

SWASTHYA RAKSHANA KENDRA WITH INTEGRATED MOBILE APPLICATION TO PREVENT CANCER

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INTRODUCTION:

Cancer¹ is a group of diseases involving abnormal cell growth with potential to invade or spread to other parts of the body. Swasthya raksha Kendra is a specialised health institution which aims to execute the preventive strategy against cancer by utilising the knowledge base & concepts of the holistic science of Ayurveda. The latest global statistics¹ indicate that cancer is the torchbearer in the cause for death worldwide accounting for 13% of total deaths worldwide. Cancer specifically can be catapulted to 7.4 million deaths world wide, More precisely mortality rates can be specified as 1.3 million with respect to lungs, 803000 relating to stomach cancer, 639000 accounting for colorectal, 610000 in liver and 519000 in the breast. Henceforth cancer is indeed creating an upheaval of catastrophies upon our public health and thus indeed it is the need of the hour to put forth a strategy which encompasses the telecommunication technology and wisdom of Ayurveda under one roof which is hereby put forward by the concept of swasthya raksha Kendra with an integrated mobile application which can help connect Ayurveda to people and develop a protective wall against cancer.

AIMS AND OBJECTIVES:

- 1) To materialise the aim of Ayurveda i.e Prevention (Swasthya rakshana) first and indeed cure (Roga prashamana) next
- 2) To create connectivity between public and principles of ayurveda and utilising the same to materialise the preventive aspects of Ayurveda.

METHODS

The core competence of Swasthya raksha Kendra is to function as an associate health institution encompassing three specified organs of functioning which are enumerated as follows:-

- UNIT-1 (Ahara Nireekshana Kendra)
- UNIT-2 (Vihara Nireekshana Kendra)

UNIT -1(AHARA NIREEKSHANA KENDRA) HOW IT WORKS?

This unit will be pertaining to all the individuals who download the application and will feed their daily food habits which would be evaluated and analysed by qualified AYUSH professionals in a customised manner and the overall working of this unit is substantiated in three brief steps which are explained as follows

STEP-1

The below mentioned details with special emphasis over the quantity, quality and time of consumption along with the season in which food is consumed are uploaded by individuals via Swasthya Raksha App in their mobile phones.

- Personal details
- Online Prakriti analysis based on questionnaire
- Food Habits:-Veg/Non veg
- Time of consumption:Breakfast-Lunch-Dinner
- Quantity and Associated details of food consumed:-Breakfast-Lunch-Dinner
- Fast food:-Regular/Occasional
- Addictions:-To be specified

The personal details should involve the basic credentials regarding the individual and prakruthi

STEP-2

Uploaded information is obtained and analysed by Ayurvedic physicians at Swasthya Raksha kendras.

STEP-3

After careful analysis of information submitted and prakriti² analysis questionnaire answered by the individual a new customised diet chart with pathya ahara in accordance with the ritu and prakriti of the person is prepared and is delivered to the individual after a brief meeting with the doctor in charge after setting prior appointment for the same thus avoiding unwanted rush and with an added advantage of individual attention.

CONCEPTS OF AYURVEDA APPLIED FOR AHARA NIREEKSHANA

- Deha Prakruthi²
- Ritucharya³
- Pathya Ahara
- Viruddha Ahara
- Ahara according to Matra, Desha & Kaala

Deha Prakriti² indeed can be exclaimed as a customised non pathological doshik status or specified constitution which remains inherent in an individual from birth to death and indeed becomes specified and distinct since the time of fertilization mediated by maternal and paternal activities. The three doshas deeply influence the sukla and artava at the time of fertilisation inturn providing prakriti of single dosha predominance which are vatadosha

prakrit(Inferior),pitthadosha prakriti (Middle range)and kapha dosha prakriti (Superior) and among these conglomeration of three doshas (Samadosha) is considered to be best and with two doshas are not recommended.Subsequently by analysing the prakriti of an individual customised treatment protocol and diet can be materialised thus via the online questionnaire the prakriti can be predicted and thus we can analyse whether the person is following healthy ahara and viharas in accordance with their respective prakritis and provide subsequent preventive advises upon setting up of an appointment at Swasthya Raksha Kendra via the Swasthya raksha app.

