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Review Article

CORE CONCEPT OF AYURVEDA FOR LONGEVITY OF HEALTHY LIFE

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ABSTRACT

Ayurveda is our ancient line of treatment, which is followed from many years ago. It contains the information from the Birth to Death of human being health itself. Give knowledge about the living pattern of human being and also give information about the treatment of various diseases at that time to survival of human being. From which we are able to decode half of the knowledge given by our ancient masters / Acharyas. Many searches for the same are going on too. Our ancestors at that time lived healthy and disease free life without having any machines and instruments which we are using now days. They give importance to each phase of life and also give the information to take care of their health at every phase of life from the mother womb to death of the individual. Here is summary about how we can follow their footstep so that we make sure that our coming generation and present generation live healthy and disease free life. *Sanskaras* that we used to follow at that time and also how we can manifest them in today life also, such as *Jatkarma*, *Karnavedana*, *Achara rasayana*, *Ritucharya*. By just following these thumb rule one can attain healthy life easily.

INTRODUCTION

Ayurveda itself indicates its importance by meaning of its own words i.e. 'Ayu' means life and 'Veda' means science which states "The science of life". Our ancient era was different, comparing with the present era. At that time, people appreciated living healthy and peaceful life and they had very less desires. They used to live with principle of "Simple living and High Thinking". Scenario, now days becoming difficult to attain disease free life from gestational to geriatric age. Every age group is suffering from different diseases in day to day life. This is becoming need of an hour to control the rate of diseases and also to lessen the burden on our society economically, physically and mentally by providing them easy and approachable methods for healthy, peaceful and disease free life. In Ancient times, the rate of diseases were very less and treatable by using only herbal treatment, healthy

diet, *Yoga*, even without any modern technologies people used to live healthy and happily. In Ayurveda, life is explained as happy and beneficial if the person is not afflicted with any somatic or psychic disorders, and is endowed with strength, energy, reputation, knowledge, means of good perception, immense wealth, enjoyment, devoted for penance, peace, spiritual enlightenment.¹ Ayurveda works on theory of "keeping healthy person healthy and making diseased one healthy".² There are certain theories proposed by Ayurveda for regulation of health. Health by WHO is defined as - "State of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Today's generation is suffering from different types of physical and mental disorders due to their food habits, living pattern and increase of stress and anxiety and forgetting that "health is wealth" and only focusing on wealth and engaging in sedentary life style. In Ayurveda 16 *Sanskaras* are given to live life from birth till death. The way of life is replete with rituals-some of them are unknown to the modern generation but they hold their own meaning and significance. To control the disease manifestation we should follow these concepts given by our ancient

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Acharyas about the living pattern in terms of healthy life. Ayurveda works at ground level and explains not only about disease cure but also fulfil its duty at part of psychological, social and spiritual concern. *Acharyas* focus from start of life by giving importance to birth of healthy progeny to serve our community with healthy generation who aids in creating a disease free society and therefore helps in the development of the nation. Here, I am going to explain the brief view of ours *Acharya's* tremendous knowledge they used to follow in terms of living good life and also left us this precious heritage with many possibilities of exploration. Here I want to give some idea to present generation about the healthy living which is a great gift from our ancestors.

Pre-Conception Care ^{3,4,5}

We should adopt first step towards giving great importance to the pre-conception care which includes preparing the body of both the individuals to ensure a healthy progeny. Like, if seed is not good plant will not grow properly. A good diet and lifestyle are critical for at least six months before trying to conceive for both partners. Both partners should observe celibacy (*Brahmacharya*) for one month before attempting coitus. The male should consume *Shali* rice with *Ghrita* and milk. *Taila* and *Masha* should be consumed by the female. The different foods are suggested to specifically nourish reproductive tissues; Saffron (*Crocus sativus*), cloves (*Syzygium aromaticum*), cardamom (*Elettaria cardamomum*), ghee, milk and date smoothies; and Asparagus. Spices such as ajwain and cumin also purifies the uterus and genitourinary tract, whereas turmeric improves interaction between hormones and their target tissues. General female tonics include *Shatavari* (*Asparagus racemosus*), *Ashoka* (*Saraca indica*) etc. General reproductive tonics like warm unhomogenised milk, ghee, yoghurt, black sesame seeds, urad dal, mung dal, honey, dates, almonds, ginger, garlic, onions and saffron. Hot spices should be avoided. Normalcy of psychology or happiness of mind of the couple is one of the most important factors for conception because stress, anger, despair etc. can disturb the phenomenon leading to diminution of sexual vigor. One, if follows some of these things, he can avoid chances of unhealthy progeny. *Acharyas* have explained 16 *Samskaras*, 1st *sanskar*: *Garbhaadhan Sanskar*- This *Sanskar* is done to bear progeny that brings good name to the dynasty. It's also done to keep the dynasty running.

