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Sandhya Avacharana w.s.r. to evening time: Tool to achieve longevity

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ABSTRACT

Ayurveda is the scientific way of living which provide us the perfect health, wealth and happiness. The key role of Ayurveda is not only in enhancing the life span of an individual but also to improve the quality of life. Ayurvedic concepts are holistic in its nature hence, it is believed that the longevity with the quality can be assured by our deeds mentioned in our *samhitas*. Code of Conduct of life described in several places in ancient texts which addressed to the social health, occupational health, spiritual health, etc. aspects of human being. There are so many activities throughout the day which directly and indirectly influence our body and the mind So, the state of Health and *Indriyajaya* are achieved when these concepts are being followed in a proper way. Now a days, Evening time of the day can be considered as the most leisure time where everyone goes for the travel, for evening walks, read nobles and books, and enjoy evening snacks and small meals with colleagues, friends and family whereas students are usually busy with their coaching schedules. But these kinds of deeds are further responsible for causing many types of ailments. Specially, there are five deeds which should not be done in evening time and if done due to *pranjnaapraadha* then they vitiated the *doshas* and causes *vyadhi*.

Key words: Ayurveda, Spiritual Health, Sandhya Avacharana, Longevity.

INTRODUCTION

A system performs when it follows the Standard operating procedures (SOP). A standard operating procedure is a set of step-by-step instructions compiled by an organization to help workers carry out complex routine operations. To achieve efficiency, quality output and uniformity of performance, while reducing miscommunication and failure to comply with industry regulations.

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So, similarly to maintain the body equilibrium and achieve longevity, the concept of *Dincharya* (Daily regimen), *Ritucharya* (Seasonal regimen) and *Sadvritta* (Right Code of Conducts) etc. are the modes of application which fulfils the first objective of Ayurveda i.e. "*Swasthasya Swasthya Rakshnam*".^[1]

According to WHO, Health is defined as "A state of physical, mental, spiritual and social well-being and not merely an absence of disease or infirmity". A state of Health and *Indriyajaya* are achieved when these concepts are being followed in a proper way.^[2] Where *Sadvritta* has an inerrable role to maintains the equilibrium of *Dosha*, *Dhatu*, *Agni*, *Mala* etc. along with cheerful soul, unimpaired senses and well-being of mind. *Sadvritta* defines as the *Sad* means "good" and *Vritta* means "regimen". These are the health promoting conducts having the different attributes in itself and covered the rules or right code of conduct of Social, Personal, Occupational, Psychological aspects etc.^[3] Our ancient texts give great emphasis on the good and bad deeds mentioned in *Sandhya Kala*

(Evening time) that should be followed. Now a days, *Sandhya Kala* is the most negligible time of the day which is not scheduled properly. If the deeds that should not be followed properly people may suffer from the diseases which depends upon the *doshadushya sammurchhna* and tend to lose their Longevity.

LITERATURE REVIEW

Sandhya Kala: the term describes the “Transition Time”- around sunrise and sunset and at noon. (*Trikala Sandhya*)

Code of Conducts which should not be done in *Sandhya Kala*:

1. *Bhojana - Vyadhi* (Disease)
2. *Pathana - Ayuhani* (Decreased life span)
3. *Maithuna - Garbha vikara* (Abnormality related to foetus/Pregnancy)
4. *Gati - Bhaya* (Fear)
5. *Shayana - Daridrya* (Poverty)

Bhojana (food)

Bhojana (Ahaara) considered as one of the *Upstambha* (sub pillar) to which the longevity of the life is relied. *Ahaara* is responsible for *Aayu* and *Bala* of the individual.^[4]

In classics, rules and regulation for having the food in a particular amount has been also explained as *Trividhkuksheeya Adhyaaya*, *Ashtaahaaravidhi visheshaayatan*, and *Dashvidh Ahaara Vidhi Vidhaan*.^[5] It plays a key role in the promotion of health and prevention from the disease.

Pathana (Study)

Acharya Sushruta explained the method of studying and qualities of a scholar. In our texts, it is mentioned that one should not study on the eight, first and the fifteenth day of both the dark and bright fortnights of the lunar month, during the two twilights of the day, during unseasonal lightning and thundering. As well as on a moving vehicle, in slaughter house, and during

important festivals. One should never study in unhygienic state.^[6]

Maithuna (Sexual Indulgence)

In *Yogavalkyasmrithi* it is explained that eight factors should be avoided specifically remembering of sexual acts, talking about sex, indulging in fore play, talking in private, deciding to have sex, beginning of sexual act and completing coitus are complete abstinence which are called as *Brahmacharya*. *Vagbhatacharya* used word *Abrahmacharya* as it is very difficult to follow complete abstinence for everyone. And hence, *Poorvakarma*, *Pradhan karma* and *Paschatkarma* is explained properly about the *Maithuna*. Where *Shodhana* is indicated for the couple, then *Sansarjana Krama*, *Yajna*, and other relative activities should be followed according to *Aptas*. Then only the male and female is capable of doing a *Sukhi Praja*. There also mentioned some specific postures, time when the intercourse is to be done.

Gati (Walking)

Gati is taking in the *Viharaja* form in Ayurveda texts. It may act like a *Nidana* of disease as well as the causative factor at the same time for another disease. For example, it is considered as the one of the main *Nidana* of *Rajyakshma* whereas by walking 100 steps it acts as a medicine for *Madhumeha*.

