



## RESEARCH ARTICLE

### LIFE STYLE DISORDERS AN AYURVEDIC APPROACH

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#### ARTICLE INFO

##### Article History:

Received 25<sup>th</sup> January, 2018

Received in revised form

04<sup>th</sup> February, 2018

Accepted 10<sup>th</sup> March, 2018

Published online 30<sup>th</sup> April, 2018

##### Keywords:

Lifestyle disorders, Ayurveda,  
Panchakarma, Dinacharya.

#### ABSTRACT

There are a group of diseases that share similar risk factors, which may be due to exposure over many years, unhealthy diets, smoking, lack of exercise and stress generally complex to cure and modern medical system with its approach is still struggling to keep the disease condition leads to one another. There is a definite need of an alternative approach to understand the psycho-somatic effect on the human body produces life style diseases. Definitely an answer to life style disease brightens with the Ayurvedic approach. The Ayurvedic system of medicine proves the functioning of human body as a whole and any disease is understood due to imbalance of Tridoshas, Saptadhatus, malas and Agni respectively. Ayurvedic therapies validate the physical, psychological and spiritual wellness of an individual. This system has same importance to the preventive as well as to the curative aspects. Ayurveda provides various types to manage life style disorders by – Dinacharya, Ritucharya, Ratricharya, Panchakarma, Trayopasthambha palana, Sadvritha, Acharya rasayana, Dharma palana, Yogapalana etc. all these procedures are followed to achieve a swasthya laxana, which gives an answer to life style diseases.

#### INTRODUCTION

People are predisposed to various diseases based on their way of living and occupational habits. They are preventable and can be lowered with changes in diet, lifestyle and environment. Life style diseases characterize those diseases which occurs based on daily habits of people with their environment. The onset of these lifestyle diseases is insidious, they take years to develop and once encountered do not tend themselves easily to cure. The main factors contributing to the lifestyle diseases include bad food habits, physical activity, wrong body posture, and disturbed biological clock (Lichtenstein *et al.*, 2000). With rapid economic development and increasing in the westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years. *Ayurveda* is recognized as foremost life science and describes the ways to prevent and manage lifestyle disorders, as the world is being attracted towards its potential. Basically a particular lifestyle of person is a cumulative product of his/her physical capacity co-ordinated with psychological functioning, displayed in the form of habits, behaviour, dietary and living pattern based on his own training sought from childhood and mimics be gained from his immediate companions including parents, siblings etc. So it involves a pure psychological and innate contract over the physical and sensory activities. When this initiation control and co-ordinates are distributed, it leads to the derangement of lifestyle and results in any lifestyle disorders.

*Ayurveda* narrated the phenomenon as “*Prajnaparadha*” (intellectual blasphemy). *Prajnapradha* is the root cause for various diseases (Ram Karan Sharma *et al.*, 2002). In the management of lifestyle diseases, *Ayurveda* offers various regimens including *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), *Panchakarma* (five detoxification and bio purification therapies) and *Rasayana* (rejuvenation) therapies. The *sadvritta* (ideal routines) and *Acharya Rasayana* (code of conduct) are almost important to maintain a healthy and happy physiological perspective (Ram Karan Sharma *et al.*, 2002). The utilization of all these treatment modalities has a great effect on life style disorders. The application of *Rasayana* provides not only for the prevention of disease but also for the promotion of health and cure of diseases also. *Ayurveda* concentrated on achieving the objectives for promotion of health, prevention and management of diseases for a healthy and happy life.

#### Factors influencing life style disorders

Life style diseases are the diseases that appear to become ever more widespread as countries become more industrialized. Lifestyle diseases are different from other diseases because they are potentially preventable and can be lowered with changes in diet, lifestyle and environment. Modern science through improved sanitation, vaccination and antibiotics and medical attention has eliminated the threat from most infectious diseases. This means that now more focus should be given on prevention of Lifestyle diseases.

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### How unhealthy lifestyle / habits invite the Diseases (Both physical and mental)

- Less time for sleep due to hectic busy life.
- Keeping the blinds closed all the time and the windows locked down.
- Sitting or working 9 to 5 continuously in Air tight office.
- Fitness Centres / Gym offering quick weight loss / body building.
- Taking too much Antibiotics, pain killers etc.
- EGO problems – Due to high financial social status.
- Unhealthy food.
- Smoking / Alcohol.
- Sedentary activities-like sitting for long in front of TV, Computers, Laptop, Phones, using lifts instead of stairs etc.
- Unnecessary laser treatments, useless surgeries etc.

