



MANAGEMENT OF LIFESTYLE DISORDERS THROUGH AYURVEDA

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ABSTRACT

Lifestyle diseases are associated with the way people live their life. Lifestyle disorder is the conditions result as a change in living and result as a change in living and behavioural pattern of human. The main factors contributing to lifestyle diseases factors contributing to lifestyle diseases include bad food habits, physical inactivity and disturbed biological clock. Occupational lifestyle diseases include those caused by lifestyle diseases include those caused by the factors present in the vicinity of pollutants. Due to increase in sedentary life style pattern, job requirement, competitive life and fast move to achieve are the cause of all the diseases that includes hypertension, obesity, diabetes, chronic obstructive pulmonary disease, metabolic syndrome, depression, stroke, heart disease, alzheimer's disease, atherosclerosis. A healthy lifestyle must be adopted with a proper balanced diet, physical activity and by giving due respect to biological clock. Healthy lifestyle methods are now easily achievable with nutritional counselling, regular medical check-ups and stress management techniques. Ayurveda offers various methods to manage life-style disorders by following Dinacharya, Ritucharya, Panchakarma therapy, Rasayana therapy. Ayurveda in order to apply measures in preventing the upcoming epidomic of lifestyle disorders which are preventable with changes in diet, lifestyle and environment.

KEYWORDS: Lifestyle disorders, Rasayana, Ayurveda healthy habits.

INTRODUCTION

Life style disorder termed as the "disease those are associated with once lifestyle". It is the habit of person that detracts him from healthy activities to sedentary routine which is the main cause of various health issues. Lifestyle diseases are the diseases primarily based on the daily habits of the people as a result of inappropriate relationship with the environment. Lifestyle disorder is an umbrella term given to all the diseases which arise because of unhealthy lifestyle. Lifestyle disorders are

ailments that are primarily based on the day to day habits of people. Habits that discourage 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.

Top lifestyle diseases

Table with 2 columns: Disease, Description. Rows include Diabetes and Heart disease.

Stroke: A condition due to the lack of oxygen to the brain that may lead to reversible or irreversible paralysis.	Stroke is linked to advanced age, high blood pressure, previous attacks of poor circulation, cigarette smoking, heart disorders, embolism, family history of strokes, use of birth-control pills, diabetes mellitus, lack of exercise, overweight, high cholesterol etc.														
Alzheimer's disease: A form of brain disease.	There is a true breakdown of brain cells, however the precise reason is unknown, 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.														
Arteriosclerosis: A generic term for several diseases in which the arterial wall becomes thicken and loses elasticity. Atherosclerosis is the most common and serious vascular disease.	Plaques (atheroma) deposited in the walls of arteries are major causes heart disease. Chest pain (angina pectoris), heart attacks, and other disorders of the circulation. Atherosclerosis usually occurs with aging. It is linked to overweight, high blood pressure, and diabetes.														
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. <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th colspan="2">Top 5 Cancers</th> </tr> <tr> <th>MEN</th> <th>WOMEN</th> </tr> </thead> <tbody> <tr> <td>Prostate (28%)</td> <td>Breast (30%)</td> </tr> <tr> <td>Lung (17%)</td> <td>Lung (13%)</td> </tr> <tr> <td>Colorectal (12%)</td> <td>Colorectal (12%)</td> </tr> <tr> <td>Bladder (07%)</td> <td>Uterus (06%)</td> </tr> <tr> <td>Non-Hodgkins Lymphoma (04%)</td> <td>Ovary (04%)</td> </tr> </tbody> </table>	Top 5 Cancers		MEN	WOMEN	Prostate (28%)	Breast (30%)	Lung (17%)	Lung (13%)	Colorectal (12%)	Colorectal (12%)	Bladder (07%)	Uterus (06%)	Non-Hodgkins Lymphoma (04%)	Ovary (04%)
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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.														
Chronic Obstructive Pulmonary Disease (COPD): A disease characterized by 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 or chronic bronchiolitis. Cigarette smoking and air pollution make it worse.														
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														

Modern medical science believes that several of these lifestyle conditions are nearly impossible to treat or irreversible, while Ayurveda may be able to both prevent and treat some of these illness in humans.

