

The Ayurvedic Way of Life and Its Effects on Aging

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Abstract

Ayurveda is a holistic medical technique that has been around for a very long time and started in India. It has been revered for a very long time owing to the all-encompassing approach it takes to extending one's life and enhancing one's vitality. The profound insights and practical remedies that Ayurveda offers for prolonging one's lifespan by adjusting one's diet and the activities that they engage in throughout their everyday lives are what make Ayurveda so effective.

keywords-Ayurveda, Longevity, Holistic Health, Ayurvedic Diet, Ayurvedic Lifestyle

Introduction

Ayurveda is a comprehensive medical practice that has been practiced for thousands of years and is considered to be an ancient Indian school of healing. It is clear that Ayurveda is a shining example of how to attain the aims of living a long and healthy life in today's culture, where everyone wants to live a long and healthy life. Providing significant insights into the ways in which one's choices about diet and lifestyle can have an effect not only on the length of one's life but also on the quality of that life, Ayurveda, which translates to "the science of life," is a tradition that has been practiced for thousands of years. This introduction lays the basis for a more in-depth exploration of the remarkable influence that sticking to Ayurvedic principles can have on enhancing the likelihood of living a long and healthy life by adopting more attentive food and lifestyle habits. Both of these aspects are discussed in greater detail in the following paragraphs. An awareness of one's individual constitution, which is referred to as Prakriti, as well as the dynamic interaction of the three doshas that regulate one's body and mind are the foundational concepts of Ayurveda. These doshas are vata (air and ether), pitta (fire and water), and kapha (earth and water). As a result, it focuses an emphasis on the significance of obtaining and maintaining balance within these doshas, which is considered to be essential to both health and longevity. One of the fundamental principles of the Ayurvedic approach is the concept of Agni, which is also referred to as the digestive fire. The ability of the body to eliminate waste, as well as the metabolism of meals and the absorption of nutrients, are all dependent on this internal fire which plays a key role. It is thought that maintaining a strong Agni is necessary for living a long and healthy life since it ensures that all of the processes that occur within the body are carried out without any disruptions. Not only does the wisdom of Ayurveda extend beyond the area of dietary selections, but it also encompasses daily rituals (Dinacharya), strategies for stress management, herbal supplements, detoxification processes, and mindfulness practises such as yoga and meditation. It acknowledges the considerable impact that stress has on an individual's health and well-being and offers methods that may be used to lessen the harmful effects that stress can have on an individual. The Ayurvedic approach to

living a long and healthy life includes vital components. If you want to boost your vitality and your chances of living a long and happy life, you should adopt an Ayurvedic diet, implement Ayurvedic lifestyle habits, and use Ayurvedic herbal remedies. By utilizing this ancient style of medicine, which takes a holistic and individualized approach, individuals are provided with the power to make conscious decisions that are in accordance with their one-of-a-kind constitution and that nurture their well-being. This is accomplished thru the utilization of this method of medicine. We would like to extend an invitation to you as you commence on your journey through the knowledge of Ayurveda to study how its profound teachings can cast light on the path to a life that is full with vitality, health, and longevity. By resonating with the timeless principles of Ayurveda, which is known as the science of life, this journey provides a road map to a life that is both rewarding and long-lasting. It achieves this by offering a road map to a life that is both long-lasting and fulfilling.

