

ROLE OF *PATHYA VIHARA* IN NON COMMUNICABLE DISEASES (LIFE STYLE DISORDERS)*¹Dr. Khyati and ²Dr. Balyogeshwar Sharma¹PG Scholar, Department of Swasthavritta, UAC Dehradun.²MD Panchakarma.

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ABSTRACT

Non Communicable Diseases or Lifestyle disorders are labelled as Global Chronic Emergency. Increased globalisation has put up a lot of stress in human life to be successful in all fields which has harmed health badly. Increasing trend of quick and fast lives where there is no time to properly eat, sleep and rest one only result in Non Communicable Diseases. *Ayurveda*, the eternal science of life has provided various modalities to keep our body and mind in a perfect state of Health. These are described as *Dinacharya and Ritucharya* along with this *Sadavritta, Achara rasayana* etc plays an important role in improving Health. NCDs can only be prevented or managed by following these Modalities as they adds up to a good lifestyle, Positive health and a complete package of Prevention at all levels.

KEYWORDS: *Dinacharya and Ritucharya.*

INTRODUCTION

Due to increasing trend of quick and fast lives where there is no time to properly eat, sleep and rest one only tends to get Lifestyle Disorders which can also be called as Non Communicable Diseases. They have been labelled as Global Chronic Emergency because of its multidimensional effect on individual, household, health system and macroeconomic level. NCDs have replaced Communicable diseases as most common cause of disability, morbidity and premature mortality. They are a serious threat to public health adding to this they hamper socioeconomic development of country. They account for 53 % of deaths, 43% of disability adjusted life years (DALYs). They account for 62% of total disease burden in India. NCDs are obesity, DM, HTN, CVD Stroke COPD Mental disorder, trauma, blindness Chronic Kidney diseases etc. NCDs can be denoted as *Santarpana janya Vyadhis*. Just like every machine requires maintenance regularly, our body also requires maintenance on daily basis to perform regular physiological actions so as to be healthy. For this *Ayurveda*, an eternal science of life has provided various modalities to keep our body and mind in a perfect state of Health. These are described as *Dinacharya, Ratricharya and Ritucharya* along with this *Sadavritta, Achara rasayana* etc plays an important role in improving Health.

OBJECTIVE

To elaborate the role of *Pathya Vihara* in Prevention of Non Communicable Diseases.

MATERIALS AND METHODS

Ayurvedic texts and information from various journals, books is taken & analysed for this Research paper.

FACTORS RESPONSIBLE FOR NCDs

Behavioural risk factors: Tobacco use, physical inactivity, unhealthy diet, harmful use of alcohol and smoking, stress and other psychological factors.

Metabolic Risk Factors: High BP, Overweight, hyperglycaemia, hyperlipidemia, heredity.

Environmental Factors: Level of sun exposure, noise and air pollution.

Non Modifiable Risk Factors: Age, Gender, Ethnicity, Heredity.

According to *Ayurveda: Apathya Ahara & Vihara*

Most Probable Pathogenesis

Apathya Ahara and *Vihara* leads to *agnimandya* which leads to accumulation of *doshas* continuously performing *apathya* leads to vitiation of *doshas* leading to proliferation of vitiated *doshas* to *khavaigunya* where

they get *sthanasanshrye* which does *dhatvagnimandya* leading to further development of origin to prodromal symptoms and further developing complete diseased condition.

Prevention

Actions which aims at eradicating, eliminating or minimizing the impact of disease and disability or none of these is possible, retarding the progress of disease and disability are considered as Prevention. It can be done at 4 levels. Mostly it is done at Primary or primordial levels because the agent is outside the host and it can be prevented to get inside and in case of NCDs by following healthy lifestyle and avoiding risk factors will help in prevention. *Acharya Sharangdhara* has said that it is impossible to prevent death but it is possible to prevent diseases. Basics of Prevention lies in *Ayurveda* Modalities described to achieve *Arogya* and a good Quality of life till death. *Ayurveda* Modalities are Complete package of *Pathya Ahara* and *Vihara* to be followed and are called as *Swasthavritta* because they prevent diseases, promote health and prolong life. *Dinacharya ritucarya sadvritta Rasayana, Trayopsthambha (Ahara Nidra Bhramacharya) Dharaniya & Adharaniya Vegas* These Modalities are basic lifestyle activities which should be performed regularly as they tends to maintain Positive Health throughout our life. *Lolimbaraj* mentioned that one who practise *Pathya* does not needs medicine to cure and the one who does not practise *Pathya* does not need medicine as he will never get cured.

