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LIFE STYLE FACTORS AND CORRECTIVE MEASURES THROUGH AYURVEDA

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Abstract: Life style Diseases are called Diseases of longevity or Diseases of civilization. These are Diseases that appear to increase in frequency as countries become more industrialized and people live longer. Dictionary meaning of life style Disease is “A Disease associated with the way a person or group of people lives. These are different from other Diseases because they are potentially preventable, and can be lowered with changes in Diet, Life style, and environment. “In Brief life style Diseases are the results of an ill-relation ship of people with their environment”.

The incidence of life style diseases like Hypertension, Diabetes mellitus, Dyslipidemia, and overweight/obesity associated with cardiovascular Diseases is High on the rise with rapid Economic Development and increasing Westernization of life style in the past few decades, prevalence of these Diseases has Reached alarming proportions among Indians in the Recent years. As Ayurveda is Recognised as foremost life science and Describes ways to prevent and manage life style Disorders, the world is being attracted towards its potential.

Ayurveda provides better solution in the form of proper Dietary Management, Life style 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 towards complete. Physical, Psychological and spiritual wellbeing makes this science a wonderful option in life style Disorders.

Keywords: Ayurveda common life style ailments, Ritucharya, Dinacharya, Rasayana, Vyayama, Virudhahara, Sadvritta, Nidra, and their Remedy.

Introduction

1. A Disease associated with the way a person or group of people lives.
2. In brief life style Diseases are the results of an ill-relation ship of people with their environment and along with their Habits and Addictions^[1]
3. Life style Diseases are also known as Affluent society **Diseases** which are mainly caused due to Reduced physical activity and consumption of fast food and Alcohol, Smoking, Tabaco chewing, Drugs Addictions and psychological perverted mind factors etc^[2].

The Sudden increase in life style related ailments is Due to today's 24 x 7 world order leaves, little Room for entertainment, social busy life, exercise lacking, Sedentarylife, irregular eating, excessive eating like Junk Foods, Pizzas, Under stress conditions, lack of sleep due to professional stress, Time is being converted into

money thinking and personal priority take back seats as corporate interests and personal ambitions take center stage. Only when our body starts showing signs of fatigue and inability, we look at our Daily routine and think how the stage impacts our personal life.

The Clear Indication of Purpose

The Silent Killers: The world Health organization has warned that more than 270 million people are susceptible of falling victim to diseases linked to unhealthy life style^[3].

Until the present era, Death was caused by sudden onset conditions. The onset of these life style Diseases are gradual, they take years to develop and once encountered do not lend themselves easily to cure. Peoples Diet has changed substantially, with increases in consumption of meat, dairy products, vegetables oils, fruit Juice and alcoholic beverages and decreases in consumption of starchy staple foods

such or bread, potatoes, Rice and Maize flour vegetables.

The Common Life Style Related Disorders (Modern): Hypertension, Heart Disease, Stroke, obesity, Diabetes, Diseases associated with smoking and Alcohol and Drug abuse, Tobacco and Nutrition induced cancers, chronic bronchitis, emphysema and premature mortality^[3]. ALZHEIMERS Disease, Atherosclerosis, Asthma, cancer, Liver cirrhosis, chronic obstructive pulmonary Disease. Type-II Diabetes, Metabolic syndrome, Chronic Renal Failure, Osteoporosis, Acne, Depression, Obesity. In our Scenario we may also include Diseases like osteo arthrities of Knee, low back pain, stress related illness, addictions etc.

The Ayurveda Mentioned Life Style Disorders: Susrutha chikistha sthanam (14thChapter) and Astanga sangraha sutra

The Materials and Methods How it can be Achieved^[8]

Sama Dosha : Normal Bio rhythm
Sama Dhathu : Ideal Physical Constitution
Sama Agni : Ideal Metabolism
Sama Mala : Normal level and Discharge of Metabolic wastes from Body.

Prasanna Atma Indriya Mana : State of Having Ideal sensory and motor perception and
 It can be achieved by Balanced psyche and spirituality.

Dincharya (Daily Regimen) Ritucharya (Seasonal regimen)

Rasayana Therapy (longevity promoting medications and practices, sada vritta (Social Behavior)^[9]

Components of Dincharya: The Daily life Routine when to get up, Exercise, Dantha Dhavanam, Snanam, Snehnam, Ahara, Sadavritta–social Behaviour, Nidra, Vega Adharana, Manasika Vega Dharana (all psychological perversions)^[10]

Components of Ritucharya: These include Dietetic instructions, Vasthra Dharanam, Some Behavioral Practices, Panchakarma according to seasonal needs.^[8]

Rasayana: Use of Rasayana is advised particularly to seek Disease free Geriatric as well as to specifically fight same Aliments or to potentate the used medication.^[11]

Sadavrittam: Ayurveda has a strong preaching of sadavritta and Achar Rasayan which can be interpreted as personal Behaviour towards society as self and social code of conduct.^[12]

If above mentioned components of ritucharya, dinacharya is practiced it not only reduces individual stress and Helps to Maintain mental Health but shall also improve social structure.

sthanam (9thChapter) Viruddhana vijnaneyem. The Description about MAHAROGAS which includes: (1) Vata vyadhi (2) Asmari (3)Kustham (4) Meham (5) Udara Roga (6) Bhagandaram (7) Arshas (8) Grahani^[4, 5]

The above mentioned Rogas are nothing but the life style Diseases. This shows the severity of the life style Diseases when once occurred.

