

Twitter Thread by Ayur Arogyam



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How to lead a healthy lifestyle as prescribed in Ayurveda?

-Per Ayurveda, overall bio rhythm are determined by a unique balance of three dosha's (Vata, pitta & kapha) present in your own body.

So what are the various factors influences your overall good health?

A Thread.



Your overall good health is sum of

- Proper and Adequate Rest
- Exercise
- Meditation / Prayer
- Strong mind /Emotional resilience
- Nutritious Food

If you watch the order of the above food comes last in the list! Yes food become insignificant if all other are sorted!

Per Ayurveda, good health is taking control of your life routine and helps to makes you wise and capable of decision making – ranging from your food, your habits and your lifestyle

In short, good health means good lifestyle!



In Ayurveda, perfect health is defined as "a balance between body, mind, spirit, and social wellbeing"

Ayurveda emphasises balance and connecting towards your inner self than anything else when it comes to healthy life

-Per Ayurveda ,

All things in the universe, both living and nonliving, are connected.

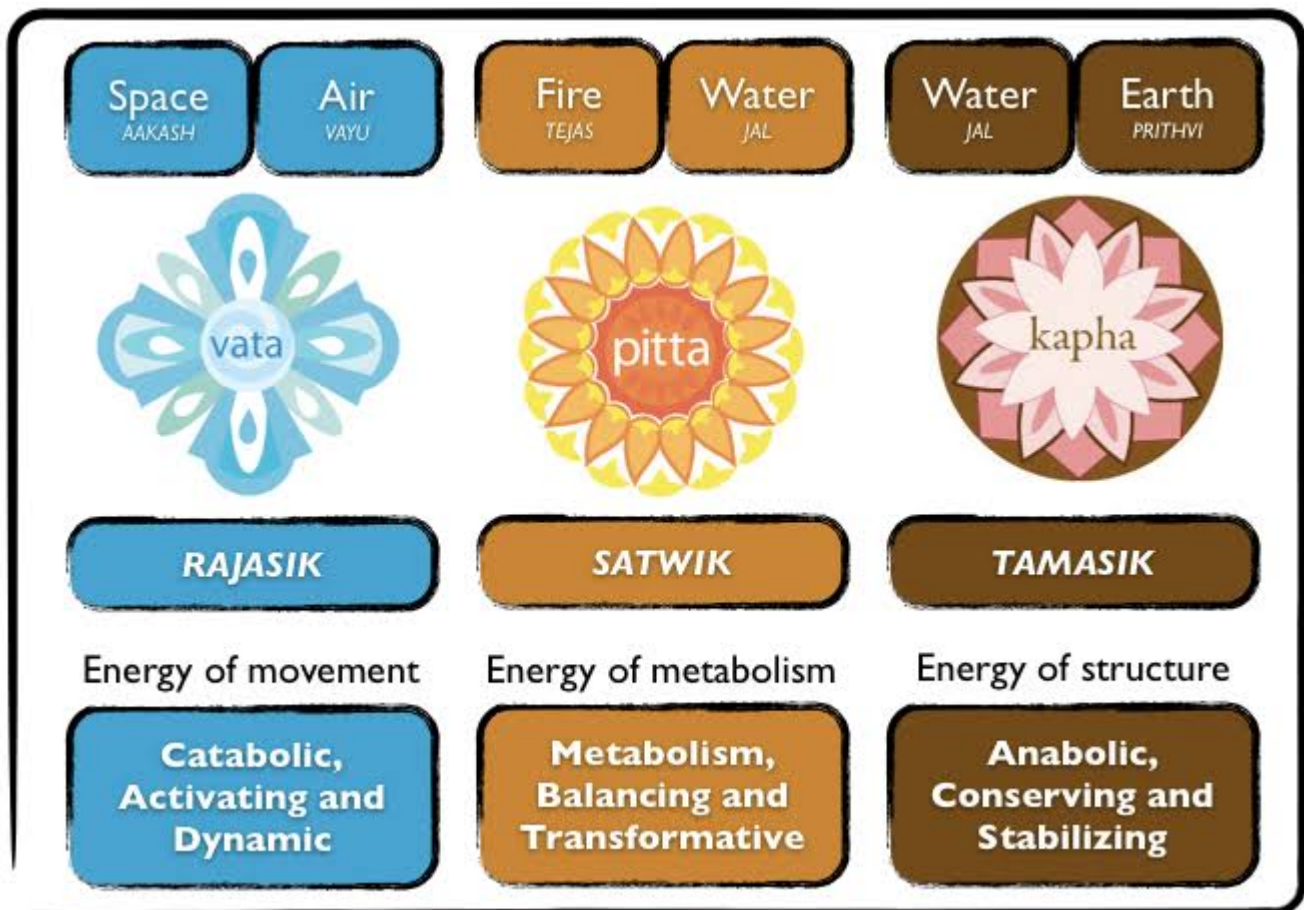
-We are all initially connected within ourselves, to people surrounding us, to our immediate environment, and to the universe.

