



ORIGINAL RESEARCH PAPER

Ayurveda

ROLE OF AYURVEDA IN LIFESTYLE DISORDER

KEY WORDS: Ayurveda, Lifestyle disorder, lifestyle regimen, Hitaayu & Sukhaayu

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ABSTRACT

Ayurveda has always accentuate in maintaining the health and prevention of diseases by following a proper diet and lifestyle regimen rather than treatment and cure of disease. Lifestyle is a pattern of living that we follow, and lifestyle diseases are defined as those health illness that occurs due to incorrect ways of leading a lifestyle. According to the World Health Organization (WHO) lifestyle disorder is a group of non communicable diseases (NCDs) and account for around 71% of all deaths worldwide. Due to increase in sedentary lifestyle pattern, job recruitment, competitive life and fast move to achieve are the cause of all the diseases that include hypertension, obesity, diabetes, chronic obstructive pulmonary disease, metabolic syndrome, depression, stroke, heart disease, alzheimer's disease, atherosclerosis. To sustain a healthy and joyful life (Hitaayu & Sukhaayu), Ayurveda has a number of different principles and regimens including Ahara and Vihar (dietary habits and daily routine), Dinacharya (daily regimen), Ratricharya (night regimen), Ritucharya (seasonal regimen), Panchkarma (five detoxification and bio-purification therapies), Rasayana (rejuvenation), Sadvritta paalan (ideal habits) and Aachara Rasayana (code of conduct). This paper explores the multifaceted dynamic approach of Ayurveda to manage lifestyle disorder by adopting it's different principles and regimens.

INTRODUCTION:

Lifestyle disorder termed as the "disease those are linked with once lifestyle". It is the habit of person that reduces him from healthy activities to sedentary routine which is the main cause of various health issues. Lifestyle disorders are ailments that are primarily based on the day to day habits of people. Habits that cast down people from engaging in mental or physical activities and encourage sedentary behaviour can lead to a variety of health problems, including chronic non-communicable illnesses with potentially fatal outcomes. Lifestyle diseases such as diabetes, hypertension, cancer, hypertension, chronic liver disease, stress related disorders and many other diseases are becoming more common. Nowadays lifestyle disorders are becoming devastating as they are primary cause of mortality in the modern world. According to WHO, In India non-communicable diseases (NCDs) account for almost 60% mortality annually. In India, one out of four is at risk of dying from lifestyle disorder.

Ayurveda's main aim "Swasthyasya Swastha Rakshanam Aturasya Vikara Prashmnam Cha" can be achieved by Traya-Upastambha i.e, Aahar, Nidra and Brahmacharya. Among Traya-Upastambha, Aahar has been enumerated first one which shows its importance for healthy life of individual. Type of Aahar and Aahar Matra that we consume in proper or in improper way and Dincharya, Ritucharya and Sadvrit is responsible for the formation of body or cause of various lifestyle disorders. The inclusive utilisation of all these treatment modalities has a great effect on lifestyle disorder.

MATERIALS AND METHODS :

Causative Factors Of Lifestyle Diseases

1. Improper eating habits
2. Inactiveness or improper exercises
3. Bad habits [smoking, alcohol]
4. Lack of social approach
5. Wrong ergonomics
6. Psychological imbalance [depression]

Top Lifestyle Disorder Diseases

Aim

Ayurvedic principles to prevents & management of lifestyle disorders.

