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IMPORTANCE OF AYURVEDA IN LIFE STYLE DISORDERS.

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Abstract-

Life style disorder is the conditions result as a change in living and behavioral pattern of human. Due to increase in sedentary life style pattern, job requirement, competitive life and fast move to achieve success are the cause of all these diseases that includes hypertension, obesity, diabetes, cardiovascular diseases, mental disorders, polycystic ovarian diseases (PCOD), etc. Lack of exercised or over exercises, over conscious towards health, eating low fats-high proteins , high carbohydrates foods, unnecessarily used of minerals and vitamins, unhealthy diet pattern, improper sleep pattern, smoking, used of tobacco, used alcohol, used of Narcotic drugs, stress, mental un-stability etc. are also supportive reasons for life style disorders. But Ayurveda provides good solution with proper dietary management, lifestyle advises, detoxification and bio-purification procedures called Panchkarma, medicaments and rejuvenation therapies to such a global burden.

Index Terms - Lifestyle Disorders, Dincharya, Ayurveda healthy habits.

I. INTRODUCTION

Life style disorder termed as the “disease those are associated with once life style”. It is the habit of person that detracts him from healthy activities to sedentary routine which is the main cause of various health issues. Beside these unhealthy sedentary habits, consumption of huge amount of alcohol and smoking will also cause this. Some types of lifestyle disorders are may also caused due to the degrading environmental quality.

In the past some twenty to thirty years no any concept of such group of diseases associated with life style in the fame but Suddenly it boom due to globalization and economic growth planes that have been accompanied with serious incidence of life style issues worldwide.

These all types of diseases variety comes under Non-communicable diseases. Non-communicable diseases (NCDs) are also known as chronic disease tend to be of long duration and are the result of a combination of genetic, physiological, environmental and behavioral factors. The main types of NCD are cardiovascular diseases (such as heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes.

NCDs disproportionately affect people in low- and middle-income countries where more than three quarters of global NCD deaths – 31.4 million – occur.[1] Non-communicable diseases (NCDs) kill 41 million people each year, equivalent to 71% of all deaths globally. Every year more than 15 million people die from a NCD between the ages of 30 and 69 years; 85% of these "premature" deaths occur in low- and middle-income countries. 77% of all NCD deaths are in low- and middle-income countries. Cardiovascular diseases account for most NCD deaths, or 17.9 million people annually, followed by cancers (9.3 million), respiratory diseases (4.1 million), and diabetes (1.5 million). These four groups of diseases account for over 80% of all premature NCD deaths. Tobacco consumption, physical inactivity, the harmful use of alcohol and unhealthy diets all are increases the risk of dying from a NCD.[2] Amongst them Hypertension, coronary heart diseases, Diabetes, Obesity etc are major issue in current situation.

Ayurveda is holistic science, also called as “Science of Life” it not only deals with diagnosis and treatment of diseases with natural remedies but also teaches us the methods, habits those are required to stay healthy and long life happily.

From the definition of health given in Ayurveda, we get to know that how important the lifestyle in Ayurveda is. Definition of health according to ayurveda is the “complete equilibrium of Dosha, Dhatu Agni with delighted mind, body and soul”. If our Doshas (Vaata, Pitta and Kapha) , Dhatu (Raas, Rakta, Mamas, Meda, Asthi, Majja, Shukra and Oja) are in Samyaavastha (in balance state) health is maintained and if these are getting imbalanced diseases are happened.[3] Moto of ayurveda is “svasthasya

svaasthya rakshanam aaturasya vikaar prashanama ch". Ayurveda aimed prevention of diseases in healthy person and maintained its Dosha equilibrium. It is helpful to manage and treat imbalance in body mind and soul with the help of herbs, diet and lifestyle guidance with specialized therapies like Abhyanga, Swedana, Virechan Vaman Basti Panchakarma procedures and Yoga. These non-communicable groups of diseases can have near life threatening consequences. It is slowly taking our life near death like a slow poison and we do not even know about it. It is very important to get the world out of this poisoned state and this work can be done with the help of Ayurveda. That is why the importance of Ayurveda has been told through this article for lifestyle diseases. Keeping in mind the importance of the way Ayurveda teaches us about all the rules of healthy life, we should follow those rules.

