



ROLE OF AAHAR IN MANAGEMENT OF LIFESTYLE DISORDERS

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ABSTRACT

Lifestyle disease is an ailment that is primarily based on the day-to-day habits of People. In the past few decades, rapid economic development and increasing westernization of lifestyle have caused the prevalence of their disease. *Ayurveda* is the foremost life science and describes ways to prevent and manage lifestyle disorders. *Ayurveda* provides a better solution in the forms of proper dietary management, lifestyle Advises, *Panchkarma* like detoxification and bio-purification procedures, medicaments, and rejuvenation therapies. In the management of lifestyle diseases, *Ayurveda* offers various regimens including *Dincharya* (daily regimen), *Ritucharya* (seasonal regimen), *Panchakarma*, *Rasayana* Therapies, *Sadvritta*, *Aachara Rasayana* and *Dharaniya Vega* are important to maintain our mental health as well as physical health.

Keywords: *Ayurveda*, *Tridosha*, Lifestyle, *Aahar*, *Dincharya*, *Ritucharya*, *Sadvritta*.

INTRODUCTION

Lifestyle disorders are the result of an appropriate relationship of people with their environment. So according to *Ayurveda*, adapted diurnal and Seasonal behavior is very important for preventing diseases. And *Ashtavidha Aahar Vidhividhan* (code and conducts for Aahar) and *Dwadashaashanvichar* plays a very important role in developing the lifestyle disorders in today's lifestyle. Nidana (causative factors) precipitating the lifestyle disorders: - Exogenous causes: - It includes *Meda getting* stimulated by diet and Regimens. Endogenous Causes: - *Dosha, Dhatu, Mala & Srotas*, etc. come under endogenous causes. All the Nidana mentioned in Ayurvedic classics can be classified into the following group: -

1) *Aharatmaka Nidana*

2) *Viharatmaka Nidana*

3) *Manas Nidana*

Aharatmaka Nidana

Aahar is the life of a living being. Luster, Happiness, voice, life satisfaction, Power, and intelligence all are depended on Aahar. A person does any activity to run his life like agriculture, or business has Aahar as its base. So Aahar is the base of life.

Any food which is improper in quantity and quality or unfavorable to the Sharir Dhatu does not obstruct the channel's food become's like Visha which not digested nor come it as a Mala from the body is considered as Viruddha - Aahar. There are some foods that become Viruddh by their combination, preparations, proportions, and digestive transformation. Atisampurana(overeating), Guru Aahar sevan, Mamsa seven, and Ikshu Vikar sevan are the most important cause of generating lifestyle disorders.

Viharatmaka Nidana

It includes Avyayam, Sukha Shaya (Luxurious Sitting), Bhojanottar Nidra (sleep after meal), adharan of dharaniya vega, and dharan of adharniya vega, etc. There are principles of right conduct that are applicable to all people at any time and place.

Manas Nidana

Excess anxiety, fear, life events, and emotional stress may be categorized under *Manas Nidana*.

Concept of Lifestyle: -

The *Dincharya, Ritucharya, and Sadvritta* are parts of lifestyle measures mentioned in Ayurvedic classics for healthy and long life, getting rid of pain and disease.

Dincharya: -

It is advisable to wake up during *Brahma Muhurta*.

1. One should be going to Toilet.
2. The soft brusher, which is made of twigs of *Khadira, Karanja, kakubha* etc. should be used for brushing the teeth.
3. The tongue should be cleaned by a long flexible strip of metal or plant twig. The mouth should be cleaned properly.
4. Chewing of Betel leaves with small pieces of *Khadira* and fragrant substances like cardamom, and clove that refreshes the mouth.
5. It is necessary to massage (*Abhyang*) the whole body with oil every day. Oil massage makes skin Soft and Healthy, with free movement of Joints and muscles.
6. Regular exercise (*Vyayam*) is essential for perfect Health.
7. Whole-body massage with dry powders of *Yava Kola* and *Kulath* every day.
8. Bathing (*Snana*) improves strength, Appetite, and Span of life and removes Sweat and other impurities from the body.
9. One should have regular shaving, Haircut, Cutting of nails, etc.

