

**Dr. R.S. Tolia Uttarakhand Academy of Administrative, ATI Nainital**

**BASIC CONCEPTS OF LIFE STYLE  
MODIFICATIONS, YOGIC SCIENCE AND  
DIETARY MECHANISM**



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Remember

80%

80%

Will have one or all  
Of these illnesses

High Blood  
Pressure

Overweight

Dementia

High  
Cholesterol

Heart  
Attack

Kidney  
Disease

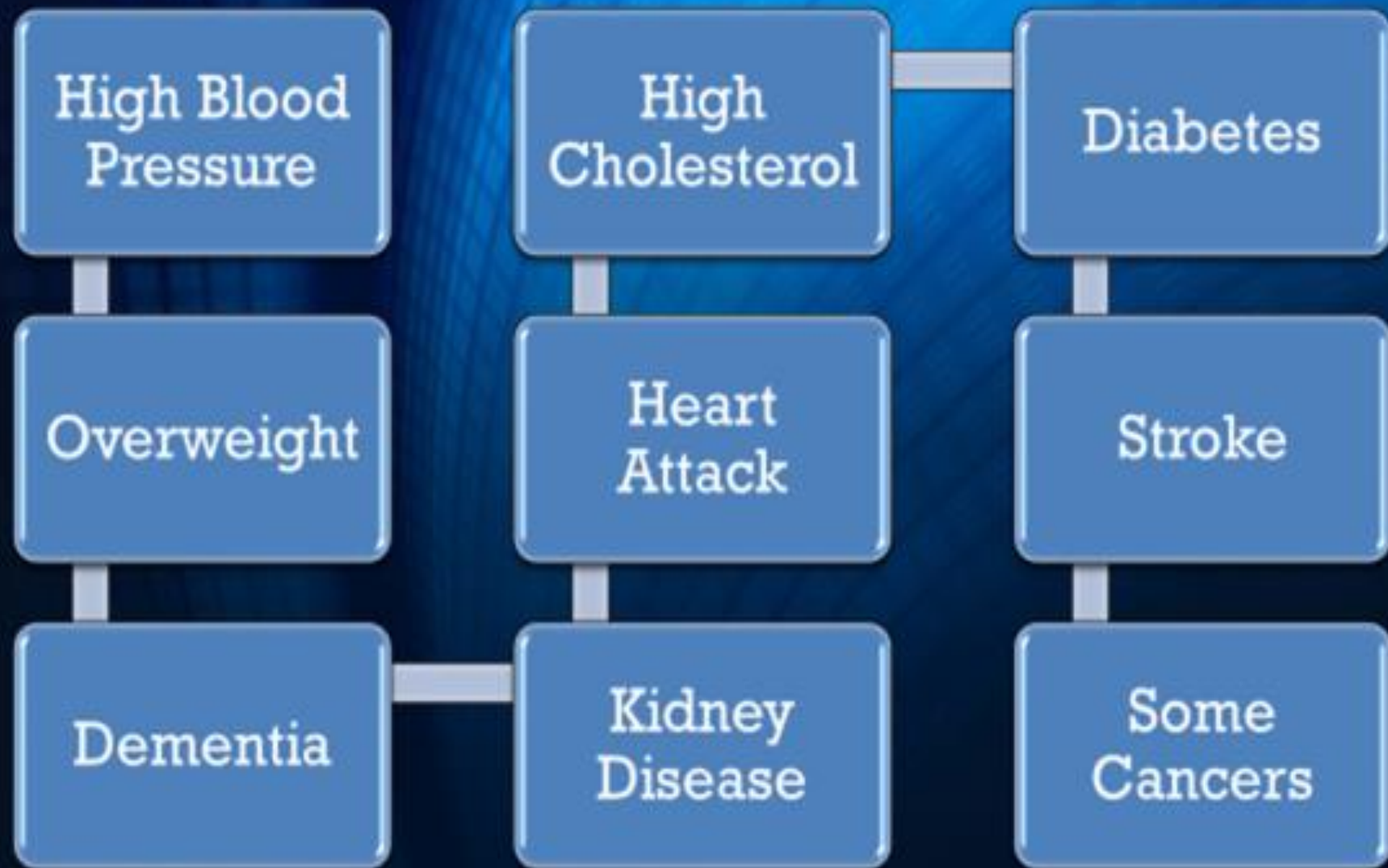
Diabetes

Stroke

Some  
Cancers

80%

Can be Cured,  
Managed  
Or Improved



# *LIFESTYLE MODIFICATIONS*

***LEADS TO:***



***COMPLETE WELLNESS***

# DASH TO WELLNESS



**D**IET



**A**CTIVITY AND SLEEP



**S**TRESS MANAGEMENT



**H**ABIT CHANGE

कालार्थकर्मणां योगो हीनमिथ्यातिमात्रकः ।

सम्यग्योगश्च विज्ञेयो रोगारोग्यैककारणम् ॥ 19 ॥

अष्टाङ्गहृदयम् आयुष्कामीयाध्यायः १

# AYURVEDIC CONCEPTS

*RITUCHARYA*



*DINCHARYA*

*SADVIRITTA*



*AAHARA*

*YAMA*



*NIYAMA*

- The healthy status of a person is often disrupted by unhealthy - lifestyles, diet, physical activity, emotions and behavior.
- Ayurveda advocated ideal way of life called *Swasthavritta*, to be followed by the individual so as to achieve wellness.
- These relate to physical, psychological and social dimensions.
- The recommendations are mainly categorized as
  - *Dinacharya* (daily routine), *Ritucharya* (seasonal regimens), *Yoga* and *Aahara* (food).

# Dinacharya (Daily Regimen)

- **प्रतिदिनं कर्तव्या चर्या दिनचर्या (इन्दु)।**
- Waking up: Early rising, preferably before sunrise rise is considered the ideal time.
- **Early to bed & Early to rise**
- Helps in clearing of bowels
- Environment is calm and pleasant and is considered right time for Yoga/meditation, exercise and study.
- Helps in planning and completion of routine work with leisure.

# Drinking of Water – 500 -700ml

- Helps in easy evacuation of bowels and prevents diseases of the urinary system, gastro-intestinal tract, bleeding disorders, metabolic disorders etc.