Pathya Vihara

Time is the basic factor in causation and manifestation of diseases. It is responsible for changes in everything in world and our body. *Charya* means Routine/ lifestyle/ behaviour you follow with respect to food and other activities and time in order to attain *Swasthya*.

Benefits of Dinacharya (Daily Regimen)

Routine to be followed on daily basis so as to prolong the lifespan. They maintain Hygiene, Brighten the *indriyas*, strengthen the body, promote health and longevity keep mind at peace and harmony.

1. Bhramamuhurta Jagarana: One who desire for good health should wake up at *Bhramamuhuta*, which is the 3rd *muhurta* of night or last *yaama* (between 4am to 5:30am).

Health benefits: It is called as *Panchamrit vella*. Nascent Oxygen liberated at this time readily mixes up with haemoglobin and nourishes remote tissues, Serotonin secretion keeps mind and body alert and active throughout the day. Watching one's own face is said to be auspicious for oneself, one can find any disease symptom so can be managed accordingly.

2. Ushapana and Nasapaana: One should drink 8 *prasriti* of water every morning which is kept in copper vessel overnight. *1 Prasiti = 1 Anjali*

Benefits: Pacifies diseases and prevents Aging, *Rasayana* and good for vision. Protection against

Arsharoga, shotha grahani jwara udararoga, kushtha medoroga mutraghata raktapita udharvajatrugata roga, Vali palita, pinas swarbhanga kasa.

3. Malatyaga: Very important to attend nature's call to eliminate the excretory products formed by body. If one keeps suppressing natural urges it will result in various problems like cramps, cold, headache, *arsha, mukhadorgandhya* etc.

4. Achamana: Two objectives, one to wash hands thoroughly to avoid infections and Other is *Anjali Jala pana* to make mouth wet for *dantadhwana*

5. Daantadhavana: one should brush in morning and in night after meals with various twigs like *khadira, nimba, karanja, madhuka*. Presently it has been modified into Toothbrushes and pastes, one can also use *manjana* for cleaning teeth.

Benefits: *Mukha malinta, vairasya, durgandha, jihva mukha dantaroga nashaka*. Enhances affinity to food, brings freshness and lightness in mouth

6. Jihwanirlekhana: to clean the tongue with tongue cleaner made of gold, silver, copper or steel.

Benefits: Freshness and lightness in mouth, enhances taste perception by activating taste buds, increases salivation. According to Acupressure theory tongue has various acupressure points which initiates functioning of vital organs.

7. Mukha netra prakshalana: With *kshirivriksha kasaya*, cold and hot water.

Benefits: Lightness in face and stability of eyesight, *Nilika, Mukhashosha, mukhadushika, vyanga, raktapita*.

8. Anjana(Collirium): application of powder of *sauviranjana* and *strotanjana* with *anjana shalaka* on lower lids of eyes.

Benefits: Vision enhancement, *netraroganashaka*, Enables eyes to bear air and sunlight and also the rays of TV mobiles and computer screens. Removes irritation, itching and burning sensation of eyes. Removes stickiness due to accumulated substances in eyes.

9. Pratimarsha Nasya (Nasal Instillation): 2 drops of *Anu tail* or *katu tail* in Nose.

Benefits: Strengthen the head region and reduces the chances of *Urdharwajatrugata roga*, avoids Untimely greying of hair and strengthens them treats *Manyasthambha, pinas, ardhavabhedaka, Ardita*, headache, *hanusthambha*.

10. Kawal and Gandush (Gargaling): Holding *Tila Tail* or any other *Dravya (swarasa kwatha kalka)* in mouth for a specific period of time and moving it is *kawal* and not moving is *Gandusha*.

Benefits: Strengthens mandible, enhances speech and taste perception, keeps tongue clean, massages oral muscles. Keeps oral cavity and throat moist, good for teeth, reduces sensitivity.

11. Dhumapana: Done by Medicated Cigar, keeping it in metal pipe and inhaling the smoke through nostrils or mouth and exhaling with only mouth.

Benefits: clears throat and all *indriyas*, brings stability in hairs, teeth, improves speech, disinfects Oral cavity, respiratory tract and pharynx. pacifies *vata* and *kapha dosha, urdwajatrugata roga*.

12. Abhyanga (Body Massage): Massaging whole body with oil for 5 minutes. Can be done regularly or thrice a week. Enhance overall blood circulation transport potency of drugs to desired parts, regular application of oil on head ears and foot provides equal benefits.

