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Review Article

## Basic Principles of Longevity of Life In Ayurveda- A Review

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### ABSTRACT-

Longevity in *Ayurvedic* terms is *Deerghaau*. At present time, it is a strong issue because day by day increasing pollution and unhealthy lifestyle are decreasing the average age of a human. In *Ayurveda*, *Aachaaryaas* have enlightened many principles of *Deerghaau* like- *ritu parichariyaa* and *shodasha sanskaraas* (*beejdharaana*, *garbhadharana* etc). *Aachaaryaas* have also mentioned the drugs in each decade (10 yrs.) of life for desirable effects (like *bala*, *buddhi* etc.). For long and healthy life our *Aachaaryaas* have emphasised on *aahar- vihar* . according to *kaala satmya* (seasonal adaptability), *Desh satmya*( climate and

place adaptability), *Prakriti satmya*(person to person adaptability) etc. If not follow these principles one can suffer from many diseases and this may lead to unnatural death that is known as *akaala mrtyu*. *Akaala mrtyu* is unnatural progressive death of cells and tissues. It can stopped by *akaala mrtyu samprapti vighatana* and rejuvenising the decaying body through *ayurvedic* procedures like- *sodhana karma*, *rasayana prayoog*, *snehan karma* which further promotes the *oja* in the body.

**Key words-** *Deerghaau*, *shodasha sanskaaras*, *satmaya*, *akaala mrtyu*, *shodhana*, *oja*.

## INTRODUCTION –

*Aacharya charaka* has defined the *aayu maan* according *yugaas* that on the end of each *yuga* from *satyuga* to *kalyuga*, the one fourth part of *dharma* and *panch bhootas* decreases and in this order the average age of human also decreases<sup>1</sup>. Now, in *kalyuga* the *param aayu maan* of a human is 100 years<sup>2</sup>. But the average age of human is decreasing day by day due to environmental pollution, stress, unhealthy food habits and modern lifestyle, it leads to accumulation the slow poison in the body which acts as *dushi visha*. Although *aacharya charaka* has said that *jara*, *mrtyu* are mentioned as *swabhavik kaalaj roga* that are mandentory to come and no treatment is required but to promote longevity and to stop the *akaala*

*mrtyu*, basic principles for *deerghayuu* (longevity) and good life, are enlightened in *Ayurveda* by *aacharyas*.

## AIMS AND OBJECTIVES

- 1-To collect the references from deferent *Ayurvedic* text regarding the concept of Longevity of life
- 2-To review the Longevity of life on the basis of *Ayurvedic* view.

## MATERIAL AND METHOD –

**Material-** *Ayurvedic Samhitas* and their commentaries, published research papers, articles, medical journals.

**Methodology:-** Type of study- review study  
Literature related to the title is searched from all the authentic *Ayurvedic* journals.

## DISCUSSION

**KAALA AND AKAALA MRTYU-** *Aacharya charaka* has mentioned two types of *mrtyu*<sup>3</sup>-

***Kaala mrtyu-*** Death by natural progressive decaying of body is *kaala mrtyu*.

***Akaala mrtyu-*** By unhealthy lifestyle, habit and habitat, if a person suffers from diseases and unnaturally dies thus doesn't reach to *param aayu maan* (100 yrs), is called as *akaala mrtyu*.

## STEPS FOR LONGEVITY PROMOTION-

**“The better inning is the start up for success.”**

For longevity every step of life from childhood should be influenced with *Ayurveda* longevity principles. In *Ayurveda*, our *aacharyas* have enlightened all the ways of longevity like-

1-*Garbhadhaan Prakaran*(Conception) & *Ritucharyaa*<sup>4</sup>

2-*Garbha & Garbhini Charya*( Care of Product Of Conception& pregnant woman)<sup>5</sup>

3-*Shodasha sanskaaras/ Sadhya prasoot Baalak ki Paricharyaa*( care of child just after delivery.)<sup>6</sup>

