

CAUSES AND SOLUTIONS FOR LIFESTYLE DISORDER: AN AYURVEDIC VIEW

Arpit Kumar Shrivastava*, Vandana Singh**, Rajendra Prasad***

*M.D 2nd year Junior Resident, Department of Kayachikitsa, Faculty of Ayurveda,
Institute of Medical Sciences, Banaras Hindu University.

** M.D 2nd year Junior Resident, Department of Dravyaguna, Faculty of Ayurveda,
Institute of Medical Sciences, Banaras Hindu University.

*** Professor, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences,
Banaras Hindu University.

INTRODUCTION

In the present pace of globalization, people are so much indulge in the competition of progression that they have totally overlooked their health, and progressively becoming a victim of certain diseases. *Ayurveda* being one of the most ancient traditional systems of medicine has an extensive guideline regarding the promotion and sustenance of health. It always has its first motive to prevent the individual from the ailments by practicing apposite *Aahara* and *Vihaara* in accordance to their *Prakriti*, *Desha*, *Kala* etc. Diseases which emerge due to unhealthy and inappropriate life style are considered as a lifestyle disorder. It chiefly includes cardiovascular complaints, hypertension, diabetes mellitus, obesity etc. According to the National Family Health Survey, 9 percent of men and 13 percent of women in India are overweight. 165.8 per 100,000 population is dying owing to IHD (ischemic heart disease), and moreover, around 116.4 per 100,000 people's death is due to cerebro-vascular diseases in India. It shows how the burdens of malady are increasing day by day just because of ignorance to oneself. This article is an attempt to demystify the dogmas and approaches of *Ayurvedic Science* in regard to the health perspective which could play an important role in the epidemicity of lifestyle disorders.

AYURVEDIC MODEL OF BODY AND HEALTH

According to the *Ayurvedic* model, an organism is defined as a system of function and not specifically of structure. Hence understanding of *Ayurveda* is quite different from that of biomedicine. It is based on *Tristambha*, i.e. – *Vata*, *Pitta* and *Kapha* which grossly perform the function like movement, transformation, and growth, respectively. This concept is apt because functions (physiological) are the main criteria to assess the status of health while any pathology i.e. deviation from physiological task leads to disease. Addition to this *Ayurveda* focused on system network where all components work together to yield a particular function. It also talks about the interrelationship of outer world to the inner world i.e. macrocosm and microcosm and *Prakriti* i.e. bodily

constitution. Considering all the variables, conducts are described beautifully in the literature which varies in each and every individual and increase its authentication. One could achieve good health by practicing *Dincharya*, *Ritucharya*, *Sadvritta*, *Achar Rasayana* by taking *Rasayans*, *Aahara* in accordance to *Prakriti*, *Desha*, *Kala*, *Aahar vidhi visheshaytana* etc.

REASONS BEHIND LIFESTYLE DISORDERS

As per *Ayurveda* health is a total harmonized state of physical mental and spiritual functions, which is gained by equilibrium of *Sharirika* and *Mansika Dosha*. Any kind of disharmony in any of these *Doshas* affects the other too. According to *Acharya Sushruta* the main cause of ailment is *Dukkha* (Grief) i.e association of miseries. While *Acharya Charaka* has mentioned three main causes of “*Dukkha*”, is

1. *Asatmyndriyartha samyoga*
2. *Prajnaparadha*
3. *Kaala*

1. *Asatmyndriyartha samyoga*- It is related to incompatibility of senses and includes overuse, underuse and faulty/abuse of organs while perceiving their objects. It is applicable for all the physical and cognitive functions of the body. For instance, listening high decibel sounds through various means triggers disorders related to ear. Most professional hazards like continuous peering into mobile phones and laptops, looking at high beam lights, exposure to extreme heat followed by aircondition, smelling of chemical pollutants etc are the incompatibility of objects to corresponding sense organs. Along with it overthinking, anger, grief etc *Mnasika Bhavas* also leads to certain lifestyle disorders. For example, overeating due to stress is the instigator for lifestyle disorders like Diabetes Mellitus.

2. *Prajnaparadha*- It is an intellectual blasphemy and have a greater relevance in contemporary time. Inappropriate comprehension of subjects result in unfavorable emotions such as, negative thinking, misbehavior, lack of knowledge, lack of good conduct etc. It may include smoking, alcoholism, drug abuse and sedentary life style with faulty food habits.

3. *Kaala*: It includes seasonal and cardinal variations. Untimely intake of food, lack of ample sleep, consumption of edibles contradictory to season and climate etc comes under *kalaviparinama*.

