

LIFESTYLE DISORDERS AND ITS IMPACT ON MAHASHROTAS: A CRITICAL  
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## ABSTRACT

**Background:** Lifestyle disorders are the disorders or disease linked with the way people live their life. This is commonly caused by alcohol, drug and smoking abuse as well as lack of physical activity and unhealthy diet. Diseases that impact on our lifestyle are heart disease, obesity, type II diabetes, thyroid diseases etc. The concept of *mahashrotas* described by *charka* can be correlate with entire gastrointestinal tract of body .so, functionally the process of digestion is also depend on this. Lifestyle disorders are metabolic diseases in which normal metabolism of body disturbed. According to *Ayurveda* If *Agni* (Digestive metabolic activity) is disturbed (*Vishma Agni*) whatever is eaten is not properly metabolized. This process ultimately leads to lifestyle disorders. Lifestyle disorders Diabetes type II, Obesity, Hypothyroidism, Heart diseases and its impact on mahashrotas will be discuss in present paper.

**KEYWORDS:** Lifestyle disorders, Mahashrotas, Agni.

## INTRODUCTION

Lifestyle disorders are the disorders linked with the way people live their life. Lifestyle diseases characterized those diseases whose occurrence is primarily based on daily habits of people. The main factors contributing to lifestyle diseases include bad food habits, physical inactivity, wrong body posture and disturbed biological clock.<sup>[1]</sup>

With rapid economic development and increasing westernization of lifestyle in few decades, prevalence of this disease has reached alarming proportions among Indians in the recent years.

Diseases that impact on our lifestyle are Heart diseases, Obesity, Type 2 diabetes mellitus, Hypothyroidism etc.<sup>[2]</sup>

The concept of *Mahashrotas* described by *charka* can be correlated with entire gastrointestinal tract of body. which extends from mouth to anus includes *amashaya pakwashaya*. *Sharirmadhya*, *Mahanimna*, *Ama-pakwashay* are the synonyms for *mahashrotas* so, functionally the process of digestion is also depend on this. Effect of *doshas* on *Agni* is also related with *mahashrotas*.<sup>[3]</sup>

According to *Ayurveda*, if *Agni* (Digestive metabolic activity) is disturbed whatever is eaten is not properly

metabolized. After digestion process the useful parts get separated from the waste. The useful nutrition rich part is called *Ras-Dhatu*.

Due to lack of digestion strength, the *Rasa Dhatu* does not form well, it remains in raw, weak form. It gets vitiated .it stays in the *Amashaya* (stomach and intestine) and becomes *Ama*.<sup>[4]</sup>

*Agni* and *Ama* are the two main contributing factors in Disease formation. In lifestyle disorders due to bad food habits and disturbed biological clock there is *Agni Vikriti* and *Ama* formation. these all factors show impact on *mahashrotas*.

**AIM:** To study the lifestyle disorders and its impact on *Mahashrotas*.

## OBJECTIVES

- To study lifestyle disorders in modern and ayurvedic view.
- To study lifestyle disorders and its impact on *Mahashrotas*.

## MATERIAL AND METHODS

*Brihat-trayee* with their commentaries, supportive text of contemporary science, reference from internet and journal were appraisal for the study.

To find out the impact of lifestyle disorders like Diabetes mellitus type 2, Hypothyroidism, Obesity, Heart diseases on *mahashrotas* this study was initiated.

### 1) Diabetes Mellitus type 2

Diabetes mellitus is a clinical syndrome characterized by hyperglycemia caused by absolute or relative deficiency of insulin.<sup>[5]</sup> Symptoms of high blood sugar includes frequent urination, increase thirst, increase hunger etc.<sup>[6]</sup>

According to *Ayurveda* Diabetes mellitus type 2 can be correlate with *Prameha* due to its maximum resemblance with it.

