

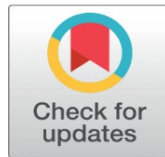
A SHORT REVIEW ON AYURVEDIC APPROACH TOWARDS THE MAINTENANCE OF PERSONAL HYGIENE

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ABSTRACT

Ayurveda not only a healing system but also it is a living style. So to protect the health and achieve the long life one should follow the some regiments describe in Ayurveda. That is daily regimens and seasonal regimens.

During covid-19 whole world suffering from several illness that time only personal and social hygiene play major role. All these hygiene guidelines mentioned in Ayurveda. Personal guidelines mentioned under title of *dincharya*. In this review study will focus on Ayurvedic Approach towards the maintenance of personal hygiene.

Keywords: Ayurveda, Personal Hygiene, *Dincharya*

1. INTRODUCTION

Prevention is better than cure. If mental, personal, and public hygiene is exercised, diseases can be safely avoided. Discipline, decency and devotion will help to maintain the equilibrium of body, mind and soul and develop resistance power to fight any disease.

- **PRATARUTTANAM Garde (2009)** (Wake up Early Morning)

One should wake up at early in the morning. That particular time is known as “*BRAHMA MUHUTRA*” that is 48 min before sunrise. That particular atmosphere will give calmness to mind and brain. This is the best time for learning. It will increase the life span.

- **MALMUTRA VISARJANA Garde (2009):** (Eliminate urine and stool)

After *prataruttanam* one should eliminate urine and stool properly. its important that one should not avoid natural urges.

- **DANTHA DHAVANA Garde (2009)** (Brushing)

After the elimination the waste from the body, one should clean the teeth. For that purpose some medicinal herbs are using e.g : Arka (*calotropis gigantea*), karanja (*pongamia pinnata*), nygródha (*ficus bengalensis*), khadir (*acacia catechu*).the herbal toothbrush should have the bitter, astringent or pungent taste. Indigestion, vomiting, breathlessness, cough, fever, facial palsy, excess thirst, stomatitis, heart disease, eye and head disease are contraindication of *dantadhavana*. People suffering from above disease are advised to do not do brushing.

- **ANJANA Garde (2009)** (Application of collyrium)

One should apply *souveeranjana* daily. This will improve eyesight. Weekly one should apply *rasanjana*.

- **NASYA Garde (2009)** (Nasal medication)

After *anajana* one should go for *nasya* for purification of head and sinuses. It can prevent and cure all the disease above the neck. Daily one should put the oil 2drops in each nostril. It will restore the health, age, and prevents the hair fall and graying hair.

- **GANDUSH Garde (2009)** (Gargling)

Medicated oil or herbal decoction etc holding in the mouth without movement is known as *gandush*. This is good for teeth, throat, gums, and buccal mucosa.

- **DHOOM Garde (2009)** (Medicated smoking)

Medicinal herbs are made into paste and make them wick like structure, then lightened the wick. Take the fumes inside through the nostril and leave the smoke through the mouth.

- **THAMBOOL Garde (2009)** (Eating of paan)

After *dhoompana* one should go chew the medicated paan. Betel leaf, arcanut, ela, clove, myristica, *yestimadhu* etc are using. This is good for mouth, teeth, increases the taste and cure bad breath. Person who have chest injury, bleeding disorders are contraindicated for eat *thambool*

- **ABHYANGA Garde (2009)** (oil massage)

After chew one should undergo for oil massage. It will restore age, prevent wrinkles, improves circulation, stimulate nervous system, well for eye and sleep and it will restore health. Lightness of body, increases capacity for work, improve digestive power, reduced fat and develops muscle tissue. *Kapahaja* disease and indigestion are contraindication for *abhynga*.

- **UDWARTHANA Garde (2009)**

In excess *kapha* condition and fatter person *udwarthana* can be done.it will reduce the fat and kapha disease, improve complexion and digestive fire.

- **VYAYAMA Garde (2009)** (Exercise)

After *abhyanga* or *udwarthna* one should do exercise. That will improve the body, give strength and stimulate all systems in the body.

- **SNANA Garde (2009)** (Bath)

After *vyayama* one should take rest and then should take bath. Improve digestion, aphrodisiac, restore energy and improve strength are benefits of *snana*. Facial palsy, disease of eye, disease of oral cavity, ear, loose motion, running nose, indigestion are unsuitable person for *snana*.

2. CONCLUSION

Ayurveda play major role in balance of physical as well as mental health. All *dinchrya vidhies* helps for this balance. This short review helpful to understand Ayurvedic Approach towards the maintenance of personal hygiene.

CONFLICT OF INTERESTS

None.

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None.

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