



IMPORTANCE OF AYURVEDA AND YOGA IN PREVENTION OF LIFESTYLE DISEASES

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Abstract: Within the context of Ayurveda, there exists a pattern of individual practices and behavioral choices associated to lowering health risks. Worldwide, the problems related to lifestyle are referred to as lifestyle disorders. Lifestyle disorders such as obesity, diabetes mellitus, dyslipidemia, and hypertension are highly prevalent and are linked to cardiovascular diseases. When it comes to preventing lifestyle diseases, Swasthavritta is crucial. There are many regimens such as Dinacharya (daily regimen), Ritu-charya (seasonal regimen), Rasayana therapy (rejuvenation), Sadvritta (rules & regulations of ideal routine), and Aachara Rasayana (code of conduct) that are extremely important in maintaining a healthy lifestyle in addition to Yogic practices. In the prevention of non-communicable diseases, the inclusive utilization of all these modalities has a great effect.

Keywords: Non-communicable diseases, Dinacharya, Ritucharya, Sadvritta, Aachara Rasayana.

INTRODUCTION-

A person's lifestyle is their pattern of personal behaviors and habits that either increase or decrease health risks. Non-communicable diseases (NCDs), which are illnesses of lifestyle recognized globally, are typically acquired. People are more susceptible to a variety of chronic diseases as a result of their changing lifestyles and behavioral patterns.

The World Health Organization's 2014 NCD national profile states that 60% of deaths in India were attributable to NCDs overall. Heart disease accounted for 26% of the disease-specific proportion, followed by cancer (7%), diabetes (2%), chronic obstructive pulmonary disease (COPD) (13%), and other non-communicable diseases (12%).^{1,2} According to the Indian Council of Medical Research's National Cancer Registry Program, there are an approximate 5 lakh fatalities and 28 lakh cases of various cancers in the nation each year. cervical cancers, Breast cancers and cancers of the mouth are the three most prevalent kinds of cancer in India. The four behavioral risk factors which are linked to increasing urbanization, economic growth, and the twenty-first century lifestyles—tobacco usage, poor nutrition, insufficient workouts, and high levels of alcohol consumption—are primarily accountable for the causes of non-communicable ailments. Parallel to the underlying socioeconomic elements, the wider implications of these risk variables are concentrated in nations with low or middle incomes, as well as among the poor among every nation. Understanding yoga, dincharya (daily routine), and other Ayurvedic methods can be very beneficial for both avoiding and treating non-communicable diseases (NCDs) or lifestyle disorders.

Risk Factors

The risk factors responsible for major are lifestyle disorders –

Modifiable Behavioral Risk Factors

Unhealthy eating habits

Overindulgence in tobacco, alcohol, and smoking

Stress and additional psychological elements

Lack of Physical activity

Metabolic/Physiological Risk Factors

Obesity

Hyperlipidemia

High blood pressure

Diabetes mellitus

Hereditiy

Environmental Factors

Exposure to air and noise pollution

Non-Modifiable Risk Factors

Age

Gender

Hereditiy

Pathogenesis of NCD's In Relevance of Disturbed Daily Regimen & Sedentary Lifestyle-

Numerous NCDs have a modern lifestyle as a primary factor. It's become normal to wake up late every morning and go to bed late. These bad behaviors lead to tension, headaches, mood swings, and loss of focus. Sleeping late at night results in the release of the hormone cortisol, which raises blood pressure and lowers the process of cell regeneration.

NCDs are also caused by yoga and inactivity. One of the main causes of kidney stones and constipation is not getting enough water in the diet. Cervical and lumbar issues are caused by prolonged sedentary occupations. Dry eyes or computer vision syndrome are brought on by prolonged computer use. Numerous scientists hypothesize that the high frequency waves emitted by mobile phones raise stress levels and may possibly result in visual issues.

Various Modalities According to Ayurveda for Prevention of Non-Communicable Diseases-

- Dinacharya
- Ditucharya
- Thrayopasthambha palana
- Sadvritta
- Achara rasayana
- Ashtanga Yoga
-

Other key factors are-

- To keep Dharaniya Vegas calm.
- Refusing to crush Adharaniya Vegas.
- Avoid eating Virudhahara.
- To abstain from Vihara and Mithya ahara.
- Avoid doing Indriya, Kaya, Vak, and Mana's Hina, Mithya, and Ati Yoga.
- Avoiding Pragyaparadha.

