



LIFE STYLE DISORDERS & THEIR MANAGEMENT BY ADOPTING DINCHARYA & RUTUCHARYA WSR TO AYURVEDA

Ayurveda

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ABSTRACT

If we have look over the different era or ages like i.e. the ratio of life style diseases as Cancer Diabetes, Hypertension, Heart diseases, Thyroid diseases, Obesity, COPD, Asthma, Arthritis Infertility, Mental diseases like Depression & other disease, are found to be more in the age of 2020 as compare to 1980.

Life Style Disorders:

"How the person is habituate for, or daily routine of human being leads to prone for particular disease can be considered as the life style disorders". The WHO has given the certain life Style disorder as Cancer, CVD, Asthma, COPD, Diabetes, Hypertension, Heart diseases, Thyroid diseases, Obesity, Infertility, Mental diseases like Depression & other.

This all diseases have main cause for or cause for all the diseases in one word is "sedentary lifestyle & food habits".

Ayurveda:

The science which imparts knowledge about, life with special reference to its definition & the description of happy & unhappy life, useful & harmful life, long & short span of life & such other materials along with their properties & actions as promotes & demotes longevity is described in Ayurveda as;

"Heetaaheetam sukham dukkham ayusthasya heetaaheetam

Maanam cha taccha tatroktham ayurvedah sa yuchate" Ch. Su. 1/41

The science is designated as Ayurveda, where advantages, & disadvantages as well as happy & unhappy state of life along with what is good & bad for life, its measurement & life itself are described.

By adopting the Dinacharya (Daily Regimen) & Rutucharya (Seasonal Regimen) the life style disorders could be managed.

KEYWORDS

Ayurveda, Life Style Disorders, Dinacharya, Rutucharya etc.

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DINACHARYAS (Daily Regimen):

Dinacharyas includes the daily routine regimen, which has to be follow by healthy persons.

It being with awaking up in brahma-muhurta as;

"Brahmhe muhoorta utteeshthet swastho rakshaartham aayushah" - A. Hr Su. 2/1

For preserving the wholesome life, a healthy person should arise from the sleep at brahma muhurtha (early morning, 45 minute before sunrise).

Danta Dhavanam (Oral Hygiene)

After analyzing for a while about one's own body & being clean after evacuation of excreta, oral hygiene should be attend the danta dhavana, Plant used should be either of kashaya (astringent), katu (acidic), or tiktha (bitter) rasas.

Function: brushing of teeth helps to eliminate bad odour, inability to perceive taste & sludge deposited over teeth, tongue & mouth & improves taste.

Brushing of teeth is contraindicated in ajirna, vamathu, swasha, kasa, jwara, ardita, trushna, asyapaka, hradroga, netraroga, siroroga & karnaroga.

Sauranjanam (Collyrium)

Sauranjanam is pleasing to the eyes & hence can be used daily, with its use eyelashes will become unctuous & thick; the eyes with well defined tri-colours, clean, beautiful & with sharp vision.

Navana & Gandusha (Oil dropping in Nose & Medicated Gargling):

There after navana (nasal use of medicine) & Gandusha (holding liquid medicine orally), Dhuma (inhalation of herbal smoke) & tambool charvanam (chewing betel leaf with requisite condiments) should be done.

Tambool charvanam is contraindicated in those suffering from kshata, pittaasra, raukshya, inflametry diseases of eyes, vishabadha, murcha, mada, shosha.

Abhyanga (Oil Massage)

Daily application of oil on body is recommended. This retards ageing, overcomes fatigue, & annihilates effects of aggravated vata dosha. It improves clarity of vision, renders nourishment, longevity, good sleep, good skin, & sturdy physique.

It should be particularly practiced on head, ears, & soles.

Contraindicated in those who are suffering from vitiations of kapha dosha, Ajirna & undergone either one of the panchakarma therapy.

Vyayama (Exercise):

The practice of physical exercise renders or helps to make body light & efficient in activities, improves digestive power, wanes obesity, renders finely chiseled contours & consistent body structure.

Who are strong who are habituated to fat rich diet may routinely practice exercise in winter & spring, using only half the strength one can gather. In other seasons, it should be done lesser strength. After exercise entire body should be massaged comfortably.

It is contraindicated in those who are suffering from diseases due to vitiation of vata & pitta, children & very old ages, those suffering from indigestion.

Udavartanam (Dry powder Massage):

Udavartanam (upward massage with powdered drugs) disintegrates kapha dosha, dissolves away fat, provide firmness to the body & excellently clarifies the skin.

Snanam (Bathing):

Bathing kindles agni (digestive power), provides health, longevity, & enhances sexual drive, energy & strength. It tackles kandu (itching), mala (dirt), fatigue, sweat, tandra (lethargy), trashna, daha (burning feel), papma (ill feeling).

Pouring warm water below the neck while bathing renders strength to the body. However, if poured over the head, it is detrimental to eyes & hair.

Bath is contraindicated in those who are suffering from aridita, netraroga, asyaroga, karnaroga, atisaara, adhmaata, pinasa, ajirna & just after intake of food.

