



A REVIEW OF SADAATURA CONCEPT WITH SPECIAL REFERENCE TO PRESENT LIFESTYLE

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ABSTRACT

The life would be best nude when the health is well maintained but today the lifestyle has become such that people are seldom healthy does making life more of a burden without concentrating on their health status,¹ the occupational pattern is an integral part of individuals life style in recent decades the occupational pattern has undergone a drastic change which gives more priority to work, earning money and modernization. Because of these individuals are bound to change their food habit under daily activities which have gradually paved the way for several occupational disorders.²

In Ayurveda sadaatura is a unique Concept explain by Acharya charaka Ayurveda shabdkosha difference sadaatura has Nitya vyadhitha³, a person who is always suffering from illhealth. In the palamathra Siddhi adhyaya of charak Samhita various occupations prone to disorders due to disturbed life style which become the cause for Sadatura are explained. ⁴ sadatura is not equivalent to Lifestyle disorder but certainly Lifestyle disorders form a part of Sadaatura explained in classics.⁵ Apart from these for occupations and listed in phalamatra siddi adhyaya the individuals with different occupations who follow akala bhojana, ahitakara vihara, vegadharna and vega udirana are also said to be Sadaatura. ⁶ hence there is necessity to understand the concept of sadaatura in presnt life style.

KEYWORDS: *Sadaatura, occupational lifestyle, measures taken.*

INTRODUCTION

Life is the duration between birth and death of an individual this period would be most enjoyable if the body stayed in a healthy state but today's lifestyle has become such that people are seldom healthy thus making life more of a burden.

By and for health and healthy life has been main focus for all living beings health being the main basis for all thoughts of achievements that is chaturvida purusharthas certainly needs to be protected and maintained.⁷ Ayurveda has great contribution in treatment of disease as well as a prevention of diseases, Ayurveda gives equal importance to aahara and vihara the modern world is currently facing an epidemic of lifestyle related diseases as a result of stress, improper diet and irregular or sedentary lifestyle hence the person becomes psychologically and physically ill and unable to enjoy full life span. In the phalamatra siddi adhyaya of charaka Sanhita for occupations which are drawn to disorders are explained they are shrothiya Brahmana, rajasevaka, Veshya, vyapari.⁸ other than these four occupations and listed in phala Matra Siddi adhyaya it is also told that the individuals with different occupations who follow akalabojhana and vegaudirana, ahitakara vihara vegadharana are also said to be sadaatura and these are the four nidhana's explained for sadatura.⁹

In ayurveda sadaatura is a unique concept and a part of it can be understood on similar lines as the concept of lifestyle disorders in modern parlance there is a need to know this concept so as to find preventive and curative solutions, to get back to healthy state which is more desired.

AIMS AND OBJECTIVES

- To understand the concept of sadaatura.
- To analyse the lifestyle of individuals with respect to present Lifestyle.
- To analyse the measures taken to maintain the health status of sadaatura.



MATERIALS AND METHODS

Careful perusal of Bruhatrayees the greater triad of Ayurvedic literature like Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, along with contemporary medical text books.

Journals and internet sources will be reviewed.

DISCUSSION

Ayurveda has prescribed various factors responsible for Hita Ahita Sukha and Dukha types of Ayu. Hita for Ayu is in the form of well organised Healthy lifestyle in all its components- like Ahara Vihara and Achara various concepts like Dinacharya, Rutucharya, Sadvrutta, Achara Rasayana, Rutushodana etc have been explained for a healthy living. Roga and Aturya which is hindrance to life or primarily caused due to a disturbed lifestyle".

The term Sadaatura is quoted in a two different contexts by Acharya Charaka one in the context of Deha Prakriti.¹⁰ and other in the context of Phalamatra Siddhi Adhyaya.

Meaning of Sadaatura:

According to Shabdārtha Kaustabha,

Sada-Always,

Aatura- suffering from, affected, weak, patient, influenced.

