

PREVENTIVE ASPECTS AND HERBAL MANAGEMENT IN CERTAIN LIFESTYLE DISORDERS

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Survival of man with disease is an immortal truth. With the growth of civilization, every intellectual of society has always searched the means to eradicate disease. Newer inventions for the removal of ailments have generated different other new challenging diseases. We should think that emphasis on eradicating disease is not serving worthy for healthy society. New dimensions of researches should prevail in the direction of living healthy. Health & wellness is the ultimate goal of human race and medical science. Ayurveda an ancient medical science has developed certain unique & beneficial measures for modern society to remain healthy. When we live with health & wellness, diseases have no way to pollute our body system. Ayurvedic means of positive health can be answered in the direction of health & wellness. Moreover, the journey for the inner happiness is a positive step for the cheerful life.

Life is a style and everybody have its own style of living it. Rapid and dynamic changes in human life due to advanced technological interventions has rescheduled the food, routine, habits and thoughts. In the present era of time, infectious diseases are over and non-communicable diseases have become the major problem in society. Most of NCDs are Stress disorders. India is estimated to have, approximately 7 crore Diabetics, 4-5 crore Hypertensives, and 1-2 crore patients with Ischemic Heart Diseases (IHDs). Growth, Industrialization and pollutants in food and drinks have increased the incidence of cancer in Indian society. This is a serious matter of concern for everybody.

Many other disorders related to *Annavaha Strotas (Ama, Ajeerna, Grahani, Udara shula)*, *Pranavaha Strotas (Tamak shwasa, Kasa, Hridroga, Rakta pradoshaj vikara)*, Different categories of *Vatavyadhis*, and problems of fertility are another area of stress disorders.

Basic Principle of Ayurveda-

The Theory of *Panchamahabhuta* is still relevant. *Saddhatwatamak Purusha* means in the envelop if universe man can survive with vitality. *Panchbhautika* environment of cosmos, human body & matter is same. Adjustment with environmental dynamicity paves the way for greater achievements.

Theory of *Tridosha* is physic-pathological presentation of happiness & misery. Modern medical science is also searching ways for perfect equilibrium of *Tridosha* set-up. At this juncture, real Ayurvedic image if medicinal plants come in picture *Yuktivyapashraya Chikitsa* is the part of Ayurvedic medicine specially designed to achieve a desired balance.

How to live healthy-

Balanced *Ahara & Vihara* is the key answer every time known to remain healthy.

नित्यम् हिताहार विहार सेवी, समीक्ष्यकारी विषयेष्वशक्त।
दाता समःसत्यपराक्षमावान् आप्तोप सेवी च भवन्त रोगः॥

(Ashthanga Hrudyam, Sutra Sthanam 4/36)

Ahara

Dietary principles of modern society are very complex. These principles are planned accordingly, physiological & biochemical need of body tissues. These principles changes from person to person & metabolic process turns its course, according to the existing environment. Principles of balanced diet, fat, sugar or salt free diet are never correct because your body & brain enjoy enormous vitality to convert fat in to glucose & glucose in to fat even protein in the glucose. Ayurvedic principles of *Asta-ahara-vidhi-vishesayatana* are still relevant.

Ahara Vidhi Vidhanam

तत्रेदमाहारविधिविधानमरोगाणामातुराणां चापि केषाञ्चित् काले प्रकृत्यैव
हिततमं भुञ्जानानां भवति-उष्णं स्निग्धं मात्रावत् जीर्णं वीर्याविरुद्धम् इष्टे देशे
इष्टसर्वोपकरणं नातिद्रुतं नातिविलम्बितम् अजल्पन् अहसन् तन्मना भुञ्जीत
आत्मानमभिसमीक्ष्य सम्यक् २४

(Charaka Samhita, Vimana Sthanam 1/24)

Mataravat Bhunjit

Diet Should be taken in a quantity according to need if the body. Over eating & low eating should be avoided. Quantity can be decided according to digestive capacity if the person (***Agni***)