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

MATERIAL AND METHODS

Materials: Ayurvedic classical texts, journal, internet

Methods: Literary review

- Nidan Parivarjanam
- Ahara – vihara
- Dinacharya
- Rutucharya
- Rasayana
- Vajikarana
- Achara rasayana
- Sadvrita

- Daivya vyapashrya chikitsa
- Sattwavajaya chikitsa

How lifestyle disorder formed

Lifestyle disorders are the results of an unbalanced diet. One could get trapped in a lifestyle disorder if their eating habits are linked to skipping meals, overeating, and high intake of sugar and oily foods. A person who follows an unhealthy diet takes nutrition in all its forms. They are also easily affected by lifestyle related health issues such as diabetes, stroke and heart diseases.

Lifestyle disorders are also caused by a lack of physical exercise. It leads to obesity and several other disorders. Such as cardiovascular diseases, cancers etc. Physical activity is necessary to improve the overall quality of life. Another major factor that leads to lifestyle disorders is lack of sleep. Persons with poor sleeping habits are found to be at expanded risk of high blood pressure, stroke and irregular heart beats.

Causes

Causative factors of lifestyle diseases:-

- Improper eating habits
- Inactiveness or improper exercises
- Bad habits [Smoking, Alcohol]

- Lack of social approach
- Wrong ergonomics
- Psychological imbalance

The common cause of lifestyle diseases are include irregular eating habits, sedentary life style, over eating, fast food eating habits, dependency on processed food, artificial sweeteners and carbonated water drinking habits, bad eating habits on the name Starter-Dessert-Sweet-Appetizer, etc. Consumption of Alcohol, energy drinks, smoking, drug abuse, tobacco, excessive eating of proteins and fats on the name of energy requirement, excessive use of minerals vitamins, poor sleeping habits, late night work, these all are may called modern living habits which makes situation worse. Another important problem is to stay in air conditioners, poor exposure to sunlight and fresh air.

Various lifestyle related diseases now-a-days include:- Alzheimer's disease, Atherosclerosis, Type 2 diabetes, Metabolic syndrome, Nephritis or chronic renal failure, Osteoporosis, Osteoarthritis, Depression, Obesity, Heart disease and stroke.

The emphasis 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

In the management of lifestyle diseases, Ayurveda offers various regimens including Ahara and Vihara (dietary habits & daily routine), Dinacharya (Daily regimen), Ritucharya (Seasonal regimen), Panchakarma and Rasayana (Rejuvenation) therapies. Ayurveda strategies explain various characteristics to manage life style that includes:-

- Prevention of causative factors and maintained their balance.
- Lifestyle intervention Biopurification rejuvenation therapies.
- Restoration of physical, mental and systemic function of wellbeing.
- Palliative treatment.
- Yoga, Meditation and Good conduct.

Ahara & 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.

Samanya ahara lakshanas –

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.

Ayurveda believes that diet should be as per season, age but it should be balanced both from point of view of quality and quantity and it should be shadrasa. One should follow concept of ashtavidhivishashatayana (Eight fold) and dwadishpervachar (Twelevefold) guidelines of dietetics.

Food habits to be avoided:

- Aakala annasevana – Irregular timing.
- Atimatra – Overfeeding.
- Asatmya – Taking intoreable/undesirable diet.
- Vishamashana – Incompatible diet
- Indulgence in such dietary habits is called in ayurveda as “mithyaahara”

A strict “NO” to

- Smoking
- Alcohol
- Illegal drugs
- Hypertension
- Stress

A “YES” to

- Eat Low Fat
- Low Salt
- High Fiber Diet
- Physical Activity etc.

Disadvantages of taking food in more quantity than normal

Food taken in excessive quantity aggravates all the three doshas. Symptoms due to each dosha are as follows:

Vata: Produces colic pain, constipation, malaise, dryness of mouth, fainting, giddiness, irregularity in the power of digestion, the rigidity of sides, back, and waist, and contraction and hardening of vessels.