- The others are viruddha ahara (Incompatible Foods) Dushee Visha (Accumulated Poison in the Body) Gara Visha (Mixed type of poisons) etc^[6].
- The Clear indication of purpose is to preserve. The Human Structure by SWASTHARAKSHNAN AND VIKARA PRASHAMANAM^[7].

Some of the Practices Include (Behavior Therapy)

1. Not to harm other creatures.(Jeevahimsa)
2. Give Due respect to old, seniors, Rulers, Guests, Teachers etc.
3. Avoid insulting and Ignoring others and Adults.
4. Keep Balanced Mind during pleasure and pain avoid thinking of harming others
5. Try to speak only when desired but speak truth and softly.
6. Try to help needy.
7. Avoid theft, violence and abnormal sexual behaviours, and psychological perversions etc.

Major Results

- Amalaki, Aswagandha, Brahmi, Lashuna are helpful in curing Ailments like Hypertension, Hyperlipidemia and metabolic syndromes^[3]
- Acharya Rasayana, Sadavritta–Charaka described for Behavioural regimers and useful in stress management^[13]
- Agnimantha kashayem good for obesity also yava, loha- Bhasma, Guduchi, Takraaristha, Madhu, Brihat panchamula, Triphola, Shilajatu.^[14]

- Charaka has also mentioned yava, Triphala, Shilajatu for Diabetic patients.^[15]
- Garlic is claimed to help prevent Hrud Roga (High Cholesterol, Atherosclerosis)^[16]
- Guggulu –has very good effect on Hyperlipidemia^[17]
- Aswagandha, Brahmi, Shankapusphi Jatamansi etc are effective in management of Insomnia, Stress and Hypertension.^[17]
- Panchakarma therapy in unique therapeutic procedure useful for to modify the Bio-Chemical reactions useful in life style Born Disorders.^[18]
- Pancha karma Procedures –Vamana, virechanam, and Basti (Lekhana) are helpful in losing weight.^[19]
- Shirodhara and shirobasti are effective in relieving insomnia, stress and memory loss.^[19]
- Satvava jaya Chikistha is a unique therapy of Ayurveda to Deal With–Mental Disorders and Psychological perversion.
- Other than these preventive measures they are Yogic Practices – Useful for mental relaxation and for a better Concentration.^[3]
- There are a fair Number of Herbal and Herbo mineral Drugs to prevent and control such Diseases. These Drugs Not only Cure but also prevent its Dreaded complications.

Common Life Style Related Ailments and Remedies

Alzheimer's Disease: Aindri, Brahmi, Sankapushpi, Jotismati SiroBasti, Tarpana Nasyem is useful therapy. It is a form of neural disorder. No One knows the exact cause, But a real Break Down of the Cells of the Brain Does occur There is no treatment, but good Nutrition May slow the Progress of this life Style Disease.

Atherosclerosis / Dhamnikathanaya: Atheromas (PLAQUES) are the Major Causes of Heart Disease, Chestpain, Heart attacks, and other Disorders of the Circulation. Atherosclerosis usually occur with aging. It is linked to over weight, high BP and Diabetes use of low fat but High PUFA containing oils like, Tila, Coconut oils, Sarson etc. Use of Gugglu, lashuna, Triphala, Jav-Kshar, Methi etc lowers abnormal fats in blood.

1. **Diabetes:** Leads to serious complications in Heart, Brain Eyes, Kidneys etc. Early detection, weight control, use of regular therapy is advisable.
2. **Heart Disease:** Maintain Ideal Weight, Regular walk, Low Fat and Calorie Diet,

3. **COPD:** Chronic obstructive pulmonary Disease - a Disease Characterised by slowly progressing, irreversible airway narrowing and loss of lung capacity. Remedy lies in stopping smoking, avoiding pollution and Doing Regular Pranayanam
4. **Cancer :** is a Disease of civilization Early Detection and Treatment, Avoid cancer Risk Factors and Prevancerous States.
5. Osteoarthritis, sandhivata
6. Low back pain or katishoola
7. Chronic liver Diseases counseling for Alcoholic Addiced person.

Discussion

- Average life of man in increasing and life style related Disorders are increasing.
- Adopt a healthy life style to have along trouble free life.
- Don't Delay correction of Ailment till late when it shall compromise quality of life.
- While Adding years to life add life to year.
- Try to achieve physical, Mental and spiritual Healthiness right from childhood.
- It can be achieved by
Dincharya (Daily Regimen) Ritucharya (Seasonal Regimen)
Rasayana Therapy (longevity promoting medications and practices, sada vritta (Social Behaviour)

Conclusion

- Life Style Diseases are Silent killers
- Increased Incidence going very high.
- Four Percent greater them people from other Nations Sudden increase in life style Due to 24 x 7 World
- Reduced Physical Activity and consumption of fast food and Alcohol addiction.
- Abuse of Drugs, Additions, Incompatible food, smoking Accumulated poisons (Dusheevisha) Garavisha (Mixed Poisons) Heavy metals Leeds to various organic Failure.
- Able to avoid the life style factors we can able to prolong the life span without Health Ailments.
- Prevention is better then cure–it is an advice to make the people alerted about their life style strategy.
- Creating awareness and Educating the public is very important.

- Sadavrittam, yoga practice and psychological counseling is Important one.
- With all these expect the Healthy life by creating the various Innovative measures through Ayurveda.

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