

NOVEL APPROACH TOWARDS GLOBALIZATION OF AYURVEDA IN THE FIELD OF LIFE STYLE DISORDERS**¹Yuvarj A. Devane and ²*Dr. Kirti S. Navane**¹MD Ayu Assistant Professor Dept. Dravyaguna, Yashwant Ayurvedic College, Kodoli.²MD Ayu Assistant Professor Dept. Kaumarbhritya, Yashwant Ayurvedic College, Kodoli.***Corresponding Author: Dr. Kirti S. Navane**

MD Ayu Assistant Professor Dept. Kaumarbhritya, Yashwant Ayurvedic College, Kodoli.

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ABSTRACT

Lifestyle disease known 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, tobacco addiction, high blood cholesterol, diabetes and obesity. 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 considered that there is much scope in Ayurveda only and so this article is drawing attention that there is a need of globalization in field of life style disorders not only in preventive aspect but also curative.

KEYWORDS: Life style disease, Ayurveda, Globalization. Etc.**INTRODUCTION**

Lifestyle disease known 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, tobacco addiction, high blood cholesterol, diabetes and obesity.

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.^[1] 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 considered that there is much scope in Ayurveda only and so this article is drawing attention that there is a need of globalization in field of life style disorders not only in preventive aspect but also curative.

Concept of Lifestyle Disorders in Ayurveda

Lifestyle disorder is a term given to all the diseases which arise because of unhealthy lifestyle. The most common Lifestyle diseases include Hypertension, Diabetes, Arthritis, Obesity, Insomnia etc which are the

major cause of mortality in today's world. Lifestyle disorders were more common in western world but the scenario has changed dramatically.^[2]

Developing countries like India is predicted to have most number of Lifestyle related patients in the next 10 years in the entire world. As Ayurveda is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders; the world is being attracted towards its potential. Ayurveda provides better solution in the forms of proper dietary management, lifestyle advises, Panchakarma like detoxification and bio-purification procedures, medicaments, and rejuvenation therapies.

Role of Ayurveda in Lifestyle Disorders

There is a definite need of an alternate approach to understand the psycho – somatic impact on the human body and emerging lifestyle diseases. The Ayurvedic system understands the functioning of human body as a whole and any disease is understood to be due to imbalance of Tridoshas – Vata, Pitta and Kapha or can be understood as Movement, Transformation and Growth/Support respectively. Ayurveda provides a well organised system of traditional health care, both in preventive as well as curative spheres.^[3]

Ayurveda offers various methods to manage lifestyle disorders by following Dincharya, Ratricharya, Ritucharya, Panchakarma or with help of Rasayanas. All the regimens are followed to achieve the homeostasis and not just counter the specific symptom. That is why it outcores the conventional medicines when it comes to tackle a multi-dimensional disorder like Lifestyle disease.

Ahara and Vihara play a central role in the life according to Ayurvedic understanding. Ayurveda places special emphasis on Ahara and Vihara as measures for better living, health and wellness.^[4] *Gramyahara* which is explained in the contexts of Ayurveda is main responsible for unhealthy Life style.

Daivavyapashraya Chikitsa includes chanting Mantras, Aushadhi and Mani Dharana (spiritual use of herbs and gems) Mangal Karma (Bali (offering oblations), Homa, Prayashchita (ceremonial penances), Upavasa (fasting), Swastyayana (rituals for social well being) etc. All these rituals activities directly or indirectly exert a positive impact on mind (Manas), promote psychosomatic health; impede the psychosocial stress.

Satvavajaya Chikitsa Charaka Samhita defines it as a method of restraining or withdrawal of the mind from unwholesome objects (Arthas). Thus, the term Sattvavajaya implies to that modality which is therapeutic for mental or emotional stresses and disturbances.

Dincharya Normal circadian rhythms are very important in day to day life to maintain biological clock. Ayurveda suggests to begin daily habits with awareness, early rising, avoid suppression of natural urges and eliminate wastes as per urge, keep the teeth & skin cleaned, regular use of massage (Abhyanga), regular daily bathing (bathing enhances the appetite and promotes longevity), consume suitable and wholesome diet according to the appetite and metabolic needs, since it is the basis of life and important for day to day promotion of health.

Ritucharya Ritu (season) classified by different features expresses different effects on the body as well as on the environment. Ayurveda has depicted various rules and regimens (Charya), regarding diet and lifestyle to acclimatize seasonal enforcement easily without altering body homeostasis. The prime objective of Ayurvedic system of medicine is preventive aspect, which can be achieved by the modification in diet and lifestyle in response to change in climatic condition

Panchakarma is a collective term used to address the five principal procedures or technologies of bio-purification.^[5] These procedures are used in order to cleanse the body channels, to eliminate toxins out of the body, brings about the harmony of bio-humors (Tridosha i.e. Vata, Pitta, Kapha, and Manasa Dosha i.e. Raja and Tama) to obtain long-lasting beneficial effects

which further leads to chemical balance inside the bio-system and thus provide homeostasis in brain and body.

Rasayanas can be used as nutritional supplement as well as medicine depending upon its various types.^[6] Most Rasayanas produce their nourishing and rejuvenating effect by promoting the Agni Bala, acting as direct nutrients and by way of Sroto-prasadan (purification of body channels), 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, Hridya Rasayana for the heart, Twachya Rasayana for the skin, and so on.^[7] Various studies on Rasayana drugs suggest their following action -

- Immunomodulator
- Adaptogenic
- Antioxidant
- Nootropic
- Antistress.

CONCLUSION

Ayurveda has an upper edge in treating the disease with emphasis on its root cause. The Ayurvedic physician not only concentrates on achieving the objective of Ayurveda for promotion of health, prevention and management of disease but also cures the disease which occurs due to unhealthy life style as well as its complications.

Inspite of Ayurveda being so vital in lifestyle disease still it is lacking behind and community is unaware about it. Thus there is a need of specialization in the field of life style disorders and its complications.

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