Known as the "Science of Life," Ayurveda

On the other hand, in a culture where people are continuously looking for new methods to better their health and live longer, Ayurveda shines as an example of profound wisdom that extends back thousands of years. In its literal sense, the term "Ayurveda" translates to "the science of life," which is an excellent way to describe the idea that underpins the practice. Ayurveda is not merely a medical system; rather, it is an all-encompassing philosophy that teaches the skill of living in harmony with nature and one's own individual constitution for the purpose of achieving optimal health and well-being. Ayurveda is a practice that has been around for thousands of years in India, which is where its roots can be traced back to from the beginning. One of the most essential aspects of Ayurveda is that it recognizes the uniqueness of every individual and the impossibility of devising a strategy that can be applied uniformly to achieve and maintain health. This perspective is founded on the idea of Prakriti, which is the fundamental constitution of a person and responsible for establishing their innate mental, emotional, and physiological characteristics. Prakriti is the foundation upon which this view is built. The concept of Prakriti is comparable to that of a blueprint in that it outlines the initial state of health and well-being of an individual as a point of departure. According to Ayurveda, the dynamic interaction between the doshas, which are the governing forces of the body and mind, is further elaborated upon. Vata, which consists of air and ether, Pitta, which consists of fire and water, and Kapha, which consists of earth and water, are the three doshas. One of the most essential factors that determines a person's general health and vitality is the degree of harmony or disharmony that exists between these three doshas. When it comes to guaranteeing a healthy and long life, it is generally agreed upon that one of the most crucial things is to first achieve and then maintain this equilibrium. Because it takes into account all areas of a person's life, including diet, lifestyle, stress management, and spiritual well-being, this method of providing medical care is referred to as holistic medicine. As opposed to merely being the absence of disease, it recognizes that health is a condition that is characterized by strong vitality, mental clarity, and emotional stability. It is not simply the absence of disease. The profound teachings of Ayurveda, which reveal how this ancient discipline can provide solutions for increasing lifespan and nurturing well-being in everyday life, are essential to understanding how this ancient discipline might help. In this session, we will talk about the significance of

Agni, which is also referred to as the digestive fire. We will also talk about the impact that conscious dietary choices, lifestyle practises, herbal medications, and stress management tactics have in fostering a life that is full of energy and fulfillment. The wisdom of Ayurveda extends beyond the realm of the body to encompass not just physical health but also mental and emotional well-being in addition to bodily health. It recognises the enormous impact that stress has on health and encourages the use of mindfulness practises like as yoga and meditation as methods for achieving inner peace and harmony as a means of countering the adverse effects that stress can have on one's body. Over the course of your journey via Ayurveda, we invite you to get an understanding of how the time-tested principles of Ayurveda might shed light on how one might live a life that is full of health, "vitality, and longevity." It is a journey that is in harmony with the fundamental principles of Ayurveda, which is the science of life, and it provides a road map to a life that is both fulfilling and long-lasting, in accordance with the natural cycles of the world and the knowledge that has been acquired over the course of many years.

Understanding Individual Constitution (Prakriti)

In the world of Ayurveda, an ancient holistic medical practise, the idea of Prakriti, which translates to individual constitution, serves as a foundational pillar. Ayurveda was developed in India. Prakriti is the distinct amalgamation of a person's physical, mental, and emotional attributes that serves as the basis for defining that individual. It is analogous to a blueprint that determines how a person's innate nature and predispositions develop, which in turn affects how a person perceives the world and reacts to a variety of stimuli. The study of Prakriti is essential to the practise of Ayurveda since it acts as a guide for the development of individualised approaches to health and wellbeing.

- The Three Doshas Prakriti's relationship to the Vata, Pitta, and Kapha doshas, often known as the doshas, is very close. These biological energies, known as doshas, are responsible for governing both the body and the mind. Every person has a predominate dosha or a combination of doshas that makes up their Prakriti, or basic nature.
- Vata Prakriti refers to a person who possesses characteristics that are related with the elements of air and ether. They typically exhibit creative tendencies, are versatile, and are open to change. They may have a slim build and go through swings in both their weight and their level of energy. Physically, they may have a history of eating disorders.
- Individuals who have a Pitta Prakriti are those who reflect the traits of both the fire and water elements. They frequently exhibit high traits of motivation and organisation, and they are excellent leaders. They typically have a build that is somewhere in the middle, with an emphasis on accuracy and intelligence rather than bulk.
- People who are considered to be Kapha Prakriti are said to embody the soil and water elements. They are renowned for their dependability, patience, and caring demeanour. They may have a larger frame than average and have a disposition that is tenacious and unyielding to hardship.
- Dual and Tri-Doshic Prakriti: Some people have a dual-dosha Prakriti, which means that two doshas are equally prominent, or a tri-doshic Prakriti, which means that all three doshas are balanced. Other people have a Prakriti that is neither dual nor tri-

doshic. These people have a complex combination of the traits that are connected with the three doshas.

