PREVENTION OF LIFESTYLE DISORDERS WITH BASIC PRINCIPLES OF
AYURVEDA

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ABSTRACT
Ayurveda is Divine science due to its origin as well as its incredible potency in curing the diseases and protecting the health of a healthy person. In the current era sedentary lifestyle, unbalanced diet, tense mental conditions, smoking, drinking alcohol have led to lifestyle disorders, causing a lot of complications that are difficult to remove. This results in the most common lifestyle disorders like hypertension, diabetes mellitus, arthritis, obesity, etc. Lifestyle disorders are a big problem for our society today. The onset of those disorders is insidious, they take years to develop, and once encountered, they are not easily cured. A healthy lifestyle is a valuable resource for reducing the incidence and impact of health problems, for recovery, for coping with life stressors, and for improving quality of life. At present, people are again getting attracted to, an ancient system of healing, Ayurveda as it rectifies disease along with, lifestyle originated consequences. In the management of lifestyle disorders, Ayurveda offers various regimens including Ahara (proper dietary management), Dincharya (daily regimen) Ritucharya (seasonal regimen), Panchakarma (five detoxification and bio-purification therapies), Rasayana (rejuvenation) therapies and Sadvritta (moral). These are the basic tenets of Ayurveda. The inclusive utilization of all these treatment modalities has a great effect on lifestyle disorders. And hope to treat lifestyle disorders brighten with the broader approach of Ayurveda. This is an attempt to grab the attention of Ayurveda vaidya towards the unique basic tenets of Ayurveda explained by ancient Ayurvedacharya.
Keywords: Lifestyle disorder, Ayurveda, Dincharya, Ritucharya, Panchakarma, Rasayana therapies

INTRODUCTION

Urbanization and westernization of the whole world have brought many advantages which had led to an improvement in the quality of life. At the same time, it has given way to many disadvantages in the form of a sedentary lifestyle, improper dietary habits, and excessive mental stress, leading to cropping up of many lifestyle disorders. Lifestyle disorders are going to take the form of epidemic in the 21st century if proper preventive measures are not taken. Lifestyle disorders characterize those disorders which occurrence is primarily based on the way of living and occupational habits of people. These disorders are ailment of slow progression and long duration; their onset is insidious, they take years to develop, and once encountered, they are not easily cured. Lifestyle disorders known internationally as non-communicable diseases as they kill around 40 million people each year, that is around 70% of all deaths globally. In the current era, very much stress found also eating unhealthy food, fastfood, sedentary living, smoking, drinking alcohol disturbs the lifestyle. This results in the most common lifestyle disorders like hypertension, diabetes, arthritis, obesity, insomnia, etc. Ayurveda continues to contribute effectively to human health in the 21st century, capable to respond to the expressed health needs of the community and emerging times when the prevalence of lifestyle disorders is increasingly on the rise. Ayurveda the ancient system of medicine has great potential in preventing lifestyle disorders. In the management of lifestyle disorders, Ayurveda offers various regimens including Ahara (proper dietary management), Dincharya (daily regimen), Ritucharya (seasonal regimen), Panchakarma (five detoxification and bio-purification therapies), Rasayana (rejuvenation) therapies, Sadvritta (moral) and Aachara Rasayana (code of good conduct). The inclusive utilization of all these treatment modalities has a great effect on lifestyle disorders. And the hope to treat lifestyle disorders brightens with the broader approach Ayurveda.

Aim and Objectives:

1. To study causative factors of lifestyle disorders
2. To prevent lifestyle disorders through Ayurveda

Material and Method:

Various ayurvedic classic texts including Charakasamhita Sushruta samhita, Ashtanghirdaya, Swasthvritta were consulted as source material. Apart from this, various research journals, websites have been thoroughly searched.

Causative factors of Lifestyle Disorders:

Causes of lifestyle disorders can be divided into two main categories:

1. Modifiable behavioural risk factors
2. Non-modifiable risk factor

Modifiable behavioural risk factors:

1. Bad food habits: Overeating, heating at odd hours, eating when not hungry, eating fast food, excessive use of sodium in the diet causes 4.1 million deaths per year as per the WHO report
2. Addiction: According to the WHO, more than 7 million people die each year due to the use of tobacco and alcohol intake to leads around 1.65 million deaths
3. Disturbed biological clock: sleeping late, waking up late, not sleeping, and oversleeping. A disturbed biological clock increases the likelihood of lifestyle disorders.
4. Physical Inactivity: A simple lack of physical activity has been claiming 1.6 million lives annually. Sitting for long hours, wrong body posture, and remaining indoors is the causative of lifestyle disorders. The modern occupational settings (desk job) and the stress related to work are also being seen as a potent risk factor of lifestyle disorders.

