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CONCEPT OF LIFE STYLE DISORDERS W.S.R. TO RASA VAHA SROTODUSTI

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Abstract: Lifestyle diseases (diseases of longevity or diseases of civilization interchangeably) characterize those diseases whose occurrence is primarily based on the daily habits & dietary pattern of people and are a result of an inappropriate relationship of people with their environment. These diseases are different from other diseases because they are potentially preventable, and can be lowered with changes in diet, lifestyle, and environment.

The onset of these lifestyle diseases is insidious, they take years to develop, and once encountered do not lend themselves easily to cure. Almost all diseases are caused by the improper way of food habits. In Ayurveda Acharya Charak also stated that the body as well as diseases are caused by food; wholesome and unwholesome food are responsible for happiness and misery respectively.

After digestion food takes two forms that is Prasad & Kitta Bhag; from Prasad Bhag, Rasa Dhatu is formed which is prime among seven Dhatu and responsible for the nourishment of succeeding Dhatu and also the formation of Updhatu. But improper & unwholesome food habits lead to vitiation of Rasavaha Srotas which is further leads to manifestation of various diseases.

Keywords: Rasa Dhatu, Prasad Bhag, Kitta Bhag, Updhatu, Rasavaha Srota

Introduction: Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits and dietary pattern of people and are a result of an inappropriate relationship of people with their environment. The main factors contributing to lifestyle diseases include bad food habits, physical inactivity, wrong body posture, and disturbed biological clock^[1]. A report, jointly prepared by the World Health Organization (WHO) and the World Economic Forum, says India will incur an accumulated loss of \$236.6 billion by 2015 on account of unhealthy lifestyles and faulty diet. According to the report, 60% of all deaths worldwide in 2005 (35 million) resulted from non-communicable diseases and accounted for 44% of premature deaths. What's worse, around 80% of these deaths will occur in low and middle-income countries like India which are also crippled by an ever increasing burden of infectious diseases, poor maternal and perinatal conditions and nutritional deficiencies. The onset

of these lifestyle diseases is insidious, they take years to develop, and once encountered do not lend themselves easily to cure. Almost all diseases are caused by the improper way of food habits.^[2]

Today people food habits have undergone a sea change. Over 50 years the food pattern changed considerably which changed our diet by the use of lots of processed foods, foods with saturated fats, foods with sugar content, increases consumption of Junk food, less and less fruits and vegetables etc. These foods are low in vitamins and important nutrients. Decreased physical activity work as catalyst to increase the risk factor of lifestyle disorders, thus less usage of the energy leads to manifestation of diseases like stroke, obesity, hypertension etc.^[3]

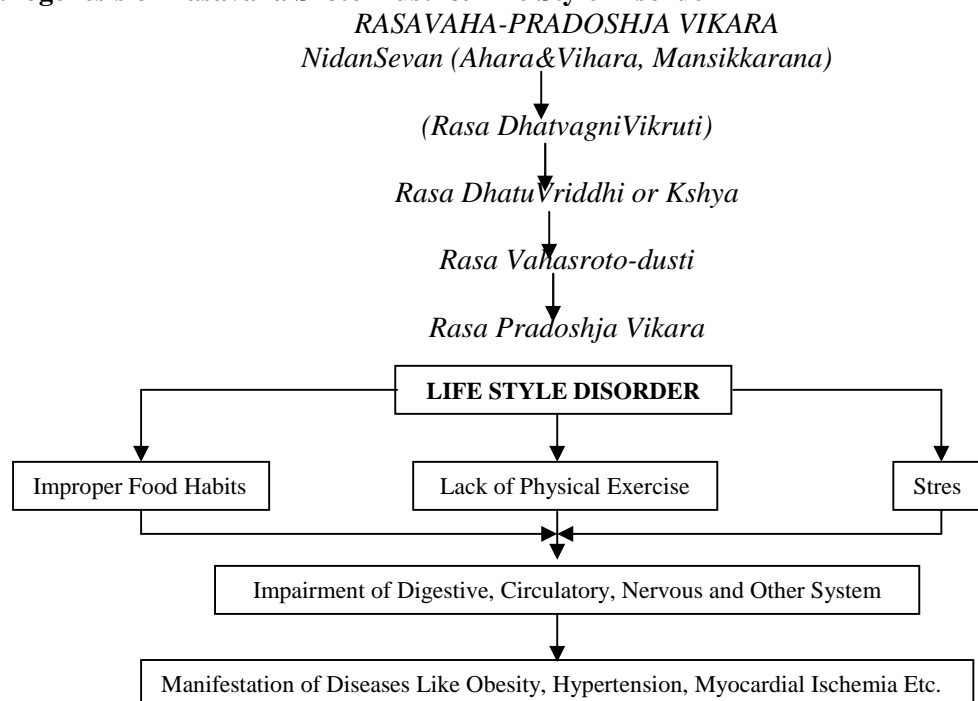
In Ayurveda Acharya Charak also stated that the body as well as diseases are caused by food; wholesome and unwholesome foods are responsible for happiness and misery respectively. Tissue elements of the body