### Ayurvedic approach towards lifestyle diseases

*Acharya's* beautifully narrated the importance of maintenance of health. That will starts from *Dinacarya* which includes the daily routine, it begins with waking up in *Brahma-muhurta*. *Brahma muhurta* begins at dawn, it is the penultimate *muhurta* of night (*muhurta* = 48 minutes). So the healthy individual may get up two *muhurta* is 96 minutes almost 1½ hrs before the sunrise. For maintenance of balanced Health, one has to follow the proper *matra* (quantity of food), quantity of food with reference to their *Guru-laghu* (heaviness and lightness) the diet which is indicated (*Abhyasa*) and those which are *Garhita* (Contraindicated), *Anjana* (collyrium), *Dhumapana* (smoking), *Guna's* (the advantage of smoking), *Kala and Pana-Manam* (it timing and frequency of use), *Panavidhi* (the manner of smoking), *Dhuma netra* (the material which the cigar pipe is made of, different varieties of pipe for different categories of smoking), Nasal therapy (the therapeutic property of nasal therapy), *Danta Pavana Yatha and Yadyata Gupa* (how and what kind of tooth cleaning stick is to be used and their individual properties), *Asya dharana* (the drugs that are to be kept in the mouth for chewing purpose), *Kavala graham* (therapeutic utility of oil gargle), *Shira taila* (the benefits of applying oil on the head), *Karna taila* (benefits of dropping oil into ears), *Abhyanga* (oil massage), *Padabhyanga* (oil massage over the feet), *Anga marjana* (body massage), *Snana* (bathing), *Suddha vastra dharana* (wearing of clean cloth), *Sughandhya dharana* (use of fragrant substance), *Ratna dharana* (wearing gems), *Soucha* (cleaning the excretory passage), *Loma samharana* (shaving and cutting of hair), *Padatra dharana* (use of foot wear), *Chatra dharana* (umbrella) and *Danda dharana* (walking stick) (Shashirekha *et al.*, 2017). For the maintenance of healthy life, one should have the proper knowledge of suitable *ahara* (diet), *Chesta* (regimen) for every *Rutu* (season). This helps in enhancing *Bala* (strength), *Varna* (colour and complexion) and *Ayu* (longevity).

#### The Samvatsara is divided into 2 kala as Adana kala and Visarga kala

Adana kala	Visarga kala
Ayana	Uttarayana
Rutu	Sisira, Vasanta, Grisma
Kala	Agneya
Vayu	Ati Ruksha
Moon	Less Bala
Sun	More bala
Kleda	Sun dries away moistureness
Rasa	Tikta, Katu, Kashaya
Guna	Ruksha
Bala	Gradually decreases
	Dakshinayana
	Varsha, Sharad, Hemanta
	Soumya
	Not much Ruksha
	More bala
	Less bala
	Moon Nourishes
	Amla, Madhura, Lavana
	Snigdha Guna
	Gradually increases

We get a beautiful narration of *Rutu Sandhi* that is Gradual withdrawal of regimen of that particular season and slower adaptation of coming seasonal regimen (Shashirekha *et al.*, 2017). One should not suppress the natural urges, like *Mutra Vega* (urine), *Pureesha Vega* (faeces), *Retas* (semen), *Vata(flatus)*, *chardi* (vomiting), *Kshavatu* (sneezing), *Udagara* (belching or eructation), *Jrumbha* (yawning), *Kshut* (hunger), *Pipsa* (thirst), *Vashpa* (tears), *Nidra* (sleep), and *Nishwasa* (breathing caused by over exertion). (Shashirekha *et al.*, 2017) *Rasayan* therapies are mentioned that will help in increasing the longevity and delaying the aging process of an individual. *Rasayana* (Rejuvenative measure) can be used as nutritional supplement as well as medicine depending upon its various types. *Rasayana* produce their nourishing and rejuvenating effect by increasing *Agni, bala, sroto prasdana* (purification of body changes) results in the improvement of quality of *Dhatu* or body tissues (Singh, 2014; Singh *et al.*, 2014).