Non-Modifiable risk factors: Risk factors that cannot be controlled or modified by the application of an intervention can be called non-modifiable risk factors and include: 1. Age 2. Race 3. Gender 4. Genetics
Preventive measure of lifestyle disorders:

1. **Ahara (Proper Dietary Management):**
   
   *Ahara* is one of the important pillars of *Ayurveda*. It means that it is one of the basic principles upon which health, happiness, and harmony rest. Nowadays there is an increased prevalence of lifestyle disorders, in which faulty dietary habits play an important role. Unhealthy food and faulty dietary habits give origin to various life-threatening lifestyle disorders. For good health, a person should always eat a balanced diet and avoid incompatible dietary regimens. It is said in ancient Indian literature that if dietetics is followed, medicine is not needed and if dietetics is not observed, even medicines do not get proper results. In *Ayurveda*, there is a long list of wholesome and unwholesome drugs made out of twigs of *Khadira*, *Karanja*, *Apamarga*, etc. should be used for brushing the teeth. It is necessary to massage (*Abhyanga*) whole body with medicated oil every day. Oil massage ensures softness and unctuousness of skin, free movement of joints and muscles. The application of collyrium (*Anjana*) in the eyes should be done regularly. Regular exercise (*vyayama*) is essential for perfect health. It builds up stamina and resistance against diseases, clears the channels of the body (*Srotas*), and increases the blood circulation. Whole-body massage with dry powders of *yawa*, *kulath* (*Udvardan*) every day. It is necessary to do *Nasya* daily. *Nasyadravyas* triggers the nerve endings and sends the message to the CNS and initiates the normal physiological functions of the body. Bathing (*Snana*) improves strength, appetite, enthusiasm, a span of life, and removes sweat and other impurities from the body. To dress up properly, use of precious stones and metals in the form of jewelry, use of shoes and umbrella while doing outdoor work.

This daily regimen helps in maintaining balance and harmony in your body and nature by regulating your biological clock and advocating a healthy lifestyle. Implementation of *dincharya* has a great impact on the prevention of diseases especially lifestyle disorders.

2. **Dincharya (Daily Regimen):**

   In today’s scenario, the daily routine of each individual has become so busy and hectic, that many non-communicable diseases have taken the form of epidemic in the current era. *Ayurveda* is the science which emphasizes the preventive aspect. *Dincharya* is one of the principles mentioned in *Ayurveda* in the context of prevention. The activities or regimen which needs to be followed daily, by every individual is called *Dincharya*. It is advisable to wake up during *Bramha Muhurta* (preferably between 4.00 a.m. to 5.30 a.m.). One should attend nature’s calls. The soft brushes made out of twigs of *Khadira*, *Karanja*, *Apamarga*, *Vamana* during *Shishira*, *Vasant*, *Greeshma*, *Varsha*, *Sharad*, *Hemant*. A specific regimen has been mentioned in these seasons which includes *Vamana* in *Vasant Ritu*; *Virechan* in *Sharad Ritu*; *Basti* in *Varsha Ritu*. In the spring season, bitter, hot and astringent diet is advised while salty, sour food should be avoided. In the summer season due to the hot climate, aggravation of *pitta* occurs. Hence, *pitta* pacifying sweets, unctuous and liquid diet is advised. The excessive hot, spicy, sour, salty diet should be avoided. In rainy season aggravation of *vata* occurs, hence *vatashamaka* sweet, sour foods are preferred. In pre-winter and winter season *vatadosha* aggravates due to cold dry atmosphere, hence **vataghna** diet is recommended. People ignore...
the food to eat in specific seasons, dressing, and other regimens to be followed in a particular season or stressful lifestyle leads to derangement of homeostasis and causes various lifestyle disorders. It is postulated that if an individual follows the prescribed ritucharya, he may adopt and overcomes the stresses of seasonal variations and may not suffer from ill-health.

