

AN AYURVEDIC APPROACH FOR PREVENTION OF LIFE STYLE DISORDER

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ABSTRACT

Everybody strives for quality life rather than just number of years without good health. An unhealthy lifestyle has contributed a lot in the manifestation and exacerbation of different disorders. Lifestyle disorders are the diseases linked with one's lifestyle. Nowadays, lifestyle disorders are becoming more widespread and affecting a majority of the population and posing a huge public health threat around the world. Lifestyle disorder is a subgroup of non-communicable diseases (NCDs). Ayurveda has rightly emphasized that health is not only the state of not having disease but, it is the state of normalcy of *Dosha, Dhatu, Agni, Malakriya* along with blissful state of Mind, Soul and Senses. Ayurveda has a number of different principles and regimens including *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), *Panchkarma* (five detoxification and bio-purification therapies), *Rasayana* (rejuvenation) and *Sadvritta* (ideal habits). Considering these all aspect present article explore some important aspect of life style management which help to prevent from lifestyle diseases of current scenario.

KEYWORD: Lifestyle disorders, *Dinacharya, Ritucharya, Panchkarma, Rasayana.*

INTRODUCTION

The world is undergoing a rapid change in all spheres, the eco system, nature and living beings are under strong survival stress due to severe pollution, climate change, population rise and other socio-economic reasons. The urban people are having less physically active life-style, more exposure to products and technologies that could be unhealthy for them. Lifestyle disorder also known as diseases of civilization, as the name suggests, result from the way we live our lives. Heart diseases like Arteriosclerosis, Diabetes, obesity, Chronic liver diseases, chronic obstructive pulmonary disease, Cancer, stress and essential hypertension are major among them. To achieve the goal of public health, just by taking the measures such as, bringing doctor-patient gap closer, invention of new molecules for the challenging

diseases and sophisticated medical aids are not sufficient, perhaps it needs a more inclusive approach of many aspects which could influence and improve human health in far better way. In this scenario, there is a window of opportunity emerging from the corners of world towards Ayurveda specially with preventive aspect of Lifestyle diseases.

Ayurveda approach for prevention of life style disorder:

Nidana Parivarjan (causative factors)

Dinacharya (daily regimen)

Ritucharya (seasonal regimen)

Panchkarma (five detoxification and bio-purification therapies),

Rasayana (rejuvenation)

Sadvritta (ideal habits)

1. Nidana Parivarjan

Nidana parivarjan is an approach to life where the aim should be at recognizing the risk factors that could lead to life threatening diseases in future and thereafter work towards reducing them like for diabetes which comes under one of subtype of *Prameha* the causative factors are Over-indulgence in the pleasure of sedentary habits, excess sleep, curds, soup of the meat of domesticated and aquatic animals and animals inhabiting marshy land, milk and its preparations, freshly harvested food articles, freshly prepared drinks, preparations of jaggery and all *kapha*- aggravating factors. For prevention of diabetes, one should avoid factors.^[1] Like this, one should avoid the causative factors related to different lifestyle diseases.

2. Dinacharya

Right from waking up in the morning till sleeping at night, all the daily routines is called *dinacharya* and has been given utmost importance in Ayurveda. Ayurveda recommends that in order to be optimally healthy we should tune our bodies to the nature's master cycle which in turn regulates the various other rhythms. Everyday two cycles of change pass through us, each bringing *Vata*, *Pitta*, or *Kapha* predominance. The approximate times of these Ayurveda contends that routines help establish balance and that understanding daily cycles are useful for Promoting health along with this some routine procedures like *abhyanga*^[2] (massage), *dhumapana*^[3] (inhalation of smoke/vapors), *nasya*^[4] (nasal errhines), *kavala* and *gandusha*^[5] (methods of gargling), *karnapurana*^[6] (applying oil in ears), *anjana*^[7] (collyrium) etc. also be use to for personal hygiene, oral hygiene and hygiene of sense organs.

