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## Review Article

# Swasthya Chatushtaya and Yoga: Achieving Complete Health

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## ABSTRACT

In the classical Ayurvedic system, health is not merely the absence of disease but a state of complete physical, mental, and spiritual well-being. This holistic perspective is embodied in the concept of Swasthya Chatushtaya, the four essential pillars of health: Matrasheetiya (balanced diet and lifestyle), Taryasheetiya (seasonal and environmental adaptation), Navegandharaneeya (regulation of natural urges), and Indriyopkramaniya (sensory and mental discipline). When integrated with the principles and practices of Yoga—particularly Asana, Pranayama & Dhyana—these pillars create a synergistic framework for sustaining optimal health and preventing disease. This article explores the interrelationship between Swasthya Chatushtaya and Yoga in promoting holistic health. It emphasizes how yoga reinforces Ayurvedic principles by enhancing bodily awareness, balancing the doshas, supporting mental clarity, and cultivating ethical conduct. The integration of Yogic practices with Ayurvedic wisdom serves as a comprehensive model for achieving complete health in both preventive and therapeutic contexts.

## INTRODUCTION

*Ayurveda*, the ancient Indian system of medicine, defines health (*Swasthya*) as a dynamic balance of body, mind, and spirit. This comprehensive concept extends beyond disease management to include disease prevention, lifestyle optimization, and self-awareness. The *Charak Samhita*, one of the foundational texts of *Ayurveda*, outlines four

essential components that form the foundation of good health—*Swasthya Chatushtaya*:

1. *Matsariteeya* – Balanced diet and daily regimen
2. *Tastagiteeya* – Seasonal and regional adaptation
3. *Navegandharaneeya* – Regulation of natural bodily urges

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#### 4. *Indriopkarmniya* – Sensory control and mental discipline

These four dimensions are interwoven with the yogic sciences, which provide practical tools—*Asana*, *Pranayama*, *Dhyana*, and ethical principles (*Yama* and *Niyama*)—to uphold and enhance health. When practiced together, *Ayurveda* and *Yoga* foster harmony across physical, mental, emotional, and spiritual domains, contributing to complete and sustainable health.

### DISCUSSION:

The application of *Swasthya Chatushtaya* becomes more impactful when integrated with *yogic* practices, creating a lifestyle that is preventive, therapeutic, and promotive in nature.

#### 1. *Matsariteeya* (Diet and Daily Routine)

This pillar emphasizes timely meals, proper digestion, and adherence to *Dincharya* (daily routine). An undisturbed *Agni* (digestive fire) is central to disease prevention in *Ayurveda*.

*Yoga's Role:* Regular practice of *Asana* improves gastrointestinal tone, while *Pranayama* boosts metabolism and nervous system balance. *Yogic* discipline also encourages mindful eating and self-regulation.

#### 2. *Tasyashiteeya* (Seasonal Adaptation)

The principle of *Ritucharya* promotes alignment with nature's rhythms by adapting diet, clothing, and activity according to seasonal changes.

*Yoga's Role:* Seasonal yoga sequences can balance the predominant *doshas* (e.g., *kapha* in spring, *Pitta* in summer). Cooling or warming pranayamas (like *Sheetali* or *Bhastrika*) support seasonal transitions and immunity.

#### 3. *Navegandharaneeya* (Control of Natural Urges)

Suppression or improper expression of natural urges—such as hunger, thirst, sleep, and emotional responses—leads to imbalance and disease. *Ayurveda* advises honoring and managing these instincts in a balanced manner.

*Yoga's Role:* Yoga cultivates bodily awareness, allowing individuals to better interpret and respond to physiological signals. Meditation aids in moderating emotional urges and developing restraint (*Dhariya*).

#### 4. *Indriopkarmniya* (Control of Senses and Mental Discipline)

Sensory overload and mental disturbances are common in modern life, leading to *Rajasik* and *Tamasik* imbalances. *Ayurveda* advises the cultivation of *Sattva* through ethical conduct, simplicity, and mental clarity.

*Yoga's Role:* *Yama* and *Niyama* promote ethical living and discipline. *Pratyahara* (withdrawal of senses), *Dhyana* (meditation), and *Sattvavajaya Chikitsa* (mind therapy) support mental health, focus, and emotional resilience.

### Integrated Perspective:

When *Yoga* and *Ayurveda* are applied together under the framework of *Swasthya Chatushtaya*, they provide:

- Preventive care – by promoting healthy habits and rhythms.
- Restorative support – by correcting imbalances early.
- Mental-emotional strength – through clarity, awareness, and detachment.
- Spiritual elevation – by aligning individual life with cosmic laws (*Rit*).



This integrative approach addresses the root causes of lifestyle disorders such as stress, obesity, constipation, insomnia, and anxiety, offering a pathway to complete and sustained health.

## CONCLUSION:

The combined application of *Swasthya Chatushtaya* and *Yoga* offers a profound and practical approach to achieving and maintaining complete health. While *Swasthya Chatushtaya* lays down the foundational principles of healthy living through balanced diet, seasonal adaptation, regulation of bodily urges, and control of senses and mind, *Yoga* provides the experiential tools to implement these principles in daily life through discipline, awareness, and inner harmony.

Together, they form a holistic framework that addresses the body, mind, and spirit—not just as isolated entities but as interconnected aspects of human existence. This integrative model not only helps in preventing and managing modern lifestyle disorders but also promotes self-realization, emotional stability, and a deep sense of well-being.

In today's fast-paced, stress-prone society, embracing the wisdom of *Ayurveda* and *Yoga* through the lens of *Swasthya Chatushtaya* can lead to sustainable health, inner peace, and a more conscious way of living. It is a timeless path that aligns the individual with the rhythms of nature and the higher purpose of life.

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