Ritucharya ³ deals with routines associated with six ritus namely Sisira⁴(winter),Vasantha(Spring),Grishma(Summer),Varsha(Rainy season) ,Sarat(Autumn) and hemanta(Early winter) each of which is accompanied with 2 months integrate to form the seasonal cycle and specified routines for food are exlaimed in each ritu and thus with the help of the proper functioning of the swasthya raksha Kendra we can educate people about the do's and dont's associated with each ritu thus applying the principles of Ayurveda in day to day life of general public.

Pathyahara refers to the regulated diet which one should follow in accordance with one's own prakriti,desa(residing place),kala(Time) and also the matra⁵(Quantity) of food on the basis of which food should be customised to each individual ,Subsequently via the swasthya raksha app and swasthya raksha Kendra we can make people aware about the ayurvedic way of diet and also warn them of possible consequences after proper analysis of their food habits and practically implying the concepts of Ayurveda as a preventive strategy.

UNIT-2(VIHAARA NIREEKSHANA KENDRA) HOW IT WORKS?

STEP-1

The below descrided personalised information with special emphasis on identification and eradication of stress and fragility of the body is uploaded by the individuals via the Vihara Nireekshana section of their Swasthya Raksha App

- Time of wake up
- Time of sleep
- Number of hours of job/study
- Feeling of over anxiousness/demotivation: Never/Occasional/Always
- Family Environment: Good/Average/Bad
- Workpace Environment: Good/Average/Bad
- Any Current illness and history of past illness:If any

STEP-2

The information is transferred on to Swasthya Raksha Kendra and a detailed study on the same is done by ayurvedic physicians.

STEP-3

After a detailed study steps to curb unhealthy viharas is initiated i.e by giving yoga classes, counselling in case of depression, daily routine in accordance to dinacharya, Sadvritta is prepared and strict following of achara rasayana is recommended to protect the individual from causing diseases. Specified Rasayana preparation can be provided according to requirement such as chayavanaprasha, pippali rasayana & brahmi rasayana etc.

CONCEPTS OF AYURVEDA APPLIED IN VIHARA NIREEKSHANA

- Achara Rasayana
- Dinacharya⁶ & Ritucharya²
- Sadvritta
- Trayopasthambha Palana
- Yoga Abhyasa
- Samyak Vega Pravritti

Achara rasayana is a unique concept of Ayurveda which exclaims about the moral, ethical and code of conduct which can be conceptualised and implied in the day to day life of common public by infusing the concepts of the same through counselling at swasthya raksha Kendra via the swasthya raksha app and furthermore the concepts of ritucharya which explains about the ayurvedic lifestyle with special emphasis on time of wake up and time of sleep and thus analysing the amount of hours an individual invests for sleep and thus giving possible prospects of disease which may occur due to the above mentioned daily habits. Yoga indeed is now an international phenomenon influencing millions of lives, Henceforth after proper counselling of customised yoga asanas for maintenance of health and thereafter implying the concepts of Ayurveda into public life in the most emphatic manner with the help of swasthya raksha Kendra via the swasthya raksha app apart from this the common public can be made aware of the do's and don't's associated with our day to day routine thus analysing the concepts of sadvritta and inculcating the same in common public via the swasthya raksha Kendra via the swasthya raksha app and thus making the public less prone to the deadly diseases like cancer in the best possible way through the holistic science of Ayurveda

CONCLUSION

Ahara Nireekshana Kendra is indeed a great opportunity for people to do self introspection upon their dietary habits and have a fair chance to do the needful at the earliest under the supervision of an ayurvedic expert and thus averting the chances of being prey to cancer. Furthermore vihar nireekshana Kendra gives an ample chance to analyse the least observed daily routine of an individual which is now under spotlight with expert supervision. Yoga, Counselling, Rasayana etc can play a pivotal role in shaping a new generation of young individuals with unified mind, body, heart & soul

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