II. LIFESTYLE DISORDERS IN DETAIL

Life style diseases includes

- Hypertension
- Diabetes
- Cardio vascular diseases
- Behavioral problems
- High cholesterol
- Obesity etc.

Lifestyle disorders are due to choices that people make in their life. The good news is that most of the lifestyle disorders are preventable and many are even reversible.

Causes of Lifestyle disorders

The common cause of lifestyle diseases are include irregular eating habits, sedentarily life style , over eating , fast food eating habits , dependency on processed food , artificial sweeteners and carbonated water drinking habits , bad eating habits on the name of Starter-Dessert-Sweet-Appetizer, etc. consumption of Alcohol, energy drinks, smoking, drug abuse, tobacco , excessive eating of proteins and fats on the name of energy requirement , excessive use of minerals vitamins, poor sleeping habits, late night work, these all are may called modern living habits which makes situation worse.[4] Another important problem is to stay in air conditioners, poor exposure to sunlight and fresh air.

Obesity

Causes- Over eating, high calories and carbohydrates diet, physical inactivity, environmental factor like polluted air-water etc., psychological factor like stress, medications etc.

Ayurveda explain details about Aahar that includes eating habits, concept of Agni- digestive fire, what to eat and what not to eat according to once Prakruti-(body constitution), importance of yoga-meditation-exercised etc.

Hypertension-

Causes- smoking, being overweight, lack of physical activity, used of too much salt, consumption of alcohol. Stress, old age etc. Ayurveda explain about importance of daily exercise, yoga meditation, used of herbal smoking called Dhoompana which help to improve lungs capacity, useful for cough, dyspnoea, rhinitis, disorders of hairs, nose and ear, dhoompana also strengthens sense organs, induced good sleep. used of too much alcohol is bad habits but ayurveda explain the various types of alcoholic beverage, its preparation methods, its properties , % of alcohol in that , benefits and methods of drinking which may help for someone depends on his prakruti.

Cardio vascular disorders

Causes- hypertension, smoking, poor sleep hygiene, stress, depression, high fats and high carbohydrates diet, diabetes etc.

Ayurveda and cardio vascular disorders –

Use of Shadrasa yukta ahar with ashtavidhi ahar vishshaayatan along with Prakruti, Desha, Kaala and Satmya which helpful to impeding the pathogenesis of lifestyle diseases. Understanding the importance of heart as vital organ lifestyle modification, stress reduction, avoidance of precipitation factors and strict follow of pathay-apathya kalpana can pave the way to healthy heart.

The panchakarma procedures also have great significance in prevention and cure of heart diseases. Snehana improves blood flow, help to form collateral circulation, maintain the elasticity of skin, arteries, veins, and reduce the effect of injury to heart muscles and various body organs. Swedana reduce Vata impact, pain and inflammation, muscular relaxant, increased vascular elasticity etc.[5] Basti clean the body toxins from alimentary canal. Raktamokshana removes the impure blood thus detoxifies heart. Shirodhara reduces anxiety, depression, stress etc. The Hridya-basti improves heart functioning, strengthens cardiac muscles, balance heart rate, reduce chest pain, lower blood pressure.

Behavioral problems

Inattentions, hyper activity, cognitive disturbance, impulsivity, anxiety, emotional disturbance etc are behavioral problems.