Clean Clothing:

Benefits: enhances charm, fame, life span; removes inauspiciousness, produces pleasure, auspiciousness and eligibility for a congregation (to get together with others)

Cleaning Feet & Excretory Orifices:

Benefits: promotes intelligence, purity, longevity, and destroys

inauspiciousness and dirt.

Shaving & Hair Dressing:

Benefits: nutritive, aphrodisiac, life promoter, provides cleanliness and beautification.

Footwear:

Benefits: beneficial for eye-sight and tactile sense organ, avoids injury of feet, promotes strength, ease in display of energy and libido.

Meal & Natural Urges:

Food shall be taken only when the previously ingested meal is fully digested; the food shall be wholesome & should be moderate quantity. The natural urges (reflexes like that defecation, micturition etc) should not be alerted at will.

Who have these reflexes should satisfy them prior to any other involvement. A curable disease should be conquered before anything else.

RUTUCHARYAS (Seasonal Regimen):

The year is divided in to six parts according to seasons it is because of;

- Northward movement of the sun & its act of dehydration bring about three seasons beginning from winter to summer
- The southward movement of sun & its act of hydration give rise to the other three seasons beginning from the rainy early winter

Thus it is said that, "adavante cha dourbalym veesarga adaanayornrunam, madhe madhyabalam tvante shreshthamagre cha neerdisheta"

DIET & REGIMEN ACCORDING TO SEASONS

SEASONS	DO'S	DON'TS
WINTER	Food- unctuous, sour & saltish juices of the meat of aquatic marshy animals, • meat of bilesahaya (burrow dwelling) animals, meat of prasaha (who eat by snatching) & new rice	• Pranitaahar (under feeding). • Light & liable to vitiate vata dosha
	Drinks- Madira, sidhu type of wine, • Cow's milk, cane juice & • honey, fat oil & • hot water	• Light & liable to vitiate vata dosha • Intake of gruel
	Activities – underground residence, & inner heated apartment of building, • Conveyance, bedding & seat should covered withwrappers, cloths, or blankets • One should wear heavy, warm clothes & should besmear of body with aguru • One may indulge in excessive sexual intercourse	• Exposure to cold
	Medication-Massage, unction, application of oil on head • Fomentation of Jenthak process	
SHISHIR	Food & drinks Same as winter season	• Diet & drinks- pungent, bitter, astringent tastes • Cold diet & drink
	Activities- windless & warm home	
SPRING	Diets- Barely, wheat, • Meat of sharabha, shasha (rabbit), antelope, lava (common quail) & Kapinjal (gray partridge)	Diets- • Heavy, unctuous, sour & sweet taste
	Drinks- Unpolluted sidhu, mrudvika type of wine	
	Activities- Exercise, Enjoy blossoms & garden	
	Medication-Uncion, medicated smoking, • Gargling & collyrium • Be smear body with chandan- Aguru • Vamana karma (emesis)	
SUMMER	Diets & drinks- Sweet, cold, liquid & unctuous diet & drink • Cold mantha (type of groat) along with sugar • Meat animal & bird of aride climate • Ghee & milk along with shali Rice • Very little quantity of alcohol or don't drink or drink with plenty of water	Diets & drinks – • Salty, sour,pungent or hot • Very little quantity of alcohol or don't drink or drink with plenty of water
	Activities -Day sleeping in air cooler climate • Should sleep in open air roof	• Physical exercise • Sexual intercourse
	Medication-Be smeared body with sandal paste	
RAINY	Diets- Use of honey in preparing diets & drinks • Sour, salty & unctuous diet • Old barely, wheat & shali Rice along with meat of arid animals & vegetable soup	
	Drinks-Maadhvika, or aristha type of liquor • Pure rain water • Water from well or pond- boiled & cooled & mixed with little honey	• Udamantha (groat diluted in excess) • Water from river

	Activities - Light & clean apparel & reside in house which is devoid of humidity	Ī Excessive exercise Ī Moving in sun Ī Sexual intercourse Ī Day sleeping
	Medications- Rub the body, apply unction, take bath, Wear fragrant garlands	
AUTUMN	Diets - Sweet, light, cold & bitter food & drinks which alleviate pitta dosha Ī Meat of lava (common quail), kapinjala (gray partridge), ena (antelope), urabhra (sheep), sharabha (wapiti), shasha (rabbit) Ī Rice, barely & wheat	Ī Fat, oil, & meat of aquatic animal & marshy animal Ī Alkaline salt preparations curd
	Drinks- Use of hansoudaka (purified water) for drinks, bathing, & swimming	
	Activities- Use of garlands, autumnal flowers & clean apparel Ī Rays of moon in the evening time	Ī Sun bath Ī Day sleeping Ī Exposure to frost & easterly wind
	Medications- Intake of ghee prepared with bitter medications, Purgation therapy & Blood letting	

CONCLUSION:

Life style disorder are the disorders which afflict to people from varies diseases who alter their own life style, habituate to misconduct or behavior of life; after correcting it may be help to deviate from such diseases.

Lifestyle disorders have main cause sedentary lifestyle & food habit. The life style disorder could be relieved, after adopting the regimen explained by Ayurveda in Dincharya (daily regimen) & Rutucharya (seasonal regimen).

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