



## CHANKRAMANA – BOON FOR PREVENTION & CONTROL OF LIFE STYLE DISORDERS

**Dr. Archana Panchaxarimath\***

Professor & HOD, Department of Swasthavritta and Yoga, Parul Institute of Ayurveda and Research, At and post: Ishwarpura, Tal. Waghodia, Vadodara-391760, Gujarat, India \*Corresponding Author

**Dr. Shruti Karemore**

Assistant Professor, Department of Swasthavritta and Yoga, Parul Institute of Ayurveda and Research, At and post: Ishwarpura, Tal. Waghodia, Vadodara-391760, Gujarat, India

**ABSTRACT** Ayurveda is a life science where various principles for prevention and treatment of diseases are mentioned. The goal of medical fraternity is to promote, preserve health and to restore health when it is impaired. Incidence of life style disorders like hypertension, diabetes mellitus, dyslipidaemia and obesity associated with cardiovascular diseases are high on the rise. Ayurveda describes ways to prevent and manage life style disorders. Dinacharya is one of the principles mentioned in ayurveda in context to prevention. According to WHO sedentary lifestyle is an important risk factor for most of the lifestyle disorders. Ayurveda perceives that positive health depends on healthy lifestyle of an individual. *Acharya sushruta* explains *chankramana* as light exercise, which helps to enhance digestive fire there by increasing life span, strength, complexion and health.

**KEYWORDS :** *Chankramana*, lifestyle disorders, prevention, control, non communicable diseases.

### INTRODUCTION:

The present scenario is facing a burden of life style disorders such as CVDs, Diabetes, obesity, mental stress as a result of sedentary life, unhealthy food habits. Due to this etiological transition there is a marked rise in the prevalence of Non communicable diseases. As the risk factors of NCDs are modifiable the incidence of non communicable disorder can be prevented and controlled by modification of life style.

Why should we start walking for heart health? Walking doesn't get the respect it deserves, either for its benefits or for its role in relaxation? In Ayurveda classical texts benefits of chankramana are mentioned under Dinacharya chapter by Sushrut acharya

### CHANKRAMANA:-

*Chankramana* (Walking) is one of the best forms of exercise. It can be considered as *laghu vyayam*. *Chankramana* means going about, walking, going slowly or crookedly. Walking together with its variants –running, going up and down stairs is a skilled coordinated action which we acquire in infancy and improve with practice. The co-ordinated action of *gata* and *agata* is called as *Chankramana*. Going about crookedly or rhythmically is called as *Chankramana*. To move along on foot slowly for about 100 steps is *Chankramana*.

In lean and weak person where exercise is contraindicated; *Chankramana* can be advisable. *Sushruta* has explained its benefits as sustenance of life, strength, digestive fire in proper condition also it helps to increase intellect and grasping power.

*Acharya charaka* has explained its importance in prevention of *prameha*. Also importance is given to walking in treatment of diabetes mellitus both in Ayurveda as well as in modern science. Sedentary life style is main cause for *prameha*. So the regular practice of walking may help to prevent it.

Apart from this regular brisk walking appears to have a protective effect which may be related to its ability to increase HDL cholesterol, lower blood pressure, reduce blood clotting and promote collateral vessel developments, also causes an improvement in the outlook.

### Importance of chankramana in Digestion of food:-

After *Bhojana* one should sit like a king comfortably till the fatigue is relieved, then go for a walk for about 100 steps and then lie down on left lateral position. *Chankramana* after meals is helpful in digestion as it breaks complex food in to simple form and makes it loose. If the person sits soon after taking meals it will lead to drowsiness. As stomach lies obliquely in the upper and lateral part of the abdomen occupying epigastric umbilical and left hypochondriac regions. Most of it lies under cover of the left costal margin and the ribs. So lying in left lateral position will support the stomach and helps for easy

digestion and also prevents the chance of regurgitation of food through cardiac notch. It gives feeling of comfort in neck, knee and back.

### Role of Chankramana in Prameha:-

*Prameha* approaches immediately like a bird to its nest-tree, to the person who is greedy in eatables and has dislike for bath and walking. The patients of diabetes who are poor, should undertake a journey on foot for more than four miles without using umbrella or foot wear. When the *prameha* will be in *praviruddha avasta* the patient should indulge in physical activities like wrestling, sports, riding on elephant horse or chariot, do the work of foot soldiers, walking briskly, arching etc daily. In type 2 diabetes there is insulin resistance may be due to any one of the 3 general causes, an abnormal insulin molecule, an excessive amount of circulating antagonists or target tissue defects. The last is the most common cause of insulin resistance in type 2 diabetes and seems to be the predominant abnormality in those with more severe hyperglycaemia. Fuel of the muscles is fat during light exercise as the exercise increases in severity, greater and greater proportion of glucose is used. In very hard exercise glucose becomes the sole fuel. Thus it helps to reduce the glucose level in the blood and prevents the development of type 2 diabetes in overweight people.