- Influence on Health Acquiring an understanding of one's Prakriti is essential to the practise of Ayurveda since it provides information about possible strengths and vulnerabilities. The Prakriti of an individual can affect their propensity to develop specific diseases and provide insight on how best to protect themselves from certain diseases.
- Ayurvedic health suggestions are tailored to an individual's Prakriti in order to provide individualised care for patients. Diet, lifestyle routines, and even herbal medicines are adapted to an individual so that they are in harmony with their constitution and so that they can correct any doshic imbalances (Vikriti) that they may be experiencing.
- Achieving and maintaining doshic balance in accordance with one's Prakriti is the fundamental focus of Ayurveda, which aims to bring about this balance. In order to improve well-being and longevity, several practises and therapies are targeted at bringing harmony to the doshas.
- Recognizing and Honoring Individuality Prakriti constantly calls our attention to the singularity of each person. It inspires individuals to accept themselves and gives them the power to acknowledge their innate talents and flourish in a manner that is congruent with who they are.

Balancing Doshas for Longevity

According to Ayurveda, an ancient science that focuses on holistic health, creating a healthy equilibrium between the three doshas (Vata, Pitta, and Kapha) is essential to living a long and healthy life and maintaining a state of vibrant well-being. These doshas are the biological energies that regulate both our bodies and our thoughts, and when they are in harmony, they create the highest possible levels of health and vigour. Dosha balancing for longevity requires making lifestyle choices and engaging in practises that are in harmony with an individual's innate constitution (Prakriti) and that work to correct any existing imbalances (Vikriti). Dosha equilibration has been linked to increased longevity in the following ways:

- Ayurveda acknowledges that many health disorders can be caused by imbalances in the doshas, and this knowledge is used to explain how these imbalances occur. It is crucial, for the purpose of preventing the onset of chronic diseases and encouraging a long and healthy life, to identify and rectify these imbalances as early on in the process as possible.
- Personalized Method: The first step toward balancing doshas and achieving longevity is to gain an understanding of your own constitution (Prakriti). Your Prakriti and Vikriti can be evaluated by Ayurvedic practitioners, who will then provide you with individualised advice regarding your food decisions, lifestyle habits, and herbal medicines.
- Ayurveda places a strong emphasis on the role that one's diet plays in the process of preserving doshic equilibrium. The individual's Prakriti and the state of their doshic imbalances are taken into consideration while formulating dietary recommendations.

For individuals who have an excess of vata, for instance, foods that balance vata may be prescribed.

- **Eating with Awareness:** It's not just about what you eat; how you eat also matters. Ayurveda promotes practises of mindful eating, such as eating in an environment that is quiet, savouring each meal, and being aware of your body's indications for when it is hungry and when it is full.
- **Dosha-Balanced Lifestyle:** Keeping your everyday habits (Dinacharya) in line with your constitution is one of the most important ways to keep your dosha in check. For example, Vata types can benefit from following a regular regimen to balance out the natural unpredictability that they experience.
- **Stress management** is important since stress is a major factor in the development of dosha imbalances. Meditation, Pranayama (breath control), and yoga are some of the stress-reduction treatments that are offered by Ayurveda. These practises help to relax the mind and balance the doshas.
- **Engaging in physical activity** helps maintain a healthy energy level and prevents the buildup of excess dosha. The type of physical activity you engage in depends on your dosha. For instance, those who tend to be Kapha benefit from engaging in physically stimulating activities on a regular basis.
- **Ayurvedic herbs and supplements**, often known as herbal remedies, are used to bring the doshas back into balance and to promote lifespan. Herbs like ashwagandha and triphala are well-known for the revitalising effects that they have on the body.
- **Detoxification:** Periodic detoxification techniques, such as Panchakarma, help remove accumulated toxins that might disturb doshic balance. Detoxification helps eliminate accumulated toxins.
- **Consultation with Practicing Ayurvedic Health Care Professionals:** Working together with Ayurvedic practitioners guarantees a bespoke strategy for achieving dosha balance and maximising longevity. They are able to make customised suggestions for you based on the requirements that are unique to your situation.

