

ROLE OF *DINCHARYA* & *YOGA* IN PREVENTION OF NON-COMMUNICABLE DISEASES

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ABSTRACT

Lifestyle means a pattern of individual practices and personal behavioral choices that are related to elevate or reduce health risks. The lifestyle disorders known internationally as non-communicable diseases (NCD's) or chronic diseases of lifestyle. The first WHO Global status report on life style disorders 2010 confirms that 36.1 million people died from lifestyle disorders in 2008. W.H.O. predicts that non communicable disease will cause over three quarter of all deaths in 2030. The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia and overweight/obesity associated with cardiovascular diseases is high or on the rise. As Ayurveda is recognized as the foremost life science and describes various modalities to prevent and manage lifestyle disorders, the world is being attracted towards its potential. In the prevention of lifestyle disorders, *Swasthavritta* plays a very important role. Various regimens like *Dincharya* (daily regimen), *Ritucharya* (seasonal regimen), *Rasayana* therapy (rejuvenation), *Sadvritta* (rules & regulations of ideal routine) and *Achara Rasayana* (code of conduct) along with Yogic practices are utmost important factors to maintain a healthy life style and happy psychological set up. The inclusive utilization of all these modalities has a great effect in the prevention of lifestyle disorders.

Key words: Lifestyle, non communicable, *Sadvritta*, *Rasayana* etc.

INTRODUCTION

“How we spend our days is of course how we spend our lives”- Annie Dillard

Ayurveda uniquely perceives an intimate relationship between life style of an individual to health and disease. Lifestyle means a pattern of individual practices and personal behavioral choices that are related to elevate or reduce health risks. The lifestyle disorders internationally known as non communicable diseases (NCD's) or chronic diseases of lifestyle are generally acquired. The people are at

greater risk to chronic diseases of various kinds due to changing life style and behavioral pattern. According to WHO four main types of NCD's are cardiovascular diseases (like heart attack and stroke), cancer, chronic respiratory diseases (like COPD, *asthma*) and diabetes. NCD's kill 38 million people each year. 16 million NCD deaths occur before the age of 70 where as 82% of these premature deaths occurred in low and middle income countries. CVD's account for most of NCD's deaths i.e.

17.5 million people annually die due to CVD's followed by cancers (8.2 million), respiratory diseases (4 million)&diabetes (1.5 million). Indian scenario is not much different than the world. Heart diseases are most killer diseases of Indians. India has 60% of total global burden of CVDs. There are 61.3 million people with Diabetes which will be more than 10 crore by 2030 and therefore India is referred to as the "diabetic capital" of the world. About 118 millions are hypertensive which will be 214 million by 2025.

The knowledge of *Dincharya* (daily regimen) and *Yoga* along with other modalities of *Ayurveda* can be of great help in not only preventing but also controlling NCD's. These modalities are being encouraged as an integral part of NCD's prevention and management as they lead to balanced lifestyle and healthy living as a crucial pillar in combating in NCD's.

Risk Factors-

The risk factors responsible for major NCD's are –

Modifiable behavioral risk Factors -

- Tobacco use
- Physical inactivity
- Unhealthy diet
- Harmful use of alcohol and smoking
- Habits, behaviors & practices that we can change
- Stress & other psychological factors

Metabolic /Physiological risk factors-

- High blood pressure
- Overweight/ obesity
- Hyperglycemia
- Hyperlipidemia

Environmental factors-

- Level of sun exposure
- Exposure to air pollution
- Exposure to noise pollution

Non-Modifiable Risk Factors -

- Age
- Gender
- Ethnicity
- Heredity

Pathogenesis of NCDs in relevance of disturbed daily regimen & sedentary life style-

