

Study of Normal Health Through Physiological Parameters As Per Ayurveda

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Abstract

Ayurvedic text has clearly written definition, importance and parameters of healthy body. Most of the people rely on laboratory findings to understand their normal health status but only normal lab investigations are not solely indicative of their health status perfectly. This pilot survey study was designed to reveal health condition of people through few physiological parameters mentioned in Ayurved. The results were quiet expected that people are either unaware about their health status or ignorant so prone to disease. This study will definitely probe for further research in this field to maintain health of people.

Keywords: Ayurved, Health Status, Parameters and Survey study

Introduction

Health is one of the main desires of man since ages. The desire of long life and health is witnessed in Ayurveda's classical texts. But now a days unfortunately, health has become one of the commonest thing which we take for granted in our daily life. Today's life style inculcates so many unhealthy habits which we simply ignore such as irregular meals, lack of exercise, improper sleep and bowel habits and so on. Instead of spending our time and money for life style disorders like diabetes, hypertension, obesity etc., we can look inside ourselves to be more aware of our body and its functions. The concept of health is widely described in Ayurveda. As rightly told in Ayurveda "Arogyam Mulamuttamam" It has given utmost importance to health (AROGYA).

The parameters are mentioned in terms of Dosha, Dhatu, Mala and Agni etc. in various texts like Charaka. These parameters include physical fitness, function of various systems of the body, along with mental state of a person. Equilibrium or homeostasis of these Dosha, Dhatu etc. is responsible for health and the inequalities of these bring about disease. If these parameters get disturbed, it shows some symptoms in the body which we can consider as precursor stage of any disease. If we could notice it on proper time and act on them we can prevent further pathology of any disease. Currently some people are aware that apart from laboratory investigations few bodily functions can represent their health status. Though these people are aware about bodily functions, they don't know what exact points to understand their health status. The present survey was conducted to understand the awareness among common people about disturbances in their common bodily functions. The main concept was to understand whether people realize the changes in appetite, tongue, sleep pattern etc. and should not ignore it. Considering this they can improve their lifestyle to avoid further disease process.

Materials and Methodology

Questionnaire was designed and used to collect data. The questionnaire was designed in such a way that, points for observation which easily can be noted by common people.

A short title and introduction were given to the respondents to understand the subject domain with exclusion criteria. All the questions were mandatory. 2 options were given for each question.

Name: xyz

Age: 18-40, 40-60

Gender: M/F Occupation:

Income group: a) Up-to 3 Lakh b) 3 – 6 Lakh c) Above 6 Lakhs

The forms were distributed through electronic media and data was retrieved in Microsoft Excel for data processing.

Overall analysis was performed.

Age wise analysis and income wise analysis was also carried out especially to understand the difference in health status along with income status. Microsoft excel was used for calculations and plotting the pie chart.

Results

Total 69 responses were received with all questions answered with all the demographic data filled properly. Overall analysis of these responses obtained is given in table and the percentage obtained for each response is displayed.

Age wise analysis of responses

	Age	Response 1	Response 2	Total	Res 1 %	Res 2 %
Sleep	Below 40 yrs.	4	13	17	24%	76%
	Above 40 yrs.	8	42	50	16%	84%
Stamina	Below 40 yrs.	6	11	17	35%	65%
	Above 40 yrs.	14	35	49	29%	71%
General symptoms	Below 40 yrs.	15	3	18	83%	17%
	Above 40 yrs.	39	11	50	78%	22%

41% i.e. 28 respondents are having annual income less than 3 L while 12 respondents that is 16% and 29 respondents that 41% having annual income up to 3 lakhs to 6 L and 6 lakhs and above respectively

More than 80% of people have the knowledge that apart from lab investigations there are some bodily physiological functions which indicates health status. Almost 1/5 of people are unaware of this. When asked about physiological function as per Ayurved first question was related to appetite, for which more than 87% were responded for normal while 13% responded as some abnormality in that furthermore when they were asked about sleeping pattern, 82% were responded as a good while more than 17% having sleeping problem

