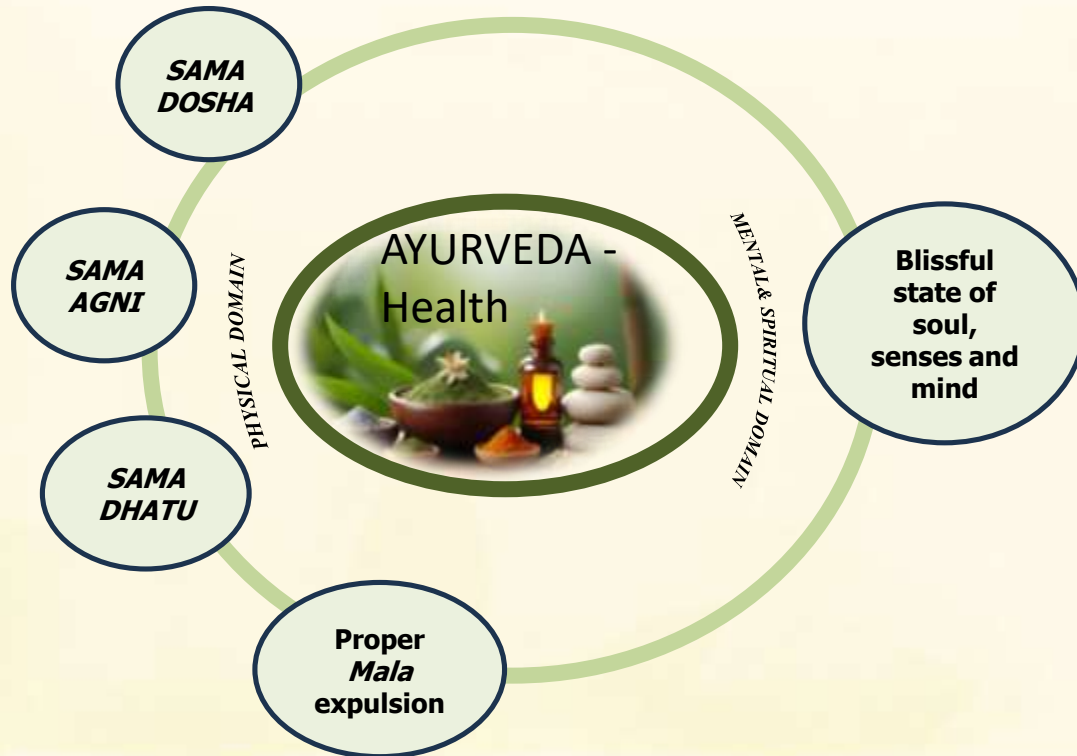


# 9<sup>TH</sup> AYURVEDA DAY CELEBRATION 29<sup>TH</sup> OCTOBER, 2024

*Theme: Ayurveda for workplace wellness*



# CONCEPT OF HEALTH IN AYURVEDA





**Prevent Disease**

**Promote Health**

**Protection-  
Health**

**Health is  
maintained by**

**Food**

**Sleep**

**Exercise**

**Emotional  
wellness**

# Workplace Health Challenges



➤ **Stress and Anxiety:**

High workload, tight deadlines, and long hours.

➤ **Fatigue and Burnout:**

Physical and mental exhaustion due to overwork.



➤ **Eye Strain:**

Prolong screen time and inadequate lighting.

## ➤ **Musculoskeletal Disorders**

Neck, back, and shoulder pain from poor posture .



## ➤ **Digestive Problems**

Irregular eating habits and unhealthy diets cause hyperacidity, flatulence, etc.



## Ayurvedic Solutions for Managing Stress, Anxiety and Fatigue

- **Aahar (Food)** : (1) Quantity (2) Quality and (3) Timing –should be followed.

Method of food intake for preventing diseases and boosting energy.

हिताशीस्यान्मिताशीस्यात्कालभोजीजितेन्द्रियः ।  
पश्यन्नोगान्बहून्कष्टान्बुद्धिमान्विषमाशनात् । | (Ch. Ni.6/11)



Eat wholesome



Adequate amount of  
food as per digestive  
power



Timely food with  
self-restraint

## ➤ **Nidra (Sleep):**

निद्रायत्तं सुखं दुःखं पुष्टिः काश्यं बलाबलम्। (चरकसंहिता)  
वृषता क्लीबता ज्ञानमज्ञानं जीवितं न च।

- Ensuring quality sleep to rejuvenate body and mind, as sleep deprivation causes fatigue. Ayurvedic way of life helps in quality sleep.
- Adequate sleep is essential.



➤ **Abhyanga(Massage): अभ्यङ्गमाचरेन्नित्यं। (अष्टांगहृदय)**

Application of oil on body should be done on daily basis.