### Rasayana acts as

- Immunomodulator,
- Adaptogenic,
- Antioxidant,
- Nootropic,
- Antistress

### Prevention and Following

The best thing is most of lifestyle disorders are reversible by fine tuning lifestyle. It has become imperative to check the disorders at early age. We need to check health profile regularly. The basic health profile is group of two common panels, a comprehensive metabolic panel and a cardiac screen, also known as a lipid panel. Each of these panels is a group of multiple tests to examine a variety of functions in a body. The general health profile includes CBC (complete blood count), metabolic profile, Comprehensive. The CMP includes –Glucose, calcium. Proteins- Albumin, total protein, Electrolytes –Sodium, Potassium, CO<sub>2</sub>, chloride, Kidney test – BUN (Blood urea nitrogen), Serum Creatinine, Liver test – ALP (alkaline Phosphatase), ALT (Alanine amino transferase/SGPT), AST (Aspartate amino transferase / SGOT), Bilirubin. (WWW.labtestportal.com) Lifestyle disorders are slow in onset and progression it may not be possible to detect them early. Once detected long continued medication many become necessary. An expert consultation, early diagnosis, change in lifestyle disorders are very important in lifestyle disorders. *Ayurveda* gives importance to the individual constitution. Prevention is the better way to mention good health in this busy world. Lifestyle disorders preventable and even reversible, if appropriate lifestyle disorders are made well in time. Lifestyle disorders are slow in onset and progression it may not be possible to detect them early. Once detected long continued medication many become necessary. An expert consultation, early diagnosis, change in lifestyle disorders are very important in lifestyle disorders. *Ayurveda* gives importance to the individual constitution.

### Preventive Measures

- According to *Ayurveda*, Any disease can be prevented at its early stage with proper diagnosis.
- If the root cause of the disease is identified and by the prevention of the causative factors, one can get victory over any disease.

- Main motto of Ayurveda is "Maintenance of health of a healthy individual and cure of disease of a diseased person.

#### It focuses on

- Preventive measures
- Curative measures
- Promotive measures

Prevention of any disease can be possible with the adoption of healthy lifestyle. By following *Dinacharya*, *Ritucharya*, *Sadvrutta*, *Rasayana* and *Panchakarma* therapies. If the disease is identified in its prodromal stage itself and its anti-pathogenic measures are adopted, disease will automatically subside with its root. *Ahara-Vihar*, *Pathya-Apathya*, plays a major role in life according to *Ayurveda*. "Ahara is considered as *Prana* (basis of life) and as one of the *Trayopasthambha* (three pillars) of life, ie, *Ahara*, *Nidra*(sleep) and *Brahmacharya* (celibacy). *Ayurveda* always emphasizes on consuming Healthy and nutrients diet for maintaining good health. Use of *Hita - Ahara* (wholesome diet) promotes health and longevity and *Ahita - Ahara* (unwholesome diet) promotes manifestation of different disorders. Thus *Pathya-Apathya* (Dos and don'ts) regarding diet and dietary supplementations helps in the prevention and management of a wide range of lifestyle disorders. *Ayurveda tells about Daivavyapashraya chikitsa*, *Yuktivyapashraya* and *Satwarajaya chikitsa*. *Daivavyapashraya chikitsa*- it includes chanting of *Mantra*, *Aushadhi* and *Mani dharana* (Spiritual use of herbs and gems), *Mangala karma* (propitiatory), *Bali* (offering oblations), *Homa*, *Upavasa* (fasting) etc. All these rituals directly and indirectly exert a positive impact on mind and promote psychosomatic health (Singh Satyapal, 2015). *Satvavajaya chikitsa* is therapeutic for mental or emotional stresses and disturbances. This produces rest by restraining the mind from desire for unwholesome objects. This helps in developing control over the Mind, which is usually unstable. *Yukti vyapashraya chikitsa*, it depends upon the individual rationality (Singh Satyapal *et al.*, 2014). Disease is to be identified at its early stage, if *Nidana* (causative factor) is alleviated, disease will be cured by itself. Hence, *Ayurveda* has an upper edge in treating the disease with emphasis on its root cause. *Ayurveda* Concentrates on achieving the objectives of *Ayurveda* for promotion of health, prevention and management of disease for a healthy and happy life in the society.

#### Conclusion

Life style diseases known as the disease of longevity or diseases of civilisation or non communicable diseases or chronic diseases of life style or largely preventable diseases,

caused by carelessness, ignorance and irregularities of our own. These are a group of diseases that share similar risk factors, viruddha ahara, vihara and stress.

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