Modern life style is a major cause of many NCDs especially life style disorders and also a triggering factor for diseases like cancer, IBS, appendicitis, renal stones etc. In the morning late awakening and at night late sleeping has become common. Both of these habits have many adverse consequences on health. These faulty habits cause loss of concentration, mood disturbance, headache and stress. Late night sleeping causes the release of hormone cortisol which is responsible for rise in blood pressure and reduction in cell regeneration activity. One bad habit results into many other bad habits. Late night sleeping causes late wake up in morning which again causes skipping breakfast and results more dependency on junk& fast food. These habits increase the risk of obesity, diabetes mellitus, hypertension, cardio vascular diseases etc. Lack of exercise and *Yoga* also result into NCDs. Drinking not enough water in a day is also a triggering factor for renal stones and constipation. Continuous sedentary jobs cause cervical and lumbar problems. Excessive work on computer results in dry eye or computer vision syndrome.

Many researchers predict that high frequency emerging from cell phones increase stress level and may also cause vision problem. Continuous use of air conditioner may result into chronic headache, fatigue, mucous membrane irritation, breathing difficulties and may enhance the preexisting problems of arthritis and neuritis.

Various modalities of Ayurveda for prevention of non communicable diseases-

'Prevention is better than cure'.

Observance of this principle makes people alert about their life style strategies.

- *Dinacharya*
- *Ritucharya*
- *Thrayopasthambhapalana*
- *Sadvritta*
- *Achararasayana*
- *Ashtanga Yoga*

Other key factors are-

- To suppress *Dharaniya Vegas*
- Not to suppress *Adharaniya Vegas*
- Not to consume *Virudhahara*
- Not to indulge in *Mithyaahara* and *Vihara*
- Not to do *Hina*, *Mithya* and *Ati Yoga* of *Indriya*, *Kaya*, *Vak* and *Mana*
- Not to do *Praghyaparadha*
- Not to consume *Guna*, *Matra*, *Desha* and *Kala Virudhaahars*.

Dincharya (Daily Regimen)-

The *Ayurvedic* regimen of right living is designed for maintenance of health achievement of a long, healthy active life, providing relief from pain and disease thereby achieving satisfactory enjoyment of life and attainment of self-realization. In *Ayurveda*, a module for daily activities (*Dinacharya*) has been described. Daily activities to be done to maintain health after arising in the morning up to evening is called as *Dinacharya*.

a) Time to wake up

It is advisable to wake up during *Brahma muhart* (early in the morning between 4.00 a.m. to 5.30a.m.). This is the best time for study and to practice *Yoga*.

b) Cleansing of teeth and tongue

Cleansing of teeth and mouth should be practiced twice a day in the morning and before going to bed. Tongue should be cleaned by a long flexible strip of metal or plant material. It stimulates digestion.

c) Drinking Water (*Ushapana*)

1-2 glasses of water kept for whole night should be taken before sunrise. It prevents ageing and diseases in body.

d) Bowels

One should attend the nature's calls. Elimination of urine and feces cleanse the body and cheers up the mind.

e) Eye Care

Eyes should be washed with fresh water to prevent eye diseases and promote vision.

f) *Nasya*

It is of great importance to use *Prati-marsha Nasaya* daily to prevent graying of hair, falling of hair, blemishes and *Urdhvajatrugata Vyadhi*.

g) *Abhyanga* (Oil Massage)

It is highly beneficial to massage whole body including scalp with oil everyday to prevent dryness of body and stiffness of joints. Oil massage ensures softness and unctuousness of skin, free movement of joints and muscles; renders nourishment, improves peripheral circulation and eliminates metabolic wastes.

h) Exercise and *Chankramana*

Regular exercise builds up stamina and resistance against disease, clears the channels of body (*Srotas*) and increases the blood circulation and efficiency of vital organs, promotes appetite and digestion and prevents obesity. *Chankramana* is a variety of exercise which does not cause any kind of trouble to the body. It increases life span, strength, intelligence and perceptive power of organs.

i) Bath

Daily bath improves enthusiasm, strength, appetite, span of life and removes sweat and other impurities from the body.

j) **MangalaKriya**

One should worship.

k) **Aahar (Diet)**

Only after the digestion of previous meal one should take next meal. It should be compatible to him/her. Diet should be according to season and age. It should be balanced both in quality and quantity. One should take plenty of roughage in form of fruits and vegetables.