मात्रावदश्नीयात् मात्रावद्धि भुक्तं वातपित्तकफानपीडयदायुरेव विवर्धयति
केवलं सुखं गुदमनुपर्येति न चोष्माणमुपहन्ति अव्यथं च परिपाकमेति त-
स्मान्मात्रावदश्नीयात् ३

(Charaka Samhita, Vimana Sthanam 1/24)

Snigdha & Guru

Diet like *Masha*, *Rajmasha*, *Payasa* & tasty & spicy food are advocated for excellent power of the digestive fire, while *Ruksha*, & *Laghu Ahara* like *Mugda*, & Soup for the low ***agni*** capacity persons. Decision of Quantity again depend on two factors, ***Guru Snigdha*** in low quantity & ***Ruksha Laghu*** in high quantity & secondary on the body need. Condition of digestive fire (***Agni***) also changes according to environment like after previous diet has been digested complete or partially, according the season like best in peak cold climate & worst in ***varsha*** or rainy season, whether we take a balanced diet or imbalanced diet principle of ***agni*** always supersede.

Tanmana bhunjit

Modern Culture always stress on healthy dietary articles while Ayurveda emphasis more on its digestive & metabolic conversion which is depend on the hormonal and other secretary factors. If you enjoy the food intake digestion will always be perfect. Enjoy the food never means taste & recipe, which are miner factors but the food can be enjoyed with mental satisfaction according to need of the body where recipe & taste may not be highly delicious.

Atmanabhisamikshya

Not only dietary routine but total lifestyle should be planned as per the unhurdled voice of your inner consciousness. Yogic personalities of India & abroad have demonstrated that man can live long on the diet of environmental air & light. Everlasting source of energy power psyche & intellect is the soul. In the meditative state soul is merged in supreme & every cell & every atom of the body is charged with energy.

Prakruti, Karan, Samyoga, Desha, Kala etc.

Dietary principle depends upon the constitution of body & diet. The recipe, the climate, seasonal & geographical variations decide the quantity & quality of diet. Even after tremendous scientific achievements man has not been able to search a universal diet for human body in respect to organ & tissues.

Vihara

Dincharya, Ritucharya, Sadvirtta, Achara Rasayana are the universal principle of Ayurvedic medicine to ascertain a healthy style of personal routine.

1. **Dincarya** - Dynamic changes of the young society, life style of Indian community is a matter of great concern for the medical community. India is going to become 1 to a hub of diabetics, hypertensive & cardiac patients. It is earnestly needed to reverse the cyclic changes for eradication of stress and enjoying the life style.

Early to bed: Early to bed and early to rise, makes a man healthy, wealthy and wise is an important English phrase which is same as Ayurvedic life style teaches us. Atmosphere silence & tranquility before sun rise to prevent stress phenomenon is highly scientific.

Vyayama: In the western world 70-80% population is engaged in different body exhausting procedures including yogic exercises. Ayurveda advocates **vyayama** necessary for daily routine. **Abhyanga** or massage should be a part of daily routine. Both are antidepressant mood elevator & physically fit keeping technique. Bathing should be part of routine life as it mood refreshner & body cleaning procedure. Many other procedures like **udavartana** i.e. applying skin beautifying natural herbs are also helping to remain fit & good looking. Mood elevator medicinal smoking, is also advised **Anjana**, i.e. eye freshener medicine,

Nasya i.e. Nasal medicine are also part of Ayurvedic routine.

Do dental hygiene, oral hygiene is being stressed in Ayurvedic medicine with excellent medical herbs still promising. Ear & Scalp oil application, idea is to pay attention to every part of the body for a long healthy life. Care for foot, protection of body from direct sun rays & rain during movements are some more **dincarya** principles. Personal safety measures & personal hygiene is also well defined in Ayurvedic routine which are nowadays converted into unhealthy procedures causing physical & mental stress.

Every individual has a different routine & different kind of work potential. What is important in Ayurvedic positive health measure is to improve the personal & social productively in a comfortable situation. The adverse situation not fit to the ideology of a person can be turned positive with a healthy life style.