Objective

- To evaluate the Basic Principles of Ayurveda for healthy

life

- To evaluate the Ayurvedic management of lifestyle disorders

Disease	Description
Heart Disease - Any of several abnormalities that affect the heart muscle or the blood vessels of the heart.	Heart disease has been the number one cause of mortality and morbidity. There are a couple dozen forms of this lifestyle disease. Heart disease and other forms of cardiovascular disease can lead to congestive heart failure, a condition in which the heart can not pump sufficient blood to meet the demands of the body.
Diabetes - A disease affecting sugars used by the body	Diabetes mellitus may be classified into four categories. Other names for type I diabetes include brittle diabetes, juvenile-onset diabetes, insulin-dependent diabetes, and ketosis-prone diabetes. Other name for type II diabetes include adult-onset diabetes, non-insulin dependeat diabetes, ketosis-resistant diabetes, and stable diabetes. Type II diabetes often develops in over weight adulis. Type II or gestational diabetes occurs in some women, during pregnancy. Type IV includes other types of diabetes are linked to disease of the pancreas, hormonal changes, side effects of drugs or genetic defects.
Stroke - A condition due to the lack of oxygen to the brain that may lead to reversible or irreversible paralysis	A stroke can occur when blood flow to the brain is blocked or there is sudden bleeding in the brain. There are two types of strokes. A stroke that occurs because blood flow to the brain is blocked is called an ischemic stroke. A stroke that occurs because of sudden bleeding in the brain is called a hemorrhagic stroke.
Atherosclerosis - It is a common disease that develops when a sticky plaque called plaque builds up in your arteries.	Atherosclerosis develops slowly as cholesterol, fat, blood cells, and other substances in your blood form plaque in the walls of arteries. As plaque builds up, your arteries narrow. This reduces the supply of oxygen-rich blood to tissues and organs in the body.
Alzheimer's disease: A form	There is a true breakdown of brain cells, however the precise reason is unknown,

of brain disease	but a real breakdown of the cells of the brain does occur. There is no treatment, but good nutrition may slow the progress of this lifestyle. disease
Chronic Obstructive Pulmonary Disease (COPD): A disease characterized slowly progressing, irreversible airway obstruction.	The symptoms are problems in breathing while exercising, difficulty in breathing in or out deeply, and sometimes a long-term cough. The condition may result from chronic bronchitis, emphysema, asthma bronchiolitis. Cigarette smoking and air pollution make it worse.
Nephritis/CRF: Any diseases of the kidney marked by swelling and abnormal function	Characteristics of kidney disease are bloody urine, persistent protein in urine. pus in urine, difficult urination, and pain in the back.
Cancer: Diseases characterized by uncontrolled, abnormal growth of cells.	Cancer is definitely considered the number one disease of Civilization. There are more than 150 different kinds of cancer and many different causes. Most common cancer MEN Prostate (28%), Lung (17%), Colorectal (12%), Bladder (07%), Non-Hodgkins Lymphoma (04%) WOMEN Breast (30%), Lung (13%), Colorectal (12%), Uterus (06%) , Ovary (04%)
Chronic Liver Disease/Cirrhosis: Any of a group of liver disorders	Characteristics of liver disease are jaundice, loss of appetite, liver enlargement, fluid accumulation and impaired consciousness.

The Priority Of Lifestyle Medicine Is On:-

- Assessing lifestyle
- Evaluating the risk factors
- Evaluating laboratory reports
- Discussing the opportunities for interventions
- Prescribing an optimal lifestyle
- Tracking and Follow-ups

Ayurvedic Management Of Lifestyle Disorder – Ahara And Vihara -

Ahara and vihara play a central role in the life according to Ayurvedic understanding. Ayurveda emphasizes more on Ahara in comparison to other systems of medicine and also explored its emotional and spiritual significance, in addition to its material and biological attributes. Diet is considered as vital for a human body as it provides the basic nutrients and promotes longevity. Ahara has described as one of the Trayoupastamba.

Hinamatra Aharasa Cause Of Disease

Anantavata, Arshu, Grahani Dosh, Vata vyodhi, Vatarakta, Bizopaghatoja Klaihya, Pranavaha Srotasadushti, Kshatakshin, Udavarta, Pittaprokopa, Karshya, Kshaya, Laghu Ahara as a cause of the disease, Vata vyadhu, Anantavata, Vatarakta

The Ideal Time For Taking Food

- The Doshas are in their proper places
- Agni (digestive enzymes) is provoked
- There is a feeling of hunger

Ahara Kala

- The entrances of the channels of circulation are open pure belching (without any taste or smell)

- Enthusiasm
- Elimination of waste at the proper time
- Lightness of the body
- Flatus is moving downward easily
- Mind is clean
- Sense organs are functioning well

Samyak Ahara Lakshana

1. There should be no undue pressure on the stomach due to the food taken.
2. There should be no obstruction to the proper functioning of the heart.
3. There should not be any pressure on the sides of the chest.
4. There should not be an excessive heaviness in the abdomen.
5. There should be proper nourishment of the senses.
6. There should be relief from hunger and thirst.
7. There should be a feeling of comfort in standing, sitting, sleeping walking exhaling, inhaling, laughing, and talking.
8. Food taken in the morning should get digested by the evening and the food taken during the evening should get digested by the next morning
9. There should be the promotion of strength, complexion, and plumpness.

