

Significance of Vyayama as Per Ashtang Hridaya

Dr. Sunil Kumar Yadav¹, Dr. Sunita Nagar², Dr. Dharmendra Choudhary³,
Dr. Isha Herswani³, Dr. Akanksha Rana², Dr. Abhilasha Meena²

¹Associate Professor, ²MD Scholar, ³Assistant Professor,
^{1, 2, 3}Department of Rachana Sharir, National Institute of Ayurveda,
Deemed- to-be University, Jaipur, Rajasthan, India

ABSTRACT

Ayurveda is a *veda* of *Aayu*, which represents ageing. *Ayurveda* is the most sophisticated of the four *Vedas* (*Rigved*, *Yajurved*, *Saam ved*, and *Atharva veda*). *Ayurveda* is derived from the words *Ayur* and *Ved*. *Dincharya*, which means "dine dine charya,"ⁱ refers to all health-related activities for prevention and promotion of sickness. The process starts with waking up early in the morning *Brham Muhurta Jagran*, *Malotsraga*, *Dantdhavana*, *Nasya*, *Anjana*, *Abhyang*, *Vyayama*, and other practises as mentioned by *Acharya Charak*, *Sushruta* and *Vagbhata*. In *Samhitas* *Vyayama* practice in daily life is beneficial, right *Vyayama* symptoms, indication, contraindication, and complications also described very well. Seasonal *Vyayama* and the benefits of effective *Vyayama* are also discussed in depth. *Vyayama* by season and the benefits of proper *Vyayama* are also thoroughly explained. The *Samhita Grantha* describes the *Niyudha* (fighting), *Bahuyudha* (fighting with arm-boxing), *Adhva* (walking), and *Vyayama Shilaniirghat* (gym) forms. If a person does not practice *Vyayama* on a daily basis, he or she may develop metabolic syndrome (obesity, diabetes mellitus, and hypertension). "Dear escaping. because of lion fear," this example is offered in the context of proper daily *Vyayama* practice. "Drag the elephant to assure the death of the lion."ⁱⁱ Using this example, explain the overcomplication.

KEYWORDS: *Vyayama*, *Ayurveda*

Objectives

In this study, we will attempt to comprehend a quick understanding of *Samyaka Vyayama Lakshan* as mentioned in *Ashtang Hridaya*.

INTRODUCTION

This essay attempts to explain the mystery of *Vyayama* as described in *Ashtang Hridaya*. "*Vyayama*" is an act that causes weariness in the body. *Vyayama* varies depending on the individual's body strength, age, diet pattern, season, and climate. It is a low-intensity form of exercise. It is required in everyday practice due to its function in promoting health and preventing sickness in *Ayurvedic* literature. It promotes health and provides maximum advantages. If the same *Vyayama* is performed incorrectly or in the wrong manner, it can lead to the development of a variety of dangerous ailments. *Vyayama* or physical exercise is an important preventive, curative and rehabilitative measure. We

How to cite this paper: Dr. Sunil Kumar Yadav | Dr. Sunita Nagar | Dr. Dharmendra Choudhary | Dr. Isha Herswani | Dr. Akanksha Rana | Dr. Abhilasha Meena "Significance of Vyayama as Per Ashtang Hridaya" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-6 | Issue-5, August 2022, pp.787-789, URL: www.ijtsrd.com/papers/ijtsrd50538.pdf



Copyright © 2022 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



have searched mainly oldest *Ayurvedic* literature: *Charaka Samhita*, *Sushruta Samhita* and *Astanga Hridaya*, *Gherand Samhita*. *Vyayama* means the activity by which specific and particular control has been done in the body. The basic meaning of *Vyayama* is to pull or drag or draw. M.M. Williams has quoted some important meanings of exercise i.e. strength or struggle, make great effort, exertion, take exerciseⁱⁱⁱ. *Apte Vaman* has suggested some other important meanings of *Vyayama* i.e. contention, struggle extending out, stretching out, gymnastic or athletic exercise, fatigue, labor^{iv}, effort exertion and a measure of distance. *Charaka* has explained that *Vyayama* produces lightness in the body, provides ability to bear troubles, reduces aggravated *Dosha* and improves the digestive power^v. It has been defined by *Sushrut* that the activity which produces *Ayasa* (tiredness) in the body is known as *Vyayama*^{vi}.

Charaka has described that the effort which produces stability and strength in the body is known as *Vyayama*^{vii}. *Vagbhatta* has also followed the *Charaka's* view.^{viii} *Vyayama* is most helpful in prevention of psycho- somatic disorders^{ix}.

MATERIAL AND METHODS

This is a conceptual research project. In this study we will only focus functional aspect of all five *Lakshana* of *Samyaka Vyayama* लाघवं कर्मसामर्थ्यं दीप्तोऽग्निर्मेदसः क्षयः विभक्तघनगात्रत्वं^x as mentioned in *Ashtang Hridaya*. Material is *Vagbhatta Samhita* and Different *Swasthavritta Vyayama* text books - "Sharer ayas jannam karma Vyayama sngitum."^{xi}. *Vyayama* leads to exhaustion is in the muscles and does not allude to mental tiredness. *Vyayama* does not enjoy daily home or outdoor activities because they both cause exhaustion, although *Vyayama* is active. It focuses on maintaining stable postures and relaxing muscles. It is described as "a stable and pleasant state." The movements are calm and controlled, and the breathing is in tune. The emphasis in regular *Vyayama* is on body mobility and muscle stress. *Vyayama* is typically associated with repetitive movement in the absence of synchronised breathing. According to *Ayurveda*, proper physical activity benefits not only our bodies, but also our minds, emotions, *Indriyas* (senses), and *Aatma* (spirit). When someone does proper *Vyayama* as described in phenomena that accept voluntary participation and require plenty of time to perform. The benefits include increased muscle strength and keeping the body in a healthy state for a longer period of time. It has been done in sufficient quantity.

