ABSTRACTS
Like proper diet and proper sleep Vyayama (Physical exercise) is also essential for better health. Lack of physical exercise our body become unhealthy and will not live longer. The regular physical exercise or Vyayama causes lightness of body, reduces the body fat, improves level of performance, promotes jatharagni (power of digestion), properly differentiated and firm physique, no disease occurs to those persons whose body is made firm with exercise. To those who resort to daily exercise, even foods that are mixed or opposite properties or which are not digested properly are digested quickly. Vyayama improves our mental health, it reduce the risk of cardiovascular disease. Keeps us happier, lowers our blood pressure, lowers blood cholesterol, lower the risk of type – 2. Diabetes mellitus. Exercise should be done during cold and spring season and in all other ru or exercise should be undertaken to one’s half of the strength. Vyayama should not be undertaken after having meals, sexual intercourse, Kasa (Cough), Swasa (dyspnea), weak person, tuberculosis patient, bleeding conditions, injured and dehydrated patient. Exercise should be avoided in children and in old age also. Persons having indigestion should avoid Vyayama. The complication of excessive vyayama are Kasa, fever, vomiting, vertigo, the psychological debility, thirst, swasa (dyspnea), bleeding disorders. Therefore one should not indulge in severe exercise of any form.

KEYWORDS: Vyayam, Exercise, Health, Regular.

INTRODUCTION
Ayurveda is a ancient science of life. Ayurveda described the hita and ahita (wholesome and unwholesome), sukha and dukha (Happy and unhappy) life.[1] The life which is healthy and welfare of the society is called hitayu otherwise it is ahitayu. Similarly when the person is healthy is known as happy otherwise he will be unhappy. The equilibrium of dhatus (Body constituents) in qualities as well as in their actions is called prakriti or health and their disequilibrium is called dukha (disease).[2] In the state of health equilibrium of dhatus should be maintained as it is the object of Ayurveda.[3] Physical exercise or Vyayama prevents the body from disease. Physical exercise maintain the equilibrium in the body. Physical exercise should be undertaken one’s half of the strength. Excessive exercise is harmful to our body. Exercise should avoid in children and older persons. To maintain health and reduce our risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate exercise per day.

Aims and objects
1. To study the importance of Vyayama for health.
2. To study detail about Vyayama as per Ayurveda.
3. To study about relationship of Vyayama and ru.
4. To study about Vyayama according age.
5. To study about the limitations of Vyayama.
6. To create awareness about maintaining good health for better life for society.

MATERIAL AND METHODS
This is a conceptual study, Data is collected from Ayurved Granthas (texts), physiology books and internet.

DISCUSSION
Activities which produce exertion to the body are known as Vyayama. Healthy growth, brilliant complexion, well manifest divisions of the body, keen digestive fire (power of digestion), absence of lassitude, stability, feeling of lightness, cleanliness, ability to withstand exertion, fatigue, thirst, heat and cold; and best of health, all these accrue from physical exercises, nothing also than it (physical activity) exists which is best to reduce corpulence (obesity), enemies will not be able to vanquish/ defeat the person who does exercises habitually; old age does not invade him quickly, the muscles of the body become stable (strong) in the person who does exercises daily habitually. Diseases will not occur in persons who do physical exercises and get their...
body trampled by foot (by others) just as small animals do not go near the lion; it makes the body beautiful to look at even of those persons who are deficient in age, physique and qualities. Even incompatible (unhealthy) foods consumed by person who indulge in physical exercises, foods which are either properly cooked or improperly cooked get digested without any trouble. Physical exercises are always beneficial for strong persons, and who consume fatty foods; it is most beneficial for these persons especially during cold and spring seasons. Exercises should be done daily in all the seasons by men who desire their own wellbeing. Physical exercises should be done to the level of half of the strength of the person. Otherwise, it will kill him; when Vayu (Vata) residing in the region of the heart comes up through the mouth (in other words- more upward breathing) that is the sign of half the strength of the person. Exercise should be done in accordance with age, strength, physique, habitat season and nature of food; otherwise the person gets affected by diseases. Consumption, thirst, loss of taste/ appetite, vomiting, bleeding diseases, dizziness, exhaustion, cough, phthisis, fever and dyspnea are diseases produced by excess of physical exercises. Exercises should be avoided by patients of bleeding disease, emaciation, consumption, dyspnea, cough, injury in the chest (lungs) and by the person who has taken meal just then; who feeling exhausted after meal or copulation, who is suffering from thirst and dizziness. One should not practise, exercise, laughing, speaking, traveling on foot, sexual activities and night wakings, in excess even if one is accustomed to these. Exercise is contra-indicated for persons who are emaciated due to excessive sexual activity, weight lifting and those who are in grip of anger, grief, fear and for the children, for the old persons and for persons having vatika constitution and profession of speaking too much. One should not do exercise while he is hungry and thirsty also. After doing exercise all the parts of the body should be massaged comfortably. Regular performance of Vyayama; body is not turned flaccid easily; ageing and grayness do not attack with speed.

