

ROLE OF DIET AND LIFE STYLE MODIFICATION IN LONGEVITY

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INTRODUCTION

Ayurveda aims first at maintaining a healthy body and preventing ailments by adopting a proper, healthy lifestyle. The term longevity is defined as the long life, endurance and prolonged existence. According to the latest WHO data published in 2018, life expectancy in India is: Male 67.4, female: 70.3 and total life expectancy is 68.8 which gives India a world life expectancy ranking of 125. Life style modification involves altering long-time habits, typically of eating or physical activity, and maintaining the new behaviour for months or years. If a patient intakes wholesome food then there is no need of medicine and if a patient continuously consumes unwholesome food then also there is no need of medicine as medicine will not be effective. All available classics and commentaries, various publications, text books, research papers, data available on different websites. Pathya is defined as the *ahara* (diet) which is congenial to a person according to his constitution, appetite and digestive capacity of the body. Public policies should put more emphasis on creating healthy food, built, and social environment to support and promote healthy diet and lifestyle.

Who Facts & Figures

“Lifestyle-Related” Diseases are now the leading of death worldwide, killing 36 million people a year

- Cardiovascular Diseases 48%
- Cancers 21%
- Chronic Respiratory Disease 12%
- Diabetes 3%
- Much of the toll is in low and middle-income countries and this is where efforts must be focused.

Causes of Lifestyle Disorders

Controllable factors Uncontrollable factors

- Diet and body weight
- Age
- Amount of sun exposure
- Race
- Smoking
- Gender
- Alcohol abuse
- Heredity
- Excessive use of Computer and phone
- Chronic eye strain
- Inactivity

Nidan

Non-modifiable	modifiable		
Beeja swabhava	Ahara	Vihara	Manasa
	Atisampurana Guru Seeta Snigdha Upayoga	Avyayama Avyavaya Divaswapna	Harsha nityatwa Achintanam Soka Krodha Bhaya Etc.

Ayurveda considers the main etiological factor for all disease as heena yoga, mithya yoga or ati yoga of kala, artha and karma.

All the disease can be considered as the result of mithya ahara and vihara which we follow.

Mithya ahara vihara = vitiates agni = disease.

कालार्थकर्मणां योगो हीनमिथ्यातिमात्रकः।

रोगा सर्वेऽपि मन्देऽग्नौ सुतरामुद्भूयन्ति तु। (अ.ह.नि १२/१)

सम्यक् योगैश्च विज्ञेयो रोगारोग्यैककारणम् ॥

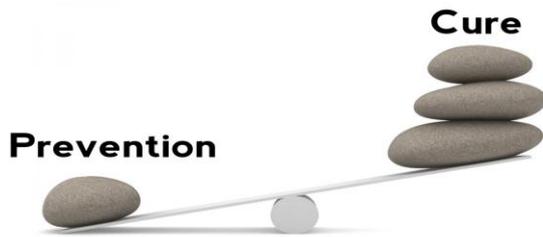
(अ.ह.सू १/१९)

Prominent Risk Factor

DISEASE	RISK FACTOR
Heart disease	Smoking, high BP, elevated cholesterol, diabetes, obesity, physical inactivity, Ty-personality.
Cancer	Smoking alcohol, solar radiation, ionizing radiation, work-site hazards environmental pollution, infectious agents, dietary factors.
Stroke	High BP, Elevated cholesterol, smoking
Diabetes	Obesity, diet
RTA	Alcohol, no-use of seal belt, speed, roads
Cirrhosis	Excessive, Alcohol consumption etc.

Prevention is better than cure

“सङ्क्षेपतः क्रियायोगो निदानपरिवर्जनम्।” (सु.उ.१)



Up 80 % Of LIFESTYLE disease are preventable (2008-2013 who action plan for the global strategy for the prevention and control of ncds)

“प्रक्षालनाद्धि पङ्कस्य दुरादस्पर्शन् वरम ”

ROLE OF

Aahar in longevity

1. Nityasevaneeya dravya

2. Avoid ajeerna, vishama, viruddha, addhyasna

3. Follow aahar vidhi

4. Jeevaniya gana

5. Abhyavaharana vidhi

6. Rasayana

➤ **AHARA**

- Any substance which is consumed in the form of food and drink and processed by the action of teeth (mastication), tongue (saliva), oral cavity and later which is engulfed is consider as food.
- Substances by which the body tissues are nourished are consider as food.

Vihar in longevity

1. Dinacharya and Nishacharya

2. Ritucharya

3. Proper vega pravartana

Nityasevaneeya dravya

षष्टिकाञ्छालिमुद्गांश्च सैन्धवामलके यवान्

आन्तरीक्षं पयः सर्पिर्जाङ्गलं मधु चाभ्यसेत्॥१२॥

तच्च नित्यं प्रयुञ्जीत स्वास्थ्यं येनानुवर्तते

अजातानां विकाराणामनुत्पत्तिकरं च यत्॥१३॥

Aahar vidhi vishesha ayatana

These factors give rise to good as well as bad effect and at the same time are helpful to one another. It is essential to know these factors in order to intake the right diet.

