

Study of *Chankramana* (Walking)

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ABSTRACT

There are various ways to cure diseases. Chankramana (walking) is one of the best exercises in this category. In Ayurveda vyayamas, helps in maintaining the general health of the body. The present study explores the concept of Chankramana mentioned in Samhitas, and its implication in various diseases. The available literature on Samhita along with the prior research works, publications, and related material available on internet was used to draw conclusions. In costly treatments where person cannot afford treatment cost, should walk shata - yojan or more in a year to get rid from such diseases? Dalhana specify this walk as Chankraman. As walking requires no special skills or facilities, hence it is achievable by patients of all diseases with no risk. Walking as exercise is an excellent way to manage health of people with life style disorders. As walking of 3 ½ miles per hour for 30 min or 10,000 steps foot reduces all most all diseases. Chankramana increases movement of Vayu in body. According to Ashraya – Ashrayi Bhava, when Vayu increases Kapha decreases. This decreases Medovruddhi which act at Medodhatwagni level, which in turn decreases related symptoms.

Key words: *Chankramana*, walking, exercise, health

INTRODUCTION

Walking/Chankramana is one of the best forms of exercise. It can be considered as laghuvyayam. In persons like Krusha and durbala where vyayam is contraindicated Chankamana can be advisable. Acharyas has explained its benefits as maintenance of ayu, bala, agni in proper condition. It also helps to increase medha and indriyagrahanashakti. It reduces body fat, increases ruchhi and reduces kapha and sukumatra and it is sukhaprada. Acharya charaka has explained its importance in prevention of prameha. Importance is also given for walking in treatment of diabetes mellitus both in Ayurveda as well as in modern science. Sedentary life style is main cause for this. So the regular practice of walking may help to prevent it. Apart from this regular brisk walking appears to have a protective effect which may be related to its ability to increase HDL cholesterol, lower blood pressure, reduce blood clotting and promote collateral vessel developments causing an improvement in the outlook.

Chankramana is defined as the co-coordinated action of gata and agata; going about crookedly

or rhythmically, or moving on foot slowly for about 100 steps. Its synonyms are: Parikramana, Gatagata, Bhramana, Gamana etc.

People should start walking slowly and then gradually should increase the speed and distance. Chankramana after meals is helpful in digestion. It breaks sthoola anna in to sukshma kana and makes it shithila. It gives feeling of comfort in greeva, janu and kati. If the person sits soon after taking meals it will lead to tandra. Sleeping after meals is ayushkara. Further, running after meal will lead to death.

MATERIALS AND METHODS

The available literature on Samhita mainly *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hrudaya*, *Ashtanga Samgraha* along with the available commentaries.

Ayurveda and allopathy books

Books on related subjects as physiology, biochemistry etc.

Work done on related aspects.

Prior research works, publications, and related material available on internet

Whole of the available literature was critically analyzed.

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RESULTS AND DISCUSSION

After meals, go outside for walk and breathe deeply for fifteen to thirty min. Do not sit after eating. After every meal a walk is the rule for you. Our acharyas also have same opinion that after bhojana sit for sometime like a king till the fatigue is relieved then go for about 100 footsteps walk and then lie on the bed in left lateral position. The reason behind this is lighter exercise like walking helps in gastric juice secretion and also in emptying of the stomach so that the person feels relaxed. As stomach lies obliquely in the upper and lateral part of the abdomen occupying the epigastric, umbilical and left hypochondriac regions. Most of it lies under cover of the left costal margin and the ribs. So lying in left lateral position will support the stomach and helps for easy digestion and also prevents the chances of regurgitation of food through cardiac notch.

Contraindications for chankramana

After bhojana, adhva i.e. excess walking is contraindicated. Excessive walking will be having qualities opposite to Chankramana. It acts as varna, kapha, sthoulyas and sukumarthanashak. It increases the jara and durbalta. For this reason adhva is considered as nidana for many diseases like, raktapitta, kasa, hikka-shwasa, vatayadhi, padadari etc. If person travels by walking after intake of alcohol it will lead to many disorders.

Modern view

It involves many joints and muscles, which are performed by each of us without conscious effort until one of the muscle or joint components involved is disordered. If any part of the sensory system is disordered gait may also be affected. The propulsion muscles are the flexors of the toes, the plantar flexors of the ankles and the extensors of the knee and hip. The swing 'through' muscles are the extensors of the toes, the dorsiflexors of the ankle the flexors of the hip and extensors of the knee and the flexors of the hip. The abductors and medial and lateral rotators of the hip and side flexors and rotators of the trunk also work in weight transference and pelvic movement. Without adequate pelvic movement in both rotation and hip hitching

correct walking is impossible. The upper trunk and head rotators also work, so that the face and upper trunk maintain a forward facing direction. The range of work depends upon the length and height of the step.

