

## ROLE OF AAHAR & VIHAR IN LIFESTYLE DISORDER

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### ABSTRACT

*In today's era, manage lifestyle becomes a challenge where every person has to face several disorders because they have different needs, situations, work area, eating habits, sleep time etc. Life style is based on basically 4 pillars i.e. Aahar, Vihar, Sanyam, Nidra, Where lifestyle directly affected by Aahar&Vihar which affect body & mind directly "Jaisa Khaaye Ann Vaisa Hoyal Mann" and Sanyam&Nidra affects it indirectly which appears in behavior. Every human being carry his own personality according to ayurveda which based on the concept of Triguna (Sat, Raj, Tam). According to type of Prakruti, a person should adopt the lifestyle and eating habits, if he ignored he might become ill or sick and even get frustrate with his own situations, which is very common problem in today's generation. These problems start with bad eating habits as well as physical inactivity with sleepless nights and turns into a lifestyle disorder i.e. obesity, insomnia, high & low blood pressure, depression, fatigue etc.*

*To manage Life Style, a person should adopt some good habits, which can help them to stay healthy & happy. He should wake up early in the morning and drink plenty of water, adopt habit of walk (specially morning walk) in place of car, rickshaw etc. eat at least one seasonal fruit, green leafy vegetables, low calorie diet, avoid junk food, packed food, exercise daily, increase practice of "Kriya Yoga", "Attitude of Gratitude" makes the difference in attitude and personality. In this theoretical research, discussed some solutions about life style and bring awareness about concept of Triguna in aspect of personality.*

**Key words:** Aahar, Vihar, Lifestyle, Disorder.

## INTRODUCTION

People who are living in town/city, most of them has disturbed lifestyle due to stress of work, sedentary job, so many people are moving towards village to town due to some job aspects, earnings, education or business purpose. Sometimes their lifestyle turns according to their work hours, sitting or standing job habits, and the most probably their eating habits and sleeping patterns.

When we talk about lifestyle in general, then four terms appears which effect the daily routine of the person where person may get health-wealth nicely and easily or it may also happens that person may get different kind of disorders. These four terms are **Aahar**, **Vihar**, Nidra, Sanyam.

**Aahar:** According to Pt. Shri Ram Sharma Acharya: Aahar comes before the Health-Discipline and Vihar comes after it. Vihar includes "routine (nityakarm), defecation, bath, sleep, work or diligence, satisfaction.

What to eat? When to eat? How to eat? These statement help a person to identify that what kind of diet he needed and according to his Aahar his body reacts then rest action of body & mind depends on Vihaar.

Aahra has 3 types of qualities Satvik, Rajsik, Tamsik (Geeta 17.8 &9) similarly a person has the quality based upon concept of Trigunai.e. Vaath (Raj), Pitt (Sat), Kaph (Tam). Every human being get his own personality through these 3 elements that identify the personality which is known as Prakruti and it is affect by the food and lifestyle. Intake food against the prakruti lead to so many diseases obesity, fatigue, diabetes, arthritis, flatulence, gout, constipation, cough-cold, uric acid formation etc.

**Vihar:** After Aahar lifestyle directly get affected by Vihar because it includes toilet habits, bath habits, and whole day activities. If a people supposed to ignore defecation, urination then his body's natural call get negatively affect as well as absence of punctuality and it again a second reason to lead disorders like frustration, swelling in body, odd behavior, lack of peace of mind, scattered mind etc.

Sleepless night directly influence body & mind because a melatonin hormone start to secret in the night around 9 pm and if person ignore that particular time of sleep, then this habit turns into Psycho-somatic disorders like insomnia, depression, high-low blood pressure, kidney disorders, hormonal disbalance, metabolism related disorders etc.

**Sanyam** also affect the body & mind. According to Pt. Shri Ram Sharma Acharya there are four types of Sayam: "**Samay, Indriy, Arth, Vichaar**".

Time management (Samay Sayam): Every human being get limited time, how to manage time is a big task for everyone, because time travel with its own speed and if people do not catch & match the speed of time, they fell down or left behind and in a simple words "who cannot waste time, we can only waste our self" and then it's turn in to a psychological disease where failure, depression, phobia takes place therefore time management should be on priority.

Sensual control (IndriyaSayam): people who do not have self-control and always get effected by words and taste, consider themselves as an uncontrolled person and at outer world they seems normal but inside they felt guilt, anger, jealousy therefore sense control should practice by every human being.

