



## v. svāsthya lakṣaṇa

### v. Svāsthya Lakṣaṇa—Dimensions of Health Corresponding to Nature (Prakṛti, R̥tucaryā, Dinacaryā, Svasthavṛtta)

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## Svāsthya Lakṣaṇa (Characteristics of Health)

### Definition in Ayurveda

Sushruta Saṃhitā defines a healthy (svastha) individual as:

“Sama doṣaḥ samāgniś ca sama dhātu-mala-kriyāḥ,  
prasanna ātma-indriya-manāḥ svastha ity abhidhīyate.”

Translated, this means:

1. **Sama doṣa:** Vāta, Pitta, and Kapha are in **equilibrium**.
2. **Samāgni:** The **digestive fire (agni)** is balanced.
3. **Sama dhātu-mala kriyā:** The **tissues (dhātus)** and **wastes (malas)** function properly, with regular excretion.
4. **Prasanna ātma-indriya-manāḥ:** The soul/spirit (ātma), senses (indriyas), and mind (manas) are **calm, clear,** and **content**.

### Holistic Parameters

- **Physical:** Balanced doṣas, healthy digestion, proper excretion, stable physiology.
- **Mental:** Peaceful, focused mind free from undue stress or emotional imbalance.
- **Spiritual/Psychic:** Positive outlook, ethical alignment, spiritual connectedness.

## Dimensions of Health in Ayurveda

Maintaining **svāsthya** involves aligning personal lifestyle with:

1. **Prakṛti** (individual constitution)
2. **R̥tucaryā** (seasonal regimen)
3. **Dinacaryā** (daily regimen)
4. **Svasthavṛtta** (code of healthy conduct/ethical living)

### Prakṛti (Individual Constitution)

#### Definition of Prakṛti

- **Prakṛti** refers to one's unique **psychophysiological makeup**, determined by the **relative dominance** of doṣas (Vāta, Pitta, Kapha) at conception.
- Each person's **prakṛti** dictates **metabolic rate**, dietary tolerance, mental tendencies, and disease predispositions.

#### Role in Health

1. **Tailored Healthcare:** Recognizing one's prakṛti helps in choosing suitable **foods, exercises,** and **therapeutic interventions**.
2. **Preventive Measures:** By adjusting lifestyle factors (diet, routine) to accommodate inherent **doṣic** tendencies, individuals can prevent imbalances.



## Clinical Implications

- **Vāta**-dominant types benefit from **warm, nourishing** diets, steady routine.
- **Pitta**-dominant types need **cooling** measures, moderate spice, and stress management.
- **Kapha**-dominant types thrive on **light**, stimulating diets, and consistent exercise.

## Ṛtucaryā (Seasonal Regimen)

### Concept

- **Ṛtu** = “season,” **caryā** = “following/conduct.”
- Ayurveda notes that the **seasonal changes** influence **doṣic balance** and require **adaptations** in **diet, activity,** and **therapies**.

### Key Principles

1. **Seasonal Variation of Doṣas:**
  - **Kapha** accumulates in late winter and aggravates in spring.
  - **Pitta** accumulates in monsoon, aggravates in summer.
  - **Vāta** accumulates in summer and aggravates in rainy/autumn seasons.
2. **Dietary Adjustments:**
  - **Cold seasons:** Warming, slightly heavier foods, unctuousness.
  - **Hot seasons:** Cooling, hydrating, less oily foods.
  - **Rainy seasons:** Easily digestible, light, avoiding dampness-inducing diets.
3. **Lifestyle Shifts:**
  - **Summer:** Cooling baths, moderate exercise, midday rest.
  - **Winter:** Strong exercise, heavier meals, external oil massages.

### Importance

- Prevents **seasonal ailments** (colds, allergies, heat exhaustion, etc.) by **aligning** daily routine with **environmental** shifts.
- Assures **svāsthya** by minimizing doṣic aggravations triggered by **seasonal extremes**.

