



ORIGINAL RESEARCH PAPER

Ayurveda

LITERATURE REVIEW ON AKAAL MRITYU (PRE-MATURE DEATH) IN AYURVEDA

KEY WORDS: Akaali Mrityu, Adharma, Ayurveda.

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ABSTRACT

Background: Everyone born on this earth has to die one day. No one is immortal on this earth. Difference is that, some people die at the age of 90 to 100 years and above. This type of deaths are considered as natural death or death due to old age. But on the other hand, some people are dying in early age or in middle age called pre mature death(akaal mrityu).[1]

There are four types of Yuga described in Vedas and in Geeta. These are Kritiyuga^[2] Tetrayuga, Dwaparyuga and Kaliyuga. In Kritiyuga, Tetrayuga, Dwaparyuga and Kaliyuga human life span was 400 years, 300 years, 200years and 100 years respectively. In that Yugas behavior of humans were so kind and sweet. Holistic approach was everywhere in the society. There was honesty and purity among people. There was no desire for attachment to material things. There was a great spirituality.

Resent survey says that, average life span of human beings is in between 55 to 60 years. Which are the probable reasons behind it? Why human life span is declining? Answer of these questions are given in this paper.

AIMS AND OBJECTS

To see the probable reasons of akaala mrityuvu described in Ayurveda literature.

MATERIALS AND METHODS

In Kritiyuga, Tetrayuga and Dwaparyuga all the peoples were with full of oja, prabha, teja, on their face. They have control on their mind and senses. Mostly they were free from anger, greed, ego and possessiveness. There was purity and honesty. Their approach was holistic towards society and giving more concentration to achieve spiritual knowledge. Of course they were looking young with great power of bless.^[3]

Money we earn should be meet our basic needs. It should bring us happiness. Accumulation of more money may bring us prosperity, power and fame but not necessarily happiness. To earn more money unethically is Adharma. This is what we experience every day. It is the main cause of akaala mrityu.^[3]

Dharma, artha, Kama and moksha's are four Purusharthas [4]. To achieve that purusharthas health is essential. In other words, we have to follow above mentioned Purusharthas to reach the swarga. Here, Dharma means not a religion like Hindu, Muslim and bhaudha.^[5]

DHARAYATIITI DHARMA I

Actually, the act which is beneficial for self, our family, our neighbour, our society, our nation and universe. Patience, non- violence, non- corruption, relation with good people, to respect others, to take care of others, always thinking about betterment of our nation, all these are the types of dharmaacharan.

Artha is required to meet our basic needs. It is also called as Purusharth. It means, we have to select your interested field which will give satisfaction, money and also support our national development.

Kama: It encompasses desires, wishes, passions, emotions, and pleasure of the senses. In other words, the aesthetic enjoyment of life, affection, and love- with or without sexual connotations comprise of Karma. Kama is "love" without violating dharma. Kama is an act performed for the betterment of self and society. here anger, greed, jealys, ego are replaced by kindness, love, affection, honesty.

Moksha: Liberation from the cycle of death and rebirth by cultivating virtuous values through meditation, pranayama, dharmachaaran forms the basis of Moksha. In some schools of Hinduism, Gurukulas Moksha connotes freedom from samsara, the cycle of death and rebirth. In other schools, Moksha connotes freedom, self-knowledge, self-realization and liberation in this life. we have to drop ego, cool and calm in every situation, performing work without any expectations. Man without any desire will get Moksha.

We have to follow Dharma Arth, Kaam and Moksha to achieve more healthy life to prevent akaala mrityu.

Ahar, nidra and brahmacharya are basic pillars of human life. tryopsthabha which maintain prolonged good health[6]. Diet should not be too more or to less. it should be as per the requirement of our body. Heavy diet and lack of exercise later on leads to obesity, impotence, diabetes CAD, hypertension. Less diet, fast, starvation leads to malnutrition, marasmus. Persistence of excess or less diet leads to pre mature death. (akaal mrityu)

Nidra: Usually 7 to 8 hours sound sleep is essential to maintain good health. Persistence of Less or excess sleep may lead to pre mature death.