4-*Deerghu baalak lakshnas*(signs of long life)<sup>7</sup>

*Aacharya sharngadhara* has also mentioned drugs for desirable effects (*bhaavas*) for each decade of *aayu*<sup>8</sup>

Age (years)	Desirable effect ( <i>icchit bhaav</i> )	Needed drugs
1-10	<i>Bala</i>	<i>Vacha, kashmari</i>
11-20	<i>Budhhi</i>	<i>Aswgandha, bala, naagbala</i>
21-30	<i>Chavvi</i>	<i>Amalaki</i>
31-40	<i>Medha</i>	<i>Jatamansi, brahmi, sankhapushpi</i>
41-50	<i>Twak</i>	<i>Somraaji, chandana, lodhra, brangraaj</i>
51-60	<i>Drashti</i>	<i>Saptamrtlauh, zinc, amalaki, triphala rasayana, shatavari</i>
61-70	<i>Shukra</i>	<i>Aswgandha, aatmgupta, koonchbeej, mulethi</i>
71-80	<i>Vikrama</i>	<i>Bala</i>
81-90	<i>Budhhi</i>	<i>Mandookparni, amalaki rasayana</i>
91-100	<i>Karmendriya</i>	<i>Normal rasayana</i>

Besides of use of *rasayana*, there are some factors which produce obstacle in the path of longevity, amongst which very important is environmental pollution.

### ***AKAALA MRTYU SAMPRAPTI***<sup>9</sup>-

***Aahit aahar-vihar***

(unhealthy food and lifestyle+ environmental pollution)



***Agnimandhya***

***Aaam samchaya***

***strotolepa***

*Dhatwaagni maandhya*



*Uttrottar dhatu dushthi*



*Sharir apachaya*



*ojohaani*



*Aatura vasthaa*



*Akaala mrtyu*

#### METHODS FOR INTERRUPTING THE AKAALA MRTYU SAMPRAPTI -

The occurrence of the disease can be stopped by *Samprapti vighatana*.

##### *i)Ahit aahar- vihar*

The food and habits should be according **kaala, desh and prakriti satmya**.

❖ *Kaala satmya*( seasonal adaptability)

*Aadana kaala-* (*shishir basant, grisham ritu- uttrayana{ aagneya}* February- July)

In this period *katu- tikta- kashaya ras* are dominant, *bala* and *jathragni* are slow, so, *sheet veerya, laghu aahaar* is indicated.

Eg- *amalaki, jau, moong, masoor, kesari, matar daal, kushmaand, mandookparni, amra, jambu*

*Visharga kaala-* (*varsha, sharad, hemant ritu- dakshinayana{ saumya}* August-

January) The moon is in power, *madhur*, *amla*, *lawana ras* are dominant, *bala* and *jathragni* are *tivra* so, taken food should be of *ushna veerya* and *guru* in *gunas*.

Eg- *bhallatak*, *aswgandha*, *bala*, *koonch*, *til*, *gambhaari*, *dugdhika*, *alsi*

❖ **Desh satmya** ( climate adaptability)

**In jaangal desh**-The climate is dry and hot so, *snigdha*, warm and fatty food is indicated.eg- *badaam*, *akshotak*, *aanup* *mams*

**In aanoop desh**- The climate is cold and humid so, *rukshoshna*, warm, and coarse dry food is indicated.eg- *marich*, *vacha*, *pippali*

**In samanya desh**- normal food should be taken.

❖ **Prakriti satmya**- ( person to person adaptability)