## Dinacaryā (Daily Regimen)

### Concept

- **Dina** = “day,” **caryā** = “routine.”
- Ayurveda prescribes an **ideal daily schedule** to maintain **bodily rhythms**, mental clarity, and doṣic homeostasis.

### Pillars of Dinacaryā

1. **Brahma Muhūrta Uttishṭha:** Waking up early (around 90 mins before sunrise) for mental freshness and spiritual practices.
2. **Evacuation & Hygiene:** Natural elimination, brushing teeth, tongue scraping, eye washing, **Gandūṣa (oil pulling)**, bathing.
3. **Physical Activity: Vyayāma** (exercise, yoga), followed by abhyanga (self-oil massage if recommended).
4. **Meals:** Proper meal times aligned with **agni** peak (main meal around noon). Focus on mindful eating, seasonal/constitutional appropriateness.
5. **Work & Rest Balance:** Scheduling tasks according to one’s **prakṛti** and **digestive** pattern.
6. **Evening Routine:** Light supper, winding down with calming activities (reading, prayer, gentle stretching).
7. **Sleep:** Timely, adequate sleep (ideally around 10 pm), ensuring enough rest to rejuvenate body-mind.



## Benefits

- Maintains **circadian alignment**, supporting **healthy hormone regulation** and stable doṣas.
- Minimizes stress, promotes **robust digestion** and **steady energy** throughout the day.

# Svasthavṛtta (Code of Healthy Living)

## Definition

- **Svastha** = “healthy,” **vṛtta** = “conduct.”
- A set of **moral, ethical, and hygienic guidelines** ensuring comprehensive wellness—**physical, mental, and social**.

## Core Components

1. **Āhāra (Dietary Discipline):**
  - Emphasizes **fresh, wholesome** foods suited to one’s prakṛti and season. Avoids viruddhāhāra (incompatible combos).
2. **Vihāra (Lifestyle Practices):**
  - Proper **work-rest** balance, **physical activity**, moderate sexual activity, stress management.
3. **Ācāra (Moral Conduct):**
  - Cultivating truthfulness, compassion, **sense control**, and clarity of purpose.
4. **Manasa (Mental Hygiene):**
  - Meditation, pranayama, cultivating **sattva** (purity of mind), minimizing **rajas** (agitation) and **tamas** (inertia).

## Significance

- Encompasses **both** physical hygiene (daily self-care, cleanliness) and **psychological** hygiene (positive attitudes, ethical living).
- Reinforces mind-body harmony, ensuring **resilience** against external stressors and pathogens.

# Interlinking the Dimensions for Svāsthya

## Synergistic Approach

1. **Prakṛti Alignment:** By respecting one’s doṣic constitution, dietary and lifestyle choices become more **precise** and **personalized**.
2. **Seasonal Modifications** (Rtucaryā): Prevent cyclical imbalances, supporting a **smooth** transition through climatic extremes.
3. **Daily Regimen** (Dinacaryā): Maintains **circadian** synchronicity, ensuring stable energy, improved digestion, and mental focus.
4. **Ethical & Hygienic Conduct** (Svasthavṛtta): Provides an overarching **moral-psychological** framework, cementing the **foundation** of wellness.

## Practical Outcomes

- Better **immunity** and **stress resilience**.
- **Reduced** incidence of chronic lifestyle diseases.
- Enhanced **mental stability**, emotional intelligence, and **spiritual** growth.

## Conclusion

In Ayurveda, **svāsthya** (health) transcends mere absence of disease, encompassing **balanced physiology, mental harmony, social ethics**, and alignment with **natural rhythms**. By integrating:



1. **Prakṛti** (individual constitution-based approach),
2. **R̥tucaryā** (seasonal adaptation),
3. **Dinacaryā** (daily routine),
4. **Svasthavṛtta** (holistic code of living),

practitioners and individuals alike can preserve and enhance **all dimensions** of health—**physical, mental, emotional,** and **spiritual**. This synergy underscores Ayurveda’s quintessential vision of a **harmonious life** aligned with both **internal** nature (prakṛti) and **external** nature (rhythms of day, season, environment).

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