➤ **Benefits of Abhyanga (Massage): (Ca.Su.5/86-89)**

- ❖ Delays the aging process,
- ❖ Relieves Fatigue & relaxes the body,
- ❖ Improves Vision
- ❖ Improves skin complexion
- ❖ Nourishes the body,
- ❖ Strengthens the body
- ❖ Improves Sleep
- ❖ Increases the Life span





➤ **Prakrita Vega (Natural urges) should not be suppressed:**

न वेगान् धारयेद्धीमाज्जातान् मूत्रपुरीषयोः।  
न रेतसो न वातस्य न छर्द्याःक्षवथोर्न च।  
नोद्गारस्य न जृम्भाया न वेगान् क्षुत्पिपासयोः।  
न बाष्पस्य न निद्राया निःश्वासस्य श्रमेण च। (चरकसंहिता)

- Natural urges like defecation, urination, flatus, eructation, hunger, thirst, sleep, vomiting, breathing etc. should not be suppressed.



➤ **Obey *Dinacharya*, *Ratricharya* and *Ritucharya*:**

दिनचर्यां निशाचर्यां ऋतुचर्यां यथोदिताम् ।  
आचरणपुरुषःस्वस्थः सदा तिष्ठति नान्यथा ॥

A person remains always healthy through the systematic practice of the day-schedules, night-schedules, and seasonal schedules as prescribed in various branches of health science and any deviation from such practice would cause deterioration to good health.

## ➤ Vyayam (Exercise):

लाघवं कर्मसामर्थ्यं स्थैर्यं दुःखसहिष्णुता ।  
दोषक्षयोऽग्निवृद्धिश्च व्यायामादुपजायते ॥ [Ca.su.7/32]

People who indulge in daily *vyayam* will be endowed with light, proportionate and compact body, increased appetite, reduced body fat, enthusiasm and endurance. They can easily digest even the incompatible food. *Vyayam* relieves sleepiness.



## ➤ Exercise capacity and its completion features :

बलस्यार्धेन कर्तव्यो व्यायामो हन्त्यतोऽन्यथा ।  
हृदि स्थानस्थितो वायुर्यदा वक्त्रं प्रपद्यते ॥ [Su.Chi.24/47]

One should practice vyayama at half his/her capacity (ardhashakti) which is denoted by sweating of axillae, temples, nose, joints coupled with dry mouth.



➤ **Seasonal purification procedure:**

For preservation and promotion of health and prevention of disease seasonal purification procedure should be adopted.

- *Vamana* in *Vasant Ritu*,
- *Virechana* in *Sharad Ritu*,
- *Basti* in *Varsha Ritu* etc.



➤ **Other Recommendation:**

**Nasya:** relieves stress, calms the mind, and enhances focus by administering medicated oils through the nostrils.

**Shirodhara:** helps in improving sleep, reduces anxiety and manages stress



## Useful Herbs

Herbs like **Mandukparni**, **Ashwagandha**, **Brahmi** promote relaxation and boost energy levels.



Disclaimer: All the Ayurvedic medicines & therapies should be taken strictly under the supervision of an Ayurvedic Physician

## Managing Eyestrain

- **Netra Tarpana:**

Medicated ghee is applied to the eyes, nourishing and soothing them, reducing strain, and improving vision.

- **Anjana:** Application of herbal eye ointment to cleanse and cool the eyes.





## Managing pain from poor posture

- ***Kati Basti***: Localized treatment with warm oil retained on the lower back to relieve spinal discomfort and pain.
- ***Pinda Sweda*** (Herbal Poultices): Application of heated herbal bundles to relax muscles and ease pain.



## Herbs for Internal Use

Ashwagandha, Guggulu, and Shallaki etc. to reduce inflammation and strengthen muscles and joints.



# Boosting Workplace Wellness with Code of Conduct (*Sadvritta*)

➤ इमांस्तु धारयेद्वेगान् हितार्थी प्रेत्य चेह च।(चरकसंहिता)  
साहसानामशस्तानां मनोवाक्कायकर्मणाम्।

Integrity



लोभशोकभयक्रोधमानवेगान् विधारयेत्।  
नैर्लज्जेष्यातिरागणामभिध्यायाश्च बुद्धिमान्। (चरकसंहिता)

Code



परुषस्यातिमात्रस्य सूचकस्यानृतस्य च।  
वाक्यस्याकालयुक्तस्य धारयेद्वेगमुत्थितम्। (चरकसंहिता)

Ethics

# Implementation of Health innovations at Workplace



Ayurvedic consultations for individualized wellness.



Offering stress-busting formulations in wellness



Layout for mental and physical health.

# Disclaimer

**Advices & Practices given here are only indicative in general sense & their specific use as per the individual constitution, disease, age, etc. should be under the supervision of an Ayurvedic Doctor.**



सत्यमेव जयते

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