

MANAGEMENT OF LIFESTYLE DISORDERS W.S.R TO MENTAL HEALTH CARE

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ABSTRACT

Lifestyle disorders are on hype in today's world with rapid economic development and increasing westernisation in the past few decades and prevalence has reached alarming proportions among Indians in recent years. Ayurveda, The Science of Life, describes ways to prevent and manage lifestyle disorders along with their causes. Ayurveda narrated a phenomenon called Prajnapradha which is one of the three basic causes of any disease specially lifestyle disorders. Good mental health will not allow mind to do prajnapradha. In this article, one can find the way to avoid prajnapradha and as a result can save thyself from lifestyle disorders.

Keywords : Lifestyle disorders, Prajnapradha, mental health care, Ayurveda

INTRODUCTION

Lifestyle is the sum of one's living style. One living style refers the way with which people behave and respond to their environment. It is the interests, opinions, behaviours, and behavioural orientations of an individual, group, or culture. It determines one's total physical, mental, cardiovascular and metabolic profile. Lifestyle is major factor to influence susceptibility to many diseases like autoimmune disorders, Non-communicable diseases (NCDs). Broadly we can say, unhealthy lifestyle give rise to lifestyle

disorders, such as cardiovascular diseases, hypertension, type II Diabetes mellitus, Obesity, COPD etc. The technology dependent, stressful environment with physical inactivity and excess of unhealthy food practices is offering a way to these disorders for both the segments of Indian population viz urban and rural. In the recent years, the prevalence of lifestyle disorders have been reached to an alarming state and burden of lifestyle disorders is increasing exponentially. Therefore, it is essentially important to adopt healthy lifestyles to relieve ourselves from these disorders.

Lifestyle involves a pure psychological and innate control over the physical and sensory activities. When this control is disturbed, it leads to the scramble of lifestyle and results in any lifestyle disorder. Ayurveda narrated this prodigy as 'prajnapradha'. Classics of Ayurveda advocates basic three aetiological factors or causes of diseases- *Atiyoga* or excessive utilisation, *Ayoga* or non-utilisation and *Mithyayoga* or wrong utilisation of objects of senses, acts and time^[1]. The factor which we could be correlated with lifestyle is one's actions. Action is

application of speech, mind and body. So three fold actions I.e. relating to speech, mind and body further divided into three categories in the form of undue utilisation, non-utilisation and wrong utilisation constitute Pragyaparadha (Intellectual blasphemy or error)^[2].

This is what is needed to be address in today's era of modernisation- the improper lifestyle which is nothing but the Prajnaprada which results from improper mental health. As we all know, mental health and physical health are fundamentally linked. There are several studies which strongly suggest that how the improper mental health are risk factor for developing lifestyle diseases^[3].

AIM : To establish a relation between causative factor as well management implication of mental faculty in lifestyle disorders.

MATERIAL AND METHODS

All the classical ayurvedic texts and samhitas were thoroughly reviewed. Information collected from the various ayurvedic database and articles published in distinguished journals. The search was done by the keywords lifestyle disorders, ayurvedic lifestyle, mental health care, *prajnaprada*. All the data was reviewed and critically analysed.

RESULT

In keeping view the mind-body relationship, it is essential to adopt healthy life-styles and prevent this modern epidemic of life-style disorders by taking special care of mental health by reducing *prajnaprada*.

DISCUSSION

In Ayurvedic classics, Action is application of speech, mind and body. Too much application of these is excessive use or *atiyoga*, their total non-application or *Ayoga* and perverted use or *Mithyayoga*; these threefold action each having three subdivisions is taken as *Prajnaparadha*^[4]. Wrong understanding by the intellect and wrong actions (accordingly) should be known as *Prajnapradha*^[5] which is committed by the mind and *prajnaprada* leads to several lifestyle disorders in long term. So, here comes the relation of mental health care in lifestyle disorders as curative as well as preventive. Now question arises what action comes under *Prajnapradha*. Sheers of Ayurveda gave detailed description of action which comes under the Prajnaprada and causes various diseases. There is general as well specific details of the same. Here we will bring in knowledge those factors which leads to lifestyle disorders which are as use of unwholesome things though already known as such^[6], avoidance of the code of noble conduct^[7], envy, fear, anger, greed, ignorance, confusion and troublesome action taken under their spell is said as Prajnaprada (Intellectual error) by the nobles^[8]. The following table clearly depicts how these action could lead to lifestyle disorders:-

