

Contribution of Ayurveda for human wellbeing

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From the time immemorial, Ayurveda system of medicine is serving for the welfare of human being by keeping them healthy. Ayurveda not only cures the diseases, but also gives views regarding promotion, prolongation and maintenance of a happy and healthy life. In this connection Ayurveda has prescribed certain daily routine principles namely; *Dinacharya* (daily routine), *Ratricharya* (night routine) *Sadvrta* (ethical routine) etc. Daily routine is followed with regulated diet, sleep and *brahmacharya*.

The present society, modified life styles and food patterns create various types of disorders such as obesity, diabetes, rheumatoid arthritis etc. Ayurveda has clearly mentioned the methods of maintaining a healthy life. So it is essential to conscious the present society with needful guidelines to maintain their health.

The main aim of this review is to identify certain principles mentioned in Ayurvedic texts to preserve the health and prevention of the diseases.

Ayurveda has equated human body with a building. Pillars are required to make the building stable. Similarly the need of three pillars (*Sthambha*) and three supporting pillars (*Upastambha*) have been emphasized for human body. The three pillars are the three *doshas*; *vata*, *pitta* and *kapha*. The three supporting pillars are *ahar* (diet) *nidra* (sleep) and *brahmacharya* (celibacy). According to *Charaka Samhitha* a person who observed these *upastambhas* properly, well endowed with strength, complexion, and longevity and maintaining the health in his full lifespan.

In the present scenario fast and stressful life, observation of these three will definitely maintain the status of equilibrium. Thus applying this unique health care approach of Ayurveda, one may enjoy healthy and happy life which is the main objective of Ayurveda. The details will be elaborated in the full paper.

Key words: Ayurveda, Daily routine, Equilibrium, Diseases

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