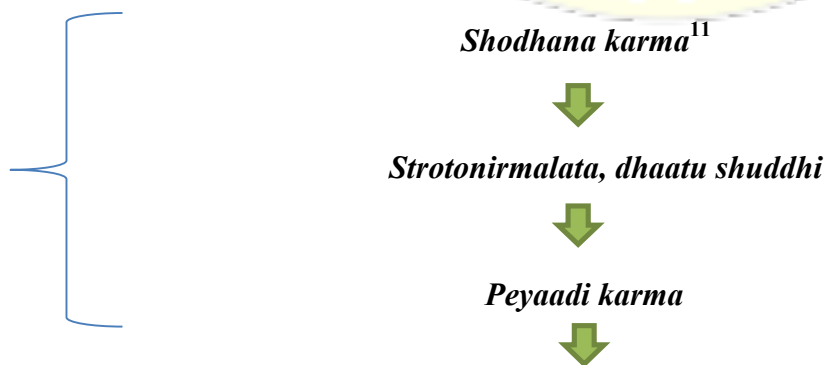
**In vata prakriti person**- *Vata shamaka aahar*- *ushna veerya*, *snigdha*- *guru gunas* and *madhur*, *amla*, *lawana ras* *pradhana aahar* is indicated.eg- *udad*, *bala*, *naagbala*, *badaam*, *akshot*, *pista*(*mukulak*), *ghrit*(*ghee*),*Sandhava*\*

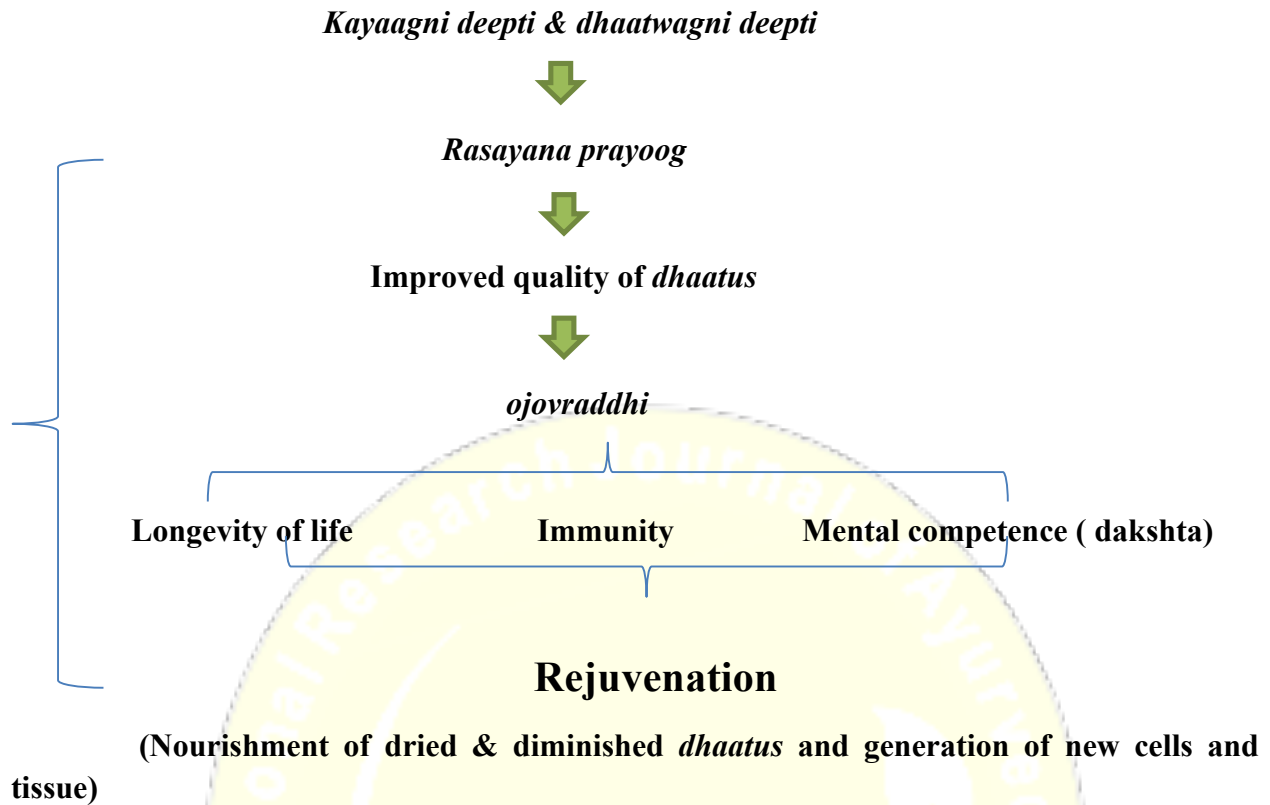
**In pitta prakriti person**- *Pitta shamaka aahar*- *sheet veerya*, *snigdhoshan gunas*, *madhur*, *tikta*, *kashaya ras* *pradhana aahar* is indicated. eg- *aamalaki*, *shatavari*, *Sharkara*\*