- Honey or other herbs like Tulsi, Mint, Ginger and Turmeric may be added to the water for drinking.
- Boiled and cooled /lukewarm water may be used for drinking in rainy/cold seasons, likewise, warm water or otherwise, according to season and requirement of the person may be used.



# Oral Hygiene – Danta Dhawana

- Brushing of Teeth: It should be essentially done twice daily.
  - Early in the morning after evacuation of bowels and at bedtime (after having meals).
- Twigs are of Neem (*Azadirachta indica*), Babool (*Acacia arabica*), Khadira (*Acacia catechu*), Pilu (*Salvadora persica*) etc. can be used
- Helps in maintaining oral hygiene, improves taste perception, imparts a sense of purity and lightness and promotes oral health.
- After brushing teeth, gums should be massaged with the clean index finger and thumb.



# EYE CARE – Cleansing & ANJANA (Collyrium)

- Simple clean water or cold infusion of Triphala or milk can be used for cleaning the eyes.
- Application of medicated pastes or collyrium into eyelids is termed as Anjana which is similar to Kajal/Surma in common language.
- Pure Cow's ghee, honey or castor oil may be used to prepare anjana.
- Traditionally anjana is prepared from herbs like jasmine buds, almond shell, castor oil, ghee etc. in different parts of India.
- Anjana should not be applied during injury and infection to the eyes.



# Instilling Oil Drops in Nostrils - Nasya

- Two drops of pure cow's ghee, gingelly oil or medicated oil such as Anu Taila etc. is recommended.
- This prevents the diseases of head and neck, premature greying and hair-fall, promotes good sleep and is also helpful in conditions like torticollis, facial palsy, lock jaw, migraines etc.
- Nasya should not be practiced in sinusitis and neurological problems.



