special category due to their methodology and applications; few of such approaches summarized in this article to explore their classical importance.

KEYWORDS: Ayurveda, Shankhaprakshalana, Agnikarma, Kavala.

INTRODUCTION
Ayurveda believed that harmony of life can be managed by following natural laws of life. The fundamental concept of ayurveda resides in the fact that prevention is better than cure. Principles of ayurveda serving the humanity anciently. The rule to live healthy and diseased free life is the basic concept of Ayurveda. In this era of globalization life has becomes very irregular and indiscipline; these all factors affect health of an individual even many diseases only arises due the improper diet habits, ayurveda suggested various rules to be followed for the prevention of such abnormal physiological conditions. Ayurveda not only cure disease but firstly it believes prevention of disease by following simple rules of natural way of living;
like intake of proper diet, yoga and detoxification of body waste material. Here this article presents such option as per ayurveda for the prevention and cure of disease.[1-2]

This article discusses following classical approaches for maintaining normal physiology
1. Diet For Cancer
2. Rules For Pre-Conceptional Care
3. Shankhaprakshalana For Purification
4. Agnikarma For Sandhivata
5. Kavala & Gandusha For Mukha Rogas

AYURVEDIC DIET RECOMMENDATION FOR CANCER
Cancer has now becomes major cause of death, various factors are considered responsible for disease like; dietary risks, intake of tobacco and alcohol, radiations etc. As per ayurveda; cancer is a disease in which imbalance of tridosha (i.e. Vata, Pitta, and Kapha) occurs. Ayurveda suggested some diet regimen to control this imbalance since dietary intake is also considered as responsible factor for cancer; ayurveda recommends that raw foods should be avoided. Slightly warm food stimulates agni due to the stimulation of digestive enzymes thus warm food should be taken to maintain proper digestion. It is also recommended that diet must be taken with fresh and calm mind without any stress. Ayurveda suggested avoiding spicy, contaminated and preserved foods because these are source of carcinogen and may produce free radicals in the body and causes damage to the tissue leading cancer. Thus as per ayurveda diet plays crucial role to prevent disease like cancer.[3]

AYURVEDA RECOMMENDATION (RULES) FOR PRE-CONCEPTIONAL CARE
Pre conception care means achieving optimal health for mother and baby. Ayurveda described some regimes and rules are to be followed related to pre and post pregnancy conditions to promote well being of child which leads balanced conditions of tridosha (dosha, dhatu, mala) improves agni, manas,buddhi and atma. Ayurveda described pre-requisites for healthy pregnancy like; Ritu, Beeja, Ambu and Kshetra. Essential factors for conception formed by digested food thus dietary care must be taken for healthy pregnancy. Pure controlled mind, consciousness and balanced vata is necessary for the formation and development of fetus. Ayurveda also suggested that for getting healthy pregnancy care must be taken regarding Sharir shudhi, Mano shudhi and Putresti yajna.
Various factors are responsible for the formation of healthy foetus and thus combination of all these factors must work properly.

These factors are as follows

Ritu Kala
For conceiving healthy pregnancy the age of male and female partners must lies within range of twenty five and sixteen years respectively.

Kshetra
Un-vitiated kshetra leads healthy pregnancy. Un-vitiated shukra must reach to the yoni.

Ambu
Nourishment to gamates is derived though Anna rasa (Digested food material), thus purified fluid circulation must be involved in process to get healthy pregnancy.[4]

AYURVEDA SHANKHAPRAKSHALANA FOR PURIFICATION
Ayurveda suggested that yoga help in purification. Shankhaprakshalana is a yogic process used to purify the digestive tract and maintain a healthy life. Many disorders like gastritis and diabetes etc. mainly occurs due to the changes in Agani. Agani can be improved by various purification processes and correction of agni reduces incidences of diseases. Purification of the intestine removes the root of diseases. The ayurvedic methods of purification are Shodhana and Shamana Karma. The natural way of Shodhana karmna is Shankhaprakshalana (Shatkarma). Shankhaprakshalana is mainly used for purification of the body through cleaning of intestinal tract since intestinal tract mainly control various physiological function.

Advantages of Shankhaprakshalana
- Purify Intestinal Tract.
- Remove the toxic waste.
- Relive acidity and constipation.

Shankhaprakshalana stimulates the digestive power. It increases circulation and maintain body temperature. Shankhaprakshalana removes waste material from intestine and prevent diseases. Shankhaprakshalana is non medicated, non invasive, simple process and having no complication. Purification through Shankhaprakshalana reduces chances of disease like; Acidity, obesity, diabetes and disease related to urinary tract.[5]
AGNIKARMA FOR SANDHIVATA

Sandhivata is a disease which involves symptoms of Akunchana (joints pain) due to which joint movement reduces significantly. Classically it has been classified as joint disease. This disease is comparable with osteoarthritis which is also a joint disease having similar symptoms of Sandhivata and usually occurs after the age of 40 years. Agnikarma is a method of Salyatantra used for disease management. Agnikarma is possessing beneficial effect in Vata & Kaphaja Vyadhi. Due to Usna, Suksm, Asukari guna it control Vata and Kapha Dosa. Patients are effectively relived from stiffness, pain and other associated symptoms it gives instant relief to the patients. Study proved that Agnikarma significantly relief pain and stiffness. Agnikarma pacified vata, kapha and Ksheerabala. It also stopped degenerative process. Study proved that Agni karma can become one of the treatments of choice for acute management of sandhigata vata.\[^6\]

KAVALA & GANDUSHA FOR MUKHA ROGAS

Ayurveda suggested Kavalam is a unique approach for the management of Mukha rogas. Kavalam or Gandusham is the method in which the oushada in kashaya or Taila in simple combining with ghrita or madhu, for local application in mouth cavity for a period of time. Mukham parts as per disease concern involves Osta, Danta moola, Danta, Jihwa, Talu (Palate), Gala (Pharynx) the disorders related with these areas can be treated by Kavalm.

Types of Kavala

- **Snehana kavala**: used to treat Vataja mukha rogas.
- **Prasadhana kavala**: used to treat Pithaja mukha rogas
- **Shodana kavala**: used to treat Kaphaja mukha rogas
- **Ropana kavala**: used to treat Vranas of Mukha.

![Figure 1. Types of Kavala](image-url)
The method considered effective for treating mouth diseases since it covers oral mucosa all over the oral cavity, where in the medicament can be easily spread thus bringing local repair of tissues. Method also improves local blood circulation to the tissues. Kavalam is done until the nasal and lacrimal discharges occur. Kavala possess roga shanti, santhosha, nirmalata, mukha laghutva and indriya prasannatva like conditions. If Kavala done properly then patient can get better relief from disease conditions within short period of time. Improper and excess Kavala should be avoided to reduce any chances of adverse effect.\textsuperscript{[7]}

REFERENCES