Money Management(ArthSayam): in today's time people are earning thousands buck of amount and similarly their expenses increase by the same proportion and speed, here desirous exceeding with their earnings and people become greedy, they want more & more, they forget to minimize their needs as well as desirous. To control this habit and become happy, one has to practice to minimize expenses & donate some part of his earnings(AnshDaan).

Control over Thought (VichaarSayam): Every-day thousands of thoughts come and go but very few are useful for us. Our thought pattern developed our attitude and self-concept which turns into reality. If our thought pattern is negative then our expression, actions, reaction, self-concept, is also negative. So we should focus on our thought pattern and try to make them positive. Positivity in negativity out.

## DISCUSSION

According to bhagwaan Krishan in Geeta 17/8,9<sup>1</sup> Persons in the mode of goodness prefer foods that promote the life span, and increase virtue, strength, health, happiness, and satisfaction. Such foods are juicy, succulent, nourishing, and naturally tasteful. Mode of goodness is pure, illuminating, and serene, and creates a sense of happiness and satisfaction. Foods in the mode of goodness have the same effect. In the above verse, these foods are described with the words ayuh sattva, meaning "which promote longevity." They bestow good health, virtue, happiness, and satisfaction. Such foods are juicy, naturally tasteful, mild, and beneficial. These include grains, pulses, beans, fruits, vegetables, milk, and other vegetarian foods.

Hence, a vegetarian diet is beneficial for cultivating the qualities of the mode of goodness that are conducive for spiritual life.

Foods that are too bitter, too sour, salty, very hot, pungent, dry, and chili, are dear to persons in the mode of passion. Such foods produce pain, grief, and disease. When vegetarian foods are cooked with excessive chilies, sugar, salt, etc. they become Rajsik. While describing them, the word "very" can be added to all the adjectives used. Thus, Rajsik Aahar are very bitter, very sour, very salty, very hot, very pungent, very dry, very chili, etc. They produce ill-health, agitation, and despair. Persons in

<sup>1</sup> आयुः सत्वबलारोग्यसुखप्रीतिविवर्धनाः ।

रस्याः स्निग्धाः स्थिरा हृद्या आहाराः सात्विकप्रियाः ॥

कट्वम्ललवणात्युष्णतीक्ष्णरूक्षविदाहिनः ।

आहारा राजसस्येष्टा दुःखशोकामयप्रदाः ॥

the mode of passion find such foods attractive, but those in the mode of goodness find them disgusting. The purpose of eating is not to relish bliss through the palate, but to keep the body healthy and strong. As the old age states: "Eat to live; do not live to eat." Thus, the wise partake of foods that are conducive to good health, and have a peaceable impact upon the mind i.e., Satvik Aahar.

Geeta 17/10<sup>2</sup>Foods that are overcooked, stale, putrid, polluted, and impure are dear to persons in the mode of ignorance. Cooked foods that have remained for more than one yam (three hours) are classified in the mode of ignorance. Foods that are impure, have bad taste, or possess foul smells come in the same category. Impure foods also include all kinds of meat products.

If lifestyle is Tamsik person may live a lazy life eat oily, junk food or intake stale food etc. do not believe in walk, Yogasan practices, more focus on hunger, thirst, overweight, difficulty in losing weight, but the ease of weight gain, bad digestion, weak hunger, upper respiratory tract infections, excess oil in the skin, extra oil in hair, acne, may stay in dark, hide emotions, not expressive, thought pattern shows negativity more than positivity. Then the person may become obsessed, catch a problem of diabetes and cough diseases like sinus, cold, asthma, depression, lethargies in the body, Hypothyroidism, Insomnia etc.

If lifestyle is Rajsik person may live very fast life, person behave aggressive, create arguments, unstable, get frustrate easily, dry skin, weakness, fatigue, problems caused by gas, flatulence, cold, different types of pain, weight loss, pain in the muscles, veins Pain, Back Pain, High Blood Pressure, mood disorganization etc. He likes to eat spicy food, fasting, late meals, and being hungry is a hindrance in the work of vicious defects. Waking up for late in the Night, staying in cold air, overcooked dry diet, and stale food, genetic disturbances, and low emission of uric acid salts. Emotions like hyper-busy lifestyles, guilt-feelings, fears and grief are cruel. VaatPrakruti most of the time present himself in hurry whether he completed all task on time, still person talk fast, walk fast, understand very fast, and the strange thing forget also very fast. They need more rest in comparison Pitt and KaphParkruti