Avoidable dietary habits-

- Irregular timing.
- Overeating.
- Taking meal before the digestion of previous meal.
- Taking undesirable and incompatible diet.
- Taking junk food, pickles, spices, too much oils

l) **Sadvartna**

A long healthy life, wealth, reputation are attained by one who follows the *Sadvartana* (doing good deed).

Ratricharya-

- a) *SayankalBhojan* (Evening meals)- One should consume *Laghu, Hitkari Bhojan*.
- b) One should remember God or should do *Bhagwad Samarana*
- c) One should do Self-analysis of day activities and religious contemplation
- d) After following all these activities one should go for sleep in divine remembrance.

Thus observance of rules and regulations of *Dincharya* leads to disease free and stress free lifestyle and promotion of health resulting into prevention of life style disorders i.e. NCD's.

Yoga-

Yoga practiced in India for thousands of years ago can be of great help in not only preventing but also controlling NCD's. *Yoga* not only a physical activity but also a complete science of living always remains in forefront for combating NCD'S and others.

Implementation of Ashtang Yoga-

Role of Yama & Niyama-

Five types of *Yama* (*Ahinsa, Satya, Asteya, Brahmcharya, Aparigraha*) are essentials of internal peace and happiness. These principals guide a person to remain intact from those behaviors which may disrupt the mental harmony and inner balance. Also five *Niyamas* namely *Shaucha, Santosha, Tapa, Swadhyaya, Iswarpranidhana* are the observances i.e. "what to do & not to do" for the purification of body and mind along with contentment, firm determination & self study, Observance of these rules leads to good health.

Role of Asana & Pranayama –

Asana and *Pranayama* especially act on physical and mental health. They improve body strength, dispel out the toxins from body, relax body and mind, reduce stress and establish balance between sympathetic and parasympathetic nervous system and thus prevents different NCDs. hence, *Asana & Pranayama*.

- Relieves Stress & Anxiety
- Boost positive Energy and Mood
- Help normalize Blood Pressure
- Speeds up a Sluggish Digestion by massaging surrounding muscle
- Increases feelings of calm & wellbeing. It can reverse the Stress Response, thereby provides a shield against the effects of Chronic Stress
- Slows down heart Rate and breathing, normalizes blood pressure
- Oxygen can be used more efficiently
- Adrenal glands produce less Cortisol
- Improves Immune Function

Role of Karma Yoga

The philosophy of *Karma Yoga* preaches for complete surrender before God. Many times we have to face negative situations or events like failures, insults, hopelessness etc. We have to also face many peoples in day to day life whose behaviors and attitudes are so negative that they hurt our feelings and disturb our happiness and peace. The only solution of all these type of problems is the way of *Karma Yoga* which says to accept all the situations as a part of God wishes and to continue to do our duty surrendering to God.

Other Yogic practices for prevention of NCDs –

Vaman Dhauti and *Shankha Prakshalana* are helpful in prevention of APD (acid peptic diseases), IBS and other GI tract disorders. *Tratak* has an important role in prevention of eye disorders, insomnia and stress related problems.

CONCLUSION

Average life of man is increasing due to good control of communicable diseases but non-communicable diseases are increasing & threatening new challenges. Health promotion is the only way to face these challenges. *Ayurveda* emphasizes on of maintenance of health as well as prevention of disease. There are many interventions described in *Ayurveda* for the purpose of health promotion. These interventions can also be applied against NCD's. *Dincharya*, *Ritucharya* and *Trayopastambha* are the main tools for maintenance of physical health where as Yogic practices promote physical as well as mental health. Thus implementation of all these modalities has great effect in promotion of health and the prevention of diseases especially NCD's.

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