- Balanced connectivity ensures good health.



Ayurveda classifies one's bio rhythm in line with pancha boothas the five elements of nature

It largely helps to determine the deficiency and overall biological imbalance



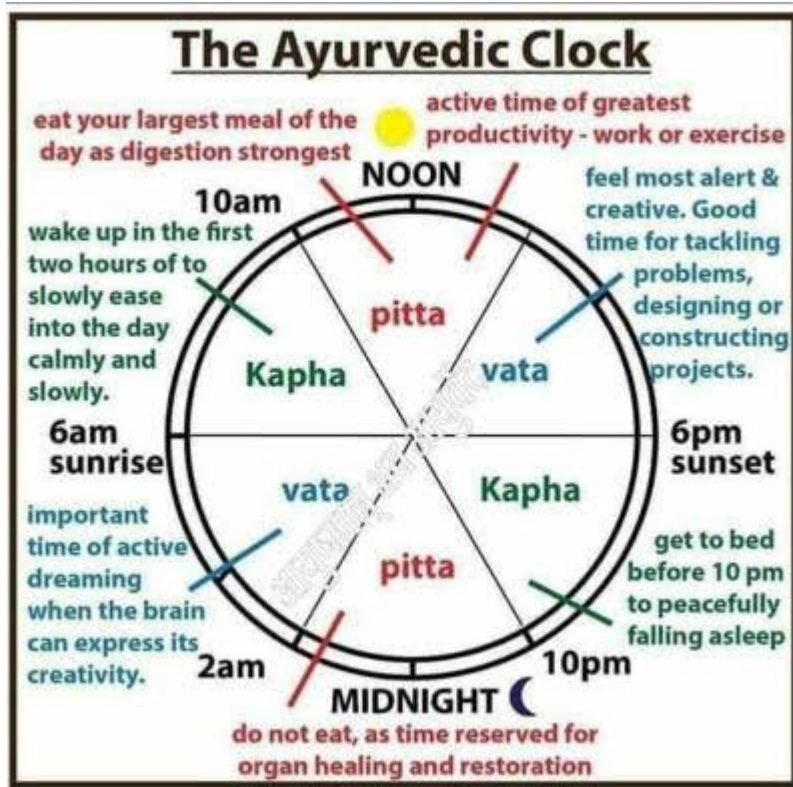
Ayurveda emphasises attitude or physiological tendency evaluation more during it's diagnosis as it's recommends a preventive approach to be more beneficial over a curative approach to health

This is now catching up faster in western health care too



Ayurveda has a daily protocol called Dinacharya where it align biological clock with nature for human activities

The below image explain the bio clock per Ayurveda and outlines do's and don't of that time zone



-Dinacharya simple routine can be as below

-Will have profound impact on your physical and mental wellbeing if followed even for a month

MORNING

- Arise early, ideally before the sunrise
- Drink a large glass of warm water, ideally with lemon out of a copper cup
- Wash your face
- Scrape your tongue with a tongue scraper, ideally made of copper
- Brush your teeth with natural tooth powder or paste
- Evacuate bowels and bladder, ideally within the first hour of waking
- 10-15 minutes of morning yoga and/or 15-30 minute brisk walk while nose breathing
- 5-10 minutes of breathing exercise (pranayama)
- 5-15 minute meditation or sit in silence
- Shower or bathe
- Oil pull for 10-15 minutes while showering
- Perform abhyanga (self-massage using oil) – this can also be done in shower
- Breakfast: eat a small amount, but make it big enough to get you through to lunch without needing a snack

MIDDAY

- Lunch: relax and make it the largest meal of the day
- Do not snack until dinner
- Brief rest on left side and light walking (10-15 minutes) after lunch

EVENING

- Supper: the lighter and earlier, the better
- Calm evening yoga, breathing exercise and meditation
- Go to bed by 10pm, turn off all electronics and wi-fi signals, avoid screens & artificial lights

You are not just helping yourself by being healthy you are helping the entire universe too

Your healthy lifestyle and life is much needed for this world to be sustainable and ensure a happy world

AYURVEDA QUOTES
IN SANSKRIT

सत्त्वमात्मा शरीरं च त्रयमेतन्त्रिदण्डत् ।
लोकस्तिष्ठति संयोगात्तत्र सर्वं प्रतिष्ठितम् ॥
स पुमांश्चेतनं तच्च तच्चाधिकरणं स्मृतम् ।
वेदस्यास्य, तदर्थं हि वेदोअयं सम्प्रकाशितः ॥

Mind, soul and body are the Tripods of
life. The world is sustained by their
combination

SOURCE: CHARAK SAMHITA SUTRASTHANA
CHAPTER 1 - SHLOKA 46