

AYURVEDA — FOR A HEALTHIER TOMORROW

Panaji: September 22, 2026

Ayurveda Day was celebrated on Dhanatrayodashi earlier, the day commemorating the birth anniversary of Lord Dhanvantari. Lord Dhanvantari is regarded as the presiding deity of Ayurveda and therefore, Dhanatrayodashi holds special significance in the field of Ayurveda.

However, since Dhanatrayodashi is a date determined according to the lunar calendar, its corresponding date in the Gregorian calendar changes every year. Therefore, there was a need for a fixed date to facilitate unified planning at the national and international levels, as well as to organize public awareness campaigns, educational activities, conferences and various health-related programmes for Ayurveda Day.

Considering this, the Ministry of Ayush, Government of India, declared September 23, as the fixed annual date for Ayurveda Day. The Autumnal Equinox occurs around September 23, when day and night are approximately equal in duration. This balance symbolizes harmony and equilibrium and has a meaningful connection with Ayurveda's fundamental concept of maintaining balance in the body, mind and nature.

Thus, while preserving the traditional and religious significance of Dhanatrayodashi, September 23 has been adopted as a fixed annual day for the promotion and dissemination of Ayurveda at the national and global levels.

“Ayurveda Day — Honouring tradition, promoting balanced living, and pledging for a healthier future.”

“Health is the true wealth” is not merely a saying; it is a fundamental principle of a healthy and happy life. Although science and technology have made life more convenient in the modern era, changing lifestyles, irregular eating habits, inadequate sleep, increasing mental stress, lack of exercise and various addictions have contributed to a rise in lifestyle-related diseases. Conditions such as diabetes, hypertension, obesity, heart disease and mental stress are now seen across all age groups. In such circumstances, Ayurveda, India's ancient system of health and wellness, offers us a balanced and nature- friendly approach to living a healthy life.

The primary objective of Ayurveda is not merely to treat diseases after they occur, but also to preserve the health of a healthy person and alleviate the disorders of a diseased person. The fundamental principle of Ayurveda is expressed as: “Swasthasya Swasthya Rakshanam, Aturasya

Vikara Prashamanam”—to maintain the health of the healthy and to alleviate disease in the sick. Therefore, adopting the principles of a healthy lifestyle described in Ayurveda is important for building a healthier TOMORROW.

Dinacharya — Beginning the Day in a Healthy Way: Ayurveda emphasizes a regular and disciplined daily routine, known as Dinacharya. Waking up at an appropriate time, maintaining personal hygiene, cleaning the teeth and tongue, practicing Abhyanga (oil massage) when appropriate, exercising regularly, bathing, and taking meals at proper times are important components of Dinacharya.

In today’s hectic lifestyle, many people skip breakfast, stay awake late at night, and eat meals at irregular times. Such habits may disturb the body’s natural rhythm. Therefore, it is important to incorporate a regular schedule, balanced nutrition, physical activity, and adequate sleep into our daily lives.

Ritucharya — Lifestyle According to the Seasons: Nature is constantly changing. During summer, monsoon, winter, and other seasons, changes occur in temperature, humidity and the availability of different foods. Ritucharya refers to adapting our diet and lifestyle according to these seasonal changes.

During summer, the body requires adequate hydration; therefore, sufficient fluids and light, appropriate food are beneficial. During the monsoon, digestion may become comparatively weaker, so emphasis should be placed on fresh, clean, and easily digestible food. During winter, a nutritious and balanced diet along with regular physical activity is important. Giving preference to fresh, locally available and seasonal foods is a healthy practice.

Yoga — Balancing the Body and Mind: Yoga is one of India’s invaluable contributions to the world. Regular practice of yoga postures can help improve flexibility, muscular strength, and physical fitness. At the same time, yoga can help calm the mind and support stress management.

Today, many people spend long hours sitting while working. This may contribute to problems such as back pain, neck pain, obesity and physical inactivity. Regular practice of appropriate yoga postures under proper guidance, along with increased physical activity in daily life, can contribute to better health.

Pranayama — Peace of Mind Through the Breath: The breath is an important link between the body and the mind. Pranayama refers to

practices involving the regulation and conscious control of breathing. Properly performed practices such as Anulom-Vilom and Bhramari may help calm the mind and promote relaxation.

It is important to learn the correct technique before practicing Pranayama. Individuals with certain health conditions should preferably practice under the guidance of a qualified professional. Incorporating meditation along with yoga and Pranayama can also create a positive environment for mental well-being.

Trayopastambha — The Three Pillars of Health: According to Ayurveda, Ahara (food), Nidra (sleep), and Brahmacharya (regulated and disciplined conduct) are regarded as the three pillars of life, collectively known as Trayopastambha.

Ahara, or food, provides the body with energy and nourishment. It is important to consume a balanced, fresh, clean, and appropriately portioned diet. Excessive consumption of highly processed foods, added sugar, salt, and oil should be limited.

Nidra, or sleep, provides rest and rejuvenation to the body and mind. Maintaining a regular sleep schedule and getting adequate sleep are essential for both physical and mental well-being. Reducing the use of mobile phones and other screens before bedtime may also be beneficial.

The third pillar, Brahmacharya, should not be understood in only one narrow sense. It can also be understood as a disciplined, balanced, and responsible way of living. It includes appropriate control of the senses, self-discipline, and ethical conduct.

Lifestyle — Change Begins With Ourselves: For a healthier TOMORROW, we need to make some simple yet important changes in our lifestyle. Eating a balanced diet, engaging in daily physical activity, practicing yoga and Pranayama, getting adequate sleep, staying away from tobacco and other addictions, managing stress appropriately, and maintaining a positive outlook are important components of a healthy lifestyle.

Regular health check-ups, seeking medical advice at the appropriate time, and avoiding self-medication are equally important. Ayurvedic medicines and therapies should also be used appropriately and preferably under the guidance of a qualified Ayurvedic physician.

Conclusion: Ayurveda is not merely a system of treatment; it is a way of life that promotes harmony with nature and encourages balance in life. Adopting Dinacharya and Ritucharya, practicing yoga and

Pranayama regularly, understanding the importance of Trayopastambha, and embracing a healthy lifestyle can strengthen our awareness and commitment towards better health.

Every small positive step we take towards our health today is an important investment in a healthier society TOMORROW. Therefore, let us remember that “Today’s healthy habit is TOMORROW’s foundation for a healthy life” and strive to integrate the fundamental principles of Ayurveda appropriately with modern living.

“A healthy body, a peaceful mind, a balanced life, and harmony with nature — this is Ayurveda’s message for a healthier TOMORROW!”

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