2. **Ritucharya** - These measures are advised to protect body from direct sunlight in Grin, Rain water in **varsha** & environmental cold in winter season. Moreover, changes in dietary articles are also advised as per state of **agni** which differ according to different places.

3. *Sadvritta* - Practices of healthy living including personal hygiene & social adjustment measures.

Ayurveda for promotion of health-

Rasayana (Including Medhya Rasayana)

यद्यथा शल्यं शालाक्यं कायचिकित्सा भूतविद्या कौमारभृत्यम् अग्रदत्तन्त्रं
रसायनतन्त्रं वाजीकरणतन्त्रमिति ७

(Sushruta Samhita, Sutra Sthanam 1/7)

Rasayana technique is extra ordinary approach of Ayurvedic specialty to promote the normal health vitality & energy. *Rasayana* therapy is again dependant of following Ayurvedic principles of diet & routine (*Ahara & Vihara*). *Amalaki* is described to be the best *Rasayana* herb can be promoted as food item and medicine both. Many *amalaki* preparations are described in *Charaka samhita* like *Chayawanprash* and *brahma rasayana*. Different researches conducted on *Amalaki* is said to be an excellent immune-protective, and antioxidant properly but the process by which is prevents ageing has yet to be identified. Researches has also proved that *amalaki* is not effective because of only rich source of vitamin C but due to its others constituents like **Amalakin I & Amalakin II**.

Other *Rasayana* & Immune-protective drugs like *Ashwagandha* (anti-stress, antioxidant), *Tulsi* (Immunomodulator & antioxidants), *Guduchi* (Immunomodulator) *Pippali*, *Bhallataka*, *Haritaki*, *Bala* & many others.

There are certain *Rasayana* drugs which are supposed to improve intellect i.e. *Medhya Rasayana* (e.g. *Brahmi*, *Shankhpuspi*, *Guduchi* & *Madhuyashti*). Certain specific drugs act on specific disorders, like *arjuna* on Ischemic heart disorder, *shilajeet* in diabetes mellitus & so on.

मण्डूकपर्श्याः स्वरसः प्रयोज्यः क्षीरेण यष्टीमधुकस्य चूर्णम्
रसो गुडूच्यास्तु समूलपुष्प्याः कल्कः प्रयोज्यः खलु शङ्खपुष्प्याः ३०

आयुः प्रदान्यामयनाशनानि बलाग्निवर्णस्वरवर्धनानि
मेध्यानि चैतानि रसायनानि मेध्या विशेषेण च शङ्खपुष्पी ३१
इति मेध्यरसायनानि

(Charaka Samhita, Chikitsa Sthanam 1/1/30)

Acharya Rasayana

Described in Ayurveda is a code of conduct to avoid stressful situation e.g. *satyamvadina* (Truth speaker). Speaking truth means a challenging but progressive & stress free situation. It is very clear that following of good conduct itself improves the longevity & healthy life. Taking certain drugs like *Amalaki*, *Aswagandha* and *Shilajeet* according to need improves the health & prevents many diseases. Many experiments done in this regard have proved these claims to be true. It has also been observed in the society that person living healthy life after 60 year of age are mostly adopting certain *rasayana* therapy whether healthy routine, *Acharya Rasayana* or use of *Amalaki* preparations.

सत्यवादिनमक्रोधं निवृत्तं मधमैथुनात्
अहिंसकमनायासं प्रशान्तं प्रियवादिनम् ३०

जपशौचपरं धीरं दाननित्यं तपस्विनम्

देवगोब्राह्मणाचायगुरुवृद्धार्चने रतम् ३१

आनृशंस्यपरं नित्यं नित्यं करुणवेदिनम्
समजागरणस्वप्नं नित्यं क्षीरघृताशिनम् ३२

देशकालप्रमाणज्ञं युक्तिज्ञमनहङ्कृतम्
शस्ताचारमसंकीर्णमध्यात्मप्रवर्णेन्द्रियम् ३३

उपासितारं वृद्धानामास्तिकानां जितात्मनाम्
धर्मशास्त्रपरं विद्यान्नरं नित्यरसायनम् ३४

गुणैरैतैः समुदितैः प्रयुङ्क्ते यो रसायनम्
रसायनगुणात् सर्वान् यथोक्तान् स समश्नुते ३५
इत्याचाररसायनम्

(Charaka Samhita, Chikitsa Sthanam 1/4/30-35)

Vajikarana

Another health improving measure in Ayurvedic medicine in *vajikarana* means to improve libido & fertility by the process of potentiating vigor & vitality.