During Pregnancy ^{6,7}

After pre-conception diet, our *Acharyas* have explained the diet plan for post conception period. During this time (pregnancy), the expecting female should be kept away from fearful things, negative

environment and she should be provided with peaceful atmosphere. Our *Acharyas* have given a proper protocol of diet that to be followed during these 9 months. 1st *Month*: Take wholesome food morning and evening. Drink milk regularly; it may be taken cold. 2nd *Month*: Take boiled milk with herbs having a sweet taste. 3rd *Month*: Take milk mixed with honey and ghee. Take *Sastika* rice with milk. 4th *Month*: Take milk along with 12g of butter. Take *Sastika* rice with curd also; take milk and butter and soup made with meat of wild animals. 5th *Month*: Take ghee., take *Sastika* rice with milk. Also, take food with milk and butter. 6th *Month*: Take ghee boiled with sweet herbs. Take *Sastika* rice with ghee. Also, take gruel with butter. 7th *Month*: Follow the directions of 6th month. If itching develops in the chest due to pressure of the fetus, use kneading and friction massage on the area. Food should be sweet in taste and alleviate *Vata*. Eat small amounts and don't add extra fat or salt. Water can be taken in small amounts after eating. 8th *Month*: Take milk and gruel added with ghee. An enema should be given for restoring the nervous system and cleansing the bowels, which should be followed by an enema made of oil prepared with milk and herbs. *Month 9*: Receive an enema of oil boiled with sweet herbs. Cotton swabs soaked in this oil should be kept in the vagina for oleation of the uterus and genital tract. It will cause softening of the placenta, pelvis, waist, sides of the chest and back; downward movement of *Vata*; normality of urine and stool; softening of skin and nails; promotion of strength and complexion; and delivery of the child with ease. During ancient times there were *no supplements* and no other medications, mothers used to follow these health regimens and give birth to a healthy and well build child. 2nd *sanskar*: *Pumsavana Sanskar*- This *sanskar* is geared towards the intellectual and mental development of the baby in the womb. 3rd *sanskar*: *Simantonayan Sanskar*-This *sanskar* is done during the 4th, 6th and 8th month of pregnancy. The mother starts teaching her child with this.

Puerperal Women ^{6,7}

Sutika care: A woman who has just given birth to a child followed by expulsion of the placenta is called as *Sutika*. *Acharya Sushruta* has mentioned that after 1and1/2 month (45days) of regulated & specific dietetics & mode of life the woman becomes free from the epithet of *Sutika*. *Acharya Charak*, *Sushruta* and *Vagbhata* said that what so an ever disease afflicts the *Sutika*, are difficult to cure or may become incurable. Ayurveda has advised a specific diet & lifestyle regimen called *Sutika Paricharya* to prevent further complications & restore the health of the mother. *Sutika* should bath with warm water; take

adequate sleep; for drinking, boiled water should be used. Pelvic floor exercises (kegal's exercise) should be done, but not in excess, sexual intercourse should not be performed. Avoid Mental & Physical stress; Cold water, Cold wind & Cold things, anger, fear, depression etc. should be avoided. If *Sutika agni* is *Manda*, *Agni deepana* is the treatment for few days immediately after delivery, which may be needed prior to the administration of *Brumhana drugs*. The drugs which are used instantly after delivery are *Agnivardhaka* by their nature. Use of *Snehana* (oil) suppresses *Vata*. *Uttama rasa* produces *Uttama stanya* (Breast milk) which depends on quality of *Agni*. *Yava*, *Kola*, *Laghu annapaana* (light food) is advised after 5 days, this form of food helps to replenish *Dhatu* (tissues). Advise for the usage of *Mamsarasa* & *Brumhanadravyas*, using *Jeevaniya* or *Brumhaniya* or *Madhuradravyas*, this might act as *Dhatuvardhaka* and helps to maintain proper lactation. *Abhyanga* recommended by using *Balataila* in *Nyubja* position, which might help to restraint vitiated *Vata*, spiralling the abdominal muscles should be done. *Parisechana* (medicated water pouring) by using *Kwatha* prepared with *Vataharadravyas* act as *Vedanahara*, *Kledahara*. *Udarapattabandhana* -Wrapping the abdomen with long and clean cloth, which in turn helps abdomen to retrieve its normal position and there is no accumulation of *Vata* in vacant sites. *Dhupana* as *Rakshoghna* and *Vedanahara* is mentioned by using *Kushtha*, *Guggulu* and *Agru*. In ancient times new mothers used to follow these rules to prevent the complaints during *Sutika Kala* such as UTI, backache, thirst, anxiety, anger, disturbed sleep, depression etc. Now days very only few females follow such type of things, that is why they are becoming prone to many diseases after delivery. So, one should follow such things to avoid further complications that lead to healthy life.