undergo continuous depletion and this loss is replenished by the nutrient material supplied through rasa derived from the food material. Thus the individual maintains proper health^[4]. After digestion food takes two forms that is *Prasad* (essence part) & *Kitta Bhag* (waste product). Later this *Prasad Bhag* comes in contact with *Rasa Dhatvagni* & further divided into two parts i.e. *Sthulamsha* & *Sukshamamsha*. Then this *Paramsukshmbhag* of *Anna Rasa* is known as *Rasa Dhatu*. *Rasa Dhatu* works for nourishment of every space in living body. It is compared with stem of lotus flower, which supplies nutrients for lotus flower.^[5]

Rasa Dhatu functions from intra-uterine life. Growth, nutrition, strength & entire life of foetus depend on this^[6]. *Poshakamsha* of all other *Dhatu* present in *Rasa Dhatu* and it's also responsible for the formation of *Updhatu*. It Cause of *Rasavaha Sroto-Dusti*^[9] & *Life Style Disorder*^[10]:

	<i>Rasavahasroto-dusti</i>	Life style disorder
Causes	<ul style="list-style-type: none"> Improper & excessive intake of heavy food items (like ghee, cream, butter, black gram etc) Cold food items (freezed food) Intake of unctuous food Over eating Heavy mental pressure 	<ul style="list-style-type: none"> Intake of processed food, food with saturated fats consumption of Junk food spicy and fried items taking food in improper time excessive eating foods are low in vitamins and important nutrients stress

Pathogenesis of *Rasavaha Sroto-Dusti* & Life Style Disorder



Sign & Symptoms of *Rasavaha Sroto-Dusti* & Life Style Disorder

Excessive increase of *Rasa Dhatu* gives rise to^[11]

- Irritation to mind
- Excessive salivation
- Laziness

satisfies metabolic urges of an individual, gives *Tripti* (satisfaction) & *Prasannata* (lusture) to the body.^[7]

***Rasavaha Sroto-Dusti* in Relation with Life Style Disorders:** Since the *Rasa Dhatu* contains all the nutrients required for the body, it can be assumed that the living body is a product of *Rasa*. Hence one must be careful in protecting the *Rasa Dhatu* by proper diet, water intake & by behaviour.^[8]

But unhealthy life style and improper food habits leads to *Rasavahasroto-dusti* which further causes manifestation of various diseases similarly described under numerous life style disorder as per modern system. We can proper understand this phenomenon with the help of following points: 1. Cause. 2. Pathogenesis. 3. Sign & symptoms.

- Cough
- Suppression of digestive power
- Dyspnoea
- Heaviness of body etc.

Excessive loss of *Rasa Dhatu* gives rise to^[12]

- Pain in cardiac region

- Palpitation
- Excessive thirst
- Restlessness
- Tiredness
- number of diseases Intolerance to loud speech
- Exhaustion even slight exertion etc.

These factors (excess or loss of *Rasa Dhatu*) leads to *Rasa Pradoshja-vikara* which are as follows^[13, 14]:-

- Anorexia
- Abnormal taste in mouth
- Nausea
- Impotency
- Premature greying of hairs
- Cardiac disorder
- Anaemia
- Loss of vision
- Indigestion
- Obstruction to the channel of circulation
- Emaciation

Lifestyle diseases account for a majority of the diseases that are common around the world today. Common lifestyle diseases are- Obesity, Diabetes, Heart disease, Hypertension, Depression, Anxiety disorders, indigestion, acidity, anaemia etc. where we can find improper food habits is the major cause for these diseases. Sign & symptoms which are present due to excess or loss of *Rasa Dhatu* can be observed in related life style disorder. For eg.-

- In cardiac disorder- palpitation, dyspnoea, pain in cardiac region etc.
- Obesity- laziness, heaviness of body etc.
- Anaemia- palpitation, intolerance to loud speech, tiredness etc.
- Diabetes- excessive thirst, restlessness, laziness etc
- Depression:-Irritation to mind, Restlessness, indigestion etc.

Conclusion: We can see the cause, pathogenesis, sign & symptoms of *RasavahaSroto-dusti* and life style disorder are very similar to each other. *Ayurveda* reminds us that health is the balanced & dynamic integration between our environment, body, & spirit. For prevention of lifestyle disorders in *Ayurveda Dincharya* (daily regimen) & *Ritucharya* (seasonal regimen) has described by *Acharya*.

Rasa Dhatu is meant to bring about nutrition of all body entities & responsible for growth of body. It works since foetal stage till

death. One should always take wholesome food with a view to prevent the occurrence of such diseases.

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