# Vyayama (Physical Exercise)

- Physical exercise should be done every day in accordance with the health status, age, body strength habitat and climate.
- Duration - **till perspiration appears on forehead.**
- Exercise immediately after food, when afflicted with diseases such as cough, dyspnoea, emaciation, bleeding etc. shall be avoided.



# Abhyanga (Body Massage)

- It should be specially done on **head, ears and foot.**
- Locally available oils such as Sesame/ Gingelly, Mustard, Coconut can be used for Abhyanga, preferably in the morning on empty stomach after clearing the bowels.
- The ideal duration of Abhyanga is **15 to 30 minutes**
- Daily practice of Abhyanga nourishes the body, improves luster and complexion of skin, prevents and manages pain/inflammation, delays the aging process, promotes good sleep and delays degenerative changes.



# Bathing

- Usually water with normal temperature should be used for head bath and comfortably hot water should be used for other parts of the body.
- In diseased persons, water for bathing may be processed with suitable medicines such as Triphala or Neem decoction in skin diseases.
- Stimulates digestion, has an aphrodisiac effect, increases longevity, strengthens the body, provides relief from exertion, fatigue and drowsiness, relieves itching and burning sensation.
- Bathing may be avoided after meals, in fever, indigestion, diseases of ear, nose and throat etc. When bathing is contra-indicated, a cloth dipped in Luke warm water may be used for sponging.



# Sleep

- To maintain physical and mental health and work efficiency.
- The ideal duration of sleep is **8-10 hours for children and 6-8 hours for adults.**
- It is always advised to sleep in a **left lateral position.**
- Going to sleep immediately after food and sleeping during day time should be avoided.
- Day sleep is indicated in moderation during summer and when the individual is tired or could not sleep during the night.
- **Washing of hand, feet & face and foot massage with 5-10 ml lukewarm oil for 5-10 minutes induces sleep.**



# Ritucharya(Seasonal regimen)

- Adana Kala /Uttaryana (Northern Solstice)
  - Shishir Ritu (Winter) Mid- January to Mid-March
  - Vasant Ritu (Spring) Mid- March to Mid-May
  - Grishma Ritu (Summer) Mid- May to Mid-July
- Visarga Kala /Dakshinayana (Southern Solstice)
  - Varsha Ritu (Monsoon) Mid- July to Mid-September
  - Sharad Ritu (Autumn/ Fall) Mid- September to Mid-November
  - Hemant Ritu (Late Autumn/Pre-Winter) Mid- November to Mid-January



