



A Survey Study On Extent Of Practice Of Shouchavidhi In Adults As Per Ayurveda Classics.

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ABSTRACT

Background: *Dinacharya*, “practice of daily routine” has been described as the correct sequence of routine one should follow to get a healthy long life. *Shouchavidhi* meaning practice of hygiene is listed under *Dinacharya*. A well-practiced *Shouchavidhi* results in good balance between *Trayopastambha* which synchronize with *Dhatu-Paaka-Dhatu poshan* and in formation of *Oja* which is the main component behind *Vyadhikshamatva* (immunity) in *Ayurveda*. Many Dietary and Lifestyle related rules and regulations have been described in the classical texts of *Ayurveda* for the prevention of health. *Shouchavidhi* is the first and basic lifestyle regimen to be followed, mentioned by all *Ayurveda Acharyas*. *Ayurveda* places a strong emphasis on preventive healthcare and maintaining a balance of the body, mind and spirit to promote overall well being. This survey assesses public awareness and to conduct an in depth evaluation of practices related to *Shouchavidhi* adopted in present days among adult population.

KEYWORDS: *Dinacharya*, *Shouchavidhi*, Personal hygiene, Validation and Internal consistency.

INTRODUCTION

Dinacharya is a structured lifestyle designed by ancient *Ayurveda acharyas* in order to maintain the health. The ideal lifestyle for a day describes various practices which systematically and scientifically highlights the purpose and benefits. It helps to establish the balance in one’s constitution, also regularizes a person’s biological clock, aids digestion, absorption and assimilation, improves metabolism, maintains hormonal balance, maintains focus and sleep. *Shouchavidhi* one of the important domain of such a practice. *Shouchavidhi*, practice of hygiene, is listed under *Dinacharya*. Hygiene, more commonly related to the conditions and practices that serve to promote or preserve health, is the science and practice of maintaining good health through cleanliness. It comprises several

lifestyle practices like *Mala-mootra visarjana*, *Dantadhavana*, *Jihvanirlekhana*, *Achamana*, *Kshourakarma*, *Snana*, *Anulepana*, *Shuddhavastra dharana*, *Kesha prasadana*, *Padatradharana*.

Maintaining good personal hygiene will also help to prevent from spreading disease to other people. There are very few surveys done on practice of *Shouchavidhi* among adults. Keeping these in mind a survey study is designed to conduct an in depth evaluation of practice of *Shouchavidhi* in adults as per the *Ayurveda* classics.

AIM AND OBJECTIVES

The aim of this study is to conduct an in depth evaluation of practices related to *Shouchavidhi* adopted in present days among adult population.

MATERIALS AND METHODS

The cross sectional survey study was conducted in a tertiary level AYUSH medical college and hospital, Hassan, Karnataka between the period of August 2022 to October 2023. Health seekers visiting inpatient and outpatient department of hospital, who were willing to take part in this study, aged between 20 to 60 years, irrespective of gender, occupation, health status and ready to give written consent were included in the study. People who were immuno-compromised, mentally ill and bed ridden were excluded from the study.

Sample size calculation formula for infinite population was used where confidence interval was 95%, margin of error was taken as 5%, since the specification of exact proportion is difficult, population proportion is assumed to be 50% or 0.5, considering these values in formula, the sample size was estimated as 384 which was approximated to 400. Convenient sampling method was chosen for this study.

The study was approved by the Institutional Ethics Committee (SDM/IEC/66/2022). A study was conducted using validated self-administered questionnaire, which was prepared by compiling the features of *Shouchavidhi* from Ayurvedic classics and by guidelines of experts of Ayurveda. The validation of questionnaire included content validity, construct validity, criterion-related validity, evaluation of internal consistency, test-retest reliability and Factor analysis. The same were distributed to 400 health seekers who are willing to take part in this study. From the collected data, entry was carried out in Statistical software. Demographic data were entered in the “string” format and “numerical” format. Table of frequency and percentages were framed on the basis of responses to individual items. Upon data entry, data were summarized and outcomes were assessed with relevant statistical test.

OBSERVATIONS AND RESULTS

The questionnaire was constructed by using the practices mentioned under *Shouchavidhi*.

Mala-Mootra visarjana (Defecation & Urination): The practice of defecating soon after waking up among people is in the ratio 1:3 and 1:2 in population defecate once daily

Dantadhavana (Brushing of teeth): The practice of dantadhavana at least twice daily is practiced in the ratio 1:1. Others brush once daily.

Practice of using twigs for dantadhavana is rarely done viz., in the ratio of 1:49 or 2%. Currently, the practice of dantadhavana is majorly practiced by using tooth paste in the ratio 1:4.5.

Jihvanirlekhana (Cleansing of tongue): The practice of cleansing of tongue with toothbrush among the population is in the ratio 1:2.25.

Mukhaprakshalana (Washing of face): The practice of washing of face with soap and water among the people is in the ratio 1:1.15.

Kshourakarma (Clipping of nails & trimming of hair): Currently majority of people are not following the same. Clipping of nails once in 15 days is in the ratio 1:1.16.

The practice of trimming their hair once in a month among the population is in the ratio 1:1.3.