Features of correct exercise
Perspiration, enhanced respiration, lightness of the body, inhibition of the heart and such other organs of the body are indicative of the exercise being performed correctly. As per yogaratnakara (a grantha) Vyayama should be undertaken up to ‘Balardha’ level, ‘Balardha’ level should be judged by the appearance of perspiration over forehead, Nose, body joint region and axilla.

Modern concepts for physical exercise
The effects of exercise on the Body systems
The body’s main physiological support systems are the musculoskeletal, cardiovascular, respiratory, digestive, immune, nervous and endocrine system.

1. The effects of exercise on the musculoskeletal systems
The skeleton creates a supporting framework and protects the body’s vital organs; the bones also act as a reservoir for calcium and other minerals. Weight-bearing exercise strengthens your bones and helps prevent osteoporosis. Exercise also increases muscle strength, coordination, and balance. Your muscles (and connective tissue linking the bones) are important for maintaining upright posture against gravity and enabling movement. They also produce heat. Movement of the joint lubricates them with synovial fluid, reducing stiffness. Stretching exercise can facilitate mobility and flexibility of the joints, increasing your range of motion.

2. The effects on the cardiovascular system
At the centre of the cardiovascular system is your heart. Along with the blood vessels, it forms a network for carrying blood containing oxygen and nutrients of the body, and removing waste (CO2). Physical training strengthens your heart and normalizes blood pressure, lowering your risk of heart disease.

3. The effects on the immune system
The blood vessels are supported by lymph vessels and nodes (which make your immune cells). The lymphatic system removes toxins and returns them to the blood circulation. Exercise boosts lymph flow thus promoting a healthy immune system, which is crucial for fighting infections.

4. The effects on nervous system
Your nervous system consists of the brain and nerve. It’s function is to receive, store, process and send information. It controls functions such as heart rate and breathing, as well as motor movement. Exercise Calms your nervous system, as a result of better circulation and reduced muscle tension. Recent studies have shown that regular exercise may also improve thinking skills and enhance memory.

5. The effects on the endocrine system
The endocrine system is closely associated with the nervous system, it send Hormones to the body to control growth, blood sugar levels, body temperature and metabolism. Exercise regulates your hormonal balance, enhancing organ function and physical fitness and lifting your mood.

6. The effects on Digestive system
Your digestive system breaks down food into usable nutrients and eliminates waste products. Over time, it tends to get sluggish and works less efficiently. Exercise contributes to proper functioning of the digestive system and aids the elimination waste.

7. The effects on the respiratory system
The lungs provide the body with oxygen, which is necessary for cellular survival. Exercise increases the flow of oxygen-rich blood to the body and contributes to
the elimination of carbon dioxide. The effects of exercise on respiration are seen almost immediately.

**The benefits of Regular physical activity**

- Physical exercise improve our health
- Physical exercise reduce risk of cardiovascular disease
- Physical exercise maintains our weight
- Lower blood cholesterol
- Lower the risk of diabetes
- Lower our blood pressure
- Make strong bones, muscles and joints
- Lower the risk of osteoporosis
- Feel better with more energy; feel more relaxed and sleep better
- Reduce our risk of breast and colon cancers
- Improve our mental health and mood
- Increase our chances of living longer
- Keeps happier
- Reverse up our sex life

**Therapeutic benefits of Regular exercise**

Practice of regular exercise is an important component of management of many diseases.

### Energy Expenditure of Various exercises

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Energy spent (Kcal/Min)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Active standing</td>
<td>3</td>
</tr>
<tr>
<td>Cooking</td>
<td>4</td>
</tr>
<tr>
<td>Making bed</td>
<td>4</td>
</tr>
<tr>
<td>Slow walking (3 Km/ H)</td>
<td>4</td>
</tr>
<tr>
<td>Fast walking (6 Km/ h)</td>
<td>6</td>
</tr>
<tr>
<td>Dancing</td>
<td>7</td>
</tr>
<tr>
<td>Active gardening</td>
<td>8</td>
</tr>
<tr>
<td>Climbing stairs</td>
<td>11</td>
</tr>
<tr>
<td>Prolonged Jogging</td>
<td>12</td>
</tr>
<tr>
<td>Swimming (50 M/ min)</td>
<td>15</td>
</tr>
<tr>
<td>Running (12 Km/ h)</td>
<td>16</td>
</tr>
</tbody>
</table>

5. Exercise prevents osteoporosis. Regulated exercise program stimulates osteoblastic activity, facilitates bone mineral metabolism and preserves the geometry. Immobilization and inactivity stimulate osteoclastic activity and produce bone loss.

6. Specific exercises are prescribed for treatment of osteoarthritis as they improve muscle strength and front stability.

**CONCLUSION**

From above description we came to conclusion that Vyayama or physical exercise is essential for healthy life. It maintains our physical as well as mental health. Exercise should be undertaken one’s half of the strength. It should be done in all seasons. Excessive exercise should be avoided. Vyayama is contraindicated in children and old persons. We suggest that before going to start Vyayama contact family doctor or family physician, if the person feels feet then exercise start.

### REFERENCES