Causes- malnutrition, stress, physical illness-any diseases condition which leads to morbidity, unhealthy or inconsistent discipline style, poor attitude towards education or schooling, emotional upset at home-school etc.[6]

Ayurveda explain sadvrutta –good/ healthy conducts. Adoption of discipline methods to stay healthy, happy and calm. Most of the people due to shame or haziness avoid natural urges or do it forcefully and busy in some other activity during natural urge. Ayurveda says one should not induce natural urges forcefully. Example: urinating, when there is no urge to pass urine or not hold it, one should immediately attend to natural urges, whenever they come, without being busy in other activities. And one should undergo treatment to diseases as soon as possible if any problem with natural urges to come out. It caused the various diseases. Ayurveda explain ten sins pertaining to body, speech and mind should be avoided. It includes causing injury, torture, stealing, robbing, unlawful sexual activity, harsh speech, speech causing separation, intention of harming, jealousy, misunderstanding involving in such activities will leads to the contamination of body mind and soul leads to mental disturbance and that further caused various behavioral disorders.

III. AYURVEDIC APPROACH

Ayurveda strategies explain various characteristics to manage life style that includes

- Prevention of causative factors and maintained their balance.
- Life style intervention.
- Bio purification rejuvenation therapies.
- Restoration of physical, mental and systemic function of wellbeing.
- Palliative treatment
- Yoga, meditation and good conduct.

Ayurveda provide the complete holistic approach to achieve homeostasis and equilibrium of body, mind and soul. In relation to what should be the lifestyle and routine of a person, it has been explained in detail in Ayurveda under the heading Dinacharya and Ritucharya. Ayurveda offers you the various regimen including Ahaar, Vihar, Panchakarma, Rasayan (rejuvenating methods),etc. are the important to achieve your good health.

IV. RELATION WITH DINCHARYA

One should act, think and eat according to ayurveda to gain health and happiness. It is the need of hours to correct diseases like Hypertension, Diabetes, and Obesity etc. with the help of ayurveda. Dinacharya includes activity right from start of day to till bed time. Dinacharya activity will help for prevention of occurrence of disease and promotion of ideal health in the individual. Ayurveda explain the four factors to achieve the goal of healthy life –Ahaar, Vihaar, Achaar, Vichaar- Food, Behavior, Conduct and Thinking respectively.

Aahar

According to sankrit *ā-hāra* meanse to *take*. Aahara is considered as Prana (basis of life) in Ayurveda. It is described as one of the Trayopastambha (important pillars of life) these are Aahar (diet), Nidra (sleep), and Bramhacharya (leading a sattvik life).[7] A proper food is considered as vital for a body. It provides the basic nutrients and promotes longevity. Ayurveda always emphasizes on consuming healthy and nutritious diet for maintaining good health. Ayurveda explain about the concept of balanced diet that means the food or food products help to maintain the health and do not harm the body, mind and soul will term as Balance diet. It should be chosen according to prakruti. The food habits which are beneficial to body mind are term as Pathya.

Vihara

Ayurveda believes that to achieve and maintain healthy living it is essential to practice a healthy *Vihar also*. Ayurveda give a brief explanation about how to behave in day today practice according to day and seasons. It will explain under Dinacharya and Ritucharya activity.

As the time changes from morning to afternoon, afternoon to evening –evening to night and from summer to rainy –rainy to winter the body metabolism also get changes it disturb and our body is always in to process to keep it in equilibrium. As the Dosha also get changes during day, night, rainy, winter seasons we have to eat, behave according to that which suite us and support our body to balance that. If we do reveres or against our body the equilibrium mechanism of our body's energy is get disturb which pressurize it to maintain that balance and if these keep going it results as condition of various diseases. That comes under lifestyle disorders.

Ayurveda also suggest you to do each and every activity within the limit. If we do it more frequently and in hurry by keeping in mind that will give fast result it will again keep disturbance and become a cause of diseases condition. If we do over exercised it will give adverse effect like Excessive thirst, emaciation, severe dyspnoea (difficulty in breathing), bleeding disorders, exhaustion, feeling of debility (even without any work), cough, fever and vomiting etc.[8]

Dincharya Modalities include.

