USAGE OF MODERN MEDICINE COULD BE SUPPORTED BY ADDOPTING OF DINACHARYA (AYURVED)

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Abstract:

The people are already very much undergoing of allopathic medicine due to different disorders across the Globe. This consumption of allopathic medicine is again increased much more during currant scenario which is occurred by epidemic.

As Ayurveda is the ancient science & also known as the science of the life. Ayurveda does not only tell about the how, one can cure the diseases it also tells about how someone can be live healthy without diseases. i.e. the objectives of the Ayurveda are as, "*swasthasyaswasthyrakshanam*, & *aturasyarogaprashamanamcha*".

So, Ayurveda could be helpful over this worst situation (low down the rate of consumptions of pills)? How it can be? It will be explored over here. In other word, Ayurveda, could be very effectively, low down the consumption of pills (i.e.modern medicine). There are many solutions over this problem, such as by eating healthy food, avoiding the junk food, following the dincharya (daily routine), rutucharya (following seasonal regimine), seasonal purification, taking mental care etc& many more.

The "*swassthasyswasthyarakshanam*" to prove this principle fruitful one should be aware of, what type of food are they taking? What is the required quantity? What is the correct time to take? After meal what should we take?

In other word eating healthy food & avoiding junk food will be explored over here.

Key Words: - Modern medicine, Eating right things (food), avoiding the junk food, avoid incompatible food items, Ayurveda as solution for low down rate consumption of pills etc.