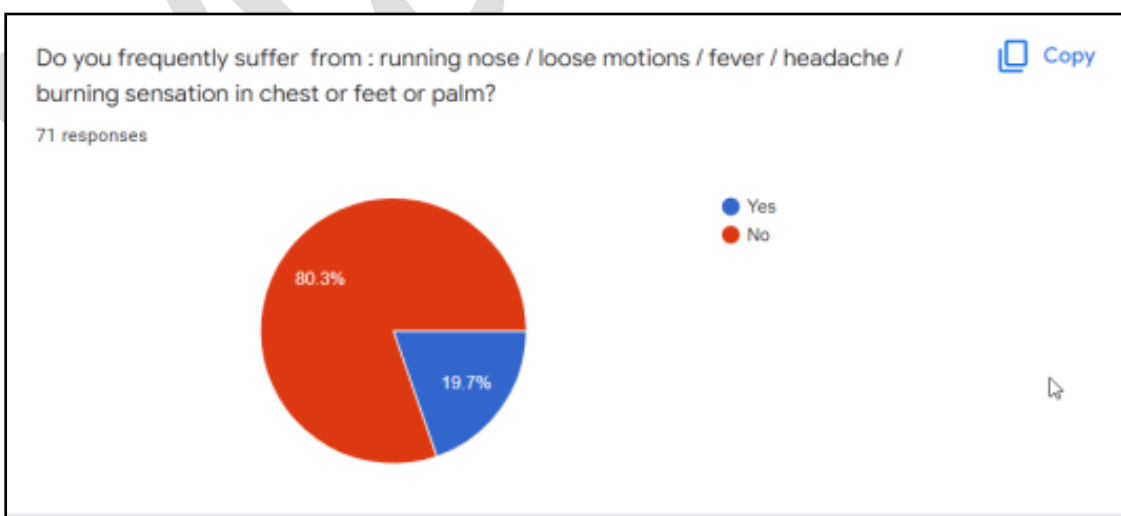
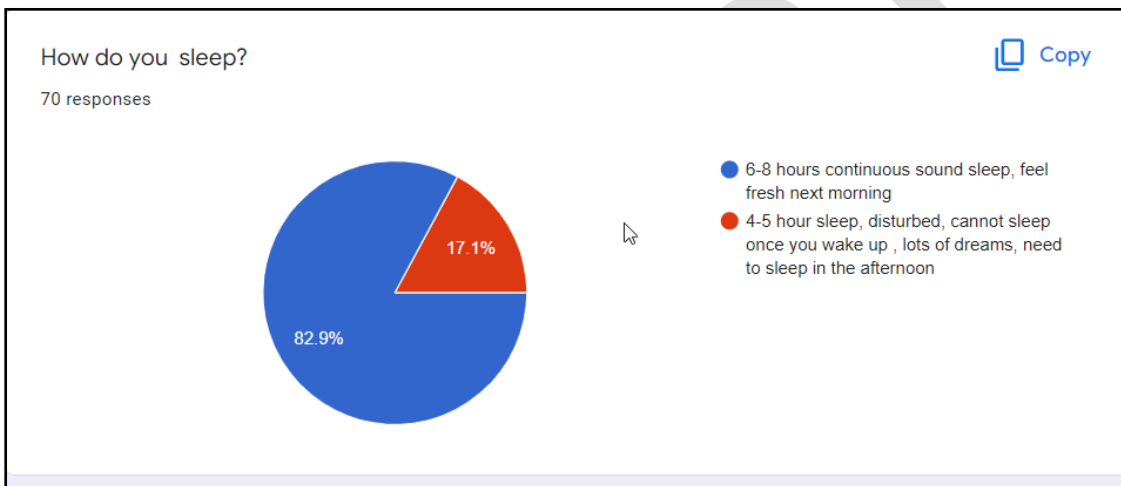
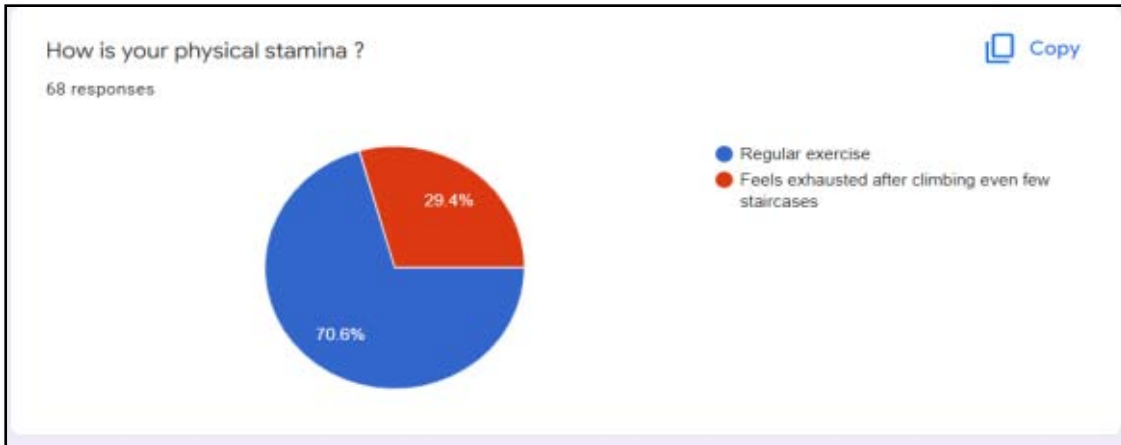
Next questions were about thirst nails and urination

More than 90% responded positively while 10% have mentioned that they have some alterations

While answering question about stool 90% answered as they have normal bowel pattern while 10% mentioned that they are facing some problem with it.

Interestingly almost 30% of people addressed that they have problem with physical fitness or stamina. While 70% mentioned about their regular exercise. Finally the question was somewhat related to their immunity nearly 20% shown their immunity is weekend.

In this analysis we can see 24% younger population has mentioned that they have disturbed sleeping pattern which is higher than above 40 age group. Again almost 35% of population below age 40 accepted that they have less stamina. In the respondents above 6 L income group has shown that almost 1/4 of them have disturbed sleep. Along with this they also have weakened stamina in 30%



Discussion

In present survey most of the respondents have the knowledge about Ayurvedic physiological parameters. This can be because of increasing popularity of Ayurveda. Another aspect of this survey to know functions of Agni through Appetite.

Most of the people have mentioned they have good appetite. This 'good Agni' reflects in questions related to stool, urine, thirst and tongue.

Good Agni regulates and improve function of digestion so, most of the respondents have mentioned normal stools. If Agni gets vitiated, it reflects on tongue which show some irregular symptoms.

In further analysis based on age, younger population has shown problems in sleep this is attributed to their stress and irregular life style in comparison to above 40 age group. Because of lack of regular exercise younger group has shown less physical capacity.

As per income wise analysis, respondents having good economic status have disturbed sleep because of anxiety or depression. Again most of the higher income group respondents have reduced physical stamina due to sedentary life style.

Conclusion

To understand normal health status, there are some physiological observations. Based on these Ayurvedic parameters we can assess health status of a person.

People are showing defects in these physiological functions. Thorough research needs to be conducted to develop parameters to assess their healthy status.

References

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