If life style is Satvik then he live a smooth life, he behave politely, nicely and likes to eat fresh, light food, fruits, Vegetables etc. but if opposite happens then these things can lead to bile unbalance in the gallstones, other reasons are also exist getting into strong sunlight, working near a hot furnace, staying in hot climate, stress and staying under pressure, with hot pepper, hot and spicy food, use of more salt, consumption of yeast food items, sour food and more ambitious. Excess of acidity in the body, more gastric fluid-gastritis, discomfort in food-tube, burning sensation in the body, burning

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२यातयामं गतरसं पूति पर्युषितं च यत् ।

उच्छिष्टमपि चामेध्यं भोजनं तामसप्रियम् ॥

sensation in the head, Feet and palms, blood flow from the nose, burning sensation in the urine, nail being yellow. Depression, irritation, anger, restlessness, loss of temper, always criticizing others and being in the debate.

**Solution:**Here are some solutions for standard lifestyle to settle body, mind and soul for all three type of (parkruti)people are as follow:

- Wake up early in the morning
- Drink at least 2 glass water
- Practice Taadasan, Katichakrasan, Triyak-taadasan after drinking water.It help to remove constipation.
- Make habit to go toilet on same time.
- Make habit to go on morning walk to gain vital force energy in form of Oxygen.
- Do Vaman&Neti once in a week to remove excess mucus & bile, practice nauliagnisaar to improve digestive fire and kapaalbhaati to clean skull as well as reduce fat too.
- Do yogaassan,
- Practice pranayama, according to parkruti and season. In winter do bhastrika and suryabhedipranyaam, in summer do chanderbhedi,sheetlisheetkari, etc.
- Bharmri and ujjayi can do 12 month to remove depression, anxiety etc.
- Practice Kriya Yoga
- Tapa: vaachik (chanting of mantra), maansik (do meditation), shaaririk (stretch and sweat).
- Swadhyay: read scriptures, self-analyses,write something or read something valuable.
- Breakfast: avoid tea and coffee completely,avoid oily diet on daily basis, take sprouts (semi boiled), oats,soaked dry fruits.
- Take one seasonal fruit “an apple a day, keeps doctor away”
- During lunch take complete balanced diet like a king and includes chapaati, rice, curd, seasonal veggie, daal, salat etc. you may gud after meal.
- Do not use mobile phone during meal, physical practice and kriya yoga, and when we talk with our family or friends.
- In the evening again ignore tea and coffee, and replace it with green tea or fruit.
- During dinner ignore oily stuff, protein diet,choose soup, chapaati and veggie. At the bed time take a glass of milk (luke warm).
- Make habit of donation in terms of food, cloth. Learn to share & care and spread happiness and peace.
- Listen positive things daily, meet with positive people.
- Adopt habit of punctuality.
- Offer gratitude to everyone who helped you and gratitude begins from home.
- Respect yourself and believe in your-self that you can do everything.

- Believe in divinity that he will always protect you.
- God is with you.
- Practice Aatambodh, Tatvabodhmeditation.

## CONCLUSION

In this theoretical research, it was found that, Aahar-Vihar&Nidra-Sayam which are pillar of lifestyle either invite the disease or makes a person healthy, wealthy and wise. Aahar makes body by Sapt-Dhaatu which effects the mind. If Aaharis Tamsik then a person who intake it, behave like tamsik parkruti, his thought pattern also works according to his diet and person start to think at low frequency, and when he replace his diet with Satvik Aahar his thought pattern transform into higher frequency and he starts to attract health, success, prosperity. Vihar play an important role to gain life force energy and reduce problem of insomnia, depression, obesity, and provide peace of mind, daily routine work should be on time and punctuality as well as positive thoughts should exist in the surroundings. Nidra, a tool to regain the energy and relax the body & mind. Very true saying "Early to bed, early to rise, makes a man healthy, wealthy & wise". People who cannot able to use this teaching most probably they found themselves into trouble. So it is better to sleep well and stay healthy. Sayam, teaches a person detached with negative environment and move towards inner self more and more. Minimize unnecessary expenses, live life fully and surrender the greed, share happiness with needy ones. Last but not least happiness comes out from inside so it is better to drop all the problems and surrender to the divinity and live life fully and practice Tapa, Swadhyay, Ishwar-Pridhaan. Adopt teachings of Aayurved, go for walk, start share & care, do yoga, and drink plenty of water, and ready to be shine in the world with inner peace, inner love and inner joy.

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