YOGA

**“Physical Activity**

**is the closest thing we have to a Wonder Drug”**

**Moderate Intensity  
Exercise 30 minutes/  
Day  
Five Days /Week**

**Lifestyle transformation  
and exercise**



**ONLY YOGA  
PROVIDES  
ALL FOUR  
Types of Exercise**



*Samadhi*

Union, integration

*Dhyana*

Meditative absorption

*Yamas*

External disciplines

*Dharana*

Concentration

*Niyama*

Internal disciplines

*Pratyahara*

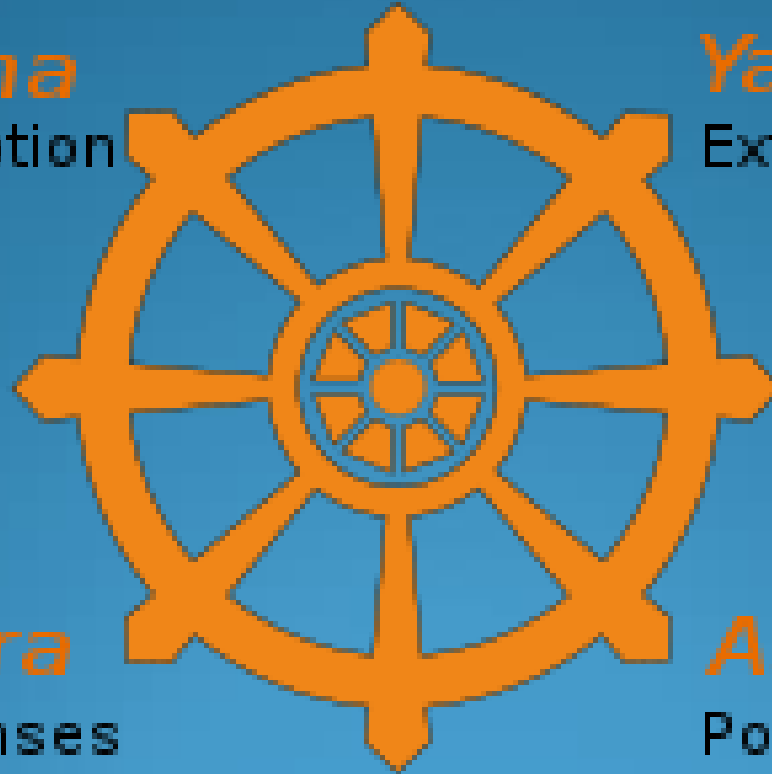
Withdrawal of senses

*Asana*

Posture (meditation seat)

*Pranayama*

Breath control



# The Restless Monkey

- Vivekananda relates the following story.
- “The mind has been often compared to a monkey. There was a monkey restless by his own nature, as all monkeys are.”
- “As if that were not enough, someone made him drink freely of wine, so that he became more restless.”
- “Then a scorpion stung him. When a man is stung by a scorpion, he jumps about for a whole day; so the poor monkey found his condition worse than ever.”
- “To complete his misery, a demon entered into him. What language can describe the uncontrollable restlessness of that monkey?”
- “The human mind is like that monkey, incessantly active by its own nature. Then it becomes drunk with the wine of desire, increasing its turbulence.”
- “After desire takes possession comes the sting of the scorpion of jealousy at the success of others, and last of all the demon of pride enters the mind, making it think itself of all importance.”
- “How hard to control such a mind.”



# Aahara (Diet) : Ayurvedic Concept & Research



Eat fresh and  
warm food



- उष्णमश्रीयात् (चरकसंहिता)
- ताजा तथा गरम भोजन ग्रहण करना चाहिए ।
- It is better to consume food within one hour after its preparation. The warm and fresh food is tasty and stimulates digestive fire, resulting in fast digestion proper absorption and further stimulates the peristaltic movement.
- ताजा भोजन अर्थात् बनने के 1 घण्टे के भीतर सेवन करना चाहिए। क्योंकि यह भोजन रुचिकारक होता है और अग्नि को प्रदीप्त करता है। जिससे आहार का जल्दी पाचन होता है और आन्त्र की गति नियमित रहती है।

मात्रावत् अश्नीयात् (चरकसंहिता)

Have food in proper quantity



उचित मात्रा में  
भोजन का ग्रहण  
करना चाहिए ।



## कालभोजनमारोग्यकराणां (चरकसंहिता)

INTAKE OF FOOD IN TIME (KALABHOJANA) IS  
CONSIDERED AS A HEALTHY PRACTICE TO  
PROMOTE HEALTH (AROGYAKARANAM)

- उचित समय पर भोजन करने से स्वास्थ्य का संवर्धन होता है ।



नरो हिताहारविहारसेवी समीक्ष्यकारी विषयेष्वसक्तः।  
दाता समः सत्यपरः क्षमावानाप्तोपसेवी च भवत्यरोगः॥ (चरकसंहिता)