A person should get up from bed 45 minutes before Sun rise, around 5-6 am. Ayurveda called it as “brahma muhurta”, the last three hours of night around 3 to 6 am. Usage of fresh stick of Neem (*Azadirachta indica*), Khadir (*Acacia catechu*) etc. to clean teeth, which vanish foul smell also. Put two drops of sesame oil /ghee or Anu Talia in nostrils i.e Nasya, it prevents premature graying of hair, baldness and ensures good sleep. Do Gandushy by filling mouth with Triphala decoction or other medicated oils. It helps to prevent excess thirst, improves taste and maintains oral hygiene. It is also useful in managing the mouth ulcers and dryness which is commonly seen in Diabetes patients, during anxiety, Depression etc. Do Abhyanga daily by applying Tila Taila (Sesame oil) or any ayurveda medicated oil on body. It helps to keep skin soft, improves blood circulation and removes waste. This helps in prevention of numbness of extremities due to Diabetes. Also Apply Tila (Sesame) oil or any suitable oil on head in sufficient quantity which enhances the strength of head and forehead and makes hair black, long and deep-rooted. Help to relive depression, hypertension, stress, improves cognitive and concentration power.

Do daily Exercise (Vyayama)- Exercise should be done till sweat rolls down from neck, forehead etc. Exercising early in the morning can help remove stagnation in the body and can help recharge and rejuvenate your body and mind for a productive day. Regular exercise is an important step for prevention and management of various ailments. Ayurveda also suggest you to do each and every activity within the limit. If we do more in to think that will help us to go fast result it will aging keep disturb and be a cause of diseases condition.

Take a proper sleep. Proper sleep provides health and longevity. It improves complexion and glow. One should take proper sleep every night, which should be between 6-8 hours per night. Generally day sleeping is not advisable but in summer one can take a good small nap during day time. Too much sleep and too little sleep, both are not good for healthy living. Generally day sleeping is not advisable.

Ritucharya

It is very important aspects for prevention purpose. According to ritucharya seasonal body purification panchakrama process is advised that include basti in varsha ritu (rainy season), vaman in vasant ritu (Spring) and virechana in sharad ritu (autumn) to maintained dosha equilibrium and promotion of physical as well mental health.[9]

Rasyana therapy

Rasayana therapy is rejuvenation process of body tissue which helps in maintenance and promotion of health. It prevents ageing, provides longevity, and improves mental, intellectual competence, preservation of youthfulness, increased luster, and body complexion and skin glow. This therapy includes Kamyasayan for promotion of health and Naimittika rasayan for cure of diseases. Ashwagandha, Shatavari, Guduchi, Bramhi, Aamalki etc are drugs those having rasyana properties.

Sadvrutta

Good moral behavior is of great importance to achieve health and happiness. Early sleeping-early waking, avoid alcohol, avoid suppression of natural urge, one should maintain a balanced mind both during calamity and prosperity. One should not be envious towards wealth and happiness of others. Be courteous; be soft in speech and activity. Speak only on the right occasion, speak good words, be pleasant, speak little, as per necessity, One should not sneeze, laugh or yawn without covering his mouth.etc. This was enumerated, in brief the rules of good conduct; the person who adopts it will (surely) attain long life, health, wealth, reputation and also the eternal world.[10]

V. DISCUSSION

Lifestyle disorders are linked to the way of people's behavior, living strategies, eating habits, perception towards life and there environment. Ayurveda with its broad spectrum and approached to words life will explain the entire factor which are helpful to attained better life with preventive aspects of diseases. Ayurveda not only have potential to treat diseases but helpful to eradicate it completely which does not revert it and also help full to prevent one from causing diseases condition. Ayurveda modalities like Dincharya, Ritucharya, Code of Conducts (sadvrutta palan), food eating (annapan chatushka) , drinking habits, panchakarma (detoxification therapies), Rasayan modalities (rejuvenating procedures) etc. Are much more help full to attained happy, healthy and prosperous life.

So be happy, stay healthy and adopt Ayurveda in your life today.

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