The symptoms of *Prameha* which indicates *Mahashrotas dushti* are.<sup>[7]</sup>

- *Prabhut nutrata* (More frequent urination, more in Quantity)
- *Avil nutrata* (Turbid urine)

### 2) Obesity

Obesity is defined as abnormal or excessive fat accumulation that presents a risk to health. A person with a BMI (Body mass index) of 30 or more than is considered as obese.<sup>[8]</sup>

There are no specific symptoms for obesity. The sign includes a high body mass index and unhealthy body fat distribution that can be estimated by measuring waist circumference.<sup>[9]</sup>

According to *Ayurveda* Obesity can be correlate with *Medoroga*.

The symptoms of *Medoroga* which indicates *Mahashrotas dushti* are-<sup>[10]</sup>

- *Kshudha-atimatra* (excessive hunger)
- *Pipasa atiyog* (excessive thirst)

### 3) Hypothyroidism

Hypo means deficient or under active so, hypothyroidism is a condition in which the thyroid glands is under performing or producing too little thyroid hormone the symptoms includes Fatigue, Weakness, weight gain, Dry skin, Hair loss, Constipation, Abnormal menstrual cycle etc.<sup>[11]</sup>

According to *Ayurveda* Hypothyroidism can be correlate with *Kaphaj Pandu*.

The symptoms of *Kaphaj Pandu* which indicates *Mahashrotas dushti* are-<sup>[12]</sup>

- *Chhardi* (Vomiting)
- *Praseka* (Excessive salivation)
- *Shwas* (Dyspnea)
- *Kasa* (Cough)
- *Aruchi* (Anorexia)
- *Wak-swargraha* (Obstruction in speech and Voice).

### 4) Heart Diseases

Heart diseases is any disorders that affects the heart. Cardiovascular diseases generally refer to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest, pain or stroke. Symptoms include chest pain, shortness of breath, numbness or weakness in legs, fatigue, swelling in legs or around eyes.<sup>[13]</sup>

According to *Ayurveda* Heart Diseases can be correlate with *Hridrog*.

The symptoms of *Hridrog* which indicates *Mahashrotas dushti* are.<sup>[14]</sup>

- *Kasa*(Cough)
- *Hikka* (Hiccup)
- *Shwas*(Dyspnea)
- *Utklesh* (Excitement of kapha)
- *Aasyavairasya* (Distaste in mouth)
- *Trushna*(Thirst)
- *Chhardi*(Vomiting)

### DISCUSSION

1. In todays Era people are more prone to lifestyle disorders due to number of reasons, it may be due to busy schedule, workload, improper food habits and food timing, improper sleep etc. These changes in lifestyle have significant effect on *Mahashrotas*.
2. In diabetes mellitus type 2 there is a disturbance in metabolism of body.

According to *Ayurveda* causes of *Prameha* are physical inactivity, excess intake of sweet substance, junk food etc. Due to this reason there is *Agnimandya* and formation of *Ama*. Which leads to *Mahashrotas Dushti*.

3. In obesity there is excessive fat accumulation in body. According to *Ayurveda* involvement of *Agni* is pathophysiological phenomenon. In *Agni dushti* whatever food eaten is not properly metabolize which leads to accumulation of *Ama* and *mahashrotadushti*.

4. In Hypothyroidism there is dysfunction of thyroid gland.

According to *Ayurveda* *Vata* and *Kapha doshas vrudhhi* is elicited and *pitta kshaya* is seen so effect of *doshas* on *Agni* is also related with *mahashrotadushti*.

5. Heart diseases are range of conditions that affects your heart.

According to *Ayurveda* causes of *Hridrog* are excessive consumption of food having *guru, ruksh gunatmak aahaar* which leads in to *agnidushti* and ultimately *mahashrotas dushti*.

### CONCLUSION

Diabetes, Obesity, Hypothyroidism, Heart diseases are major problems due to changing life style. This changes

in lifestyle shows significant impact on Gastro Intestinal Tract.

In ancient text book of *Ayurveda*, it is described that diseases like *Prameha*, *Hridrog*, *Kaphaj Pandu*, *Medoroga* are related with *Agni Dushthi* and shows significant impact on *mahashrotas*.

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