

**ROLE OF AYURVEDA IN MANAGEMENT OF LIFESTYLE DISORDERS**<sup>1</sup>\*Dr. Manohar Ram and <sup>2</sup>Dr. Shubhi Chaudhary<sup>1</sup>Reader and H.O.D, Department of Samhita and Siddhant, Ayurvedic PG College and Hospital, Varanasi.<sup>2</sup>PG Scholar PG Department of Samhita and Siddhant, Ayurvedic PG College and Hospital, Varanasi.**\*Corresponding Author: Dr. Manohar Ram**

Reader and H.O.D, Department of Samhita and Siddhant, Ayurvedic PG College and Hospital, Varanasi.

Email ID: [drmanoharvns@gmail.com](mailto:drmanoharvns@gmail.com)

Article Received on 10/01/2023

Article Revised on 31/01/2023

Article Accepted on 21/02/2023

**ABSTRACT**

Life style diseases are defined as those health problems that react to changes in lifestyle. The changed living habits due to increasing sedentary lifestyle, job requirements, competitive living are the main culprits against a healthy life. Ayurveda is a holistic science. It aims primarily to maintain healthy life in healthy individuals & secondly to treat the disease in diseased individual. Lifestyle diseases are becoming more common these days and affecting the majority of the population. Lack of physical activity, Unhealthy diet, Poor sleeping patterns, Alcohol Smoking, Sedentary life style, Stress are some of the causes of lifestyle diseases. The major lifestyle diseases include Heart diseases, Hypertension, Obesity, PCOS, Type 2 diabetes, Cancer. We can prevent Lifestyle Disorders through Ayurveda Regimen which includes Dincharya (Daily Routines), Ritucharya, Panchakarma therapy, Rasayana thrapy and sadvritta palan. All referances for the concept of Ayurveda regimen is studied from Charak samhita and Ashtang Hriday.

**KEYWORDS:** Lifestyle disorders, dincharya, ritucharya,panchakarma therapy.**INTRODUCTION**

Lifestyle diseases are the diseases primarily based on the daily habits of the people as a result of inappropriate relationship with the environment. According to Ayurveda, those diseases may be due to pragyaparadha (intellectual blemish) or asatmya indyarthasamyoga (unhealthy sensory perception) which results in disharmony in the body either as increase or decrease of Doshas are the cause of lifestyle diseases.

The per capita income and living conditions of the people are favoring for a healthy generation now. But unfortunately, it is sad to observe a technologically and educationally rich generation with poor physical and mental ability. There is almost cent percent reduction in the communicable diseases due to advanced medical diagnosis, superior treatment and preventive measures. But the changes in lifestyle and dietary choices greatly increase the risk of non-communicable diseases or lifestyle diseases, Lifestyle diseases are the diseases primarily based on the daily habits of the people as a result of inappropriate relationship with the environment.

According to Ayurveda, those diseases may be due to pragyaparadha (intellectual blemish) or asatmya indyarthasamyoga (unhealthy sensory perception) which results in disharmony in the body either as increase or decrease of Doshas are the lifestyle diseases.

Life is concordance with the principles of right living and determine root causes of suffering & unhappiness. To fulfil the healthy life (hitayu-sukhyu) the theory of tri upstambha Ahar, Nidra and Bramhacharya are three pillars of life & play a key role in the maintenance of health & long healthy life span. They support tri stambh Vata, Pitta, Kapha of body and also tri guna satva, raja, tama. But in present condition of era every people running in competitive race and do not follow any rules of life no perfect time to eat food & sleep with modern life style, over stress aggressive to mind that affects to body as well as prakrati resulting Doshas vaisamyata.

If continue unhealthy life style leads to Doshadhatu vaisamyata, Agni bala vaisamyata (impaired digestion and metabolism), Strotodusti (Dysfunction of body channels), harassment of satva (impaired mental condition) causing various types of life style disorders.

Classical ayurveda texts having good intervention to prevent and manage of Doshadhatu vaisamyata, Dhatu dusti gat roga as life style disorders like dietary management by Ahar-vihar, Sansodhan upkrama by Panchakarma, sanshman upkrama by Rasayana, daivya vyapashraya and satvavajaya following with din charya, ritucharya, sadvrit, achar rasayan.

**AIM**

Ayurvedic principles to prevent & management of life style disorders.

