

## 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) *shilaniirghat* (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 discuss 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*”.<sup>(1)</sup> *Vyayama* very according to individual body strength, age, diet pattern, season and climate.<sup>(2)</sup> 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 trilogy). Material is *Charak samhita*, *Sushruta samhita*, *vagbhata 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

### Vyayamkal- (7)

Vasant	purvanha	6 to 9 am
Hemant	pratusa	4 To 6 am
pravrth	apranha	5 to 7 am
In this time stomach is empty , so suitable for Vyayama		
Contra indicated time-	Madhyanh	12.00 pm
	Madhya ratri	12.00 am
	Grishma varsha ritu, 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 sushuruta 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

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 sushuruta chikitsa sthan* chapter 24 Symptom of *Balardha* is vayu of hridya 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)

(*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 antelop in *sushuruta samhita*. (11)

### Types of Vyayam-

*Niyudha*, *Bahuyudha*, *Adhva*, *shilaniirghat*, *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, *shilansirghat* throwing or pulling stone, *padaghat* means massage by feet. (12)

Even *acharya charaka* explain varieties 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)

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

*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 granta vyayama* describe as both aspects. Word *chesta* means activities like extension, flexion, abduction, adduction and diagonal

## 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)

movement. (19) In *charak samhita viman sthan* chapter 6 verse 18 that *shleshma prakruti purusha* have *kapha vikar* is pacify by doing various physical activity like running, swimming, wrestling, vigorous massage. (13) By which increase digestive fire and dryness in body so added fat and *kapha* is pacify. Muscles become in proper shape, body become compact and strengthen. Toxin released by sweating, body rejuvenating, so keep daily practice of *vyayama*. (20)

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