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Important of Upvas (Fasting) in Human Life to Maintain Mental and Physical Health

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ABSTRACT

Acharya Charaka Vagbhat and Sushrut defined that the whole world runs toward food, as the individual's complexion, happiness, friendly speech, life, talent, health and fulfilment, body maintenance, body strength and even intellectual abilities rely on food.¹ They have given importance to food since the Vedic period. For the preservation of the health, well-being and vitality of the person, food is a material consumed other than water and narcotics. This essay will illustrate the Upvas i.e fasting, life for speculated time or a week without taking food or drink of any liquid to maintain mental, spiritual as well as physical health as specified in the health concept. We are all normal to excessive eating habits, but today this article focuses on controlling intake and preserving Gastrointestinal hygiene and maintaining or relaxing all GIT organs to rejuvenate fully by natural secretion in a natural way through daily practice. In our Life of Upvas. Ayurveda acknowledges the view that the assimilation of metabolic toxins that are not good for health is realised by fasting. In Ayurveda, it is also claimed that fasting promotes digestive fire with the exclusion of channel blockage, which helps to minimise the symptoms of any disease. In Ayurveda, there are ten remedies for consumption, and Upavasa is one of them. Ayurveda directs three wellness and wellbeing treatments, i.e. metaphysical, Rational/physical and psychological. Fasting is not recommended for very young, frail, gaunt, pregnant and immediately after intense exercise. The benefits of fasting include the clarity of the organs responsible for meaning. The beauty of the body and brain can be felt during fasting. In illnesses, it offers a better feeling. These factors collectively contribute to making individuals feel energised. Fasting is recommended as a precautionary methodology and remedial methodology in addition. This review is a genuine attempt to understand the concepts of fasting known in the Ayurveda classics.

Key Words: Ahara, Upvas, Nirahar, Nirankar, Upvas, Nirankar

INTRODUCTION

The effects of fasting in various forms are known by all therapeutic systems on the earth. Ayurveda has indexed and comprehensively explained this benefit as well. Fasting is a very important part of ensuring that Panchakarma medicines are adequate and effective (Ayurvedic detoxification treatment). In the Western medical system, it is claimed that fasting empowers the body to revive its self-mending capabilities.¹ That is the In the Western medical system, it is claimed that fasting empowers the body to review its self-mending capabilities. Many Western healers quoted about fasting and according to them "fasting is the best cure as a doctor inside." In all religions, either short or long-term fasting is recommended as a tool for otherworldly purification. International Journal of the striking place known for its ancient human advances and cherished therapeutic

legacy. Ayurveda, the checked, systematised knowledge. Life science, health and therapy system. The definitive discipline in systematic medicine is Ayurveda. Health is about acquiring four-fold bliss, according to Ayurveda, in which Dharma (nobility) is most important, followed by Artha (righteousness) and Kama (satisfaction of desires). Along with these three Moksha (salvation).² The extremely essential bliss that can be achieved is the extreme. The signs and manifestations of happiness, excess and excess have been intricately and amazingly described by Ayurveda. In addition to the exemptions and safety guidelines in the execution of fasting, insufficient fasting help the physician direct adept and exact care and thus help the individual achieve ultimate well-being. Digestion, according to Ayurveda, is like acid. If you pour too much fuel all at once on the flames, you simply put the fire out. Fasting is a powerful

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method to igniting the digestive fire that contributes to all accumulated toxins that are saturated in the body and mind being burned away.³ It also wipes out gas by improving the mental clarity of fasting individuals, leading to improved health. Ayurveda recommends long-haul fasting over general and short-term fasting, which can hamper wellbeing.⁴ This may include fasting every week at about the same time, otherwise few days per month to quickly depending on body type and purifying Around 70-80% of the world's population rely on non-conventional medicines, primarily from herbal sources, in their healthcare, according to the World Health Organization. The public interest in the treatment of complementary and alternative medicinal products is primarily due to the increased side effects of synthetic medicinal products, the lack of curative treatment for many chronic diseases, the high cost of new medicines, Microbial resistance and emerging infections, etc. Thus, fasting is also developing a modern therapy for few illnesses in today's age, as well as GIT issues and geriatric disorder for young people.

PROTOCOLS FOR UPVAS (FASTING)

Upvas is primarily of two forms that are SAJAL and Nirjala or NIRAHAAR and FAL-AHAR Upvas. Upvas is preferably focused on human factors that are Age, Disease, Prakruti, Agni Bala of Individual and Lifestyle disorder medicine used daily.⁵

Types of Upvas

As per ancient text, there are 10 types upvas mentioned. Pratah Kalik Upvas, Ardhopvas, Raso Upvas, Falopvas, Dugdhopvas, Taropvas, Purnopvas, Saptahik Upvas, laghu Upvas, Dirgho Upvas. Dirghakalik Upvas is benefited to dharmik, Sadachari and Shudha Prakruti. For regular Health fitness advised doing Saptahik Upvas. Jwar, Pratishtay Kasa rugna need to do 2-3 days Fast for Upashay. Dirghakalik Upvas need vyajti Prikshan of Mutra and rakta. If there is ketone present in mutra and Urea present in rakta (Blood) above 45 gm then that is a contraindication for Upvas. Dirghakalik upvas plan ideally Vasant and Grishma Ritu, because of good quality sunlight is present in these Ritu and that removes toxins from the body. In the meantime of Upvas advise drinking 8-10 litre water (Shudhha Jala). sdhudha jala during upvas is prepare sharer shudhi kriya.⁶

After specifically planned upvasa there is the protocol to withdraw. Firstly gradually eat some fruit and fruit juices or milk and then start slowly with Laghu ahar and Yarthha Shakti Vihar and Vyayam. This means the number of days of Upvasa is followed by several days of rasahar and laghu ahar then start actual Yathashaktio Samanya Ahar.⁷

“Chikitsatam vyadhikaram pathyam sadharanam aushadam prayshitam

prakritisthapanprashanam itaman.”