Shayana (Sleep)

The mind including motor and sensory organs is exhausted and when they dissociate from their objects, then the individual sleeps.^[7] Happiness, misery, nourishment, emaciation, strength, weakness, virility, knowledge, ignorance, life and death - all these occur depending on the proper or improper sleep.^[8]

Sleep is caused by the *Tamas*, *Kapha* (Vitiated), mental exertion, physical exertion, *Aagantuka*, *Vyadhi Anuvartani*, nature of the night. Where as the sleep is par excellence when comes by the nature of night and remaining type of sleeps are to be treated as diseased condition of the individual. Sleep during the daytime is clearly described by the Acharyas, it is indicated and contra-indicated as follows:^[9]

Indication	Contraindicated
1. Singer	1. Other than summer season.
2. Alcoholics	2. Person with excessive fat
3. Excessive indulgence in sexual activities.	3. Those taking unctuous substances
4. Heavy weight lifters	4. <i>Shleshmik Prakruti</i>
5. Walking long distance	5. Disease due to vitiation of <i>kapha</i>
6. Diseased from-phthisis, wasting, thirst, diarrhoea, colic pain, hiccup, insanity	6. Artificial poisoning
7. Too old	
8. Too young	
9. Too weak	
10. Injured	
11. Exhausted by travelling by a vehicle	
12. Anger, grief and Fear	

MATERIALS AND METHODS

This is conceptual type of research. All sorts of references have been collected and compiled from various available Ayurvedic classics texts like *Charak Samhita*, *Sushruta Samhita* and available commentaries on it. Research articles are also searched from various websites related to similar matter. All matter is analysed for the discussion and attempt has been made to draw some conclusions.

DISCUSSION

These five treaties are considered as the bad deeds when done in evening time. The foremost reason to be not doing in *Sandhya kaala* is the *Vata Vridhi* during the end of the day and these treaties further

responsible for aggravation of *Vata Vridhi* which cause many ailments.

Bhojana in evening time

Sticking to the proper meal timings is one of the keystones of healthy eating. Due to the hectic lifestyle we used to take evening snacks that may vary from light food articles to heavy, these are the predisposing factors of occurrence of any disease. Foremost reason to avoid evening snack is, to stop delaying the dinner. Most commonly use snacks in India are *Samosas*, *Bread pakoras*, *Chai*, *Momo's*, pizza, burger etc. which are rich in carbohydrate, sugars and low in nutritional values which will take time to digest & being the cause of many ailments most probably the lifestyle disorders. As the high content fats, carbohydrates affect the metabolism by slowing the down the mechanism of digestive system.

In our classics, Texts also describes the *Adhyashana* means, the meal between the two meals or before the arrival of *Annakaala* (i.e. between lunch and dinner) causing the *vyadhis* viz. dryness of the mouth, flatulence, colic pain, thirst, prostration of the body, vomiting, diarrhoea, fainting, fever, gripping pain and *ama-visha*.^[10]

Pathana in evening time

There is nothing like a best time to study and for learning but it's great when usually done in morning because the brain is refreshed from a good sleep and can absorb more information. Natural light good for our eyes and keeps us alert and importantly it doesn't disrupt sleep schedule. The second reason is that in evening time, we used to illuminate the environment, room etc. by the artificial lightening, lighting profoundly affects numerous levels of human functioning such as vision, circadian rhythms, mood, and cognition, its implicit effects on learning. Visual impairments alone can induce behavioural problems in students, and the level of concentration and motivation. And hence, it should be taken into the account and avoid this bad deed.^[11]

Maithuna in evening time

Sexual intercourse produces prostration of thigh, palpitation of heart, pain in the eyes, asthenia of the

limbs, bleeding through seminal passage, weakness in lumber region, oedema in the scrotum, retention of flatus, urine and stool, a feeling as if the anus is being cut, a feeling as if the mind is shrinking, and a feeling as if the person entering into the darkness.^[12]

Bhavaprakasha states that person getting desire for sexual act and not fulfilled individual may develop symptoms like *Meha*, *Medovridi*, and looseness of body and Psychosomatic diseases.

Gati in evening time

Atichankramana (Gati) gives rise to pricking pain in feet, calf region, thighs, knees, groins, waist and back, cramps, malaise, burning sensation in shoulder, swelling in the veins and arteries, asthma and cough etc.^[13] Excessive walking may create heart problem, external and internal abscesses. The Study Suggested that Vigor was found to be higher in the evening before the constant power exhaustive exercise session, and decrease significantly following the session. Fatigue was also found to increase following the constant power exhaustive exercise sessions in the evening.^[14]

Shayana in evening time

It is very common now a days to take a nap during the day time. People generally took nap when suffered from sleep disorders, or after a long work hour. In 2006, The study suggested that nap during the evening time restores wakefulness and promotes performance and learning. But it depends upon the quantity when it is less than half an hour then it improves the function but if its more than that then leads to loss of productivity and sleep inertia. Recent studies indicate that the frequent and longer naps may lead to adverse long-term health effects. *Acharya Charak* explained that Sleep during the day time produces Anorexia, Indigestion, Suppression the enzymatic activity of the gut, Impairment of cardiac function, induces stiffness, drowsiness, and weakness.^[15]

CONCLUSION

After thorough study of the concept and discussion, it is clear that these "5 treaties" must be avoided and

needs a very sincere attention. As they were act as the root causes of many ailments. In today's scenario, we were in the era where the lifestyle disorder are the most common answer to the morbidity. So in short, we can say that these rules have been laid down to ensure personal hygiene, mental peace, and good interpersonal relations. Being kind to others, taking good care of self and others, having a balanced state of mind and body, behaving well, etc induces a positive influence. It helps you lead a healthy and fulfilling life.

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