

A REVIEW ON LIFE STYLE MODIFICATIONS IN LIFE STYLE DISORDERS

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ABSTRACT

Life style of a person is product of his or her physical capacity coordinated with psychological functioning. It is exhibited in the form of habits from childhood, gained from his immediate companions including parents and siblings. Lifestyle disorders are caused due to faulty disorders like smoking, alcohol consumption, day sleep, sedentary lifestyle, faulty diet and an inappropriate relationship of people with their environment. WHO and WEF says India has got an accumulated loss of \$236.6 billion by 2015 on account of unhealthy life style. 80% Indians affected with lifestyle ailments such as coronary vascular disorders, diabetes, hypertension, obesity, depression, swimmers ear which hampers physical mental spiritual health of individuals. Main measures to be undertaken to tackle this involves alternating long term habits of eating, physical activity and maintain new behaviour for months to years, which can be done through measures like *Dinacharya*, *Rutucharya*, *Daivavyapashraya*, *Satvaavajaya*, *Shodhana*, *Achararasayana*, *Rasayana*, *Ahara Vihara Vichara*, meditation, *Sadvritta*. This prevention can be done to promote health awareness and thereby preventing and managing various life style disorders and thus maintaining overall wellbeing. In this way, the present review article has discussed the different regimens regarding diet and life style modification as mentioned in classics and their effect on lifestyle disorder.

Keywords: Lifestyle disorders, Lifestyle modification

INTRODUCTION

Life style states the way the people live throughout the day in term of attitude, behaviour and activity. The era of Economic development, rapid urbanization and globalization after 19th century has lead to change in the disease pattern from germs to so called modern diseases due to high rate of life style changes leading to crop of diseases. These are unhealthy and causes of disability, morbidity and premature mortality known as Lifestyle diseases also sometimes called diseases of longevity or diseases of civi-

lization. The most common Life Style Disorders reported are Diabetes, Hypertension, CVD, obesity, Cancer, Swimmers ear, Depression and consanguinity in some ethnicity leading to genetic disorders etc¹. The main objective of *Ayurveda* is “*Swasthya Rakshanam*”² which gives upmost importance to follow healthy life style. There by delaying the disease by following circadian rhythm of nature and body like *Dinacharya*, *Rutucharya*, *Daivavyapashraya*, *Satvaavajaya*, *Shodhana*, *Achararasayana*,

Rasayana, Ahara Vihara Vichara, meditation, Sad-vritta.

ETIOLOGY: As said in *Ayurveda* that *Prajnaparadha*, *AsatmyaIndiya Artha Samyogam* and *Parinama* are 3 causative factor for the diseases.³It is also said to be a cause for life style disorders which can be substantiated with e.g. it is told that *Adhaaraneeya Vegas* (natural urges) should not be suppressed. But habit of suppression of any natu-

ral urges is a result of *Prajnaparadha* and enlisted as cause of nearly 50% of diseases reversal of any neuron transmission or improper removal of waste products formed during metabolism leading to accumulation of toxins is a basic cause for disease. Therefore habit of suppression of urge in improper lifestyle can be considered as one of the root causes of life style diseases.⁴Removal of these accumulated waste products is the first line of treatment.

Table 1: Causes of Lifestyle disorders

<i>AharajaNidana</i> /dietar factor	<i>ViharajaNidana</i> /Behavioural factor	Material Factor	<i>Manasika Nidana</i> / physiological factors
<i>Asatmya/Viruddha Ahara Sevana</i>	<i>Ativyayama/Chesta Dweshi</i>	<i>Dushana Of Vayu, Jala, Bhumi, Kala</i>	Control of <i>Dharaneeyavegas</i>
Over eating	<i>EkaSthana Asana Rati</i>	Radiation	Stress
Over dependence on processed foods	<i>Diwaswapna</i>	Misuse of Technology	Depression
Energy drinks	<i>Shayane Asane Shukha</i>	Work site hazards	
Artificial sweeteners	Smoking and Alcohol		
	Drug addiction		

INCIDENCE:

With increasing prevalence of life style diseases in India one out of four Indians is at risk of dying from non-communicable diseases like diabetes, cardio vascular ailments or cancer before the age of 70. According to estimates of various global and domestic organization according to NCD (Non Communicable Diseases) country profiles of 2014 released by WHO diseases like cancer, chronic respiratory problem and cardio vascular diseases are the

biggest global killers accounting for 38 million death every year with a whopping 28 millions in low and middle income countries including India as per WHO estimates, NCD account for almost 60% of total mortality reported annually in India. 0.8% of population is affected by Rheumatoid Arthritis a chronic systemic disorder that affects the joints makes them swollen, stiff, painful and severer disability over time due to use of alcohol and smoking.⁵