Food is important component of daily routine so One must take food in proper quantity, which depends on the strength of *agni* (digestive power). That shall be known as the proper quantity of food which is digested in due time without disturbing the normalcy.^[8] And a daily routine of exercise help towards Lightness, strength to work, stability, endurance towards distress and mitigation of *dosha*, and stimulation of *agni* (digestive power).^[9]

3. Ritucharya

The year is divided into seasons based upon the changes in environmental conditions, temperature, day-night cycle and circadian rhythm.^[10] Being an integral unit of the nature, these seasonal changes in nature affect human physiology too. Therefore, one must follow the specific regimen for maintaining the equilibrium of body components in harmony with nature. The seasonal regimen is designed on the basis of changes in the dosha, bala (strength), and agni (digestive

power) of peoples in various seasons. One should follow the diet and lifestyle with opposite properties of the place of residence and seasons in order to preserve health and prevent diseases.

Table no. 1: Seasons and body strength.

Ayana	Ritu	Indian Months	English Months	Body Strength ^[11]	
Samvatsara (Year)	Uttarayana	<i>Shishira</i> (Late Winter)	Magha and Phalguna	Mid-January to Mid-March	Good
		Vasanta (Spring)	Chaitra and Vaishakha	Mid-March to Mid-May	Medium
		<i>Grishma</i> (Summer)	Jaishtha and Ashadha	Mid-May to Mid-July	Weak
	Dakshinayana	<i>Varsha</i> (Rainy Season)	Shravana and Bhadrapada	Mid-July to Mid-September	Weak
		<i>Sharada</i> (Autumn)	Ashvina and Kartika	Mid-September to Mid-November	Medium
		<i>Hemanta</i> (Early Winter)	Margashirsha and Pausha	Mid-November to Mid-January	Good

Table no. 2: Dosha and their seasonal variation.

Dosha ^[12]	Sanchaya (Accumulation)	Prakopa (Aggravation)	Prashamana (Pacification to Normalcy)
Vata	Grishma (Summer)	Varsha (Monsoon/Rainy)	Sharada (Autumn)
Pitta	Varsha (Monsoon/Rainy)	Sharada (Autumn)	Hemanta (Early Winter)
Kapha	Shishira (Late Winter)	Vasanta (Spring)	Grishma (Summer)

4. Panchkarma

Panchakarma plays an important role in prevention of disease but also for curing the existing disease thus maintaining good health. Ayurveda advocates *Shodhana* on regular basis as vitiation of *Dosha* sets in whenever favorable condition arises. It is explained that just as dirt develops on a Mani (diamond) kept undisturbed in due course of time, *Dosha* accumulates inside the body in due course of time, which need to be cleaned from time to time.^[13] Ayurveda has elaborately explained the different stages of *Dosha* in different *Ritu* which is accumulated. On the basis of *Doshas*, the different *Ritu* (seasons).

Table no. 3: Panchakarma procedure in different Seasons.

S. no.	Panchakarma procedure	Season
1	Vamana karma or Panchakarma	Vasant
2	Virechana karma and Raktamokshan	Sharad
3	Basti karma	Varsha
4	Swedana (steam)	Hemant
5	Nasya	Vasant, Sharad and Pravrita

5. Rasayana

It also includes all measures for immunity enhancement. *Rasayana* essentially denotes medicinal nutrition, rejuvenation, longevity, immune-enhancing. The *rasayana* are not necessarily drugs. They may be in the form of a *rasayana* food, or a positive healthy life style with a *rasayana* effect or a *rasayana* drug or all the three together. The *rasayana* remedies promote good qualities of the cells and tissues of the body through improved nutrient effect, boosting the digestion, metabolism and/or augmenting the microcirculation and tissue perfusion.^[14]

6. *Sadvritta*

This involves a broad range of ethical observances & moral practices for preventing psychosomatic disturbances. Broadly, the practices regarding code of general ethics, diet, natural urges, relationship with women, study, regarding self-control & related to worship are elaborately described. General ethical practices related to individual, inter-personal & about maintenance of social relations have been included, which are extremely valuable for personal & social health.

CONCLUSION

The decisions we make now, will affect our health later in life. Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit. Providing guidelines on ideal daily and seasonal routines, diet and behaviour in management of life style disorders, Ayurveda prove to be beneficial. So use of this all Ayurvedic measures will not only help for prevention of life style disorders but also useful for long living healthy life.

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