आहार

नीरोगी काया / स्वस्थ  
पुरुष

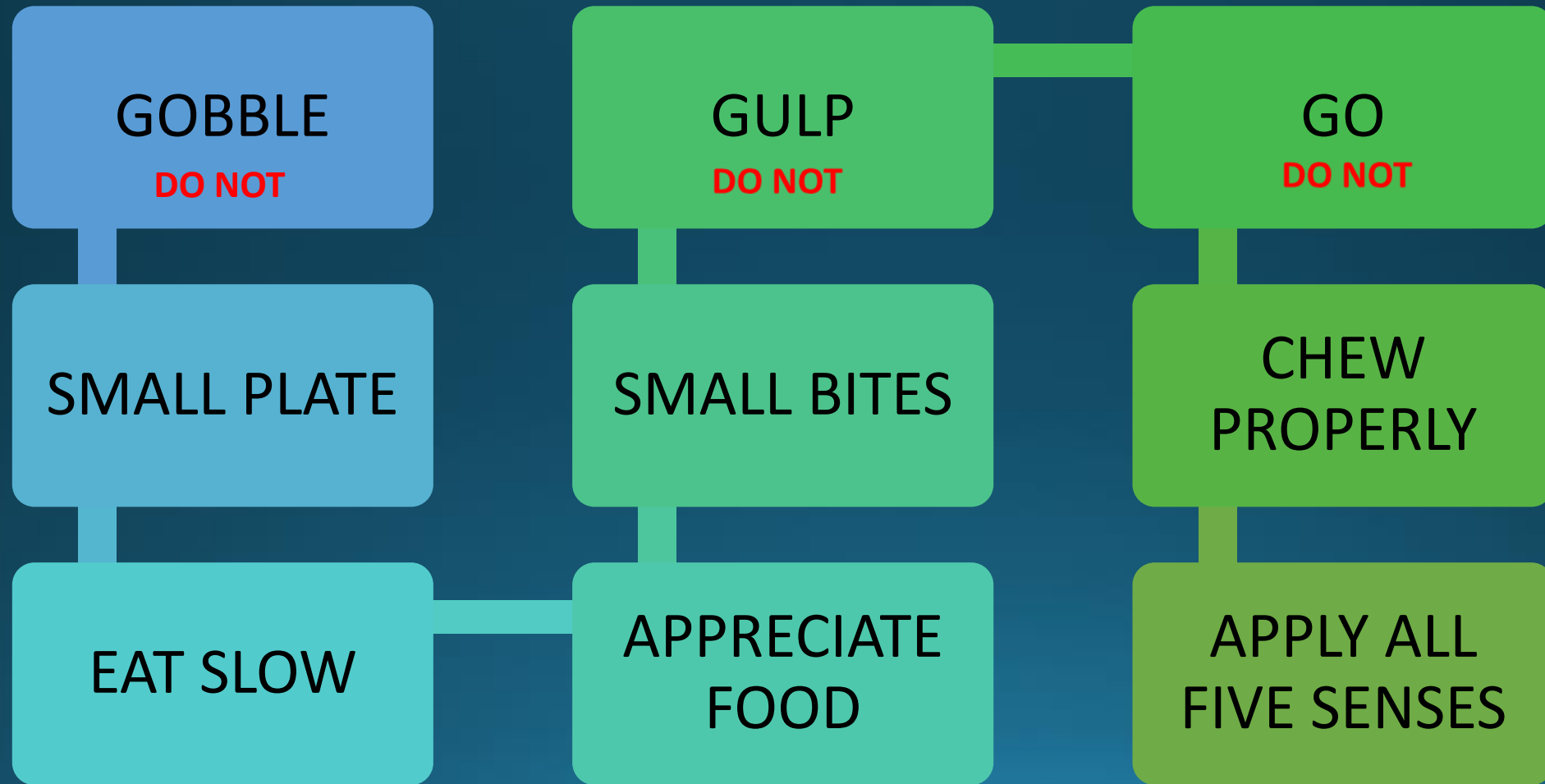
विहार (सद्वृत्त)

- सोच समझ कर कार्य
- शारीरिक सुखों के प्रति अनासक्त
- दान
- समानता का पालन
- सत्यवादी
- सहनशील
- ज्ञानवान लोगों के प्रति समर्पित

- The man who uses wholesome diet and behavior, who moves cautiously, who is unattached to sensual pleasures, who donates, observes equality, who is truthful, who is forbearing and who is devoted to venerable people becomes free from diseases.