Benefits of Vyayama

As indicated in *Ashtang Hridaya*, doing *Vyayama* on a daily basis generates *Laghavam*, *karmasarthya*, *Dipta Agni*, *Meda kshaya*, and *Vibhakt Ghanagatra*. All of these factors will be covered briefly.

Laghavam- During *Vyayama*, as the body moves, it burns calories by releasing ATP. Along with ATP release, heat is produced as an end product. As a result, perspiration is a type of heat. It lightens the body by catabolising ATP and producing heat.

Karma Samarthya- as *Vyayama* practice make muscles more flexible and muscular tone also increase. As a result of *Samyaka Vyayama* sweating produce. Sweating is considered as *Mala Nishkasana kriya* according to *Ayurveda Grantha*. After *Nishkasana* of *Mala* in the form of 'Sweda' *Srotas* become *Shuddha*. After excretion of *Mala* from body, body itself purifies, so whenever the person intake healthy food he will absorb more nutrients present in

the diet. He will be able to complete all of the tasks correctly and with enthusiasm.

Dipt Agni- As we practice *Vyayama*, we strengthen *Vata Dosha* and reduce *Kapha*. As a result, the *Avaranajanya Kapha* (another *Dhatu* and *Dosha* are overlapping by *Kapha*) *Dushti* can be erased, as will *Kaphaja Vyadhi*. Elimination of *Kapha* results in increased *Dhatwagni*, *Jatharagni* therefore *Agni* will be enhanced and if *Aam* (Undigested food) is present in the body, it will be removed, resulting in increased *Agni*.

Meda kshaya (Fat loss) - Obesity is typically defined as an imbalance between energy intake and expenditure, with excess energy being deposited in fat cells. Because *Vyayama* is the most important discretionary component of total daily energy expenditure, it has the potential to influence energy balance. *Vyayama* boosts energy expenditure, which helps to burn calories, which aids in the elimination of excess body weight. *Vyayama*, when combined with good diet, is the most effective approach to prevent obesity.

Vibhakta Ghana Gatra- *Vyayama* helps to increase in bone density and strength, prevent joint pain, increase muscle strength, muscle coordination. By cumulative effect of these *Vyayama* increases *Dridhta* in the body.

DISCUSSION

Ayurveda is a living science that focuses on illness prevention and all preventative methods, including *Dinacharya*, are critical for health and longevity. *Vyayama* is one of the most essential components of *Dinacharya*; one should follow the principles provided by *Ayurveda Acharyas* about *Vyayama* to preserve our health and lifespan; so, an attempt is made here to follow the notion of *Vyayama* and its relevance in *Dinacharya* in the modern day.

CONCLUSION

According to *Ashtang Hridaya*, opponents will be unable to beat someone who frequently practises *Vyayama*. To improve digestive fire, the body acquires

Laghavatvum (light weightiness).

Workforce physical strength

Reduce our body's fat content.

Import body tone and posture.

Body is nourished.

Firm up the limbs.

Increases circulation.

Bring tone and vitality to dhatus.

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 movement^{xii}. 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^{xiii}. 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*.

ⁱ Agnivesha, Nvegandharniya m Ad hayaya, In Sharma RK, Das bhagwan Charaka Samhita (with English translation of the text along with commentary Chakrapani) Vol 1, reprint edition Varanasi Chaukhambha orientalia; 2006. p. 151

ⁱⁱ Vagbhatta, Dincharya Adhayaya, In Murthy Srikant KR, Astang Hridaya (with English translation of text's) Vol 1, 9th edition Chaukhambha krishnadas Academy; 2013.

ⁱⁱⁱ William monier Sanskrit English dictionary 1st edition. p. 1038.

^{iv} Apte Vaman Shivram; 200

^v Agnivesha, Nvegandharniya m Ad hayaya, In Sharma RK, Das Bhagwan Charaka Samhita (with English translation of the text along with commentary Chakrapani) Vol 1, reprint edition Varanasi Chaukhambha orientalia; 2006. p. 152.

^{vi} Sushruta, Anagatabadhapratishtedham Adhyaya, In Sharma PV. Sushruta Samhita (with English translation of the text's and Dalhan's commentary along with critical notes) Vol 2, reprint edition Varanasi Chaukhambha Bharati Academy; 2005. p. 495.

^{vii} Agnivesha, Nvegandharniya m Ad hayaya, In Sharma RK, Das bhagwan Charaka Samhita (with English translation of the text along with commentary Chakrapani) Vol 1, reprint edition Varanasi Chaukhambha orientalia; 2006. p. 151

^{viii} Vagbhatta, Dincharya Adhayaya, In Murthy Srikant KR, Astang Hridaya (with English translation of text's) Vol 1, 9th edition Chaukhambha krishnadas Academy; 2013. p. 24

^{ix} Sushma Tiwari, Sangeeta Gehlot and SK Tiwari. Critical review on Ayurvedic perspective of exercise in Diabetes Mellitus and hypertension. Medha international Journal of multidisciplinary Researches 2010; 3: 18-24

^x Vagbhatta, Dincharya Adhayaya, In Murthy Srikant KR, Astang Hridaya (with English translation of text's) Vol 1, 9th edition Chaukhambha krishnadas Academy; 2013.

^{xi} charak samhita, vidyotni teeka chaukhamba bharti academy, sutra sthan chapter 7 page 161verse 31 .

^{xii} charak samhita, vidyotni teeka chaukhamba bharti academy, sutra sthan chapter 7 page 161verse 31 .

^{xiii} charak samhita, vidyotni teeka chaukhamba bharti academy, Viman sthan chapter 6 page 723verse 18.