प्रकृतिकरणसंयोगराशिदेशकालोपयोगसंस्थोपयोक्त्रष्टमानि (भवन्ति)॥२१॥

prakrti – Nature of food articles

तत्र प्रकृतिरुच्यते स्वभावो यः, स पुनराहारौषधद्रव्याणां स्वाभाविको गुर्वादिगुणयोगः; तद्यथा माषमुद्गयोः, शूकरैणयोश्च (१)॥२२॥

Karan – method involved in the processing of the food article

करणं पुनः स्वाभाविकानां द्रव्याणामभिसंस्कारः

संस्कारो हि गुणान्तराधानमुच्यते

Samyoga – combination of food articles

संयोगः पुनर्द्वयोर्बहूनां वा द्रव्याणां संहतीभावः, स विशेषमारभते, यं पुनर्नैकैकशो द्रव्याण्यारभन्ते; तद्यथा- मधुसर्पिषोः, मधुमत्स्यपयसां च संयोगः (३)॥२२॥

Rashi : quantity of food article

राशिस्तु सर्वग्रहपरिग्रहौ मात्रामात्रफलविनिश्चयार्थः।

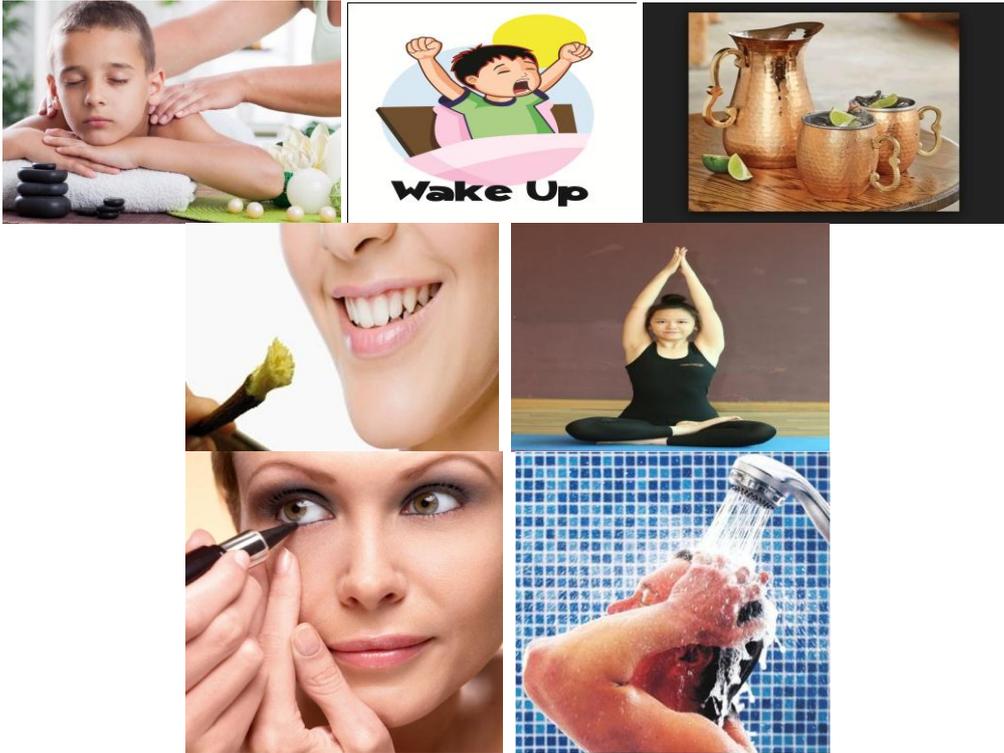
तत्र सर्वस्याहारस्य प्रमाणग्रहणमेकपिण्डेन सर्वग्रहः, परिग्रहः

पुनः प्रमाणग्रहणमेकैकश्येनाहारद्रव्याणाम्

Desa : habit or climate of substance

देशः पुनः स्थानं; स द्रव्याणामुत्पत्तिप्रचारौ देशसात्म्यं चाचष्टे (५)॥२२॥

DINCHARYA

**Nidra**

- भूतधात्री
- देहवृत्तौ यथाऽऽहारस्तथा स्वप्नः सुखो मतः।
स्वप्नाहारसमुत्थे च स्थौल्यकार्श्ये विशेषतः॥५१॥
(च.सू.२१/५१)
- Like proper diet, proper sleep is also essential for the maintenance of body.
- Corpulence and emaciation are specially conditioned by proper and improper sleep.
- Sleep duration is a significant correlate of the metabolic syndrome

Exercise

- Exercise helps in optimum usage of the nutrients of food by various tissues preferable the skeletal system by increasing digestive and metabolic activities.
- Exercise is essential to development and maintenance of vital structures.
- Exercise is for the restoration of health.

Physical activity drain out the accumulated toxins from the body through sweating and urine by increasing activity of the renal blood circulation

Ritucharya

Dosha	Accumulation	Expulsion	Shodhana
Vata	Greeshma	Varsha	Basti
Pitta	Varsha	Sharat	Virechana & raktamoksha
Kapha	Hemanta & Shishira	Vasantha	Vamana

Vegpravartana doshas

रोगाः सर्वेऽपि जायन्ते वेगोदीरणधारणैः

(अ.ह.सू.४/२२)

Mala, Mutra, Apana Vegavarodha is seen in number of lifestyle disorders.

CONCLUSION

- Maintaining healthy lifestyle behaviours is complex and constantly
- Under challenge from external stressors.

- To prevent the “LIFE STYLE DISORDERS” and manage longevity adaptation of principles “Swasthavritta palana” is an ideal option.
- It should start prior to gestation, should continue from womb to tomb.

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