Benefits: Brings body strength to bear any trauma, softens and moistens skin, pleasant appearance, nourishes body parts, delays ageing, improves sleep quality and eyesight. prevents body pain, stiffness, headache, earache, pacifies *vata dosha*.

13. Vyayama (Physical Exercises): Regular Exercise till body allows brings up body strength and enhances stability.

Benefits: Brings lightness, stability, strength and ability to work in body, pacifies *tridoshas* and enhances *Agni* improving digestion, cleanses body and make it bear all traumas easily, helps weight reduction, Makes body flexible, enhances blood circulation and gives massaging effect over vital organs.

14. Udavartana: Rubbing medicated powder or paste over skin. It helps in liquefying the fat accumulated in skin and opens the pores.

Benefits: all benefits of *abhyanga*. stability in body parts, cleanses skin, stimulates *bhrajaka pitta*, brings glow by removing the dead skin, pacifies *Vata, Kapha*, reduces itching and other skin diseases. Good in *santarpanajanya vyadhis*.

15. Snana: Bathing daily in morning with water (hot or cold) is utmost requirement as it cleanses and brings freshness, purity and activeness in body. It is important as a part of personal hygiene as it makes a person feel good throughout the day and work with enthusiasm.

Benefits: *Agnideepana* so brings affinity towards food, relieves stress and tiredness, eliminates sweating and enhances immunity, reduces temperature of body, pacifies Itching, drowsiness, avoids infections.

16. Anulepana: Applying fragrant paste on body after bathing, According to *Ritu*. It adds to beatification as well as keeps the mind calm and increases strength because of medicated *dravyas*. Its modification can be related as Perfume or talcum powder used these days but those only provides fragrances.

Ritucharya

Routine according to different seasons is called *Ritucharya*. *Acharayas* have mentioned 6 *ritus* in one year which are due to the position and revolution of Earth around the Sun. With each changing *Ritu*, *tridoshas* also change. Every *Ritu* have different *Ahara* and *vihara* so that *doshas* gets pacified themselves but when *Ritucharya* is not followed properly *Doshas* gets vitiated and manifests into diseases. So to avoid these *Doshas* to result into diseases *RituShodhana* is done. It is a procedure to eliminate vitiated *Doshas* from body according to the *ritu*. Vitiating *Kapha* should be eliminated during *Vasanta Ritu*, by *Vamana* and *tikshana Nasya*, *Pitta* in *Sharada* by *Virechana* and *Raktamokshana*, *Vata* in *Varsha* and by *Niruha* and *anuvasana basti*. It can be used at both level of preventions i.e. Primary and secondary. *Ritushodhana* is

best technique used for Prevention of Non communicable Diseases to attain Positive Health.

Rasayana Therapy

Rasayana is energy source for a healthy person and can be administered after *shodhana* for attaining good Health. Nourishes body at cellular level and builds up strength and Immunity. *Achara Rasayana* is the best way to tackle the Mental disorders. As Preventive measure *Rasayana* enhances body's disease fighting capacity and reduce Risk Factors of NCDs.

Sadvritta

Ethical codes of Conducts are backbone for prevention of Non Communicable Diseases. Following these conducts at every stage of life is essential for Health. Not performing these makes person stressed and leads to impaired mental health and further impacts physical and social health badly. This leads to Mental disorders resulting in Organic malfunctions, which are termed as Psychosomatic Disorders.

Importance Of Dharaniya And Adharaniya Vegas In Prevention

Dharaniya Vegas are Urges which should be controlled. These are of 3 types *Kaya, Vaka, Mana*. If these are not controlled and pacified they result into serious Mental Disorders. Performing *Pranayama* and Meditation can help in Controlling these *vegas*.

Adharaniya Vegas are Natural urges which should not be suppressed as doing that is main cause of *Rogas* as mentioined by *Acharaya Vagbhata*.

CONCLUSION

Health is a complete state of Physical mental and social wellbeing. All these Regimens are boon given by *Ayurveda*. It not only manages our health but leads us to attain a Quality Life. These regimens need Time management to be followed by everyone. It is equal responsibility of Government and Private sector to take care for the health of the countrymen as a Healthy Citizen can only add up to Country's Socioeconomic Development. NCDs are a major threat to the Globe and only way to get rid off from this is to inculcate good habits of health management in daily life in everyone from childhood. Health promotion Strategies through *Ayurveda* have been started but still needs to be communicated everywhere in India and World.

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