

# Fundamental Tenets of Personal Hygiene in Ayurveda

**Dr. Avadhesh Shandilya<sup>1</sup>, Dr. Richa Sharma<sup>2</sup>**

<sup>1</sup>Assistant Professor, PG Department of Swasthvritta, PGIA, Jodhpur

<sup>2</sup>M.D. Scholar, PG Department of Kriya Sharir, PGIA, Jodhpur

## ABSTRACT:

Certain concepts of personal cleanliness and health promotion are described in the ancient Indian medical system known as Ayurveda. These concepts are explained in Ayurvedic treatises using their own terminology. The ideas and precepts included in the traditional Ayurvedic writings can be categorized into two groups: *Dinacarya*, or daily regimens, and *Ratricarya*, or daily regimens, particularly at night. Together, these two provide information on maintaining personal hygiene and promoting health. Since Ayurveda does not clearly distinguish between promoting health and maintaining hygiene, the concepts may be interpreted in light of their intended use. This paper attempts to compile some of the most significant ideas about personal hygiene and health promotion found in traditional Ayurvedic treatises.

**Keywords:** Ayurveda, Health, Hygiene, Personal, Principle, Promotion.

## INTRODUCTION:

Ayurveda has changed a lot over the years to suit modern needs, yet some key ideas have never changed.[1] A series of actions taken to maintain one's health is known as hygiene.[2] Maintaining good hygiene at home and in other contexts is crucial to stopping the spread of infectious diseases.

The term "personal hygiene" describes the actions taken by a person to maintain their physical health and well-being through cleanliness. Reducing one's own disease, recovering from one's own illness, achieving optimal health and well-being, gaining social acceptance, and preventing the spread of illness to others are some of the reasons people practice personal hygiene.[3]

However, the World Health Organization describes health promotion as "the process of enabling people to increase control over their health and its implications. "On the other hand health promotion is defined by World Health Organization as "the process of enabling people to increase control over their health and its determinants, and thereby improve their health"[4] A clear look at both these concepts will reveal a very common goal of improving the health of an individual.

Hygiene and health promotion are closely related and complementary to each other. As both these concepts stand for the common cause to address one will directly serve the purpose of the other. Indirectly saying it becomes very difficult to draw a dividing line between hygiene and health promotion for a lay man, but technically hygiene is more specific and focused than health promotion.

This is in the sense that health promotion is a much broader concept than hygiene. So the strategies for health promotion may sometimes embrace the strategies of hygiene promotion. Ayurveda, the ancient Indian system of medicine describes certain principles of personal hygiene and health promotion.

These principles are described in classical treatises of Ayurveda in their own parlances. The concepts and principles described in classical texts of Ayurveda can be grouped as “*Dinacarya*” (Daily regimens) and a variant of *Dinacarya* called as “*Ratricarya*” (Daily regimens especially during night). Both of these collectively enlighten about personal hygiene and health promotion.

Ayurveda does not make clear cut distinction between hygiene and health promotion so the principles could be understood with their intent.[5] Let’s discuss some of the important principles of personal hygiene and health promotion as described in classical texts of Ayurveda.

## MATERIAL AND METHODS

Some online research journals, *Charak Samhita* and some text book of *Swasthavritta* subject were read and compiled for this review study.

## DISCUSSION

### Ayurveda for Eyes:

The eyes are considered to be the greatest gift of God and the most important of the five human senses. Eyes need to be well taken care of since they are the reflection of good health and well-being. Bright sparkling eyes enhance personality and attractiveness of a person. Ayurveda has many suggestions for hygiene and health of eyes, listing a few below.

- Wash your eyes with light warm water 10-15 times in the morning. This helps in cleansing but do avoid extreme temperature exposure to eyes.
- Use cotton wads dampened with rose water and place it over your eyes. The cooling effect of organic rose helps your eyes to relax.
- Use of “Ashwagandha” helps cleansing and strengthening vision.
- Aniseed is also vital for eye health and to fight cataract diseases.
- Indian Gooseberry and Marigold is also useful in preventing ocular issues. Especially helpful in situations of conjunctivitis.

### Ayurveda For Oral Hygiene:

Oral Hygiene is most important for your teeth and to keep you away from irritating bad breath. Ayurveda recommends brushing your teeth three times a day. Use Ayurvedic herbal tooth pastes for the same for best results. In addition to the dental care at home, do visit your dentist regularly to check for tooth diseases like cavities and get the mouth cleansed.

For fresh breath and oral hygiene chew mint leaves, seeds of fennel or cloves during the day. People who are prone to respiratory infections and allergies are susceptible to oral hygienic problems. In such cases visit a Ayurvedic professional who can prescribe medicine to check production of mucus. Avoid dryness in mouth by having plenty of liquids.

### Ayurveda For Skin:

Ayurvedic treatments can lead to maintaining of good skin hygiene, and is believed to be capable of treating any kind of skin problems like acne, pigmentation etc. For a healthy skin, Ayurveda recommends a proper diet.

Digestion simulating foods with high fiber content like fruits, grains and vegetables are believed to help maintain good skin hygiene by preventing excess oil production which is facilitated by spicy and oily or sweet food. Food intake should be followed with a lot of water intake.

- Steaming and cleansing with mild soap. Sandalwood and buttermilk can be very effective in cleaning and hygiene.
- Using orange peel to scrub the skin and applying lemon juice twice a day adds positively to skin health and hygiene.

### **Ayurvedic Anointing of The Body:**

Ayurveda believes messaging Ayurvedic oils in your body not only causes a health skin and better hygiene, but also invokes feeling of being loved. For best results, you need a massage of 15 minutes per day of good Ayurvedic oil. Benefits are as follows-

- Removes unwanted dirt and filth from the body, adding to hygiene.
- Nourishment to body tissues
- Good sleep pattern
- Improves blood circulation

**CONCLUSION:** The present document delineated some of the fundamental principles of personal hygiene and health promotion based on classical Ayurvedic treatises. As told earlier Ayurveda uses its own parlance to describe these principles. The important concept which describes these principles is called as *Dinacarya*. Though it is difficult to follow a stringent *Dinacarya* in this fast-moving life but is highly recommended by Ayurvedic physicians owing to a number of health benefits accrues to it. *Dinacarya* makes one to lead a healthy and disciplined life. According to the latest studies in the field of medical science, people who stick to the daily routine are more fit than those, who do not have a particular time to perform their everyday activities.

### **REFERENCE**

1. Janmejaya Samal- The Concept of Public Health in Ayurveda. International Ayurvedic Medical Journal, Volume.1, Issue.2, March-April 2013.
2. Wikipedia:<http://en.wikipedia.org/wiki/Hygiene> (Accessed on 11/04/2013)
3. Bloomfield SF et.al: The global burden of hygiene-related diseases in relation to the home and community. (2009) International Scientific Forum on Home Hygiene.
4. The Bangkok Charter for health promotion in a globalized world. Geneva, Switzerland: WHO, 2005 Aug 11.
5. Prof. R. H. Singh, Swasthavrita Vijnan, 2009, Choukhamba Surya Bharati Prakasan, Baranasi, UP, India.