Snanakarma (Bathing): The practice of bathing daily among the population is in the ratio 1:2.8. The practice of not bathing daily is in the ratio 1:5.25 or 16%. The practice of bathing more than once daily in the ratio 1:9.

Keshaprasadhana prayoga (Combing of hair): Currently practise of combing of hair once in a day is in the ratio 1:1.56.

Shuddhavastradharana (Dressing): The practice of wearing clothes with washing among the population is in the ratio 1:1.58.

Anulepana (Application of aromatics): The practice of application of sugandha dravyas among the people is in the ratio 1:4. The practice of not applying the sugandha dravyas among the people is in the ratio 1:1.3.

Padatradharana (Wearing footwear): Currently practise of wearing footwear while going out is in the ratio 1:4.12. Practise of not wearing footwear while going out among people is in the ratio 1:20.

DISCUSSION

Do you defecate as soon as you wake up in the morning? : In the Ayurveda classics, it was mentioned that the person should defecate as soon as wake up in the morning. Majority of individuals are following the same, among 400 subjects it can be taken as ratio of 3:1.

How many times do you defecate in a day? : According to ayurveda, person can defecate once in a day. Among 400 subjects 50%, 236 of individuals (1:2) are defecating once daily.

Do you wash your hands with the soap after defecation? : As per the hygiene principles mentioned in ayurveda, person should wash their hands after defecation. In this survey of 400 individuals half of them (1:2) are practising the same.

How many times in a day do you urinate? : In our classics, it had mentioned that the healthy person can urinate four to six times in a day. Among 400 subjects, majority of the individuals (1:2.4) are urinating six times in a day.

Do you have any burning sensation during urination? : As per the hygiene principles, person should not experience burning sensation during urination. Among 400 subjects, 207 (1:1.16) individuals are not having this symptom.

Do you wash your genitals after everytime you urinate? : According to ayurveda, person should wash their genitals after everytime they urinate. But only a 25% (1:2.1) of individuals are practising the same.

How many times do you brush your teeth in a day? : As per the annakala mentioned in ayurveda, three times brushing in a day can be considered. But currently 50% (1:2) of the individuals are brushing only one time in day which become major reason for dental carries.

What do you use to clean your teeth? : In the Ayurveda classics, it was mentioned that the person should clean their teeth with twigs which are having katu, tikta and kashaya rasa. But now a days most of the people using paste which is modified one to clean their teeth. Only 2% (1:49) of people are using twigs.

How often do you change your toothbrush? : According to ayurveda classics, it was mentioned that the person should clean their teeth with twigs and often they had changed them. Currently as per the hygiene principles the person should change their brush monthly, 189 (1:1.1) of them are following the same.

Do you cleanse your tongue after brushing? : In our classics, it had mentioned that the person should cleanse their tongue after brushing. 75% (1:3) of individuals are practising the same.

How do you cleanse your tongue? : In Ayurveda classics, it was mentioned that the person should cleanse his/her tongue with fingers. Currently (1:2.8) people are using toothbrushes.

How often do you wash your face in a day? : As per the ayurveda, we can consider three times washing of face in a day. Majority of the individuals (1:1.3) are washing their face two times in day as they have busy schedule.

How do you wash your face? : According to ayurveda classics, it was mentioned that the person should wash his/her face with water. Currently (1:1.15) people adopted the modern products like soap, facewash gels and also herbal powders to wash their face.

How often do you clip your nails? : In our classics, it had mentioned that the person should clip their nails once in a five days. But 185 (1:1.1) individuals are clipping once in 15 days.

How often do you apply oil to your hair? : According to ayurveda, person should apply oil to hair daily. Currently majority of people are not applying daily, so hair related problems like dandruff, premature greying of hair and hair fall are most common.

How often do you trim your hair? : In our classics, it had mentioned that the person should trim his hair once in five days. But most of the individuals (1:1.37) are trimming their hair once in a month.

How often do you trim your beard and moustache? : In our classics, it had mentioned that the person should trim his beard and moustache once in a five days. Currently 103 (1:1.67) people are practicing the same.

How often do you bathe in a day? : As per the ayurveda, person should bathe daily. Almost 75% (1:3) of individuals are following the same.

How often do you take head-bath in a week? : As per the ayurveda, person should take head bathe once in a week. Majority of the individuals are taking two to four times in a week.

How often do you comb your hair in a day? : In our classics, it had mentioned that the person should comb his/her hair once in a day. Currently (1:1.56) people are combing their hair two times in a day.

Do you reuse the clothes without washing? : According to ayurveda, person should not reuse the clothes without washing clothes. But most of the people (1:1.58) are using the clothes without washing sometimes as they are leading busy life.

Do you use aromatic/deodaring application after bath? : As per the ayurveda, person should use aromatic/deodaring application after bath. Now a days 107 (1:4) people are following the same.

Do you use footwear while going out? : In our classics, it had mentioned that the person should use footwear while going out for safety purpose. Currently 95% (1:4.12) of the individuals are using footwear while going out.

CONCLUSION

The study concludes that, as the questionnaire is Validated and Standardized with the evidence of statistical values, it can be used in upcoming research works to assess the state of improvement in health status by following the general hygienic practices mentioned in Ayurveda classics. It can also be used by the common man to evaluate his/her health status. The results obtained by the questionnaire can be used for life style modification on the basis of Ayurveda.

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