After Birth Child Care:⁶⁻⁸

Mother milk: Mother's milk is very essential from the first day of birth. It is useful to increase immunity. Up to 6 months baby should be on mother's milk only, not even water is allowed. Diet of mother after delivery is very important, as it should meet the needs of both, baby & the mother. The diet of mother reflects on baby. *Swarna prashana: Vedic Methods of Immunisation*-According to Ayurveda, gold is a tonic for the nervous system and increases intellect and memory. It also increases luster of the skin and tones up other tissues. Growth and development of the brain are rapid in infancy and hence all the traditional tonics for infants include brain tonics should be given routinely for a period of 6 months to 1 year. Pure gold is rubbed on a grinding stone with

honey and ghee and is given for licking or given with *Brahmi*, *Vacha*, *Anant* and *Shankhapushpi* which are Ayurvedic brain tonics. **4th Sanskar:** *Jaatakarma Sanskar*- This Sanskar ensures a lot of bad omens cleared from the infant, done for health and age of the child. **5th sanskar:** *Naamkaran Sanskar*- From the name itself it is clear that, this *Sanskar* is done to decide the name of the infant. Usually, it is done on the 11th day of the birth. **6th sanskar:** *Nishkraman Sanskar*- It's done in the 4th month after the birth. To invoke the blessings of five elements of the nature it has to be done. **7th sanskar:** *Annaprashana Sanskar*- This is done during the teething period of the child. After this, feeding of the grains, cereal etc. is started. **8th sanskar:** *Mundan Sanskar*- The removal of the hair is done in this *Sanskar*, by the belief to strengthen the head of the child and also increase intellectual power. **9th sanskar:** *Vidyaarambha Sanskar*- it is done to start the formal education of the child. **10th sanskar:** *Karnavedh Sanskar*- it is a *Sanskar* about piercing the ears, Believed that there must be some relationship with the brain and acupuncture. **11th sanskar:** *Yagyopaveet Sanskar*- Done during the study of the child and also called *Upanayana sanskar* which means bringing child close to the eye of the guru. by this, the child gets strength, energy, and splendor. **12th sanskar:** *Vedarambha Sanskar*- it is done for the starting of study of the Vedas. **13th sanskar:** *Keshant Sanskar*- it is related to removing the hair and done after completing the studies.

If person follows these following rules in their life then the rate of disease and approach to healthy life becomes easy like a part of life for every age and every sex.

During Adulthood⁹⁻¹⁴

Achara rasayana (the rejuvenation effects of good conduct): These are *Traditional Behavioral Rasayanas* described by our Acharyas which not only focus on the healthy body but also gives us theory regarding healthy mind and social behavior. *Sadvrittam Anushtheyam:* Follow the rules of *Sadvritta* (High Ethical and Moral Conduct) for *Nithya Rasayana* (Benefits of daily, non-material rejuvenative therapy) "*Satyavadinam akrodham...*" like truthfulness, freedom from anger, non-indulgence in alcohol, nonviolence, calmness, sweet speech, engaging in meditation, cleanliness, perseverance, charitable, religious, respectful toward teachers, parents and elders, loving and compassionate, balanced sleep and wakefulness, using ghee regularly, knowing the measure of time and place, controlling the senses, keeping the company of elders and the wise, positive attitude, self-control, devotion towards Vedic scriptures. Now days due to lack of patience, increase of anger and desires the rate of crime is increasing

day by day. One should practice these things and can live healthy life by creating loving and helping society in our surroundings by our behavior. Raise children not only by the means of their health, wealth and education but also by means of manners to create a healthy society.