**OBJECTIVE**

- ✓ To evaluate the Basic Principles of Ayurveda for healthy life
- ✓ To evaluate the Ayurvedic management of life style disorders

**MATERIAL AND METHODS**

**Materials:** Ayurvedic classical texts, journal, internet

**Methods:** Literary review

- Nidan parivarjanam
- Ahar-Vihar
- Panchakarma (detoxification)
- Rasayana(rejuvenation)
- Vajikaran
- Ritucharya
- Dincharya
- Sadvrat (ideal routine)
- Aachar rasayan (way of good conduct)
- Daivya vyapashrya chikitsa
- Satvavjaya chikitsa

**AYURVEDIC MANAGEMENT OF LIFE STYLE DISORDER**

The basic therapeutic approach is that alone is the right treatment which makes for health & he alone is the best doctor who free one from disease. Ayurveda has two aspect of treatment preventive & therapeutic. These are

**1. Nidan Parivarjan-** Nidan parivarjan is to avoid the known disease causing factors in diet & life style of the patients, It inhibits the prognosis of disease like vata vardhak ahar vihar is restricted in vataj disease.

**2. Ahar Vihar-** In ayurveda ahar vihar (pathya-apathya) is very important to prevent and manage of life style disease. Ahar is considered as prana (basis of life) in ayurved charak samhita. The importance of diet can be understood with the fact that it has been called is mahabhaishjya in kasyap samhita. In ayurveda it has been clearly mentioned that food should be taken keeping in mind & the rule that one part of stomach should be filled up with solid food, the second part with liquid & third part should be left empty for proper actions of dosha. The asta ahar vidhi vishesaytan is prakrti, karan, sanyog, rashi, desh, kal, upyog sanstha & upyokta which determine the utility of food.

**General pathya ahar-** 1. Anna varga-wheat, bajra, rakt shali, mash 2. dugdha-cow, goat 3. phala-draksha 4. jala-ushna jala, shrit shit jala 5. madya-sura, madira, amla kanji 6. mansh-kukkt 7. mutra-cow, horse, elephant 8. sak varga-jivanti, shigru, patol, rasona etc.

**General Pathya vihar-** Atap sevan (expose to sun), mridu saiyaa (soft bed), ushnodak snan (bath with lukewarm water, meditation, pranayam, dhyana).

**Apathy ahar-** Ayurveda also describe eighteen types of dietary incompatibilities (viruddha ahar) which should be avoided to maintain health, hot, spicy, oily food, unripe food, preserved food, viruddha ahar, fastly, slowly eat food, adhyasan, vishmasan, ajeernsan, pramitasan etc.

Apathy vihar-night awakening, day sleep, anxiety, etc.

**3. Panchakarma (Detoxification)-** Ayurveda is only science which has incorporated different detoxification methods in daily routine. This works as preventive as well as curative.

Panchakarma is a collection of five active procedures of bio purification. These are 1. vaman therapeutic emesis (mainly kaphaj disorders) 2. virechan-therapeutic purgation (mainly pittaj) 3. aasthapan basti therapeutic decoction enema (mainly vataj & kaphaj disorder) 4. anuvasan basti-therapeutic oil enema (vataj) 5. nasya-nasal medication (mainly kaphaj & tridosaj).

In sushrut samhita mention raktamokshan blood letting by siravedh, leech therapy (for toxic blood mainly pittaj, rakta disorders).

**Supportive & others main procedures-** 1. snehan (oiling) its two type

1. Internal-intake of medicated ghee duration 3 or 5 or 7 days before planning of vaman & virechan. 2. external- Massage with medicated oil according to dosha. It include in daily routine to prevent disease and manage to special vata vyadhi, muscular disorders.
2. Swedan-medicated decoction steam to dissolving toxins in body & eliminate out side by sweat. It preventing and managing role to life style disorders.
3. Sirodhara-medicated oil constantly the duration of 15 min on forehead. It prevents psychosomatic disease and relaxing in mind.

Panchakarma used in order to clean the body channels (dhatu gat stroto suddhi) to eliminate toxins (ama vish) out of body & brings homeostasis of bio humors tridosha (vata, pitta, kapha) & manas dosha (raja, tama) to obtain psychosomatic beneficial effect which further leads to chemical balance inside the bio system thus provides the normal chemical & electrical environment in all over body system like digestive, excretory, nervous, reproductive, circulatory, lymphatic system etc. & ultimately restore the dosha dhatu samyata. When it is done properly these gives rejuvenate to the body & increase the longevity of healthy life.