**In kapha prakriti person**- *Kapha shamaka aahar*- *ushna veerya*, *ushna*-*laghu gunas*, *katu*, *tikta*, *kashaya ras* *pradhana aahaar* is indicated. eg- *pippali*, *vacha*, *gugglu*, *bhallatak*, *trikatu/kshar*<sup>10\*</sup>

ii)- *Strotolep*, *agnimandhya*, *dhatwagnimandhya*, *dhaatudushti* can be corrected by *shodhana karma*.

iii)- *Sharir apachaya*( cells and tissue death) and *ojohaani* should be cured by *rasayana* and *snehana prayoog*.





**Snehana prayoog-**

Old age is a *vata* prominent stage and *snehana* is the best process to *vata shamana*.

According *aacharya charaka* appropriate use of *snehana*, nourishes the diminished and dried *dhaatus* and increases *bala*, *agni*, is also responsible for *pushti* and *prana vraddhi*(*jeevaniya Shakti*- lividity), so, *sneha*(oil) should be used externally for local application and internally for *mradu snehana* like *eranda sneha*(10-20

ml/ 1 *karsha*) mixed with milk, to slow the ageing effects<sup>12</sup>.

**IV)Ojovraddhi by-**

**a). Prevention of *shukra kshya*-**

According to *aacharya charaka* the appropriate age of sexual life is 16- 70 years and beyond this the sexual intercourse should be avoided. As, it leads to *shukra kshya*<sup>13</sup>.

*Aacharya charaka* has mentioned following causes for *shukra kshya*-

*Vradhhavastha*(old age)

*Chinta* ( tension)

*Vyadhi* (disease)

*Karmkarshanaat*( working over capacity)

*Aashanaat*( unhealthy food habits and the food avoidance)

*Strinaam atisewanaat*( more indulgence in sexual intercourse)

**b). *Dhaatu poshan* by rasayanas/ drugs like-**

<i>Dhaatu</i>	<i>Drugs/ rasayana</i>
<i>Ras(plasma)</i>	<i>Draksha, kashamari, kharjoor</i>
<i>Rakta(blood)</i>	<i>Amalaki, lauh, palandu, bhrangraaj</i>
<i>Mamsa(muscles)</i>	<i>Bala, naagbala, aswgandha, shaalparni</i>
<i>Meda(adipose)</i>	<i>Guggulu, shilajatu, amrta, haritaki</i>
<i>Asthi(bone)</i>	<i>Laksha, Vansalocana, sukta, sankha</i>
<i>Majja(marrow)</i>	<i>Lauha, vasa, majja</i>
<i>Shukra(reproductive tissue)</i>	<i>Aatmgupta, aswagandha, mulethi, satavaari</i>

**CONCLUSION –**

The people should be acknowledged about *akaala mrtyu* and *shukra kshya* causes. So that, they can be aware about food intake

habits and lifestyle according *desh, kaala, prakriti*, age-decade and specific *dhaatu kshya* .Thus can routinely follow the *shodhana, rasayana snehana* etc. longevity promoting *karmaas*.



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