Table 2: Top 10 lifestyle diseases⁶

Alzheimer's Disease: a form of brain disease.	No one knows the exact cause, but a real breakdown of the cells of the brain does occur. There is no treatment, but good nutrition may slow the progress of this lifestyle disease	
Arteriosclerosis: A generic term for several diseases in which the arterial wall becomes thicken and loses elasticity.	Atherosclerosis is the most common and serious vascular disease. Plaques (atheroma) deposited in the walls of arteries are major causes of heart disease, chest pain (angina pectoris), heart attacks, and other disorders of the circulation. Atherosclerosis usually occurs with aging. It is linked to overweight, high blood pressure, and diabetes also.	
Cancer: Disease characterized by uncontrolled, abnormal growth of cells.	Cancer is definitely considered the number one disease of civilization. There are more than 150 different kinds of cancer and many different causes.	
	Top 5 Cancers	
	MEN	WOMEN
	Prostate (40%)	Breast (40%)

	Lung (18%)	Lung (17%)
	Colorectal (12%)	Colorectal (12%)
	Urinary Bladder (08%)	Uterus (08%)
	Skin (05%)	Thyroid (05%)
Chronic liver disease /cirrhosis: any of a group of liver disorders.	Characteristics of liver disease are jaundice, loss of appetite, liver enlargement, fluid accumulation, and impaired consciousness.	
Chronic obstructive pulmonary disease (COPD): a disease characterized by slowly progressing, irreversible airway obstruction	The symptoms are problems in breathing while exercising, difficulty in breathing in or out deeply, and sometimes a long-term cough. The condition may result from chronic bronchitis, emphysema, asthma, or chronic bronchiolitis. Cigarette smoking and air pollution make it worse	
Essential hypertension: is the form of hypertension that. Conventional medicine claims has no identifiable cause.	Hypertension or high blood pressure is when a person's blood pressure is at least 140 mm of Hg systole or 90 mm of Hg diastolic. Systolic refers to blood pressure when the heart beats while pumping blood. Diastolic refers to blood pressure when the heart is at rest between beats.	
Diabetes: a disease resulting in elevated levels of glucose in the body	There are four main types of diabetes mellitus. Type I diabetes is also called insulin dependent diabetes, juvenile-onset diabetes, brittle diabetes, or ketosis-prone diabetes. Type II diabetes is also called non-insulin-dependent diabetes, adult-onset diabetes, ketosis resistant diabetes, or stable diabetes. Type II often develops in over weight adults. Type III, or gestational diabetes, occurs in some women during pregnancy. Type IV includes other types of diabetes are linked to disease of the pancreas, hormonal changes, side effects of drugs, or genetic defects.	
Heart disease: any of several abnormalities that affect the heart muscle or the blood vessels of the heart.	Heart disease has been the number one cause of mortality and morbidity; There are a couple dozen forms of this lifestyle disease. Heart disease and other forms of cardiovascular disease can lead to congestive heart failure, a condition in which the heart cannot pump sufficient blood to meet the demands of the body.	
Nephritis/CRF: any disease of the kidney marked by swelling and abnormal function.	Characteristics of kidney disease are bloody urine, persistent protein in urine, pus in urine, oedema, difficult urination, and pain in the back.	
Stroke: a condition due to the lack of oxygen to the brain that may lead to reversible or irreversible paralysis.	Stroke is linked to advanced age, high blood pressure, previous attacks of poor circulation, cigarette smoking, heart disorders, embolism, family history of strokes, use of birth-control pills, diabetes mellitus, lack of exercise, overweight, high cholesterol...etc.	

LIFE STYLE MODIFICATION STEPS:

As told in classics that *Nidana Parivarjana is Chikitsa* It focuses on life style medication which involves altering long term habits typically of eating or physical activity with respect to biological clock and maintaining new behavior for months or years together. Ayurveda describes various measures which act both physiological and psychological perspective in the form of *Ahara, Vihara and Vichara SADVRITTA: Acharya Charaka* as explained in *Indriyopakramaniya adhyaya* about various forms of

sadvritta which as to followed by one who wishes for health and control of senses.⁷which includes behavioral do and don'ts, ethics of eating, ethics of *Malamutravisarjana*, ethics of social conducts, ethics of behaving with ladies, ethics of learning, ethics of teaching, ethics of work place etc. **ACHARA RASAYANA:** *Acharya Charaka* explains in *Rasayana Adhyaya* about *Achara Rasayana* the physical and behavioral conducts for the purpose of ethical way of leading the life⁸ which includes im-

proving the health status, social behaviors, and self-behaviors.