Dinacharya (Daily Regimen)-

Dinacharya is the term for the daily routines that one must follow to stay healthy from the time one wakes up in the morning till dusk.

Utthana (At Brahma Muhurta)³- When you awaken at Brahma Muhurta, which is early in the morning, between 4.00 AM and 5.30 AM, the early morning air is full of nascent oxygen, which is extremely beneficial to our health. The Vata dosha is in power at this predawn period, and the energy in the surrounding aura will facilitate your waking. It is claimed that this is the ideal time to study, wake up, do yoga, and engage in Ishwara Smarana and Sharira Chintana (prayer to God and contemplation of physical and mental well-being).

Usha Pana⁴- Drinking water that has been stored overnight in a container. The vessel needs to be appropriately covered. Ushapana's primary goal is to hydrate a body that is parched in the morning by drinking water. Before sunrise, one should consume at least one Prasriti, or roughly 1.4 liters of water that is kept at night, as part of this therapy. It should be taken without brushing, cleaning the teeth, or even taking a medication. You can drink Lukewarm water in the cold. For optimal outcomes, it is suggested that the water left in the copper vessel overnight be consumed. People with conditions connected to colds and coughs should drink lukewarm water or boiled water at night. It is not advisable to consume any food or drink right away after drinking water.

The following lines in "Bhavaprakasha" highlights the importance of Ushapana⁵:The person who drinks eight 'Prasriti' (deep cup made by joining the two hands) water every day at the sunrise time, becomes free from all ailments. He has lived for hundreds of years and the weakness and other problems of old age do not even touch him.

Shauch (Defecation)⁶- According to Ayurveda, defecation is one of the most crucial aspects of good health. Constipation results from this if it happens hardly or is delayed. It also slows down digestion. As a result, the body produces toxic substances that can lead to long-term health issues.

Danta Dhavana (Chewing the dental twig)⁷- Teeth and mouth cleaning should be done twice a day, in the morning and at night before bed.

Jihva Nirlekhana (Tongue scrapping)⁸- A long, flexible strip of metal or plant material is recommended for cleaning the tongue. Digestion is aided by it. Maintaining good dental hygiene is crucial to avoiding diseases that cause bad breath, such as halitosis.

Kavala (Gargling)- Use either cold or warm water for gargling. It should be carried out in such a way as to completely clear the oral cavity of any waste that has accumulated following tongue scraping and tooth rubbing.

Mukha Prakshalana (Face wash)⁹- Depending on the season, either cold or warm water should be used.

Eye Care: To prevent eye problems and improve eyesight, cleanse your eyes with fresh water.

Anjana (Collyrum): Anjana Shalaka, a metal or glass applicator stick, should be used to apply Anjana. Applying it to the inner corner of the lower eyelids is recommended.

Nasya (Nasal medication)¹⁰ - Using Prati-marsha Nasya every day is crucial to preventing Urdhva-jatrugata Vyadhi, hair coming out, and greying of the hair. Everyday use of anu tail has produced excellent benefits in diseases related to ENT.

Dhumapana (Medicated smoking)- Get a medicinal cigar ready. A metallic pipe should hold the cigar, and smoking should be done through the nose (inhale through the nostril, expel through the mouth). Never let air out of your nose as this could damage your eyesight.⁹

Gandusha (Holding gargle)- Any similar liquid as sesame oil, should be kept in the oral cavity without being moved. To improve the oral cavity, irimedadi oil is utilized in the kawal and gandusha procedures.

Abhyanga (Oil Massage)- To avoid dryness of the body and tight joints, massaging oil into the soles of the feet, ears, and scalp on a daily basis is very effective. It gets rid of metabolic waste and enhances peripheral circulation.¹⁰

Vyayama (Exercise) and Chankramana¹² Frequent exercise improves immunity to illness, opens up the body's channels (Srotas), improves blood flow to key organs, stimulates hunger and digestion, and lowers the risk of obesity. Chankramana is a type of workout that does not harm the body in any way. It lengthens life, builds strength, and improves organ function.