### Get rid of obesity by walking:-

The *Chankramana* which is not producing more physical exhaustion will increase the life span, strength, intelligence and digestion also gives strength to sense organs. It reduces body fat increases taste and reduces *kapha* and *sukumatra* and it is pleasing. It helps to get rid of unwanted fat around your waist. Walking briskly for half an hour consumes a couple of hundred calories and boosts the metabolic rate for the rest of the day. It helps to get rid of unwanted fat around the waist. Daily 30 min of brisk walking will increase the basal metabolic rate and prevent obesity. During exercise growth hormone utilization is increased. It has been observed that during exercise mobilization of deposited fat is increased by the growth hormone secreted in larger quantity.

### Walking for heart health:

There are large valve, less venous sinuses in its substance. when the muscle contracts the blood in these sinuses is pumped out. When it relaxes it sucks the blood from the superficial veins through the perforators. So due to muscular contraction during walking venous return to the heart rises sharply, as a result the venous blood moves towards heart, the working muscles and heart are better feed and better drained. In this way efficiency of Cardiovascular system increases.

Brisk walking is good for heart. Walking is the best exercise for building cardiovascular endurance. It increases blood supply to the heart and keeps the heart muscles in shape. It improves the cardiac risk factors such as cholesterol, Blood pressure, obesity, vascular stiffness. It lowers the blood pressure. Systolic pressure rises usually in

moderate isotonic exercise like walking, jogging. The diastolic blood pressure usually falls and the mean blood pressure does not usually change much, but may fall in many cases. It increases the level of HDL cholesterol in the blood. The pulse pressure rises sharply. The systolic BP depends more on the cardiac output and as the cardiac output rises due to brisk walking systolic BP also rises. The diastolic BP is more dependent on the peripheral resistance. During muscular exercise, the peripheral vascular resistance falls, so the diastolic BP also falls usually. Walking 5 to 6 times a week reduce the risk of suffering a stroke caused by a clot by 40%.

#### Walking for pregnant women:-

Walking is safe & Considered to be the best exercise for pregnant women. This decreases the risk of several complications including gestational diabetes mellitus, pre-eclampsia & excessive gestational weight gain.

#### Walking for Mental Health:-

Those suffering from chronic depression can be benefited by quick walk. Those who walk regularly for months together over a period of time, could decrease drug dependence and avoid a relapse.

#### Walking for Musculoskeletal health:-

Walking reduce pain in osteoarthritis by strengthening the muscles around the joint. Walking is an action which involves many joints and muscles, but is performed by each of us without conscious effort until one of the muscle or joint components involved is disordered. As muscles of the calf play an important role in circulation. These muscles help in the venous return from the lower limb.

#### Physiology behind walking:-

As we walk we move our body components in an orderly manner, adapting to the space and hazards around us. If any part of the sensory system is disordered gait may also be affected. The propulsion muscles are the flexors of the toes the plantar flexors of the ankles and the extensors of the knee and hip. The swing 'through' muscles are the extensors of the toes, the dorsiflexors of the ankle the flexors of the hip and extensors of the knee and the flexors of the hip. The abductors and medial and lateral rotators of the hip and side flexors and rotators of the trunk also work in weight transference and pelvic movement. Without adequate pelvic movement in both rotation and hip hitching correct walking is impossible. The upper trunk and head rotators also work, so that the face and upper trunk maintain a forward facing direction. The range of work depend upon the length and height of the step.

#### DISCUSSION

Most of the non communicable diseases occur more commonly in sedentary persons. Over a long term regular walking can do a lot of good by way of preventing them. Regular walking helps to control weight and tones up the body. It also cuts down the future risk of many chronic diseases by 30 to 40 percent. After meal, get outside, walk and breathe deeply for fifteen to thirty minutes. Do not sit after eating. After every meal a walk is the rule.