Dincharya: One should if add these habits in their day to day life can remain strong and healthy with good immune system. Rising early in the morning, preferably 30 minutes before sunrise and then evacuate bowels and bladder. If not natural, try taking mild laxative or digestive supplements or simple ghee with milk before bed. Clean and brush the teeth. Clean or scrap the tongue gently. Clean eyes by sprinkling with cold water. Drink a cup of hot water, or a glass of warm water with a teaspoon of honey (honey should never be heated and one should never drink honey by pouring in hot water*). For 7-10 minutes do *Abhyanga* with warm-oil. *Abhyanga* (massage) can be a daily practice or at least twice a week and especially on the weekends. Brief warm-up exercises, stretches, Yoga postures, or 5-10 Sun Salutations for 10-12 minutes. Take bath preferably with warm water. Begin with a comfortable temperature and, if you can do so comfortably, gradually lower the temperature as low as possible. Favor washing your head and hair with cold water. Wear clean and comfortable clothes, suitable to season and activity. Practice meditation and eat well-cooked food. Like this, *Acharyas* gave their theories to live life how they use to live in ancient times.

Ritucharya: *Ritucharya* enables us to build our physical strength and mental capability to battle ailments that may happen due to seasonal changes. In addition to that, it balances all the three *Doshas* in our body and keeps us fit and healthy throughout the year. A year is divided into 2 *Kaalas* (time periods). Each *Kaal* comprises of 3 seasons which gives a total of 6 seasons in a year. Each season lasts for two months and these seasons are precisely found in Indian subcontinent. **i) Adaan Kaal/ Northern Solstice/ Uttaryana (14 January to 14 July)** includes-Shishir Ritu (Winter) Mid- January to Mid-March, Vasant Ritu (Spring) Mid- March to Mid-May, Grishma Ritu (Summer) Mid- May to Mid- July. During this season, the sun and the wind are extremely powerful. The Sun wards off all the energy and strength from people, and the cooling qualities from the earth. The scorching sun gives balmy and parched qualities to plants and humans thereby, reducing the strength among individual **ii) Visarga Kaal/ Southern Solstice/ Dakshinayana (14 July to 14 January)** includes- *Varsha Ritu* (Monsoon) Mid-July to Mid- September, *Sharad Ritu* (Autumn/ Fall) Mid- September to Mid- November, *Hemant Ritu*

(Late Autumn/Pre-Winter) Mid- November to Mid-January. During this season excessive cold is there and sky remains cloudy. People should eat heavy food and wear warm cloths.

Our *Acharyas* explained do's and don't's for every season to attain health and suggested lifestyle and diet to avoid any type of disease manifestation in certain season and also to keep our *Doshas* in Equilibrium state. They thought for long run and gave us everything to keep our body healthy even in terms of seasonal changes.

Ahara vidhi visheshayatan: Ayurveda places special emphasis on *Ahara* and believes that healthy nutrition nourishes the mind, body and soul. According to Ayurveda the living human body and diseases that afflict it are both the product of *Ahara*. *Ahara* is considered as one of the key pillars (*Upstambhas*) of life in Ayurveda. In today's world, altered habits of food consumption may lead to various diseases. So, many guidelines are explained in Ayurvedic texts, which are explained as eight specific factors or methods of dieting which is called *Ashtavidha Aahar Vidhi Visheshayatan*. *Aahar* is food, *Vidhis* means methods, *Vishesh* is peculiar and *Ayatan* is abode. *Ashtavidhaaaharvidhivisheshayatan* includes *Prakriti* (nature), *Karana* (processing), *Samyoga* (combination), *Rashi* (quantity), *Desha* (place), *Kala* (time/ stage of the disease), *Upayoga-Samstha* (rules for use) and *Upayoktra* (consumer). There are also the dietetic rules, i.e., *Ahara - Vidhi - Vidhana* given by our *Acharyas*. As name suggests, these rules are specified for 'How to eat? - *Usnam asniyat* (hot food), *Snigdham* (by putting ghee), *Matravat* (in certain amount), *Jirne* (after digestion of previous food), *Virya aviruddham* (don't eat unwholesome food), *Iste dese* (at peaceful place), *Na atidrutam* (not so fast), *Na ativilambitam* (not so slow), *Ajalpan* (without talking), *Ahasan* (not more than your capacity), *Tanmana bhunjita*. Though we know food is important and we consume it in daily life, its various roles in the body are quite different as food is vital for energy. Lack of awareness and self-discipline are two primary reasons for falling ill. Not understanding one's own physical constitution, wrong food habits and bad life style disturbs all body functions of human being. **Now days Food habits are like:** Eating when not hungry, soon after meal, at the wrong time of the day, incomplete food combinations, overeating, too much heavy or too little food, eating hurriedly, emotional eating, drinking cold or chilled water, especially during meal, too much water or no water at all during a meal, preserved and stale food, frozen food, too spicy, sour, salty food. According to *Acharya Sushruta*, *Achokshyam* (dirty), *Dushta* (affected by poison etc.),