Initially start walking slowly at a rate of 3 ½ miles per hour for 30 min each day if you can walk for 5 min without undue difficulty and discomfort at a brisk pace, and then gradually increase the distance and speed. You have to begin more slowly and then workup to the point. i.e. shanihipanhah. In walking endurance and distance are more important than speed. If you cannot walk for five minutes without discomfort consult your doctor.

Most of the disease likes diabetes mellitus; CHD, Hypertension, obesity etc. occur more commonly in sedentary persons. Over a long term regular walking can do a lot of good by way of preventing illness. Regular walking helps to control weight and tones up the body. It also cuts down the future risk of many chronic diseases by 30 to 40%. Those who walk regularly for months together could over a period of time decrease drug dependence and can avoid it.

In Diabetes/Prameha: the patient should indulge in physical activities like wrestling sports, riding on elephant horse or chariot, do the work of foot soldiers walking briskly arching etc daily. The patient who has no money for treatment should undertake a journey on foot, of a hundred yojana (one yojana = four miles) without using foot wear and umbrella, living only on foods obtained through begging. Excessive walking is considered as pathya / beneficial for prameharogi. Fuel of the muscles is fat during light exercises. As the exercise increases in severity, greater and greater proportion of glucose is used. In very hard exercise glucose becomes the sole fuel. It helps to reduce the glucose level in the blood. Brisk walking is one of the best forms of exercise for Diabetes.

The person who is greedy in eatables and has dislike for bath and walking will definitely suffer supper from prameha. Hence, daily practice of walking can prevent it.

In obese: before starting any exercise program for weight reduction, many questions spring in the mind. One of the most often asked concern is about spot reduction exercise. A brisk half hour walk will produce greater caloric deficit than 15 min of so called spot reducing exercise

which makes the sense if one muscle group will involve the use of others. Fat will burn off in the body generally rather than specifically. Walking briskly for half an hour consumes a couple of hundred calories and boosts the metabolic rate for the rest of the day. It helps to get rid of unwanted fat around the waist. Daily 30 min of brisk walking will increase the basal metabolic rate and prevent obesity.

Moreover during exercise growth hormone utilization is increased. It has been observed that during exercise mobilization of deposited fat is increased by the growth hormone secreted in larger quantity. This shows the effect of brisk walking i.e. adhva as sthoulyavinashana.

In hypertension: walking helps to lower the blood pressure the systolic blood pressure rises usually in moderate isotonic exercise like walking. In jogging the diastolic blood pressure usually falls and the mean blood pressure does not usually change much, but may fall in many cases. The pulse pressure rises sharply. The systolic BP depends more on the cardiac output and as the cardiac output rises due to brisk walking, systolic BP also rises. The diastolic BP is more dependent on the peripheral resistance during muscular exercise, the peripheral vascular resistance falls, so the diastolic BP also falls usually.

In cardio vascular system: walking is the best exercise for building cardiovascular endurance. As muscles of the calf play an important role in circulation. These muscles help in the venous return from the lower limb. The soleus is particularly important in this respect. There are large valueless, venous sinuses in its substance, when the muscle contracts the blood in these sinuses is pumped out. When it relaxes it sucks the blood from the superficial veins through the perforators. So due to muscular contraction during walking venous return to the heart rises sharply, as a result the venous blood moves towards heart, the working muscles and heart are better feed and better drained. Thus, the efficiency of cardiac-vascular system increases.

Brisk walking is good for heart. It increases blood supply to the heart and keeps the heart muscles in shape. It lowers blood pressure. It increases the level of HDL cholesterol in the blood.

Walking 5 to 6 times a week reduce the risk of suffering a stroke caused by a clot by 40%.

In osteoarthritis and pregnant women: There is a controversy regarding, walking in osteoarthritis and pregnant women. It is contraindicated according to our science. But according to modern science walking can reduce the pain in osteoarthritis together with other measures by strengthening the muscles around the joint. One may need to exercise alternate day to give joints time to recover, also in case of pregnant women light exercise like walking are advisable.

Walking reduce pain in osteoarthritis by strengthening the muscles around the joint. A pregnant women benefits by a reasonable amount of physical exercise, walking is one of the best types.

CONCLUSION

Walk at a rate of three and a half miles per hour for 30 minutes each day. You may have to begin more slowly and then workup to this point. At this stage body will use 100-125 calories. For those who are unable to walk for half an hour, walking briskly 3 to 4 times a day for ten minutes will provide same benefits as walking continuously for 30 min. In walking endurance and distance are more important than speed. Chankramana should be done considering once capacity it should not produce physical exhaustion. If one walks more than his capacity it may act as nidana for many diseases like raktapitta, hikka, shwasa etc.

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