



ORIGINAL RESEARCH PAPER

Ayurveda

TOMORROW - AYURVEDA IN A DAILY ROUTINE

KEY WORDS: AYURVEDA, DAILY, TOMORROW

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ABSTRACT In future Dially routine as per Ayurvedic is not difficult to follow because today's and tomorrow's researches make Ayurvedic drugs or things are available in different forms as per human needs. The Aims and objectives of this article is to promote the Ayurvedic researches and to do promotion and propagation of Ayuveda. Ayurveda including Panchakarma comes in daily routine of human being as dincharya mentioned in Ayurveda. So in future everyone will be using Ayurveda in daily routine because of various new researches of Ayurveda. Promotion and propagation of Ayurveda takes place by using it in daily routine.

INTRODUCTION:

The daily routine in Ayurveda was written thousands of years ago but today it will be very challenging for everyone to live completely according to this routine. In future it is not difficult to follow because today's and tomorrow's researches make Ayurvedic drugs or things are available in different forms as per human needs. For example of Dant dhawan (Tooth Washing) – Previously only Kashtha and Churna was available for danta dhawan. As various researches done in Ayurveda, now days for dant dhawan various tooth pastes are available. Keeping Ayurveda in daily routine will inspire and helps in bringing out the best. So ultimately in future Ayurveda comes in daily routine of every one.

Aims And Objectives:

To promote the Ayurvedic researches.
To do promotion and propagation of Ayuveda.

Material And Methods:

Ayurvedic products, drugs, things etc.

Daily Routine:

Morning:

After defecation and micturation clean the hands with Ayurvedic washing liquids.

Mukha Dhawan:

By Ayurvedic face wash brings freshness in the morning.

Abyanga (Massage):

Ayurveda recommends that you massage yourself in the morning by ayurvedic massage oil (Tila taila, Vatanashak taila etc), for about few minutes. Massage keeps us strong and is beneficial for body and mind.

Snan (Bath):

Take a bath by hot water and Ayurvedic soaps (Eladi soap, Medimix etc) to remove any excess oil.

Ayurvedic Herbal Tea:

Take Ayurvedic herbal tea for energy to the body and avoid the addiction of routine tea, coffee etc and its side effect such as hyper acidity, burning chest etc.

Herbal juice:

Taking herbal juice of Amalaki gives continuous energy and rasayan effect of Amalaki.

Mid day:

Lunch:

Ayurvedic diet: Ayurveda recommends that your lunch should be taken between 12 and 1 pm and your lunch should be your largest meal as the predominant element during this time of the day. Ayurvedic diet helps to keep body away from any disease and complication.

Evening and Night:

Ayurvedic Herbal Tea:

Take Ayurvedic herbal tea for energy to the body, to relax and to relieve strain of work etc.

Dinner: Fruits:

To complete the requirement of body for various elements.

Aurvedic Diet:

Vegetarian fibrous diet in appropriate quantity must be taken which will help for defecation.

Ayurveda Panchakarma Therapy:

The Ayurvedic panchakarma treatment helps in removing the excess amount of doshas, thus fixes the imbalances in the body and thus reduce the harmful ama from our body. One of the main benefits of Panchakarma, in addition to the physical, is the creation of an internal environment that allows the mind to to move from a state of confusion and dividedness to one that is clear, calm and whole. Panchakarma is of great benefit for supporting the treatment of chronic disease, for the purpose of rejuvenation and longevity.

CONCLUSION:

1. In future everyone will be using Ayurveda in daily routine because of various new researches of Ayurveda.
2. Promotion and propagation of Ayurveda takes place by using it in daily routine.
3. In future everyone knows the Ayurveda.
4. Everyone tries to do the Ayurveda as a best as compare to other science.

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