Udvartana (Powder massage)- Following exercise, apply dry powders, such as turmeric powder and bengal gram flour, and massage in the opposite direction of the Abhyanga. Kol kullathadi churna has demonstrated excellent outcomes when used as a treatment for obesity.¹³

Snana (Bath)- Bathing every day lengthens life, increases vigor, strength, hunger, and eliminates perspiration and other pollutants from the body.¹⁴

Bhojana (Aahar)- One should only eat the following meal once the preceding meal has been fully digested. It ought to work well for them. Diet should be based on age and season. It ought to have a balance between quantity and quality. Consuming an abundance of fruits and vegetables is a good way to get fiber.¹⁵

Avoidable dietary habits - Erratic timing, overindulging in food, eating before a meal has had time to digest, following an unsuitable or inconsistent diet, Overindulging in pickles, junk food, spices, and oils.

Traya-upstambha- In Ayurveda, Aahar, Nidra, and Brhahmacharya are referred to as the traya upastambha. These three serves as the foundation of life and keeping them in good condition will assist the body ward off lifestyle diseases.

Sadvrata- A follower of the Sadvrata (performing good deed) attains a healthy life, money, and reputation. One ought to perform Bhagwad Samarana or keep God in mind. Self-analysis of daily activities and religious reflection are recommended. Having completed all these tasks, one ought to sleep in heavenly remembrance.

YOGA¹⁶

Yoga is a whole science of life, not just a physical practice. Yoga is a collection of physical, mental, and spiritual disciplines that have their roots in ancient India.

Implementation of Ashtang Yoga -

Role of Yama & Niyama- Five types of Yama include ashimsa (non-violence), asteya (non-stealing), satya (truthfulness), aparigraha (non-possessiveness), and brahmacharya (celibacy).

Five types of niyama incudes Saucha (cleanliness), Santosha (contentment), Tapas (discipline), Svadhyaya (self-study), Isvara Pranidhana (surrendering to a isvara).

These principles guide a person to remain intact from those behaviors which may disrupt the mental harmony and inner balance.

Benefits of Asana & Pranayama- They strengthen the body, flush the toxins of body, calm the body and mind, and lessen tension and anxiety, all of which contribute to the balance of the sympathetic and parasympathetic nervous systems and the prevention of various non-communicable diseases. Increase cheerfulness and vitality, aid in blood pressure regulation, and hasten slow digestion by massaging nearby muscles.

Dharana, Dhyan and Samadhi- These three contents of ashtang yoga can be used as meditation in simple form. Meditation practices can be the best source to channelize the inner energy.

Other Yogic practices for prevention of NCDs- Shankha Prakshalana, Vaman Dhauti/kunjla kriya, and other GI tract issues can help prevent acid peptic illnesses (APDs), IBS, and other disorders. Tratak plays a significant part in the prevention of sleep disorders, stress-related issues, and eye illnesses.

Discussion-

People's daily routines shape their way of life. The fast pace of modernity has altered people's lifestyles and behavioral patterns, which can be linked to chronic lifestyle disorders or non-communicable diseases (NCDs). With the rising westernization of lifestyle in recent decades, the frequency of certain lifestyle disorders has reached alarming proportions. The treatment of these lifestyle problems necessitates changing an individual's poor eating and behavioral patterns.

The fundamental idea of Ayurveda is that human body and environment should be balanced, and this practice balances the Doshas, which leads to overall good health. If someone wishes to maintain their health for the rest of their life, they should include healthy practices into their hectic routine. A few examples include waking up early and going to bed early, practicing daily prayer and meditation, exercising frequently, massaging the scalp, ears, and feet with oil, taking baths, using oily nasal drops frequently, maintaining good body hygiene, eating a healthy, balanced diet, dressing appropriately, and choosing a career that aligns with your morals and ethics. These seemingly small and insignificant points have a big impact on maintaining health and preventing both communicable and non-communicable diseases.

Conclusion-

Ayurveda places a strong emphasis on both illness prevention and health maintenance. Ayurveda offers a plethora of therapies that can be used to prevent lifestyle diseases as well as promote health. The primary instruments for maintaining physical health are Dinacharya, Ritucharya and Trayopastambha, whereas Yogic practices enhance both mental and physical well-being. The promotion of health and the prevention of diseases, particularly lifestyle diseases, are thus greatly aided by the implementation of all these modalities.

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