The Vital Role of Agni (Digestive Fire)

The idea of Agni, sometimes known as the digestive fire, plays an essential part in the intricate web that is Ayurveda. This fire plays a pivotal function in the digestive process. Agni is the capacity of the body to digest, assimilate, and transform food into energy and nutrients. It is also known as the digestive fire". It is of the utmost importance in Ayurveda to comprehend and cultivate this inner fire, as Ayurveda teaches that it has a deep impact not only on our physical health but also on our mental and emotional well-being. Agni and the crucial part it plays in ensuring a long life and maintaining overall vitality

- **Agni is the power** that is responsible for all of the metabolic and transformational processes that take place in our body. It is accountable for breaking down the nutrients in the food that is consumed into their component parts, making it possible for those nutrients to be absorbed and utilised throughout the body.
- **Finding the Right Agni Balance for Longevity:** The Ayurvedic concepts of health and longevity centre on the idea that one should strive to keep their Agni strong and in

balance. When Agni is robust, it guarantees that the metabolic process, the proper absorption of nutrients, and the elimination of waste items are all carried out effectively. A healthy level of Agni is essential for preventing the buildup of poisons, known in Ayurveda as ama, which can upset the dosha balance and eventually lead to disease.

- Ayurveda acknowledges that individuals have varying levels of Agni, which it refers to as types of Agni. There are those who have strong Agni, while others may have Agni that is weaker or more erratic. It is crucial to have a solid understanding of your Agni type in order to customise your food and lifestyle choices to complement your individual digestive capability.
- The effects of the doshas, or Vata, Pitta, and Kapha, also have a considerable bearing on Agni. Vata is the most prominent of these three doshas. For instance, an individual who is predominately Pitta may have a digestive fire that is more potent and effective, whereas Vata types may have more variation in the intensity of their digestive fire.
- Options Regarding Diet Ayurveda provides dietary advice that are in line with the Agni type that you have. For instance, people who have strong Agni are able to endure a larger variety of foods, whereas people who have lesser Agni may benefit from meals that are more straightforward and simpler to digest.
- Eating Mindfully: Ayurveda promotes habits of mindful eating, such as eating in a quiet atmosphere, savouring each mouthful, and paying attention to indications from the body regarding when it is hungry and when it is full. These actions are beneficial for igniting and sustaining Agni.
- Meal Timing: Eating in Line with the Body's Natural Rhythms Eating in harmony with the body's natural rhythms, such as having the main meal during lunchtime when Agni is naturally greater, can assist good digestion and help ensure that food is properly broken down.
- Herbs and Spices A number of Ayurvedic herbs and spices, including ginger, cumin, and fennel, are well-known for the Agni-enhancing characteristics that they possess and are frequently employed to kindle the digestive fire.
- Consultation with Ayurvedic Practitioners Working with Ayurvedic practitioners can provide individualised direction on how to best optimise Agni for the purpose of extending one's life and improving one's health.

Dietary Choices for Longevity

The ancient Indian system of holistic medicine known as Ayurveda places a significant emphasis on the relationship between one's diet and their overall health and lifespan. Ayurveda acknowledges that food is not just a source of nourishment for the body, but it is also a powerful instrument for balancing the doshas (Vata, Pitta, and Kapha), as well as fostering overall well-being. The foods we eat have a significant bearing on not only our bodily but also our mental and emotional well-being. In this article, we will examine the Ayurvedic dietary concepts that contribute to a longer lifespan:

- An Understanding of One's Individual Constitution (Prakriti): The first step in following Ayurvedic dietary advice is to have an understanding of one's individual constitution (Prakriti) as well as any existing doshic imbalances (Vikriti). Each

individual possesses a Prakriti that is predominated by one or more doshas, and dietary decisions should be made so that they are in harmony with that Prakriti.