According to Ayurveda Shabdkosha defines:

Sadatura as " Nitya vyadhita " a person who is suffering from ill health always.¹¹

"sadaaturah shrotriya rajasevakaasthathiva veshya saha panya jeevibhih " //28// cha.si.^{11/28}

This is a verse from the 11th chapter of Charak Samhita Kalpashtana which indicates that above mentioned for types of people are always prone to ill health by virtue of their professions they are,

1. Shrotriya:

Vedic priests, ever busy in chanting Holy hymns fail to attend the regimens good for their health instead they always suppress the natural urges, never take food on time and timely voiding of stools and urine and other doing untimely regimens.¹²

2. Rajasevaka:

they forgot the healthy regimens as they are always busy in their work of providing protection to the king.¹³

3. Veshya:

A courtesan has to comply to the wishes of the men and their entertainment hence fails to take care of her health.¹⁴

4. Panyajeevi:

Merchants lead a very sedentary lifestyle again because of their professions hence prone to diseases for most of the times he has to sit in a same place for long time.¹⁵

Sadaatura (in the context of prakriti)

- Charaka. su.7/39-40.:

At the time of conception in certain individuals there is an equilibrium of Vata, Pitta, and Kapha, some are dominated by Vata (Vatala), some are dominated by Pitta (Pittala) some are dominated by Sleshma (Sleshmala), some are dominated by two doshas i.e. by Vata-Pitta, Pitta-Kapha and Vata-Kapha out of these categories By Nature maintain normal health those belong to other categories always suffer from 1 or other body defects although they might apparently be having normal health.¹⁶

Nidanas of sadaatura:

There are four nidhanas of sadaatura explained in Phala Matra Siddhi Adhyaya of Charak Samhita they are as follows

1. Akala bhojana

2. Ahitakara vihara

3. Vegadharana

4. Vegaudeerana

Other than these if one who not follows the activities which are good for healthy life i.e.

"Deha hitam na cheshtate", Dinacharya, Rutucharya, Sadvrutta, Rutushodana, etc- Karma's which are Hita for Deha are not being followed.¹⁷

THE MEASURES TAKEN TO MAINTAIN HEALTH STATUS OF SADAATURA

Once these types are understood with their reasons their management become easier. In Ayurveda the management is explicitly quoted and it includes both preventive and curative aspects. The management told is as follows.



1. Swasthavrutta paripalana-
2. Includes Rutucharya,dinacharya,sadvrutta etc.
3. Rutushodhana- seasonal purifactory procedures.
4. Rasayana and vrushya yoga prayoga-
5. uses of rejuvenation and aphrodisiac drugs.
6. when Lifestyle variation Pragnaaparada includes stress impresses upon the Manas then Mano roga maybe the outcome. then tyaga of Pragnaaparada control over indriyas, improving the memory, knowledge of dosha, kaala and self along with Swastavrutta paripalana is to be adopted.
7. Yes lifestyle disorders are slow in onset and progression. it may not be possible to detect them early, an early diagnosis lifestyle modulation and medication specific to the underlying diseases are there fore very important in lifestyle disorders.
8. Lifestyle modulations healthy diet and moderate exercise, lifestyle modulations like quitting smoking avoiding alcohol, having a balanced diet that includes fresh vegetables and fruits, regular physical activity under leading a stress free life to be adopted.
9. the modulations of lifestyle (back to normalcy) became the best treatment and the first line of treatment in case of lifestyle disorders that is nidhana parivarjana.
10. the disorders have reached the stage where they became strong enough and independent of the cause due to chronicity and if complications begin to arise then lakshanika chikitsa to be adopted.

Benifits of practicing of daily life style

- 1) Suchita – Maintenance of hygiene
- 2) Suprasannedriyata-
- 3) Balalabha- Strengthens the body
- 4) Ayusholabha-Promote the health and longevity
- 5) Soumanasyata-Keep the mind at peace and harmony.

CONCLUSION

1. Healthy body as well as the disease is nothing but the out comes of aahara and vihaara what we follow.
2. Occupation is the major determinant of health.
3. From this study it has been observed and systematically assessed that there is a relation between nidhanas of sadaatura explain in classicsand present lifestyle.
4. This study can be used as the preventive purpose during the clinical practice as the life style of people who follow more nidanas of Sadaatura are also known.
5. Following a proper Ayurvedic lif styles is one of the best methods to prevent diseases, promote good health and prolong life.

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