



KMCT AYURVEDA MEDICAL COLLEGE

Approved by NCIHM and Affiliated to Kerala University of Health Sciences.

AYURVEDIC LIFESTYLE MANAGEMENT

An Ayurvedic Lifestyle Consultation provides you with the very best integrational tools to create optimal health, vitality and creativity

Book Here: <https://www.kmctmed.edu.in>



1. Sleep and Wake-up time: pleasant sleep is a good source of health and pleasure

The ideal time to wake up in the morning is *Brahma Muhurta* i.e. 45-90 minutes before sunrise. The ideal time to go to sleep is 2 hours after dinner. Dinner should be taken till 8pm. One should sleep ideally for 6-8 hours/day. Day sleep should preferably be avoided. Sleep quality can be enhanced by having Milk and Ghee in diet, practicing meditation, asana and pranayama, Abhyanga (Massage) especially on Foot & Head.

- 1.) **Massage: delay your aging by daily massage** Daily body massage delays ageing, removes tiredness, prevents vata disorders (musculoskeletal and neurological disorders), improves the quality of sleep. It enhances the skin health and makes it soft and lustrous, provides strength to body, removes stress and provides pleasing effect to mind.

Ayurveda advises daily massage for 15-20 minutes with Coconut oil/castore oil/mustard oil etc. Abhyanga should be practiced especially on head, ears and feet daily.

Head massage: Prevents headache and other diseases of head region e.g., hair fall, premature greying of hair and strengthens the hair. Provides lustre to skin and hair.

Ear massage: Instilling 2-3 drops of oil in ears prevents ear disorders like induced hearing, deafness, tinnitus, neck and jaw stiffness.

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Foot massage: Relieves dizziness, stiffness and numbness of feet. Provides strength and stability to feet. Prevents vascular disorders like pain in lower limbs.

2.) Exercise regularly: for better health

Ayurveda considers exercise as an integral part of healthy daily routine. Perspiration, increase in respiratory rate, feeling of lightness of body are signs of reaching threshold of exercise and one should stop doing exercise at this point. It makes the body light, provides strength to work, stability, resistance towards diseases and reinvigoration of Kapha dosha (and stimulation of Agni) (digestive power).

3.) Nasal application of Oil

Nasya is instillation of herbal oils in the nostrils. Practising Nasya daily improves the function of some organs and prevents diseases of eyes, ears, nose and throat.

Steps to Practice Nasya: Sanitize the hands, dip the little finger in oil. Oil like Anantamusthaka oil/Ara, etc can also be used for daily Nasya. Smear both the nostrils gently. This should be practiced in the morning & in the evening.

4.) Never suppress your natural urges

Attending natural urges appropriately helps in preventing many diseases. Reflexes of uric, faeces, mucus, cough, vomit, hiccup, thirst, hunger etc. should not be suppressed.

5.) Follow the code of conduct to lead a happy and comfortable life

Code of Conduct refers to good personal and social behavior which leads to mental and individual happiness. This includes compassion for all creatures, control of the mind in physical, verbal and mental actions with aid of wisdom and considering other feelings as one's own and acting accordingly.

6.) Health promotion by rejuvenation (Rasayana)

Rasayana are herbs/foods that help in obtaining the optimum arrangement in the body tissues. They promote longevity, slow down the aging process, promote proper physical and mental health, sharpen the memory and impart immunity against various disorders.

Rasayana which can be incorporated in daily routine include milk, ghee, urtic and our special preparations like Chyawanprash.

7.) Good Dietary Practices: Let food be your medicine

Have food served hot, satiated, in proper quantity, in appropriate quantity (satich) Have food only after digestion of previously taken food at comfortable and pleasant place. Do not eat hurriedly or too slowly. Do not speak or laugh while taking food. Have food which is suitable for your body and mind.

8.) Follow seasonal regimen to sustain seasonal vitality

Ayurveda describes six seasons in a year. Successful life should be maintained, and one should follow a lifestyle according to the seasons.

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DAILY ROUTINE AND THE SEASONAL REGIME



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INTEGRATION AND
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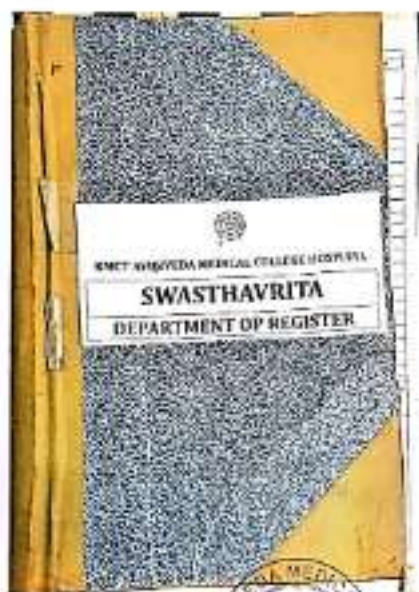


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**SADVIRITA, RTUCHARYA, DINACHARYA
AAHARA**

**(LIFESTYLE AND DIET GUIDANCE TO OPD
PATIENTS)
2021-2023**

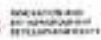


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