The Ideal Time For A Meal

- A) Lunch-Ideal time for lunch is between first and second Yama ie, between 3-6 hrs after sunrise (beginning of the day)
- B) Dinner Ideal time for dinner is after the end of the first Praburu ie, after 3 hrs after the beginning of the night (after sunset)

Dincharya

Dincharya are ideal daily life routine instructions which if followed as life style shall prevent life life style related problems. This not only helps in provision of physical health but also attain mental and social health. Ayurveda suggests to begin daily habits with awareness, early rising, avoid suppression of natural urges and eliminate waste as per urge, keep the teeth & skin cleaned, regular use of massage, regular daily bathing, consume suitable and wholesome diet according to the appetite and metabolic needs. Ayurveda has also suggested avoiding late night sleep and eating stale foods. These might lead to imbalance in the circadian rhythms and thus long term imbalance predisposes to lifestyle disorders.

Components Of Dinacharya:

- When to get up
- Exercise
- Brushing, bath, oletaion, etc
- Diet
- Social behaviour
- Sleep etc.
- Other mandatory components of dinacharya can beretention of abnormal physical urges and retention of abnormal mental urges (Vega adharana and vega dharana).

Ritucharya

These are primarily set of instructions which if ideally followed as per season shall help individual to physically and biologically to a particular season as well as make him free of seasonal ailments. These include dietic instructions, clothing instructions as well as some behavioural practices, which besides other guidelines include shodhana (bio-purification) as per seasonal needs. Ritucharya represents a very important aspect of preventive measure for various illnesses including lifestyle disorders as mentioned in Ayurvedic texts. It is the only system of medicine in the world which proposes the need of regular purification of the human biological system from gross level to the molecular level to render it

suitable for self and therapeutic responsiveness. Ayurveda advises seasonal panchakarma as preventive measure for maintenance and promotion of physical as well as mental health. For example, Haritaki acts as a rasayana (rejuvenator). But for producing its rasayana effect, it needs various supportive dravyas in different seasons in the form of anupana.

Panchakarma

Panchakarma therapies should be done in particular season according to predominant dosha on that season. The five technologies of Panchakarma include Vamana

(therapeutic emesis), Virechana (therapeutic purgation), Asthapana vasti (therapeutic decoction enema), Anuvasana vasti (therapeutic oil enema) and Nasyakarma (nasal medication). Ayurveda emphasizes more on the preventive aspect of the Panchakarma rather than curative. It also facilitates the absorption of nutrient and drugs administered thereafter in favor to attain their desired pharmacological therapeutic effects

Vasanta ritu – Vamana (Predominant kapha)
 Sharad ritu – Virechana (Predominant pitta)
 Varsha ritu – Vasti (Predominant vata)
 Pravrut, Sharad, Vasanta – Nasya

Rasayana

- Use of Rasayana is advised particularly to seek disease free geriatric age as well as to specifically fight some ailments or potentate concomitantly used medication.
- These have plenty of antioxidants, nutrients, stress busters, mood stabilizing potentials to preserve and promote health.
- Rasayanas can be used as nutritional supplements as well as medicine depending upon its various types.
- Most Rasayanas produce their nourishing and rejuvenating effect by promoting the Agni bala, acting as direct nutrients and by way of srotoprasadana resulting in an improved nutritional status which further leads to an improved quality of dhatus or body tissues.
- Although the Rasayanas are a generic class of restorative and rejuvenative supplements, many Rasayanas could be tissue and organ specific such as Medhya rasayana for the brain, Hridaya rasayana for the heart, Twachya rasayana for the skin.
- Studies suggest following action of the Rasayana –
- Immunomodulator
- Adaptogenic
- Antioxidant
- Nootropic
- Anticancer
- Antistress
- Psychoneuro stability

