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LIFESTYLE DISORDER–HEALTH CARE AND DISEASE MANAGEMENT OF AYURVEDA

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Abstract: Ayurveda is the most ancient science of life; health and cure, practiced in India for thousands of years based on its own unique fundamental principles such as promotion of health, prevention of disease, promotion of longevity etc. Lifestyle diseases (also sometimes called diseases of longevity or diseases of civilization interchangeably) are defined as diseases linked with the way people live their life. This is commonly caused by alcohol, drug and smoking abuse as well as lack of physical activity and unhealthy eating. Diseases that impact on our lifestyle are heart disease, stroke, obesity and type II diabetes. The diseases that appear to the increase in frequency as countries become more industrialized and people live longer. They can include Alzheimer's disease, arthritis, atherosclerosis, asthma, cancer, chronic liver disease or cirrhosis, chronic obstructive pulmonary disease, type 2 diabetes, heart disease, metabolic syndrome, chronic renal failure, osteoporosis, stroke, depression, and obesity. Increased number of deaths due to non-communicable diseases has been proved to be because of lifestyle related factors like physical inactivity etc. It is a responsibility to focus on lifestyle modifications in the 21st century. Ayurveda has great contribution in treatment of diseases as well as prevention of diseases. Conducts like Dinacharya (conducts in daytime), Ratricharya (conducts in night), Ritucharya (seasonal conducts), Ahara Vidhi (diet rules), Sadvritta (good conducts) etc. are described in detail in Ayurveda, can be included under the heading healthy lifestyle. It has tremendous role in prevention of diseases.

Keywords: Lifestyle, Ayurveda, Dinacharya, Ahara Vidhi.

Introduction: Life style disorders are the disease that is not transmitted by another person, a vector, or the environment or it is disease caused by a person's conducts, behaviors and practices or how we live our life. Lifestyle may be defined as a way of living of individuals, families and societies. The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia, and overweight/obesity associated with cardiovascular diseases is high on the rise. Cardiovascular disorders continue to be the major cause of mortality representing about 30% of all deaths worldwide. With rapid economic development and increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years^[1].

Life style disorders are going to take the form of epidemic in the 21st century, if proper preventive measures are not taken. Modern

system of medicine is successful in preventing diseases of infective origin but it is difficult to prevent lifestyle diseases alone with it. It is the need of time to review the ancient systems of medicine in order to apply measures prevalent in these systems in preventing the coming epidemic of lifestyle disorders which are preventable with changes in diet, lifestyle, and environment.

As Ayurveda is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders, the world is being attracted towards its potential. Ayurveda provides better solution in the forms of proper dietary management, lifestyle advises, Panchakarma like detoxification and bio-purification procedures, medicaments, and rejuvenation therapies. The holistic approach of Ayurveda, treating the patient as a whole, meaning intervention targeted toward complete physical, psychological, and spiritual well-being

makes this science a wonderful option in lifestyle disorders. Basically, a particular lifestyle of person is a cumulative product of his/her physical capacity co-ordinated with psychological functioning, displayed in the form of habits, behavior, dietary and living pattern based on his own training sought from childhood, and mimicries he gained from his immediate companions including parents, siblings, peers, etc. Thus, it involves a pure psychological and innate control over the physical and sensory activities. When this initiation, control, and co-ordination are disturbed, it leads to the derangement of lifestyle and results in any lifestyle disorder.

Ayurveda narrated this phenomenon as '*Prajnaparadha*' (intellectual blasphemy) ^[2] which is one of the three basic causes of any disease. There are ample improper actions as an impact of *Prajnaparadha* which are root causes of various diseases, e.g., habit of suppression of any natural urge is a result of *Prajnaparadha* and enlisted as a cause of nearly 50% of the diseases. Reversal of any neurotransmission or improper removal of the waste products formed during metabolism leading to accumulation of toxins is the basic cause of a disease. Therefore, the habit of suppression of urge in improper lifestyle can be considered as one of the root causes of lifestyle diseases. Removal of these accumulated waste products is the first line of treatment as described in Ayurveda by Charaka as well as in Naturopathy by Hippocrates, Henry Lindlarh, and Mahatma Gandhi ^[3].

Nidan (Causative Factors) Precipitating in the Life Style Disorder

Exogenous Causes: It includes Meda (Fat) stimulating diet & regimens.

Endogenous Causes: Dosha, Dhatu, Mala & Srotasetc. comes under endogenous causes. Only Charaka has defined Beejdosha (Heredity) as one of the endogenous cause. Ama (toxin) is also considered as an important causative factor. All the Nidana (causative factors) mentioned in Ayurvedic classics can be classified into 4 groups-1. Aharatmakanidana, 2. Viharatmaka Nidana, 3. Manas Nidana, 4. Anya Nidana

Aharatmakanidana: Any food which is contrary or contradictory or improper or unfavourable or obstructs the channels is considered as "Viruddha-Aahar" (unwholesome diet) ^[4]. There are some food which become unwholesome by their combination, preparations, proportions and digestive transformation as; Anupa Rasa Sevan, Atisampurana (over eating),

Guru Ahara Sevan, Mamsa Sevan (Excessive use of meat), Ikshu Vicar Sevan (sugarcane preparations), Payas Vikara Sevan (milk & its preparations), Shleshmala (diet aggravating Kapha) etc.