Pitta: Causes fever, diarrhoea, internal burning sensation, thirst, intoxication, giddiness and delirium.

Kapha: Causes vomiting, anorexia, indigestion, cold fever, laziness, and

heaviness in the body.

Atimatra ahara as a cause of disease:

Gulma, Grahani Dosha, Ardhavabhedaka, Annavaha srotodushti, Kaphaprakopa, Sthaulya, Stanyaroga, Visarpa, Prana vayu dushti, Udarda, Raktadushti, Chardi.

Disadvantages of taking food in less quantity than normal

If a person takes food in a very less quantity that can not satisfy his hunger, it is not able to nourish the body properly and produce the symptoms as below:

1. Impairment of strength, complexion, and plumpness.
2. Distension and mis peristalsis in the abdomen.
3. Impairment of longevity, virility, and ojas.
4. Affliction of body, mind, intellect, and senses.
5. Impairment of the excellence of dhatus.
6. Manifestation of the inauspicious conditions.
7. Causation of eighty varieties of Vatika diseases.

Dinacharya

Dinacharya are ideal daily life routine instructions which if followed as life style shall prevent 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 be retention 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 supporative dravyas in different seasons in the form of anupana.

Rutu Haritaki (Haritaki should be taken with different anupana in different seasons)

- | | | |
|------------------|---|--|
| In Varsha ritu | → | Haritaki should be taken with saindhava lavana |
| In Sharad ritu | → | Haritaki should be taken with Sharkara |
| In Hemanta ritu | → | Haritaki should be taken with Shunthi |
| In Shishira ritu | → | Haritaki should be taken with Pippali |
| In Vasanta ritu | → | Haritaki should be taken with Madhu |
| In Grishma ritu | → | Haritaki should be taken with Guda |

Panchakarma therapies should be done in particular season according to predominant dosha on that season

- 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 rasyana for the brain, Hridaya rasayana for the heart, Twachya rasayana for the skin.

Various studies on Rasayana drugs suggest their following action:-

- ✓ Immunomodulator
- ✓ Adaptogenic

- ✓ Antioxidant
- ✓ Nootropic
- ✓ Antistress

- ✓ Anticancer
- ✓ Psychoneuro stability

Special indication

Age group(in years)	Desired effect	Decades of Life	Suitable Rasayana
1-10	Balya (Boyishness)	Childhood	Vacha, Swarna
11-20	Vridhhi (Growth)	Growth & Development	Ashwagandha, Bala
21-30	Chavi (Beauty)	Luster/Complexion	Amalaki, Lauha
31-40	Medha (Intellect)	Sharpness in perception	Shankhapushpi, Jyotismati
41-50	Twak (Skin health)	Skin & Appendages	Bhringaraja, Somaraji
51-60	Drishti (Vision)	Visual Acuity	Triphala, Chakshusya
61-70	Shukra (Sex)	Potency & Fertility	Kapikacchu, Ashwagandha
71-80	Vikrama (Physical strength)	Valour	Amalaki, Bala
81-90	Buddhi (Wisdom)	Cumulative, Intellect & Cognitive functioning	Brahmi, Mandukaparni
91-100	Karmendriya (Locomotor activity)	Physical capacities	Bala, Ashwagandha

Specific evidence based action of specific rasayana:

- Amalaki (Fruit) – Anti-oxidant, Microneutrient
- Haritaki (Fruit) – Antioxidant
- Ashwagandha (Root) – Adaptogenic, Antioxidant
- Guduchi (Satwa) – Immunomodulatory antioxidant
- Arjuna (Stembark) – Hypocholestromic, antioxidant
- Shilajeet – Antidiabetic, anabolic
- Bhallataka – Anticancer
- Mandukaparni – Memory booster
- Brahma rasayana – Antiaging, Anabolic, Immunity enhancing
- Pippali – Wasting diseases
- Chyavanaprasha – Anabolic, Antiaging, Immunoboosting