4. Panchakarma (Five Detoxification and Bio-purification Therapies): 17

Ayurveda is now accepted globally as a complete health solution. Panchakarma methods have been a crowning glory of our health science. In the present scenario, Panchakarma is one of the most emerging parts of Ayurveda as it plays a very important role in the effective management of lifestyle disorders which are on increase at a high rate. Panchakarma is a method of biopurification, as they possess properties being real pathogenesis breaker, long-standing effects, and fewer chances of recurrences of diseases. Panchakarma purifies and detoxifies the body by expelling metabolic toxins and in maintaining normal functioning of the body, improving metabolism and body coordinations. The five technologies of Panchakarma include Vaman (therapeutic emesis), Virechan (therapeutic purgation), Asthapan Basti (therapeutic decoction enema), Anuvasana Basti (therapeutic oil enema) and Nasya Karma (nasal medication). All the Panchakarma regimens are followed to achieve the homeostasis and not just counter the specific symptom. That is why it outranks the conventional medicines when it comes to tackling multi-dimensional disorders like lifestyle disorders. In the present era because of varied lifestyle, the majority of people are suffering from lifestyle disorders for which Panchakarma is one and the only therapeutic measure which can help mankind.

5. Rasayana (Rejuvenation Therapy):

Rasayana therapy of Ayurveda is a dedicated stream of medication for immune promotive, antidegenerative, and rejuvenating health care and is known for preventing the effects of ageing and improving the quality of life of healthy as well as the diseased individual. Rasayanas are a generic class of restorative and rejuvenating 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 18. The application of organ-specific Rasayana herbs also provides enough scope not only for the prevention of diseases but also for the promotion of health and cure of diseases too. Various studies on Rasayana drugs suggest their following action 19

1. Immunomodulator
2. Adaptogenic
3. Antioxidant
4. Antistress.

Rasayana has a definite role to play in the maintenance and preservation of health and appropriate use of Rasayanas can help to bring down the prevalence of many diseases, ultimately reducing health-care burden.

Sadvritta and Achara Rasayana (Codes of Good Conduct):

Ancient scholars have mentioned the various principles of code of conduct known as Sadvritta and Achara rasayana which helps in maintaining a healthy body and a peaceful mind. Sadvritta means physical and mental decorum which should be followed by everyone daily. These are principles of right conduct that apply to all people at all times and places. Practicing them gives balance and harmony to the mind. In Charaka Samhita Sutrasthana detailed description of Sadvritta has been stated. The following code of conduct of sadvritta should be followed20

1. Speak the truth and use pleasant words in conversation
2. Do not lose your temper under any circumstances
3. Do not get addicted to sensory pleasures
4. Abstain from telling lies, anger, extreme grief, jealousy and greed
5. Observe self-control
6. As far as possible, do not expose yourself to hardships.
7. Do not harm anyone
8. Avoid suppression of natural urges
9. Be patient. Be straight forward and kind
10. Avoid overeating, overdrinking, too much sexual activity, too much or too little sleep
11. Control your sense organs
12. Make a habit of doing all that is good and avoiding all that is bad.
Such type of lifestyle adaptation is always helpful in the prevention and management of a wide range of lifestyle disorders. Acharya Sushruta considers a man healthy only when he is in the state of biological balance and enjoyssensorial, mental, and spiritual well-being. Such a state of health can be achieved only by observing the rules of good conduct i.e sadvrita.

CONCLUSION
The lifestyle of modern human beings has created several disharmonies in his biological system. In the present era because of varied lifestyle, the majority of people are suffering from many lifestyle disorders for which Ayurveda is one and the only therapeutic measure which can help mankind. Conventional medicine does not have answers to all health care needs, particularly multidimensional lifestyle disorder, fortunately, many people could get the cure with Ayurvedic medicines. Nowadays the lifestyle disorders are affecting today’s society, as one of the quotations says that Prevention is better than cure. We can prevent these lifestyle disorders by maintaining our lifestyle through Ayurveda. Ayurveda offers an effective and safe solution in the form of proper dietary management, lifestyle advises panchakarma (bio purification procedures), and rejuvenation therapy to prevent lifestyle disorders. We should follow the above mentioned Ayurveda therapies, so these lead to a healthy lifestyle. Therefore, this paper was undertaken to evaluate the efficacy of these treatment modalities, to find out the better result in oriented therapy and an attempt is made to help the patients suffering from lifestyle disorders. The Ayurvedic physician concentrates on achieving the objectives of Ayurveda for the promotion of health, prevention, and management of the disease for a healthy and happy life in the ailing society.

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