Viharatmaka Nidana: It includes Ayayama (Lack of physical exercise), Sukha Shayya (Luxurious sitting), Bhojanottaridra (sleep after meal) and Alpavyavaya (Reduced sex life) etc.

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

Management of Life Style Disorder: In the management of lifestyle diseases, Ayurveda offers various regimens including *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), *Panchakarma* (five detoxification and bio-purification therapies), and *Rasayana* (rejuvenation) therapies. The Sadvritta (ideal routines) and *Aachara Rasayana* (code of conduct) are utmost important to maintain a healthy and happy psychological perspective. The inclusive utilization of all these treatment modalities has a great effect on lifestyle disorders. Moreover, the application of organ-specific *Rasayana* herbs also provides enough scope not only for prevention of disease, but also for the promotion of health and cure of disease too.

Cardio-vascular disorders are discussed under *Hridroga* in Ayurveda. *Hridaya* has been referred to be the site of psyche. Any kind of psychological disturbance will lead to a disturbed patho-physiology of heart. Hence, it has been told to protect the heart from every kind of stressor (*Pariharya Visheshena Manaso Dukkha hetavah*). ^[5] On the contrary, conventional western medicine deals with the cardio-vascular disorder with single side of somatic disorder. Hence, Ayurveda has an upper edge in treating the disease with emphasis on its root cause. The Ayurvedic physician concentrates on achieving the objective of Ayurveda for promotion of health, prevention and management of disease for a healthy and happy life in the ailing society.

Daily Regimen (Dincharya): Right from waking up in the morning till sleeping at night, all the daily routines is called dincharya and has been given utmost importance in Ayurveda. Ayurveda recommends that in order to be optimally healthy we should tune our bodies to the nature's master cycle which in turn regulates the various other rhythms. Everyday two cycles of change pass through us, each bringing Vata, Pitta, or Kapha predominance. The approximate

times of these Ayurveda contends that routines help establish balance and that understanding daily cycles are useful for promoting health.

Diet Therapy: Diet is given maximum importance in healthy as well as in diseased status. It is said in ancient Indian literature that if dietetics is followed, medicine is not needed and if dietetics is not observed, even medicines are not useful. HitaAharais 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, i.e., Satvaguna, Rajogunaand Tamoguna. Acharya Charakaemphasises on food which are wholesome to the body like Shaali, Mudga, Yava, Saindhava, Jangala Mamsaetc. They should beconsumed regularly for the health maintenance. Thus the primary focus of diet therapy is to reduce overall calorie consumption. Examples include choosing smaller portion sizes, eating more fruits and vegetables, consuming more whole-grain cereals, selecting leaner cuts of meat and skimmed dairy products, reducing fried foods and other added fats and oils, and drinking water instead of caloric beverages. Itis important that the dietary counselling remains patient-cantered and that the goals are practical, realistic, and achievable. Each individual is recommended to follow specific diet & activities based on his Prakriti, as Prakritidetermines predisposition to diseases as well as therapy and life-style regime to a large extent.

Exercise: Although exercise alone is only moderately effective for weight loss, the combination of dietary modification and exercise is the most effective approach for the treatment. Regular light exercises help the body to shape up, increase muscle strength, improve appetite and maintains health. It gives the body the ability to withstand exertion, fatigue, and changes in the climate such as fluctuations in temperature. It helps one relax and have sound sleep, and improves digestion and elimination.

Drug Therapy: In Ayurveda various plant based drugs are advocated for the prevention and management of obesity, diabetes and dyslipidemia.

Seasonal Regimen: The human beingslives are ruled by the seasons, as the seasons' power and temperature automatically change the natural low of the body. By being the time cycles, seasons bring birth, life sustaining, aging and also death. With the proper knowledge on seasons, one can follow the right way of diet and behaviour that can harmonize and maintain a stable health ^[6].

Especially, the constitutional disorders manifestations will decline by following the correct diet and behaviour. Proper seasonal regimen maintains the climatic homologation in the form of Dosha Samya (equilibrium) in different seasons to promote Swasthavruttaon which Ayurveda has laid a great stress because prevention is better than cure. Specific regimen has been mentioned for the six seasons (Shishira, Vasanta, Greeshma, Varsha, Sharad. Hemanta)which includes Vamanain Vasanta Ritu; Virechanain Sharad Ritu; Bastiin Varsha Ritu ^[7].

Taking Care of Mental Health: In order to live a healthy and active life, a sound mind in the sound body is very essential. Therefore, to maintain the healthy status of the mind, Ayurveda prescribes a code of social as well as personal conduct, known as "Sadvritta" ^[8]. Mental health is an important component of one's health.To control on Rajas and Tamasonone can perform Meditation.Othervarious means of maintaining mental health are music, yoga, chanting, charity, etc.

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