SOLUTION FOR LIFESTYLE DISORDERS

Correction in way of life should be the main aim for prevention as well as management of lifestyle disorder. *Ayurvedic* literatures describe an ideal lifestyle and code of conduct which can be taken as the modality for prevention and management. Few among them are as follows:

1-Dinacharaya: *Ayurveda* describes some daily regimen modality for attainment of health which are as follows;

- ***Brahamamuhurat-jagrana*** – It is said to get up in *Brahmamuhurat* i.e 90 minutes before the sunrise, because at that time concentration of nascent oxygen is more in the atmosphere which easily get dissolved in the blood to form oxyhaemoglobin. Along with it release of serotonin increases in exposure of bright light which contributes in feeling of alert and happiness. Further, late night sleep causes increase in level of cortisol which in turn elevate the blood pressure.
- ***Ushna jalpana***: 1-2 glasses of water should be taken before sunrise. It prevent from renal stones, haemorrhoids and constipation.
- ***Shauchvidhi*** : Defecation at proper time increases the digestive power and prevent from various disorders.
- ***Achamana/ Mukha –netra prakshalana***: Prevent the individual from various eye disorders.
- ***Dantadhavana (Tooth brushing)***: It stimulates taste perception and increases the salivation. Saliva contains salivary amylase(ptyalin) which plays a role in digestion and lysozyme and secretory IgA which act as antimicrobial agents.
- ***Jihva –nirlekhana (tongue cleaning)***: According to Accupressure theory, tongue has many sensitive areas which control functioning of liver, stomach . kidney etc.
- ***Anjana*** (application of collyrium in eyes): : it causes irritation to eyelid and conjunctiva which increases the blood circulation.
- ***Nasya*** (oily nasal drops):- it stimulate the nerve endings through cribriform plate and send message to CNS.
- ***Sneha gandusha dharana*** (Retaining oil in mouth): it has the massaging affect over the oral mucosa and strengthen the muscle of cheek jaw bone and face. It also improves the oral circulation
- ***Dhumpana*** (medicated fume inhalation): it has the disinfective property which clears the upper respiratory system and also stimulate the respiratory centre.
- ***Tambula bhakshana*** (chewing betel leaves): it stimulates the taste perception.
- ***Abhyanga*** (oil massage): it enhances the blood circulation and induces the release of endorphins which has an analgesic effects.
- ***Vyayama*** (Physical Exercise): it increases the metabolism, augments appetite, eliminate toxins from the body.
- ***Chankramana***: It is a kind of exercise which cleanses the srotas of bodies and enhances the perceptive power of the organ.
- ***Snana***(Bath): It increases enthusiasm, strength, appetite and removes sweat and other impurities from the body.
- ***Sandhyopasana / Mangalakritya*** (Worship of Divine): it gives internal peace and improve the concentration of an individual.

2-Ritucharya: Weather and seasonal variations have profound relationship with the disease. Disorders like, bronchitis, peptic ulcer, eczema aggravated in particular season. In *Ayurvedic* treatises it is shown that how the surrounding hampered the harmony of bodily humour which tend to cause disease. In order to combat this, he has mentioned a seasonal regimen which one should practice in their life. Few indications are as follows;

- **Hemant Ritu-** Diet suitable for this season includes milk and its preparations, cane juice and its preparations, flesh of marshy animals, unctuous, sour, salty food products, lukewarm water for drinking. massage with oil, hot sudation.etc
- **Shishira Ritu:** Regimen as advised in *Hemant ritu*.
- **Vasanta Ritu:** diet like–*Yava* (*Hordeum vulgare*), *Godhuma* (*Triticum vulgare*), honey in diet. Flesh of *shashaka* (rabbit). Water cooked with *shunthi* (*zingiber officinale*), etc , exercise, *Udvardana* (massage) , *Kavala* (gargle), *Dhoompana* (smoking with medicated drugs), *anjana* (collyrium) and evacuative measures such as *vamana* and *nasya* are advised
- **Grishma Ritu:** *Madhura* (sweet), *sheeta* (cold) and *snigdha* (unctuous) food and drink, ghee and milk along with *Sali rice* is advised. Staying in cool places, adorn with flowers and wearing light dresses are advised etc.
- **Varsha Ritu:** Old *yava* (*Hordeum vulgare*), *godhuma* (*Triticum aestivum*), *Sali rice* (*Oryza sativa*) along with the meat of arid animals and vegetables. *amla*, *lavana* and *snigdha* food items are advised in diet. Use of honey while preparing food is advised.
- **Sharad Ritu :** Intake of sweet, light, cold, bitter food and drinks are advised in a diet. *Yava*, *Godhuma* are prescribed. *Virechana* (purgation), *Raktamokshana* (bloodletting) procedures are advised.

3.Sadvritta : it involves the ethical regimen to be followed. Like: Speaking of truth, having self control, having respect for teachers and elders, free from anger jealousy grief, abstinence from bad company, unlawful sexual activity etc. The person who follows *Sadvritta* have much good quality of life and also not get suffered with mental disorders.

4-Rasayana: *Rasayana* are the substances which promote the status of tissues by acting on specific dhatwagni, by enhancing the quality of *Poshaka* part of *Rasa* and also and also by promoting competence of *Srotas*.

5-Dietetic principles: *Ayurveda* has given much importance to *Aahara* for sustenance of health and also one of the treatment modality in management of lifestyle disorders. *Ashtaahara Vidhi Visheshayatana*, *Dwadash pravicharna*, *Aahara-parinamkara bhava* these unique concepts are the contribution of *Ayurveda* only.

CONCLUSION

Lifestyle disorder is the outcome of faulty standard of life. No one can ever dream of attaining health without the abstinence of this flawed way of living. *Ayurveda* has its ubiquity on focusing on the preventive aspect of the disease more which can be achieved by practicing *Dincharya, Ritucharya, Sadvritta, Aahaara Regime* etc in accordance to *Prakriti, Desha, Kaala*. Moreover *Ayurvedic* practitioners should come forward to promote this side of the coin too and help in the goal of “HEALTH FOR ALL”

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