DINACHARYA: Almost all the *Acharyas* in *Brhatrayi* and *Bhavaprakasha* have stressed on the topic of following *Dinacharya*.⁹ That is following the regimen in response to circadian rhythm of the body as a reason that not following of this can lead to life style disorders starting from waking in *Brahma Muhurta*, Voiding of metabolic waste, oral hygiene in the form *Dantadhavana* by the use of *Kashaya*, *Tikta*, *KatuRasa* according to *Acharya Sushruth* he has emphasized *Madhura* drug¹⁰, *jihwa Nirlekhana* The cleaning of tongue, complete flushing of oral cavity by means of *kavala* and *gandusha*. *Anjana* for the purpose of ophthalmic health includes some *Panchakarma* procedure like *Doomapana*, *Nasya* showing their importance in preventive aspects. *Vyayama*, *Snana* for overall hygiene.

RUTUCHARYA: *Acharyas* have mentioned Six *rutu* considering the changes in the body and external environment. various do's and don'ts have been explained by them in the form of *Ahara* and *vihara*'s, the seasonal evacuation of *Doshas* is also explained like *Vasantika Vamana*, *Sharadiya Virechana*, *Varshika Basthi*.¹¹ In the absence of following the *Charya* mentioned it can lead to various diseases¹²; including life style diseases .

RASAYANA: There are two types of treatment one is *Swastasya Urjaskara* and another *Athurasaya Roga Nut*¹³. *Rasyana* falls under primary category nourishing and rejuvenating by the effect of promoting the *Agnibala*, purifies the body channels, thereby improving the nutritional status.¹⁴ thus acting as way to treat life style disorders. Various studies suggest the following action that is immunomodulator, adaptogenic, antioxidant, nootropic and anti-stress.¹⁵

DAIVAVYAPASHRAYA CHIKITSA: It includes chanting *Mantras*, *Aushadhi*, *Manidharana* (spiritual use of herbs and gems), *Mangalakarma* (propitiatory), *Bali* (offering oblations), *Homa*, *Prayaschita* (ceremonial penances), *Upavasa* (fasting), *Swastyayana* (ritual for social wellbeing) all this imply an positive impact on mind.¹⁶ It neutralizes the stress leading to reduction of suicidal at-

tempts.90%of world population engaged in religious practice coping with stress and management of life style disorders.¹⁷

SATVAVAJAYA: one among the *Trividha Chikitsa*. The treatment of gaining control over senses which is the root cause for disease so that keeping away from senses detached from unwholesome subjects¹⁸ even it includes counseling.

AharaVichara: It comes under *Yukti vyapashraya* line of treatment.¹⁹ As said by *Acharya charaka* body and diseases are caused by food that is wholesome and unwholesome food are responsible for health and disease respectively.²⁰ So *Acharyas* have mentioned about the concept of *Pathya* (dietary) and *Apathya* (non-dietary).so *PathyaAhara* can be a method to get rid of life style disorders which includes *Nitya Sevaniya* drugs like *Shali*, *Shastika*, *Mudga*, *Yava*, *Saindava*, *Amalaki* etc²¹ . *Acharya Charaka* has also explained in *Vimana Sthana* about healthy rules for in taking food and also eights facts determining the utility of food.²²

SHODHANA: *Shamana* and *Shodhana* being 2 types of *Chikitsa* where *Shodhana* involves *Panchakarma*. Preventive *Panchakarma* are mentioned by our *Acharyas* in the context of *Dinacharya*, *Rutu Shodhana*. It aims removing the vitiated *Doshas* so that the pathology would be reversed or disease would be prevented.²³

YOGA: yoga is the union of mind and body with spirit, the breath calms and focusing sharpens, there is harmony between body mind and spirit which results in improved fitness, flexibility, stress management relaxation, mental clarity and over all wellbeing which are the ways for prevention of life style diseases²⁴

Various programmes: This modification can be done by educating individually or in mass media. With an integrated and comprehensive intervention Programs like programs of lifestyle chronic disorders, programs for disability prevention and rehabilitation, health promotion and prevention of NCD to promote wellness can be given .²⁵

CONCLUSION

Life style disorders are great threat to society as it impacts the socioeconomic and socio cultural development. Without life style management in the form of proper dietary management, lifestyle advises, *Panchakarma, Rasayana, Dinacharya Rutucharya*, there would not be any other medicaments in preventing illness in all the 4 levels. Programs would be supporting to promote healthy life style when followed for long time there by achieving complete physical, spiritual and psychological wellness.

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