सन्ति चाल्पाश्रयाः स्त्रीषु बलवन्तो बहुप्रजाः
पक्व्या चाबलाः मन्ति मन्ति नामयदर्बलाः ५

(Charaka Samhita. Sutra Sthanam 2/4/5)

All the *Vajikarana* drugs are mood elevators. Many *Vajikarana* drugs are nutrients. The system of *Vajikarana* improves potency if a person in fertile life. As per *Charaka*, 16-70 years has lot of social, familial and cultural responsibilities. This is an age where a highly enthusiastic workforce is essential for progressive life. *Vajikarana* science so much practiced by Ayurvedic therapist that this therapy is recognized in society as potency improving therapy. Ayurvedic science is still leading in this part of medicine & commonly utilized by common man.

Thoughts and Lifestyle-

How to improve productivity in a comfortable situation depends on positive thoughts. One should be acceptable in society, family and friends in behavior and social conduct for which Ayurvedic science has laid down empathetical pressure. Different emotional disturbances like **Kama (lust)**, **Krodha (anger)**, **Bhaya (fear)**, **Irshya (rage)**, **Lobha (greed)** etc. has been described as **Vegas** and their protection can lead to prevention of stress problems.

An acceptable Lifestyle-

- Early to bed & early to rise,
- Morning walk, Yogic **Asana**, Aerobics, Jogging, Running & Gym * different **Vyayama** technique.
- Stress relieving practices **abhyanga**, **Snana**, **Pranayama**, Meditation etc.
- Live comfortable & let others live in the same manner.
- Path of progress should streamline society & not against it.
- Haphazard & non-predictable routine should be avoided.
- Spare time to help other during busy schedule.

Practice of Yoga-

Follow the principle of truth as far as possible-

- **Aparigraha** should be a way of life.
- **Swadhyaya** with moral & spiritual preaching's.
- Practice of **Pranayama**
- Confidence building **yogic exercises**
- **Meditational practices**
- Relaxation with meditation including **relaxation responses**.

Consciousness improving practice-

Every individual is a part & partial of supreme deity, Soul is ever travelling in cosmos & its presentation on earth is a milestone of everlasting travel. We should be emerged with almighty always in this relationship to away consciousness to achieve a supreme state of health.

Herbs to prevent lifestyle disorders-

Tulsi : Immunomodulator & Anti-stress herb

Giloya : Immunomodulator & adaptogenic.

Aloe Vera : Liver function promotor & metabolism stimulating herb.

Brahmi : Memory improving & Brain tonic.

Triphala : GIT Cleanser. Useful in Diabetes Mellitus and Hypertension.

Trikatu : Anti-obesity drug. Useful in Atherosclerosis and Dyslipidemia.

Arjuna : Cardiotonic & Anti Diabetic.

Ashwagandha : Anti Stress & Rasayana.

Tagar : Sleep inducer & Anti stress.

Jatamansi : Anti Stress & Sleep promoter.

Kapikacchu : Anti-depressant & Vajikarana.

Punarnava : Regenerative force. Useful in Kidney, Liver disorders.

Research Studies-

A study has been conducted taking a hundred cases of Prameha (Diabetes Mellitus). Contrary to the classical *nidanas* of Prameha,

आस्यासुखं स्वप्नसुखं दधीनि ग्राम्यौदकानूपरसाः पयांसि
नवान्नपानं गुडवैकृतं च प्रमेहहेतुः कफकृच्च सर्वम् ४

it has been observed that stress plays more important role than Kaphaja diet. Prameha was also observed in workers and farmers in the given study. The universal life style for every individual is not only difficult but also unethical to be promoted in society.

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