Utsrutam (left over), *Pashana-truna-lashtavata* (containing stone, grass and dust), *Dwishta* (disliked), *Vyushitam* (stale), *Aswadu* (unpalatable) and *Puti* (putrified food) should be discarded. *Chirsiddham* (Food which is cooked long before), *Sthira* (hard), *Sheetam* (cold), *Ushnikrutam puna* (reheated), *Ashantam* (incompletely strained) and *Upadagdham* (over burned) is not palatable (loses its natural taste) and as such should be discarded. We should avoid these mistakes so that food we take will not become poison for us but nourish our body with good lusture, health and mind activity too.

Virudh ahara: The food and drinks which dislodge the doshas from its normal seat, but do not expel it out of the body are regarded as viruddha. The contradictory food is unwholesome to the body as acute and chronic poison and may produce death. Viruddha happens by the combinations of substances in respect of their strength of qualities, of unequal or equal proportions or both or by different processes of cooking. Some examples given by our Acharyas are like *Ksheera* with *Lavana*, *Kadali phala* with *Dadhi*, *Takra*, or *Taala phala*, *Ghrita* kept for more than ten days in *Kansya paatra*, *Upodaka* with *Maireya* and *Mardvika* (fermented liquors), *Madhu*, *Gritha*, *Taila*, *Vasa* and *Jala* mixed in equal quantities, in the combination of two, three or all of them, *Haridra* fried in *Sarshapa taila*, immersing oneself in cold water soon after prolonged exposure to sunlight. These are the common habits recent generation is following now days, which should be avoided for their betterment and health. **xiv) Samavartan Sanskar-** It is done to mark the reentry of the child from the *gurukula* back to the society. It prepares the child for the further struggle of life. **14th sanskar:** **Vivah Sanskar-** It is done for marrying the child, basically oriented to keep the creation going on. It is believed that the *Pitirina* is cleared after this. Thus, all these improper living and food habits adopted by us, leads to various diseases. If we follow the ancient methods then we can avoid the chances of diseases to some extent.

Vajikarna: Keeping in mind the concept of *vajikaran* as described in the texts of Ayurveda, it definitely offers a solution to minimize the *Shukra* (sperm and ovum) defects and to ensure a healthy progeny. *Vajikaran* therapy is said to revitalize all the seven *Dhatus* (body elements), therefore, restores equilibrium and health. It is recommended that the person below 17 years of age and more than 70 years of age should not consume. *Vaajikaran rasayan* is the special category of *Rasayan*, which improve the reproductive system and enhance sexual function. *Vajikaran* also claims to have anti-stress, adaptogenic actions, which helps to alleviate anxiety associated

with sexual desire and performance. Procreation and recreation are the two merits of *Vajikarana* Viz., gratification, positive sound health, progeny and instant pleasure. By way of *Vajikarana* not only the person undergoing the therapy is benefited but also his grand grandsons are also empowered with the capacity of healthy procreation and generation. In ancient days, it was a routine procedure to take some aphrodisiacs before undertaking sexual intercourse. The idea was to promote the quantity and quality of semen along with the sexual enjoyment. This process enhances not only the quality and longevity of one's individual life but also the health and vitality of his or her offsprings. Therefore *Vajikarana* is a must for all those partners who are going to start the sexual life and who wish to continue the sexual life in a better way. This in turn is helpful in many common sexual dysfunctions, including Infertility, Premature Ejaculation and Erectile dysfunction. *Vajikarana chikitsa* may include administration of *Vrishya* formulation (herbal or herbo-mineral preparations of aphrodisiac effect) like *Vrihani gutika*, *Vrishya gutika*, *Vajikarnam ghritam* etc.