- Ayurvedic diets place a strong emphasis on striking a balance between the three doshas. Because of the traits they possess and the impact they have on the doshas, foods can be classified as either Vata-pacifying, Pitta-pacifying, or Kapha-pacifying. For Pitta types, for instance, foods that are cooling in nature are suggested as a way to counteract the Pitta type's inherent warmth.
- Ayurveda recognises six different tastes, which are referred to as the Rasas. These are sweet, sour, salty, bitter, pungent, and astringent. Because each flavour has different impacts on the doshas and contributes in its own unique way to overall satisfaction and sustenance, a well-balanced meal should ideally have all six tastes in amounts that vary from one another.
- Consuming Foods That Are Fresh, in Season, and Sourced Locally Ayurveda places a significant emphasis on the consumption of foods that are fresh, that are in season, and that are sourced locally. These foods are frequently easier to digest and are thought to be more in tune with the natural rhythms of the body. They are also regarded to be more healthful.
- Eating Mindfully Ayurveda places a strong emphasis on practising mindful dining, which includes eating in an environment that is calm and serene, chewing food completely, and being present while meals are being consumed. This encourages better digestion as well as the absorption of nutrients.
- Ayurveda provides instructions on meal combinations that should be avoided because incompatible pairings can lead to digestive difficulties and imbalances. Ayurveda also discusses proper food combinations. It is not recommended, for instance, to consume milk with fruits that are high in acidity.
- Ayurvedic diets typically centre their meals around whole grains, legumes, fresh fruits and vegetables, and fresh fruits and vegetables. On the other hand, eating foods that have been processed or refined is generally not recommended.
- Ghee, also known as clarified butter, is revered in Ayurvedic medicine as a diet that is both highly nourishing and balanced. To add depth of flavour to various dishes, it is frequently utilised both in the kitchen and as a condiment.
- Herbs and Spices: Ayurvedic herbs and spices, such as turmeric, ginger, and cumin, are incorporated into cuisine because of the flavour they provide as well as the therapeutic benefits they offer. They are taken to improve digestion and bring the doshas back into equilibrium.
- Fluids: Maintaining an adequate level of hydration is essential to both digestion and general health. Water that is warm or at room temperature is typically advised, as drinking water that is too cold will put out the digestive fire (Agni).
- Mealtimes and Portion Sizes According to Ayurveda, one should try to maintain regular mealtimes and refrain from overeating. A frequent piece of advice is to continue eating until you are approximately 75 percent full.

- Individualized Dietary Plans: Ayurvedic practitioners are able to create individualised meal plans for clients by taking into account an individual's constitution, imbalances, and desired state of health.

Conclusion

One method to live a long life is to resonate with the intricate relationship that exists between one's mind, body, and spirit. The vast knowledge of Ayurveda, which is an ancient science that focuses on holistic health, offers light on a way to live a long life by resonating with this relationship. Our inquiry into the principles of Ayurveda has led us to discover the transformative power of conscious dietary choices and lifestyle practises in enhancing both one's lifespan and one's overall vitality. This was discovered during the course of our investigation. The concept of an individual's constitution, which is referred to as Prakriti, as well as the three types of doshic energies—Vata, Pitta, and Kapha—that collaborate to build our fundamental make-up are essential components of the Ayurvedic approach. This individualized comprehension serves as the compass that guides us toward a life that is both balanced and joyful throughout its whole. The following is a list of some of the most significant things that may be learned from Ayurveda related to the topic of how to increase longevity: When it comes to the pursuit of a longer lifetime, the influence of adopting an Ayurvedic diet and way of life has repercussions that extend far beyond the original goal of longevity. An example of a holistic approach to life, with the objective of achieving harmony with oneself as well as the natural world, is demonstrated by this situation. When people accept the immortal knowledge of Ayurveda, they are able to embark on a journey that not only improves their physical health but also cultivates emotional resilience and spiritual harmony. This will allow them to embark on a journey that will enhance their physical health. The profound teachings of Ayurveda, often known as the science of life, are in perfect accord with this journey, which is a path that is in peace with both. As we navigate the challenges of modern life, Ayurveda serves to remind us that longevity is not only the accumulation of years but rather a quality of life — a life that is marked by vitality, purpose, and balance. This is something that we should keep in mind as we navigate the challenges of modern living. This ancient knowledge inspires us to pursue this road with intention, attention, and reverence for the interconnection of all things, which will ultimately result in a life that is truly in tune with the natural cycles and the knowledge that has been acquired over the course of the ages.

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