



## **NON-PHARMACEUTICAL METHODS OF HEALTHY LIVING**

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### **Abstract**

Reviewing upon the present scenario, where every day the mankind fights with a new disease, a new microbe or new climatic challenges, revisiting of the ancient texts is badly needed as per the author's view. It is observed that pharmaceuticals are losing their efficiency in front of a strong and reluctant group of agents of diseases and discomforts. Hence, a problem-solving technique of applying non-pharmaceutical methods of healthy living in the recent population may prove to be a better alternative. With this, most of the diseases can be prevented. In this paper some of the methods extracted from great ancient medicine of India, i.e. Ayurveda have been discussed. It is concluded in the end that for healthy and happy life discipline and mindfulness about activities of daily living (ADL) and food, sleep and sexual desires are essential.

**Keywords:** Non-Pharmaceutical Methods; Ayurveda; Activities of Daily Living.

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### **1. Introduction**

"Every day is a New Day" is the epitome of an age long gone. Now a day it has been replaced by "Every day is a New Disease." It has been observed that the mankind is suffering from various diseases. While, it is true that with industrialization and modernization, the climate is changing at an alarming pace, so are the diseases. This fight with origin of new bacteria's and viruses or mutations in genes is endless. Scientists are trying their level best to combat the challenges, but unfortunately, they are unable to keep pace with these invisible enemies. The only remedy, that seems to be the best strategy against it, is to improve the inherent immunity. Non-pharmaceutical methods of healthy living may do wonders in this regard. The reason is that most of the microbes are becoming resistant to the available pharmaceutical alternatives. Human bodies are also becoming resistant for many of so-called immune modulating supplements. The author thus hopes to incite in the medical community about the prevention of diseases rather than their cure.

## **2. Material and Methods**

To fulfill the above aim, the author decided to take elements of preventive health from Ayurveda texts, especially Charak Samhita. It is a five thousand years old hierarchy of knowledge from India. The text had explained many non-pharmaceutical methods of healthy living. A few among them have been taken here considering the length and scope of an article. These are as follows –

### **1) Eat What Your Body Needs**

This science had described that everybody is unique in its constitution. So whatever is decided for the individual unit, the constitution of the body has to be considered.

“Purusham Purusham Veekshya.....” (1) (Ch.Su.1/123)

The food must be selected accordingly to suitability of the body i.e. that gets digested and absorbed according to the digestive power of the individual. For example, if the body constitution is Vaataj; the person should take diet full of fibers, oils and with more nutritious, yet easily digestible stuff. The food should also be modified according to seasonal changes.

### **2) Never Exceeds Your Exercising Limits**

Everybody should exercise, according to the individual capacities and potentials. Otherwise, these may prove harmful for the person rather providing benefits of the activity.

“...Maatraya taam samaacharet.....” (2) (Ch.Su.7/31)

### **3) Never Stop Or Procrastinate The Natural Urges**

The natural urges, like urge for mictrution, defaecation, faunt etc. are not be forcefully stopped or delayed, as it would disbalance the harmony among body humors (vaat, Pitta, Kapha). It specially vitiates Vaat and becomes cause behind many ailments.

“.....Rogah sarve api jayante vegodeeran dhaaranai...” (3) (Charak)

### **4) Developing Self Control Habits**

The text clearly stated that mind and body are unseparable. When mind gets upset, it affects the body negatively. Hence it is suggested that the person should practice to be away from negative emotions like greed, sorrow, fear, anger, ego, shamelessness, jealousy and over attachment etc. These negative emotions also have the power to disturb the physical (Vaata, Pitta, Kaph) and the mental (Satv, Raja and Tama) humors to get converted into disease of various kinds and also in reducing the immunity level.

“Labh shok bhaya.....buddhimaan” (4) (Ch.Su. 7/27)

### 5) Disciplining Sleep Habits

In terms of quality and regularity of sleep hours. Controlling sexual urges according to the need of the body and mind. Simultaneously caring about the ethical and socio - cultural principles.

### 3. Conclusion

As told in the introduction that an infinite number of methods were described in the ancient text which can help a person to live a happy and healthy life without taking help from pharmaceuticals. The need basically is to have discipline in activities of daily living including care about basic amenities like food, sleep and sexual urges/desires. In short “Rely more upon your inner Army rather than depending upon the weapons from outside.”

### References

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