

HOLISTIC HEALTH MANAGEMENT FOR LIFESTYLE DISORDERS W.S.R. TO THEIR PREVENTION

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Ayurveda is a holistic science and treats the patient as a whole. The intervention of ayurveda which is targeted toward complete physical, psychological, and spiritual well-being makes this science is a wonderful option for management of lifestyle disorders. Lifestyle of person is cumulative product of physical capacity, coordinating with psychological functioning, displayed in the form of habits, behavior, dietary and living pattern, based on his own training sought from childhood and mimicries he gained from his immediate companions including parents, siblings, peers, etc. When the initiation, control, and co-ordination are disturbed, it leads to the derangement of lifestyle and results in any lifestyle disorder. Ayurveda narrated this phenomenon as "Prajnaparadha" (intellectual blasphemy).⁽¹⁾

The habit of suppression of urge in improper lifestyle can be considered as one of the root causes of lifestyle diseases. Removal of these accumulated waste products is the first line of treatment as described in Ayurveda by Acharya Charaka as well as in Naturopathy by Hippocrates, Henry Lindlarh, and Mahatma Gandhi.⁽²⁾ In the management of lifestyle diseases, Ayurveda offers various regimens including Dinacharya (daily-regimen), Ritucharya (seasonal-regimen), Panchakarma (five detoxification and bio-purification therapies), and Rasayana (rejuvenation) therapies. The Sadvritta (ideal routines) and Aachara Rasayana (code of conduct) are utmost important to maintain a healthy and happy psychological perspective. The utilization of all these treatment modalities has a great effect on lifestyle disorders. Any kind of psychological disturbance will lead to a disturbed pathophysiology of heart. Hence, it has been told to protect the heart from every kind of stressor (Pariharya Visheshena Manaso Dukkahetavah).⁽³⁾

The interesting thing is that there are many factors outside of the obvious physical needs of our body that play a significant role in undermining our quality of life and promoting Lifestyle Disorder. The Potentials impacting our physical health are Poverty, Unemployment, Malnutrition, Crime, Divorce, Lack of Education, Stress etc. Balance health is a major problem for all age groups of people which include young age, middle age and old age groups. A huge amount of money being utilized on health care besides that we already have our own holistic health management system i.e. Ayurveda. It provides balance in life through uses fundamentals of Nature which takes the whole person into consideration, focuses on natural healing and patient-empowering.

Holistic Health Care is a more universal approach to regular health care. It is not only concerned with the absence of disease, but with a positive state of being. It includes all of the unlimited resources available to each of us. It is defined as viewing one's self from a whole perspective and focusing our health care needs on the mind, body and spirit connection. It also includes accepting personal responsibility, health education, using preventive care and all modalities of care available such as Medicine (Drugs, Herbs, Minerals, Animal products etc.) surgery, chemotherapy, nutrition, rehabilitation, hypnosis, acupuncture, psychotherapy, bodywork, energy work, and spiritual healing and others to mention a few. Philosophy of Holistic Health Management is to take the whole person into consideration, focuses on natural healing and its patient-empowering. The concept of holistic health encourages people to accept responsibility for their own level of wellbeing, and everyday choices that effect their health.⁽⁴⁾

Patients are encouraged to be responsible for the daily care of their health through diet, exercise, lifestyle and attitudes about what constitutes wellness. Support to patients on every step of the way, helping them to make appropriate choices and take responsibility for their well being. Mind and body are integrated and are inseparable. Holistic health care practitioners do more than just identify and treat a specific ailment. They are trained to look at the various aspects of the lifestyle and health issues of each individual, and design a course of treatment to help, reach optimum level of wellness.⁽⁵⁾

The focuses of primary care in the prevention of Lifestyle Disorder are Diet, Exercise, Environmental measures, Relationship and spiritual counseling, Attitude and behavior modifications, Bio energy enhancement etc.

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