Rasayana drugs for specific dhatu or tissues

- Rasa (Plasma): Kharjura, Draksha, Kashmari
- Rakta (Blood): Lauha, Amalaki, Bhringaraja
- Mamsa (Muscle): Bala, Nagabala, Ashwagandha, Shalaparni, Jatamamsi
- Meda (Adipose): Guggulu, Shilajatu, Amrita, Haritaki
- Asthi (Bone): Laksha, Vamshalochana, Shukti, Shankha
- Majja (Marrow): Lauha, vasa, majja
- Shukra (Reproductive tissue): Kapikachu, Ashwagandha, Shatavari

Rasayana in various diseases –

- Netra roga – Triphala, Shatavari, Yashtimadhu
- Prameha – Haridra, Shilajatu, Amalaki
- Amavata – Bhallataka, Lasuna, Pippali
- Nervous Disorders – Bala, Nagabala, Ashwagandha
- Skin diseases – Tuvarakka, Guduchi, Bhringaraja
- 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.

Panchakarma

The five technologies of Panchakarma include Vamana (therapeutic emesis), Virechana (therapeutic purgation), Asthapana vasti (therapeutic decoction enema), Anuvastana vasti (therapeutic oil enema) and Nasya karma (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. Panchakarma also restores the mental health, reduces the stress and therefore, help in the prevention as well as management of lifestyle disorders. Panchakarma is claimed for its

preventive, promotive, prophylactic and rejuvenative properties. Panchakarma places equal focus on preventive and curative measures. Both physical and emotional wellness are addressed by Shirodhara and Nasya. Additional Panchakarma treatments also improve mental health, lower stress, and avoid lifestyle disorders.

DISCUSSION

Lifestyle disorders are linked to the way of people's behaviour, living strategies, eating habits, perception towards life and their environment. Ayurveda with its broad spectrum and approached towards life will explain the entire factor which are helpful to attained 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 help full to prevent one from causing disease condition. 'Lifestyle diseases' known internationally as 'Non-communicable diseases' (NCD's) or 'Chronic diseases of lifestyle' (CDL) emerge from inappropriate relationship of people with their environment. These are a group of diseases that share similar risk factors, which may be due to exposure over many decades, unhealthy diets, smoking, lack of exercise and stress. The major risk factors are high blood pressure, high blood cholesterol, diabetes and obesity. 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. From the history of treatment and preventive measures given to the persons suffering from life style diseases.

Ayurveda has proven its role and importance in this area. The other systems do not have any other answers than the supply of nutritional food and physical activities in this respect. Also as the nutritional food and physical activity are well defined in Ayurvedic system, it can be 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 (purification of body channels), resulting in an improved nutritional status which further leads to an improved quality of Dhatus or body tissues. Ayurveda offers some code of good conducts under the heading of Sadvritta and Achara Rasayana. The conducts under Sadvritta and Achara Rasayana can be categorizes 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 adaption always helpful in the prevention and management of a wide range of lifestyle disorders. Hence, Ayurveda has an upper edge in treating the disease with emphasis on its root cause. The Ayurvedic physician concentrates on achieving the objective of Ayurveda for promotion of health,

prevention and management of disease for a healthy and happy life in the ailing society.

CONCLUSION

Ayurveda has proven its role and importance in the area of lifestyle disorders. Also the nutritional food and physical activity are well defined in Ayurvedic system. 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. Lifestyle diseases known internationally as 'Non communicable diseases' (NCD's) or 'Chronic diseases of lifestyle' (CDL) emerge from inappropriate relationship of people with their environment. A persons total regimen along with homeostasis of mental factors must be maintained. From the history of treatment and preventive measures given to the persons suffering from lifestyle diseases is that a strong criteria of social inclusion is a protective factor for maintaining mental health. "Life" is the first of an individual's three most significant aspirations, according to Ayurveda. Aachara Rasayana and Sadvritta have gradual impacts of psychological and emotional conduct. By adhering to the Dinacharya, Ritucharya, Panchakarma and Rasayana treatment, we can prevent lifestyle problems and much more help full to attained happy, healthy and prosperous life. So be happy, stay healthy and adopt Ayurveda in your life today.

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