During Geriatric Age:¹⁵

Rasayana: *Rasayana* is approach of Ayurveda which helps to prevent aging and keeps our body tissues healthy. It is preventive, promotive and curative aspects of health and carries the most practical methods for management of health and disease. Considered as treatment for ageing (*Jara chikitsa*) as synonymous with *Rasayana-chikitsa* (*Rasayana treatment*), it not only specializes certain methods in any particular knowledge domain of the Ayurvedic system but as a process by which the body tissues attains its best capacity to perform their systemic activities. *Rasayan* drugs acts inside the human body by modulating the neuro-endocrino-immune system. The concept of *Rasayana-chikitsa* has its own importance not only in the old age but need to be commenced in the early stage. The benefits are focused attaining strength (*Balya*), *life giving* (*Jivaniya*), bulk promoting (*Brmhaniya*) and stabilising the ageing process which is anti-ageing (*Vayahsthapana*). This is to keeps away old age (*Jara*); which can annihilate weakness (*Daurbalya*); which can cure incurable diseases and thus it can even overcome death (*Mrtyu*) and helps a person to live long for more than hundred years. Thus the individual gets long life to attain salvation. That process which facilitates optimum movement acquisition, assimilation and circulation of the essence of food or medicine to gain the above benefits is attained through *Rasayana chikitsa*. *Rasayana* treatment is also an answer to epidemics and acute onset of some diseases according to

Charaka. Body and Natural Process of ageing, the word 'Jara' in Sanskrit is derived from "jeeryateenaiti" represents decay and deterioration of health. Similarly, the popularly used word for human body in Sanskrit is "Sareera" (according to *sabdasthoma mahanidhi*) which implicitly says that there is continuous cell death happening every second. The word "Jara" is the synonym of "vardhakya" which is old age. The objective of *Rasayna chikitsa* is to prolong the caliber of youth to maximum for which the measures needs to be commenced at an early stage, before the symptoms of ageing is reflected in everyday life. The methods of reversing the ageing process are the brilliant intellectual property of Ayurveda by use of *Ashvagandha (Withania somnifera)*, *Guduchi (Tinospora cordifolia)*, *Amla (Embllica officinalis)*, *Haritaki (Terminalia chebula)*, *Shilajeet (Black bitumen or Mineral pitch)*, *Suvarn Bhasm (incinerated Gold with herbal excipients)*, *Chyavanprash etc.* 16th *sanskar: Antyesti Sanskar*- It is the last *Sanskar* done during the sojourn on earth. After the person dies, according to various techniques mentioned in the Vedas, the body is given to fire. This is the last *sanskara* of human being after which person becomes just ashes, because no one in this world is immortal.

Ayurveda, our ancient medicine system gives us the whole knowledge from pediatric to geriatric care. If in present era person only follows 50% of these concepts, he can get rid of so many health issues. First, pre-conception care is described by our *Acharyas*, which gives us the idea to give birth to a healthy progeny without any hereditary diseases. Now days, the gene mutation is very commonly occurring due to certain factors like today's life style and food habits. So to prevent alteration in genes, people should improve their life style and food habits for healthy and stronger next generation. During pregnancy if mother takes care of herself in a proper way, i.e. in terms of food, life style and change her habits which could hamper her fetus and follow good regimen for her coming baby, could give birth to a healthy child. After pregnancy, improper dietary habits are primary reason for increasing trend of health disorders in current scenario. Intake of frozen, canned, processed food plays an important role, for example, food items with added preservatives have various chemicals in it that are harmful for the body, likewise though freezing is regarded as the simplest and most important prevention process for fruits and vegetables, it is not perfect, since it is well known that some nutritional values (vitamins and minerals) may be lost during the freezing process. At present much newer food processing methods are in practice, these methods bring about chemical as well as

physical changes in composition of the food substances. They definitely improve the appearance, taste, flavor, shelf life, but at the same time they are changing the properties of food constituents making them unsuitable for human consumption, causing many diseases like heart problems, skin problems, cancer etc. All these chemicals in preservatives breaks the chain of cell membrane hampering the genes which are structural units of inheritance, having the tremendous volume of information stored in the chromosomes and plays a vital role in the transmission of characters from parents to off-spring. So, we should assure that this gene pool should be inherited correctly. Now, it is time to realize our duty towards the upcoming generation, that what we want to give them? Good genes to lead a healthy life or just a good bank balance that will be lost in treatment of diseases created by us. Our *Acharyas* have given us such a rich heritage in context of *Ahara, Dincharya, Ritucharya, Rasyana, Vajikarna* which as described above can avoid the chances of gene mutation. That's why we should practice the use of *Rasyanas* so that our immune system will remain strong and have ability to fight from external factors and can deal with senile changes in our body at certain age. My idea to write this essay is to make this in notice that by following these types of practices one can lead healthy life with strong mental, physical, social and spiritual benefits.

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