Action under <i>prajnapradha</i>	In today's perspective	Leading Disorders
<i>Gyatanaamaswayamarthanaamaahitanaamanishe vanam</i> ^[6]	<ul style="list-style-type: none"> - Unhealthy food habits - Sedentary lifestyle 	<ul style="list-style-type: none"> ✓ Diabetes mellitus ✓ Metabolic syndrome ✓ High cholesterol ✓ Obesity ✓ Cancer
<i>Sadvritasayarjanama</i> ^[7]	<ul style="list-style-type: none"> - Technology dependent - Personal hygiene - Not adopting natural way - Alcohol and smoking abuse - Substance abuse 	Occupational lifestyle diseases <ul style="list-style-type: none"> ✓ Alzheimer's disease ✓ Asthma ✓ Chronic liver diseases ✓ COPD ✓ Stroke ✓ Vascular dementia ✓ Cancer
<i>Tat tat va karma yatklishhtamklishhtanyatdehakarma cha</i> ^[8] <ul style="list-style-type: none"> • <i>Ishrya</i> • <i>Bhaya</i> • <i>Krodha</i> • <i>Lobha</i> • <i>Moha</i> • <i>Mada&Bhrama</i> 	Troublesome actions as <ul style="list-style-type: none"> - Envy - Fear - Anger - Greed - Ignorance - Confusion 	<ul style="list-style-type: none"> ✓ Atherosclerosis ✓ Cancer ✓ Depression ✓ Hypertension ✓ Heart disease ✓ Osteoporosis

Prevention is remedies or activities that aim to reduce the likelihood of a disorder affecting individual. As we know lifestyle diseases are preventable if an individual set a correct path to lead his life joyfully. Lifestyle diseases can be prevented through reduction in smoking to tobacco^[9], Obesity and overweight can be prevented through healthy eating and exercise^[10], prevention of chronic diseases by means of diet and lifestyle changes^[11] and impact of lifestyle on Health^[12] which is nothing but the stop oneself from doing the above mentioned *Prajnapradha*.

Now question arises how could prajnapradha be abandoned. As we mentioned above, it is solely committed by the mental faculty i.e our own mind. The mind verily is restless, turbulent, strong and unyielding and it as difficult to control as to control the wind as Arjuna told/mentioned about in most holy book, a venerable scripture Srimad Bhagavad-Gita. Then Lord krishanasays, undoubtedly the mind is difficult to control and restless; but, by practice(*Abhyaas*)and by dispassion (*vairaagya*), it may be restrained^[13].Then, Classics of Ayurveda also narrate in *sutra rupafundamental* precaution to keep oneself mentally healthy i.e. *Ahitebhayoarthebhyomanonigraha*^[14] (restraint of mind from the unwholesome objects). In the management as well as prevention of lifestyle disorders, our Ancient science and literature offers an effective way i.e. by *Abyaasa*and *Vairagyato* control the mind from doing *prajnapradha*. This implication concentrates on achieving the promotion of health, prevention and management of a disease for a healthy and happy living in the society.

CONCLUSION

After reviewing all the literature it is concluded that if ones take care of his mental health can avoid lifestyle disorders to a great extent. Good mental health care have overall effects on all part of body. This article gives a direction,a way through which lifestyle disorders can be minimised effectively by taking care of mental health. Further prospective analytical studies should be done in this regard which can further proof the how ones lifestyle modification can prevent the prevalence of lifestyle disorders with special reference to *prajnapradha*.

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