



PHYSICAL EXERCISE ON HEALTH & AYURVEDIC VIEW

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ABSTRACT

As part of habits or part of our living, one must always be indulging with exercise; instead of neglecting, it must be promote in ours & others day today life. Because there series of metabolic disease such as Obesity, Diabetes, Heart disease, Hypertension, Stroke, Thyroid diseases & Infertility can be prevented by promoting physical exercise.

Main cause of all these metabolic disorder is sedentary life style & food habits, after performing exercise on daily basis the same amount of calories can be able to burn. It is done by increasing BMR, improving blood circulation in all body parts & body organs, and formed by products; waste material or hidden toxins & waste material can be removed from our body.

As Ayurveda always says that prevention is better than cure, in Ayurveda's objectives it suggest that, "swasthasy swastha rakshanam aaturasy vikaara prashamanam cha" which has been explained in Charak sutrasthana 30/26

It means restore the healthy state of life of healthy one, one who afflicted to any disease it can be treated by curative therapy by giving medicine.

For restoring healthy state of life, there are several measures has been explained in Ayurveda, to perform physical exercise is the one of them.

So, by performing physical exercise one can really be preventing himself/herself from becoming the victim of many diseases.

KEYWORDS : Health, Physical exercise, Ayurveda, healthy state of life etc.

INTRODUCTION:

Now a day because of busy life, every one running behind the money, not taking care of their own health, they like instead of having physical work, due to laziness they wantedly desire to not only reside in air conditioner rooms but also find their job or work place in air conditioner rooms. As well as they delaying food taking habits or alters their food habits & sleeping pattern. In addition to this adopting the sedentary life style & food habits or unhealthy lifestyle this leads to becoming the victims for many unwanted unhealthy state of life or many diseases.

The Ayurveda have two objectives of to maintain healthy state of healthy one & to cure the different ailment if occurs by giving Ayurvedic appropriate regimens.

So, by performing physical exercise one can really be preventing himself/herself from becoming the victim of many diseases.

What is Physical Health?**As per Ayurveda:**

Waghata Acharya says about health, so health is defined as pleasant sensation in body & mind i.e. *sukha sanghyakam aarogyam*'.

The health definition is explained by Acharya Sushruta in sutrasthana 15/41;

"samadosha sama agnisch sama dhaatu malah kriyah, prasanna aatmendriyah manah swastha iti abhidhiyate"

It means the equilibrium or homeostasis of not only three doshas, appropriate functioning of digestive fire, appropriate functioning seven dhaatus & three malas, but also there must be pleasant sensation in mental factors like happiness in soul, five sense faculties.

World health organization's Definition:

"Health is a state of complete physical, mental and social well being and it not merely an absence of disease or infirmity".

The world definition of health has been criticized as being too broad. Some argue that health cannot be defined as a state at all but must be seen as a process of continuous adjustment to the changing demands of living and of the changing meanings we give to life. It is dynamic concept, it helps people live well, work well and enjoy themselves.

What is Physical Exercise?

1. In Ayurveda(*Charaka Samhita*) physical exercise is defined as, in Charak Sutrasthan 7/31 it is stated that; the activity of the body which is meant to increase its firmness and the strength is regarded as physical exercise, it must be practice in right measures.
2. Dictionary meaning of exercise is as, To subject to drills, systematic movements etc, so as to train or develops troops,

muscles, the mind etc. or to make habits of used reflexively or in the passive to be exercised in good works. Or one who occupy the mind of especially to make anxious. Or one who have to undergo training.

What are symptoms of appropriate physical exercise?

Any persons can be performing the physical exercise no doubt about it; but up to how much time period? What are the physical sign & symptoms? Where he or she cannot exceed the physical exercise? One must know the answers for all these questions.

The symptoms of perfect of appropriate physical exercise has been explained by Acharya Charka as, in chaarak sutrasthan 7/33(1) it states that;

"The appearance of perspiration, increased respiration, lightness of limb and a feeling of oppression in the cardiac region indicates the full measures of physical exercise".

What are the benefits of exercise?