**4. Rasayana (Rejuvenation)-** It is a Sanskrit word consist of Rasa (nutrition) & ayan (path) which refers to nutrition and its transportation in body channels (stroto

prasadana). Rasayan therapy essentially refers to the process of tissue nourishment & rejuvenation. **“Labhopayo hi sastadinam rasadinam rasayanam”** rasayana has comprehensive scope to positive nutrition, immunomodulator, longevity & sustenance of mental & sensorial competence by promotion of mental & physical health also rejuvenation activity.

Many rasayan describe in ayurveda according to essentiality like medhya rasayan for developing brain, hridya rasayan for being a good cardiac activity, twachya rasayana for healthy skin as well as good cosmetic etc. Rasayan karma affords a preventive role against all range of life style disease through improved metabolism, promote immunity, improve endocrine, exocrine secretion, antioxidant action, antiaging, haemopoietic effect, adaptogenic action, anabolic action & neuroprotective action at molecular level.

**5. Vajikaran (Aphrodisiacs)-** Vajikaran or vrishya chikitsa is a one of eight major speciality of astang ayurved. It is concerned with aphrodisiacs, virility & improving health of progeny. As per charak samhita by proper use of these formulation one becomes endowed with good attractive physique, potency, strength & complexion & sexually potent. This is helpful in many common sexual dysfunction, infertility, premature ejaculation & erectile dysfunction. Vajikar drugs are also used for high potentate bija (sperm & ovum) being a uttam santan utpatti (healthy baby) after detoxify of body.

**6. Sadvrat** – Ayurveda is an ancient science there are many secrets in ayurvedic knowledge for the happy living. There is a separate chapter that is good conduct or ethical regimen for the balance of life to prevent various life style disorders. There are simple moral principle & the right conduct that is applicable to all people of all the times & place. If we violate or ignore this guideline we are going to suffer ultimately. In short sadvrat is good mental conduct, good social conduct, good personal conduct, good moral conduct & good religious conduct. It gives “arogya indriyavijay” means achieve good health & self control.

**7. Aachar Rasayan-** It is unique concept in ayurveda that implies moral ethical & behavioural conduct. Truth nonviolence personal & public cleanliness, mental & personal hygiene, compassion & yogic life style. These behaviour brings about rejuvenation in the body mind system. Like as truthfulness, freedom from anger, nonindulgence in alcohol, nonviolence, calmness, sweet speech, engaged in meditation, cleanliness, charitable religious, respectful to others, loving, compassionate balance in wake fullness & sleep, using ghee regularly, knowing the measure of time & place, controlling the senses, keeping the company of elders & positive attitude, devotion to vedic scriptures. One who adopts such conduct gain all benefits of achar rasayan therapy, behavioural rasayan is most important to current life.

**8. Dincharya (Daily Routine)-** There are several things to implement in daily life that makes to feel healthy, happy & full of energy.

Ayurveda describe the rule of conduct to be daily life style after leaving bed seeking perfect health & sound body.

#### Daily routine in shortly

1. Morning- waking up at brhma muhurt (2 hrs before sun rise) due to a lots of satva (purity)
2. Tooth brushing- tooth brush should be made of a fresh twig of nimb, khadir, karanj due to prevent dental disorders.
3. Scraping of coated tongue by gold, silver, copper or wood.
4. Gargles with medicated oil to being healthy gums.
5. Eye & mouth wash with trifala decoction to prevent eye disease, wrinkles, pigmentation.
6. Tambul sevan to cleans mouth.
7. Head massage to make strong hair roots & relaxing brain.
8. Pouring oil in ear cavity
9. Body massage
10. Parishek affusing the body removes fatigue.
11. Physical Exercise to make body strength.

**9. Ritucharya-** Ritu the season classified by different features expresses different effects on the body as well as environment. As adaptation according to the changes is the key for survival, the knowledge of ritucharya (regimen for various seasons) is important. People do not know or ignore the suitable type of food stuff, dressing & other regimen to be followed in particular season this leads to dearrangement of homeostasis & causes various life style disorders.

#### Ritucharya in shorts

**Adan kal (jan to june)** consist of shisir, basant, grishm. body strength decreasing in manner **visarg kal (july to dec)** consist of varsha, sharad, hemant body strength increasing in manner.

Knowledge of ritucharya is also need to detoxification of body according to aggravation of dosha in different ritu, like in basant (feb-march) for vaman in kaphaj prakop, sharad (oct-nov) for virechan in pittaj prakop & varsha (july-aug) for basti in vata prakop.