Ritucharya

In *Ayurvedic* classics, there has been a through Consideration for seasons, besides the dietetic regimens for days and nights. The whole year is divided into six seasons and a detailed dietetic regimen for these Seasons is prescribed.

Sadvritta

Ayurveda prescribes certain rules for maintaining a healthy mind. There are principles of right conduct that are applicable to all people at all times and places.

There are: -

- Devote your services to God, the wise, and respectable or elderly people whenever possible.
- Always speak truth.
- Do not lose your cool under any circumstances.
- Do not cause harm to anyone.
- Maintain a clean environment in all aspects of your life.
- Have patience.
- Pay attention to your self-control.
- Attempt to disseminate knowledge, sound advice, and assistance to others.
- Keep daily activities as regular as possible.
- Do not overeat, drink excessively, or sleep too much or too little.

Management: -

Management of lifestyle disorders there are several measures found throughout the ancient Ayurvedic text to avoid lifestyle disorders.

- Daily regimen
- Personal Hygiene
- Diet
- Seasonal regimen.
- Taking care of mental health
- Recognized Prodromal Symptoms

Other effective treatment includes lifestyle modification, primarily weight loss diet and exercise.

Material and Methods: -

Materials related to lifestyle disorders and *Ahara* have been collected from *Charka Samhita*, ayurvedic textbooks, Different Journals, and publications available in Library and internet research papers, etc. methods related to *Ahara Vihar Dincharya*, *Ritucharya*, and *Sadvritta*.

DISCUSSION

According to *Ayurveda*, the cause of any lifestyle disorder is *Prajnaparadha*. A particular lifestyle of a person is a cumulative product of his/her physical capacity coordinated with psychological functioning every individual's constitution has its unique balance of *Dosha* in a healthy state of the body. The improper diet, habits, compatible lifestyle, seasonal changes suppressed emotions & stress factors change the balance of *Tridosha*.

RESULT

Lifestyle disorder is the result of *Mithya Ahara* and *Vihara*. *Mithya Ahara* means faulty dietary habits and diet whereas *Mithya Vihara* means faulty behaviours and mental regime. The treatment for lifestyle disorder management in *Ayurveda* is given as per individual bodily constitutions depending on their medical history, current conditions and previous treatment so that it best suits the patients. All regimens of *Ayurveda* aim not only to counter the specific symptoms of the body but also to achieve proper balance. *Ayurvedic* lifestyle promotes physical, mental as well as social health and ultimately leads to symptomatic improvement *Ayurveda* prescribes certain rules for maintaining a healthy mind.

CONCLUSION

The existence of human life are based on diet, Dietary Consideration is an important component of every prescription in *Ayurveda*.

A wholesome diet maintains the equilibrium of *Dhatu* and helps in the promotion of Health and prevention of diseases.

Ayurveda describes the method of Preparation, Code, and discipline of taking a wholesome diet. The selection of a diet of an individual as per bodily Constitution is important to maintain Health. The diet should be simple, easily digestible, and proper in quantity.

Overeating and consumption of unbalanced diets / *Tamas* and *Rajas* diets should be avoided because their diets can Cause excess overload on the digestion and metabolic process of the body. *Hita Ahara* is responsible for the happiness and formation of the body. As per *Ayurveda*, food affects the mind also by causing either an increase or decrease in the three qualities of mind, ie *Satva Guna*, *Rajo Guna*, and *Tama Guna*, So each individual is recommended to follow specific diet & activities based on his *Prakriti*.

The aim of *Ayurveda* is -

"स्वस्थस्य स्वास्थ्यरक्षणं, आतुरस्य विकारप्रशमनं"

It, *Ayurveda* aims to maintain the health of a healthy person and to restore the health patient. Health is mentioned as *Swasthya* - a balance in one's system biology. It is the state of equilibrium of the three

principles of the body, namely *Vata*, *pitta*, and *Kapha*, along with the contented state of Senses mind, and Soul. The four components of a person's daily life are

Ahara (food), *Achara* (conduct), *Vihara* (behaviour), and *Vichara* (thoughts), when any of this component is, unhealthy there is an imbalance in *Tridosha*, which manifest as a disease.

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