Brahmacharya: we have to perform daily routine activities in such a way considering yourself a Brahma. Our activity should be just like to that of brahma. Vat pitta kapha, biological humors 7 of human body and satva raj, tam mansik gunas regulating activities of body and mind. Ahar nidra and brahmacharya are essential to promote healthy life.

Adharma leads to pradnyapradha, some kings and businessmen developed a will for material things which give birth to adharma. According to Ayurveda, adharma is the root cause of death in early age (akaala mrityu). Adharma leads to possessiveness for material things^[6]

In this materialistic world, peoples become more lazy and lethargic. Overeating of sweet, meat, dairy product and lack of physical exercise leads to sthaulya (obesity). Persistence of^[9] above said etiology diseases like obesity, diabetes, hypertension, coronary artery syndrome, heart disease, stroke, cancer of colon. These disease are said to be

contributory factors for death in early age. Less food intake for once capacity for prolonged duration leads to malnutrition, marasmus, growth retardation, anemia, tuberculosis .these diseases are also considered as contributory factors for akaala mrityu.

In charka Samhita (su.sthan 27/4) described that consumption of alcohol beyond once capacity for prolonged duration leads to liver cirrhosis, pancreatitis, esophageal varices, ascites. [10] Acharya Charka has explained eight stigmatized bodies under the heading of ashta nindit including obesity, marasmus ,gigantism dwarfism, albinism etc . Acharya charka has also [12] explained eight powerful disease such as diabetes, leprosy udar, tuberculosis, grahani, epilepsy those are very difficult to treat. Hence, life span is reduced due to above said diseases.

RESULT

Due to pradnyapradh, our intellect does not think in a straight way. We lost, patience, thinking of others, same vision for others, truth and non - violence.

People becomes more possessive and easily get attracted towards material things. Honesty and purity is put aside by them. Overeating, faulty diet habit, selfishness, ego, greed, anger has taken a place of purity and honesty. Heavy meal at night and lack of physical exercise and continuous under stress are important causes for death in early age (akaala mrityu).

Pradnyapradha results in addictions such as tobacco chewing, smoking, alcohol consumption e.t.c. are supposed to be the contributory factors for akaala mrityu.

DISCUSSION

To prevent the effect of adharma and pradnyapradha, people have to give up accumulation of material things. We have to stick up with purity and honesty. People should have control on mind and senses. Means to overcome on akaala mrityu you have to follow dharma. Good behavior with others is a dharma. To think of others is a dharmacharan. To live violence free is a dharma. Truth is dharma. Food intake in proper quantity at proper time is a dharmacharan. Sound sleep for six to eight hours and self- mastery are the secrets to prevent akaala mrityu.

We can live longtime healthy life to achieve moksha through Dharmacharan.^[10]

To prevent akaala mrityu proper diet, sound sleep and self-mastery are required.

To prevent akaala mrityu, follow Ayurveda acharrasayan and aushadhirasaayan

Do not suppress natural urges persistently^[11]

Perform regular exercise, give work to your body parts.

Do not attract towards material things.

Do right things. Sole- purity, honesty, paropkar, non -violence are the things that will give long life and moksha^[12]

Ultimately prevents akaal- mrityu.

CONCLUSION

Adharma and pradnyapradha has huge impact on akaala mrityu. Ayurveda the science of life could contribute significantly in improving everyone's health. To live happy and prevent Akaala mrityu we have to follow dharma acharan.^[13]

SUKHAARTHA: SARVABHOOTANAM MATA SARVA: PRAVRUTAYAI^[14]

SUKHAM NACHA VINAA DHARMAAT TASMAT DHARM PARO BHAVET II (VAGBHATA)

SAI ITANA DIJIE JAA MAI GHAR SAMAAU I
MAI BHI BHUKAA NA RAHU SADHU BHI BHUKAA NA JAI I
(KABIRDNYANGANGA)^[15]

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