While explaining the benefits of exercise Carakcharya has mentioned in Chaaraka sutrasthan 7/32 it indicate that;

- Lightness-due to improvement of circulation lead to removal of waste material from our body which has been hidden deeply in the tissues in the form of sweating by increasing BMR.
- Capacity of work- due to utilization of fresh oxygen & removal of carbon dioxide, other toxins & waste materials, all the body organ improves their functioning.
- Firmness – blood glucose is being utilized to build the more protein in muscles it improves the firmness & strength.
- Tolerance to hardship – protein anabolism leads to improve the disease tolerance & immunity.
- Subsidence of humeral discordance- due to improved blood circulation BMR will also improve it leads to improvement of hormonal co-ordinations.
- Stimulation of gastric fire accrues form exercise- after removing dirt, toxins, waste material from our body all organs functions will get improved specially digestive stimulated appropriately.

Ayurveda says; one who are always indulging with proper exercise that can be able to digest even though toughest food like stone also.

What are adverse effects of Physical Exercise?

Adverse effects of physical exercise can be seen who is performing physical exercise beyond the limits, symptoms are explained by Acharya Charaka in sutrasthana 7/33.

That is physical exercise should in the proper or appropriate amount, if it does not happen in appropriate amount it affect adversely on our body which leads to become cause for various diseases as;

- Fatigue- due to increased BMR leads to burning of all energy leads to tiredness in muscles as well as in body.
- Exhaustation- due to higher BMR, excessive heat is produced it leads to temperature will be lost with water & electrolyte.
- Wasting- excessive exercise leads to burning of not only carbohydrate & fats but also it will causes to burn protein also these leads to wasting.
- Heamothermia- due to increase in BMR leads to increase in temperature.
- Dyspnea (Asthama)- due to excessive loss of body tissue and also due to heavy exercise the respiratory rate as well as heart rate is goes on increasing leads to hyper functioning of Respiratory & cardiovascular system.
- Cough- during heavy exercise the respiratory rate is goes on increasing leads to hyper functioning of Respiratory system.
- Fever- this symptoms indicates the red signal for to stop the exercise, if it persist continued leads to symptoms become worst.
- Vomiting- it worst symptoms due to excessive exercise leads to contraction or convulsion like mechanism in smooth muscles as well as skeletal muscles.

These are results from over exercise or sign & symptoms seen after performing physical exercise beyond limits. These are the symptoms are explained in increasing symptoms in the order or becoming the worst one after another. So, one must be aware about to have appropriate exercise.

To whom physical exercise is not allowed?

Some people or some conditions where exercise cannot be carried out which are explained by Caraka in Charaka Sutrasthana 7/34(1/2) as follow; as contraindication for physical exercise.

Sr No.	Habits/behavior	Mental factors	Age factors	Diseases conditions
1	Who is emaciated by over exercise	Who is always way fearing,	Who is in tender age,	Who are afflicted with hunger
2	Who is always indulging with sex act	Who is afflicted with anger	Who is in advanced in age	Who are afflicted with thirst
3	Who is always load carrying	Who is afflicted with Grief		Progressive conditions in all disease.
4	Who is always indulging with vata-dosha aggravating habitués	Who is afflicted with toil?		
5	Who had given to loud and much talk			

DISCUSSION:

Main cause of all these metabolic disorder is sedentary life style & food habits, after performing exercise on daily basis the same amount of calories can be able to burn. It is done by increasing BMR, improving blood circulation in all body parts & body organs, and formed by products; waste material or hidden toxins & waste material can be removed from our body.

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In the morning time air will be fresh which contain high amount of oxygen as compare to other time; so it could be beneficial for all the way of healthy conditions as well as improve all pathogenic condition & person will live good healthy & longer life.

CONCLUSION:

For leaving healthy state of life, food is required as the prime need. In similar way the exercise also required to perform for good health; because now the days the day to day's physical activities are not done regularly & most of replaced by sedentary life style.

As person is taking food in the way which is always more than his need, or required amount of calories are being utilized, but most of food converted into lipids or fat because of not doing physical exercise & in this way fat or lipid level of our body get increased, it increase the lower lipid level like cholesterol.

This lower lipid i.e. cholesterol causes several pathogenesis leads to several metabolic disorders like Obesity, Diabetes, Heart disease, Hypertension, Stroke, Thyroid diseases & Infertility. These are known elegant diseases & could be prevented by promoting physical exercise.

For those who kept himself on the lifelong medicine the dose of medicine may become decreased gradually & looks healthier day by day, by promoting physical exercise in their life.

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