# The art of Mindful Eating



**Benefits  
of  
Eating  
Slow  
&  
Mindfully**

Sensing  
satisfaction

Improved  
digestion

Better hydration

Smaller portions

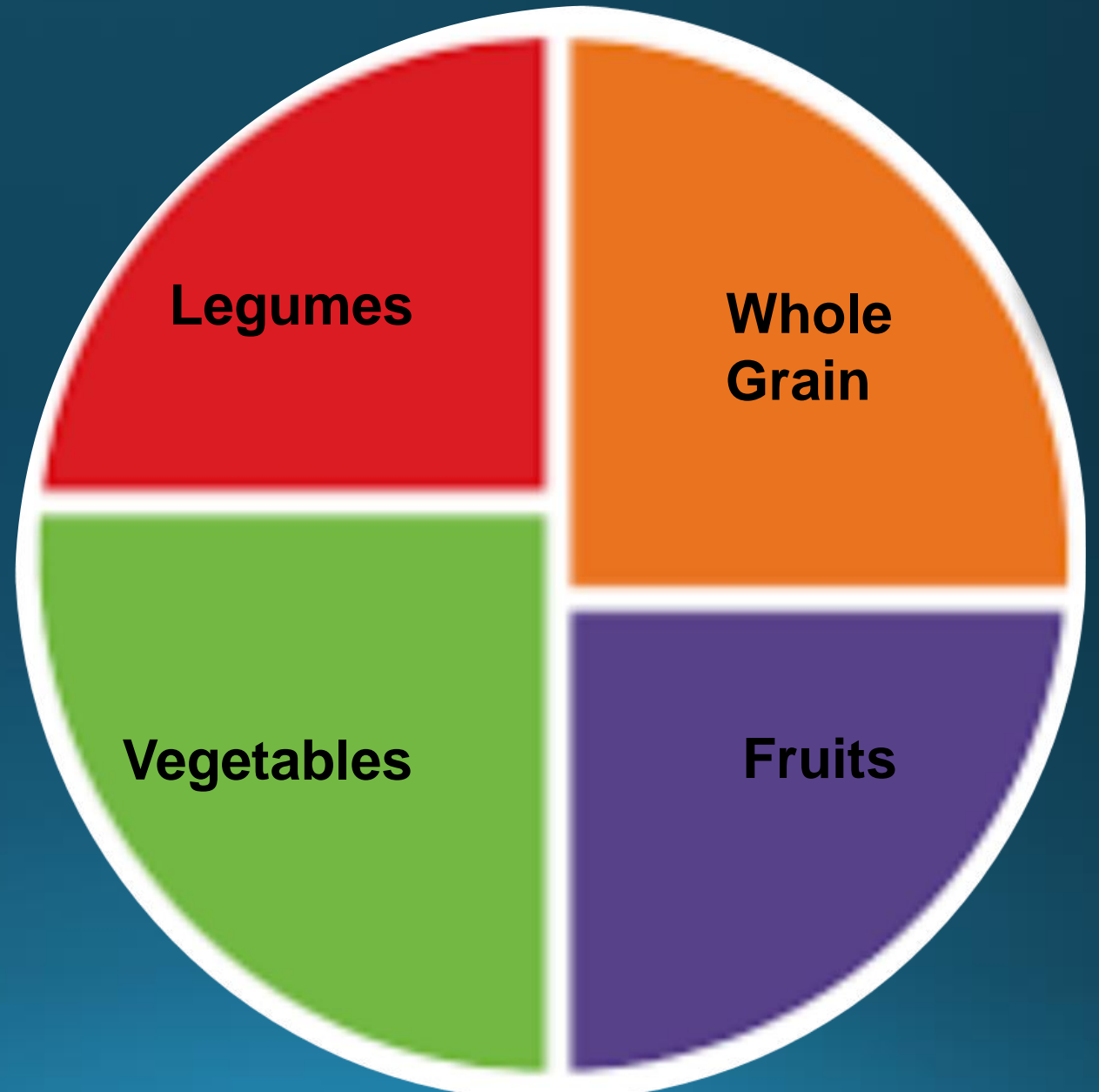
Less weight gain

**YOUR**

**PLATE**

**PORTIONS**

**PROPORTIONS**



This is what your plate should look like

NOW YOU GOT IT !



ਠੀਕਾਨੇ ਯੁੱਧ