Rasayana In Various Diseases –

- Netra roga – Triphala, Shatavari, Yashtimadhu
- Prameha – Haridra, Shilajatu, Amalaki
- Amavata – Bhallataka, Lasuna, Pippali
- Nervous Disorders – Bala, Nagabala, Ashwagandha
- Skin diseases – Tuvaraka, Guduchi, Bhingaraja
- Urinary tract – Gokshura, Punarnava, Shilajit
- GI tract – Amalaki, Haritaki, Guduchi, Vidanga, Shatavari
- Vatavyadhi – Shilajit, Guggulu, Chyavanaprasha
- Pandu – Yograj rasayana, Loha, Shilajit
- Mental disorders – Brahmi, Jyotismati, Mandukaparni

Sadvritta & Achara Rasayana

Ayurveda offers some code of good conducts under the heading of Sadvritta and Achara Rasayana. The conducts under Sadvritta and Achara Rasayana can be categorized

into personal (early sleeping and awakening, avoid excess exertions, avoid suppression of natural urges, regime of

bathing, keeping skin clean), social (keep mercy on others, telling truth, avoid alcoholism, be soft hearted, always use cleaned and washed clothes), psychological and emotional (try to be in a steady mental state i.e. avoid height of emotions, try to avoid to memorize if being insulted by anyone, keep patience etc). Such type of lifestyle adaptation always helpful in the prevention and management of a wide range of lifestyle disorders.

DISCUSSION

Ayurveda with its broad spectrum and approached towards life will explain the entire factor which are helpful to attain better life with preventive aspects of diseases. Ayurveda not only have potential to treat diseases but helpful to eradicate it completely which does not revert it and also helpful to prevent one from causing disease condition.

Prakruti” the biotype (constitution) of an individual is analyzed and lifestyle is guided on its basis to maintain balance in biological energies Vata, Pitta and Kapha. Daily regimen -dincharya- how to lead the life correctly from morning till night is guided according to biological clock, at the same time seasonal regimen Rutucharya has been advised to take corrective measures to prevent imbalance in these biological humors. Ethical regimen is advised to maintain social and psychological balance. Agni – the gastric fire is another important concept in Ayurveda. It is the metabolic energy that is transformative force which convert one form to another form. “Roga sarve api mandegno” means all diseases start from weakness of Agni that is it starts from gut, that's why right agni gives right nourishment to all tissues. Most Rasayanas produce their nourishing and rejuvenating effect by promoting the Agni bala, acting as direct nutrients and by way of Srotoprasadana (purification of body channels), resulting in an improved nutritional status which further leads to an improved quality of Dhatus or body tissues. The conducts under

Sadvritta and Achara Rasayana can be categorized into personal (early sleeping and awakening, avoid excess exertion, avoid suppression of natural urges, regimen of bathing, keeping skin clean, social (keep mercy on others, telling truth, avoid alcoholism, be soft hearted, always use cleaned and washed clothes. Psychological and emotional (try to be in a steady mental state i.e. avoid height of emotions, try to avoid to memorize it being insulted by anyone, keep patience etc). Such type of lifestyle disorder adaptation always helpful in the prevention and management of a wide range of lifestyle disorders.

CONCLUSION

Unhealthy diets, smoking, lack of exercise and stress are the major risk factors for lifestyle disorders such as high blood pressure, high cholesterol, diabetes and obesity etc. These result in various long term disease processes, culminating in high mortality rates attributable to stroke, heart attack, cancers, chronic bronchitis, emphysema, renal failure, and many others. For the prevention and treatment of disease with lifestyle modification and by following proper dietary rules according to Ayurveda (Ashtavidha Ahara Visheshayatana, Virudha Aahar, Dvadasha Asana Vidhi) should be done as early as possible. The Ayurvedic principles and other holistic approaches have potential to the reduction of lifestyle disorders and their risk factors in the community. By following the Dinacharya, Ritucharya, Panchakarma and Rasayana treatment, we can prevent lifestyle problems and much more helpful to attain happy, healthy and prosperous life.

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