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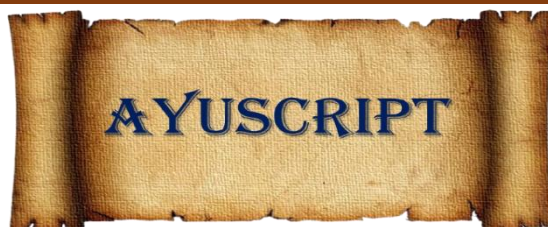
International Journal for Empirical Research in Ayurveda

www.ayuscript.com

Volume - 4, Issue - 1
Jan-March: 2025

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International Journal for Empirical Research in Ayurveda

Conceptual Review on Ayurveda and Jainism and its Health Impact

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ABSTRACT:

Ayurveda and Jainism, two ancient Indian traditions, offer profound insights into holistic healthcare. Ayurveda, a structured medical science, emphasizes balanced nutrition, lifestyle practices, and therapeutic interventions to promote well-being. Jainism, a spiritual tradition, advocates for non-violence, ethical conduct, and dietary discipline as key pillars for maintaining physical and mental health. This conceptual review explores the intersections between Ayurveda and Jainism, identifying their complementary principles and assessing their collective impact on health. The study adopts a qualitative approach, analyzing classical Ayurvedic texts (e.g., Charaka Samhita, Sushruta Samhita) and Jain scriptures (e.g., Tattvartha Sutra, Shri Ratnakarand Shrawakachar) alongside modern literature. Key themes such as dietary practices, lifestyle regulations, mental well-being, and preventive healthcare are explored. Findings reveal that both Ayurveda and Jainism emphasize vegetarianism, mindful eating, and seasonal dietary adjustments to promote digestive health and immunity. Jain fasting rituals align with Ayurvedic detoxification principles, offering potential therapeutic benefits. Both systems advocate meditation, self-discipline, and ethical conduct to enhance mental stability and reduce stress. This review underscores the potential integration of Ayurvedic therapies and Jain practices in contemporary healthcare models to address lifestyle disorders, promote mental resilience, and improve overall well-being. While Ayurveda provides structured treatment protocols, Jainism offers practical preventive strategies rooted in mindfulness and simplicity. Further interdisciplinary research is recommended to validate these ancient practices in clinical settings and explore their potential applications in modern healthcare. By bridging Ayurveda's medical insights with Jainism's ethical principles, this study highlights a holistic approach to sustainable health and wellness.

KEYWORDS: Ayurveda, Jainism, Holistic Health, Preventive Healthcare, Mental Well-being.

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How to cite this Article:

Shah M., Shah S., Shaha G. Conceptual Review on Ayurveda and Jainism and its Health Impact. AYUSCRIPT 2025;4(1):15-18 DOI: <http://doi.org/10.55552/AYUSCRIPT.2025.4104>

INTRODUCTION:

Ayurveda, an ancient Indian system of medicine, and Jainism, an ancient Indian spiritual tradition, share common philosophical principles emphasizing health, wellness, and ethical living. Both systems advocate for a balanced lifestyle, dietary regulations, and mindfulness practices that contribute to holistic well-being. While Ayurveda has evolved into a structured medical science, Jainism offers valuable insights into preventive healthcare through its emphasis on non-violence (Ahimsa), dietary discipline, and mental well-being. This conceptual review aims to explore the intersections between Ayurveda and Jainism, focusing on their collective impact on health and wellness. The review addresses the research gap in identifying synergies between these two ancient systems and investigates their potential integration for modern healthcare practices.

Methods:

This conceptual review adopts a qualitative research design based on content analysis. Primary sources including classical Ayurvedic texts (e.g., Charaka Samhita, Sushruta Samhita) and Jain literature (e.g., Tattvartha Sutra, Shri Ratnakarand Shrawakachar) were examined. Secondary sources, including peer-reviewed journals, books, and online repositories, were analyzed to support the identified themes. The study explores the concepts of dietary practices, mental well-being, lifestyle regulations, and preventive healthcare as advocated by Ayurveda and Jainism.

Results:

1. Dietary Practices and Health

- **Ayurveda:** Emphasizes Ahara (diet) as a fundamental pillar of health, classifying foods based on Rasa (taste), Virya (potency), and Vipaka (post-digestive

effect). Dietary guidelines are tailored to individual Prakriti (body constitution) to maintain equilibrium.

- **Jainism:** Strongly advocates for vegetarianism, promoting non-violence and purity in food preparation. Jain dietary principles align with Sattvic principles in Ayurveda, emphasizing fresh, simple, and natural foods that promote mental clarity and bodily balance.

2. Lifestyle and Hygiene

- **Ayurveda:** Recommends Dinacharya (daily regimen) and Ritucharya (seasonal regimen) to promote physical, mental, and spiritual well-being. These practices align with circadian rhythms and seasonal changes, ensuring optimal health.
- **Jainism:** Emphasizes self-discipline, meditation, and regular fasting practices such as *fasting, intermittent fasting, no night food etc*, which promote detoxification and mental stability.

3. Mental Well-being and Ethical Conduct

- **Ayurveda:** Emphasizes Satvavajay Chikitsa (mind therapy) for mental stability, recommending practices like meditation, yoga, and mindfulness.
- **Jainism:** Promotes equanimity through meditation (Samayika), fostering inner peace, mental clarity, and emotional balance. Jain ethical values such as non-violence, truthfulness, and non-possessiveness contribute to reduced stress and enhanced psychological well-being.

4. Preventive Healthcare and Immunity

- **Ayurveda:** Focuses on Rasayana therapies, herbal formulations, and lifestyle modifications to boost immunity and promote longevity.
- **Jainism:** Encourages spiritual discipline, fasting, and mindful eating as preventive

measures that enhance immunity and detoxification.

DISCUSSION:

The synergy between Ayurveda and Jainism reveals complementary principles that contribute to holistic health. Jain dietary practices align with Ayurveda's Sattvic food recommendations, emphasizing purity and simplicity for improved digestion and mental clarity. Both systems highlight mindfulness, self-control, and meditation, reducing stress and enhancing emotional resilience. Jain fasting techniques demonstrate therapeutic benefits comparable to Ayurvedic detoxification practices such as *Panchakarma*. Integrating these practices into modern healthcare could address lifestyle disorders like obesity, diabetes, and stress-related conditions. Despite the profound insights from Ayurveda and Jainism, this conceptual review identifies certain limitations. While Ayurveda offers a comprehensive understanding of pharmacology and treatment strategies, Jainism's contribution is more focused on preventive healthcare and ethical conduct. Future research should explore evidence-based outcomes of integrating Ayurvedic therapies and Jain practices in clinical settings.

CONCLUSION:

Ayurveda and Jainism, through their shared focus on dietary discipline, lifestyle regulation, and mental well-being, offer valuable strategies for holistic healthcare. Integrating these practices into contemporary wellness programs can enhance preventive healthcare, improve mental well-being, and promote a sustainable lifestyle. Further interdisciplinary research and clinical trials are necessary to validate these

ancient practices for broader healthcare applications.

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Authors Contribution: All authors have contributed equally.

Financial Support and Sponsorship: None declared

Conflict of Interest: There are no conflicts of interest.

Declaration of Generative AI and AI Assisted Technologies in the writing process: The author has used generative AI/AI assisted technologies in the writing process.

International Journal for Empirical Research in Ayurveda

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An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

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IIFS Impact Factor: 2.125