In case of *prameha chikitsa* walking without foot wear for 1229.59kms is indicated. *Prameha* is *santarpanajanya vyadhi*, so here *Apatarpana* is the line of treatment. For *sthoola pramehi* walking without foot wear for a distance of 800-900 miles is indicated. Type 2 diabetes is associated with an affluent life style that is likely to arise in genetically predisposed individual who eat too much and exercise too little. Promotion of healthy diets with reduction in refined carbohydrates and saturated fats and avoidance of being overweight combined with regular exercise like walking has shown promising results in the primary prevention of type 2 diabetes. So daily practice of walking can prevent it.

#### CONCLUSION:

Life expectancy is falling in all ethnicities and countries and this scenario is likely to get worsen; at this juncture there is a bad need to look into the opportunities which are available in ancient medical systems. Ayurveda with a outstanding potential to reverse the worsening health status across the world & is the best option for achieving the goal of personal health along with public health.

*Chankramana* helps to increase the *Ayu, varna, Bala, Swathya, utsaha, Prasannata* and plays an important role in prevention and control of lifestyle disorders. By adopting regular walk in daily routine one can keep himself healthy and fit. So make walking part of your daily life.

“Walk to work and to the store.” Go for a walk at lunch time instead of spending your time in the cafeteria. Because you don't need any special equipment to walk in the course of your daily life. “Walk daily and stay healthy.”

#### REFERENCES

1. Suryakantha AH,community medicine with recent advances#5th ed. newdelhi:jaypee brothers;2017
2. Vaidya Yadavji Trikamji Acharya Sushruta samhita with dalhana commentary#1st ed Varanasi: chaukambha surabharati prakashan;2014
3. Bhisagratna Brahmashankar Shastri Bhavaprakash of Bhavamishra with vidyotini teeka#1st ed Varanasi:chaukambha Sanskrit bhavan;2017
4. Vaidya Yadavji Trikamji Acharya Sushruta samhita with dalhana commentary#1st ed Varanasi: chaukambha surabharati prakashan;2014
5. Vaidya yadavaji trikamji Acharya Charaka samhita of Agnivesha with ayurvedadipika commentary#1st ed Varanasi: chaukambha surabharati prakashan;2016
6. Suryakantha AH,community medicine with recent advances#5th ed. newdelhi:jaypee brothers;2017
7. K.Park.Preventive and social medicine#24thed.JabalpurIndia:M/S Banarsidas.Bhanot Publishers;2017
8. Shastri L.yogaratnakar vidyotini hindi teeka sahita#1ed.varanasi:choukhamba prakashan;2017
9. Chaurasia.B.D Human Anatomy vol 2#17th ed newdelhi: cbs publishers & distributors pvt Ltd;2016
10. Vaidya yadavaji trikamji Acharya Charaka samhita of Agnivesha with ayurvedadipika commentary#1st ed Varanasi: chaukambha surabharati prakashan;2016
11. Dr.B.Ranarao Astangasangraha of vagbhata sutrasthana vol 1#1st ed Varanasi: chaukambha vishwabharati;2006
12. Vaidya Yadavji Trikamji Acharya Sushruta samhita with dalhana commentary#1st ed Varanasi: chaukambha surabharati prakashan;2014
13. Vaidya Yadavji Trikamji Acharya Sushruta samhita with dalhana commentary#1st ed Varanasi: chaukambha surabharati prakashan;2014
14. Chaurasia.B.D Human Anatomy vol 2#17th ed newdelhi: cbs publishers & distributors pvt Ltd;2016
15. Suryakantha AH,community medicine with recent advances#5th ed. newdelhi:jaypee brothers;2017
16. K.Park.Preventive and social medicine#24thed.JabalpurIndia:M/S Banarsidas.Bhanot Publishers;2017
17. K.Park.Preventive and social medicine#24thed.JabalpurIndia:M/S Banarsidas.Bhanot Publishers;2017
18. Christopher P. Connolly etal. walking for pregnancy: a literature review & considerations for future research. journal of sport and health science 2019(1-11)
19. <https://www.stylecraze.com/articles/health-benefits-of-morning-walk/#gref>
20. Chaurasia.B.D Human Anatomy vol 2#17th ed newdelhi: cbs publishers & distributors pvt Ltd;2016
21. Chaurasia.B.D Human Anatomy vol 2#17th ed newdelhi: cbs publishers & distributors pvt Ltd;2016
22. Vishram Singh Textbook of Anatomy vol 2#2nd ed newdelhi:reed Elsevier india private limited;2014
23. Rachel.Koshi Cunningham's manual of practical anatomy vol 1# 16th ed.oxford: oxford university press; 2017