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, Sadvrittta. 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 civilization. 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 etc. 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, Sadpvritta.

**ETIOLOGY:** As said in Ayurveda that Prajnaparadha, Asatmyalindya Artha Samyogam and Parinama are 3 causative factor for the diseases. It 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 natural 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. Removal of these accumulated waste products is the first line of treatment.

**Table 1:** Causes of Lifestyle disorders

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

**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.

**Table 2:** Top 10 lifestyle diseases

| 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%)
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.7 which includes behavioral do and don’ts, ethics of eating, ethics of *Malamutavisarjana*, 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 Bhrattrayi 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 drug\(^10\), 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 diseases\(^12\) including life style diseases.

**RASAYANA:** There are two types of treatment one is Swastasya Urjaskara and another Athurasaya Roga Nut.\(^13\) Rasayana 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), Swastayana (ritual for social wellbeing) all this imply an positive impact on mind.\(^16\) It neutralizes the stress leading to reduction of suicidal attempts.90%of world population engaged in religious practice coping with stress and management of life style disorders.\(^17\)

**SATVAYAJAYA:** 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 subjects\(^18\) 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 etc\(^21\). 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 diseases.\(^24\)

**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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