“Deciphered, it states that individuals should “eliminate all that is not complete, Disappointing, by what is fair for the individual, using methodology together with Arrangements for re-establishing the individual, re-building Prakriti, and appeasing what is

Useful for well-being.⁸ Swearing off sustenance or water for well-being according to Ayurveda, Extended timeframes exhaust the tissues of the body, prompting a dosage discrepancy In Sanskrit, Panchakarma implies “five activities or actions.” In Ayurveda, fasting is used. It is considered to be a preparatory therapy for Panchakarma and an appropriate technique for Detoxifying. Many experienced Vaidya (Ayurvedic medicinal experts) are advised that at particular periods, individuals can do safe fasting to maintain PPPrakriti, (Health) and Vikrititi Prevention (imbalance in a healthy body). As per Ayurveda, intermittent fasting is not only a diet, it's a pattern of feeding. Obtaining intake. It is a way of preparing meals to achieve the most beneficial health effect. Among them. Along with what to eat, intermittent fasting alters the timing of food intake. To lose weight, doctors prescribe intermittent fasting. Perhaps intermittent fasting, in particular, is one of the least difficult procedures recommended by Ayurveda to take away bad weight though Holding on with good weight because of the Long-haul fasting can occur occasionally, The balance of doshas in the body is disrupted, which can hamper the body's abilities. The Fasting type should be taken following the type of body and the number of toxins accumulated In your body. The most significant are digestive ability, body shape, and doshas vitiation, factors for the fasting process.⁹

Rajnitik Upvas is called as Anashan. It is useful to take some benefit from ruling government or any of the will of the particular person for good faith governance.

Upvas Yogya Vyakti

“*Twagdoshanam Pramadhanam*” particular rugna have Twak Vikar and Prameha can do short term upvas as per Charak rushi in the Samhita Sutrasthana. As well as all the swastha people can do short term upvasa in Shishir Ritu “*Shishire Langhanam*” according to jatharagni Bala and according to treating Vaidya.¹⁰

Upvas Ayogya Vyakti

If the person is Bramhachari, Pregnant, and Agnistimit is not able to do upvasa. These three categoric personality avoid upvasa for good health.

Upvasa Withdrawal Period

If a person is having spastha mala rahit Jivha, extensive hunger, sweetness in the mauth(Maukhik Madhurya), Spastha

Mutra, Satvik Mana and feels pavitrya then only the person having long-lasting or short term Upvasa vidhi break with the help of some liquid fruit juice or with the butter milk.

Ati Upvasa Lakshana

If a person is in atipvasa stage then that person may occur Parshvashool(Back Pain), Angamard, Kasa, Mukhashosh, aruchi, netradaurbalya, Bhrama(Dementia), dehabala Agni Nasha and Daurbalya (weakness).¹⁰

CONCLUSION

Individuals are constantly exposed to numerous toxic people in the current world situation. Substances alongside the rising way of life problem and tangible over-burden by water, air, food, and medicines. Which contributes to a greater accumulation in the body of different toxins. Because of this, the body's routine procedures to eliminate toxic things and purify Them remains insufficient to preserve the tone of individuals. This strengthens the importance of abstaining in the Context of precaution and remedy and depresses the GIT secretions and for that matter suppress the Immunity. It is the rejuvenating process for the body and GIT systeme to renew all the secretions for digestion and develop immunity. Upvasa is to maintain the Satvikta of Mana I.e. to maintain mental stability for good mental health. As per practitioners of Ayurveda, it helps in long term constipation that is Grahani and the other obstructive pathies regarding GIT upvasa is one of the treatment is used first. In Modern allopathic sciences, anything related to GIT obstructive pathy first treatment is Nil by Mouth that is also correlated with Upvasa that is Nirjala Upvasa and that helps in the treatment also.

Ayurveda gives the idea of fasting a great deal of significance since it is found that There are numerous books written by many Ayurvedic experts about fasting. Great The Ayurvedic Acharya concentrated on fasting, which can be seen very

easily in the texts. Like Astanga Sangraha, Sushruta Samhitha, Astanga Hridaya adhya, Charaka Samhitha, 11,12. Bhaishajya Rathnavali and Bhavaprakasha are also observed to extravagantly describe the similar stuff about fasting at various locations. Ayurveda has done extensive work on this subject. Fasting and the primary importance assigned to it. Ayurveda's validity must be adopted, for life to be better. In today's period, as per ancient text and Ayurveda practitioner, Upvas recommended Jwara, Sangrahani, Atisar, Pravahika, Pratishyay, Kasa, Twak Vikar, bahumutrata, Swas, Ajirnsa, Malvshtambha, Sthaulya and also got Upashay.

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