**10. Daivya Vyapasrya Chikitsa-** It include mantra, ausdhi & different mani dharan according to jyotish, spiritual use of ayurvedic herbs & gems, mangal karma (propitiatory), bali (offering oblations), home (yagya), prayashit (ceremonial penances), upvas (fast), swastyayan (ritual social activity) mention in ayurvedic classics.

All these activities directly or indirectly generate a positive energy on mind (manas). It promotes psychosomatic health and prevent various type of life

style disorders related to mind like as Depression, Anxiety etc.

**11. Satvavjaya Chikitsa-** “Dhi dhira aatmadi vighnam manasdhya param” & “mano nigrha” is the treatment of mind In ayurveda clearly mention “shariendriya satva atma samyoge dhara jivita” is definition of life.

And even in the definition of swasthya a person is called healthy not only when his dosha, dhatu, mala and agni are in equilibrium condition but also his manas like prasannatmendriya manah should be in normal condition. In the presence of atma for proper & healthy functioning of sarir (body) & indriya (sense) with manas satva (mind) play a major role.

So satvavjaya chikitsa is most important to live a healthy life. It essential to have a line of treatment of mental disease also psychosomatic life style disorders.

## CONCLUSION

There is a great need of time of globalization of ayurvedic principles of charak, sushrut, vaghbhatta in the references to prevent and cure the life style disorders. In charak samhita section sutra sthan fully describe “swastha chataska” personal hygiene for maintenance of positive health including matrasitiya chapter (ahar description), tasyasitiya (ritucharya), naveganna dharniya (should not suppress natural urges) & indriyopkramneeya (sadvrat) are completely related to healthy life style which is most important to ayurvedic physician.

Charak in its section chikitsa starts with an exhaustive chapter on rasayan therapy dealing with physiological, pharmacological, therapeutical & clinical aspect of rasayan.

Charak appears to have correlated this with the fundamental principle of ayurveda as related to concept of ras samvhan, concept of dhatu, agni, bala, srotas etc. Charak kalpa & siddhi sthan is completely for detoxification of body through panchakarma.

Sushrut samhita describe two type of rasayan, kamaya rasayan for prevention and naimittik rasayan for cure of disease. Sushrut chikitsa anagat badha pratishedha chapter fully describe daily routine for healthy life style. Vaghbhatta also says in astang sangrah & hriday the same.

It is now considered that most of the chronic disorders like diabetes, bronchial asthma, hypertension, copd, obesity, chronic liver disease, psoriasis, arthritis, dyslipidemia, cancer etc are occurring due to pragyapradh, refers to faulty life style. So ayurveda texts play an important role in promoting the health & prolonging the life span by establishing homeostasis between dosha dhatu mala. It helps to keep disease free.

With ayurvedic system of medicine we can promote the psychosomatic health to reduce the morbidity and reduce burden to the society.

## REFERENCES

1. Sastri Kashi Nath, Chaturvedi Gorakh Nath, editors. Charak Samhita Vidyotini hindi commentary sutra sthan 30/26, vol 1ed. Varanasi chaukhambha bharti academy, 2003; 587.
2. Sastri Kashi Nath, Chaturvedi Gorakh Nath, editors. Charak Samhita Vidyotini hindi commentary sutra sthan 1/42, vol 1ed. Varanasi chaukhambha bharti academy, 2003; 13.
3. Sastri Kashi Nath, Chaturvedi Gorakh Nath, editors. Charak Samhita Vidyotini hindi commentary sutra sthan 30/24, vol 1ed. Varanasi chaukhambha bharti academy, 2003; 586.
4. Sastri Kashi Nath, Chaturvedi Gorakh Nath, editors. Charak Samhita Vidyotini hindi commentary sutra sthan 11/35, vol 1ed. Varanasi chaukhambha bharti academy, 2003; 227.
5. Sastri Ambikadatta, editor. sushrut samhita ayurved tatvasandipika hindi commentary sutra sthan 15/3 vol 1 chaukhambha Sanskrit sansthan, 2007; 56.
6. Sastri Kashi Nath, Chaturvedi Gorakh Nath, editors. Charak Samhita Vidyotini hindi commentary nidan sthan 1/3 vol 1ed. Varanasi chaukhambha bharti academy, 2003; 599.
7. Sastri Kashi Nath, Chaturvedi Gorakh Nath, editors. Charak Samhita Vidyotini hindi commentary sutra sthan 27/3 vol 1ed. Varanasi chaukhambha bharti academy, 2003; 525.
8. Sarma Hemraj, editor kasyapa samhita vidyotini hindi commentary khil sthan 4/5-6 vol 1 chaukhambha Sanskrit sansthan, 2009; 249.