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Role of Ayurveda in the management of Non-Communicable Disease

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ABSTRACT

A non-communicable disease (NCD) is a disease that is not transmissible directly from one person to another. Non-communicable diseases (NCDs) also known as chronic diseases are defined as diseases of long duration, generally having slow progression. A combination of genetic, physiological, lifestyle and environmental factors can cause these diseases. According to WHO, four main types of NCDs are cardiovascular disease, cancer, chronic respiratory disease and diabetes. NCDs are the leading cause of death globally. Non-communicable diseases (NCDs) kill 41 million people each year, equivalent to 71% of all deaths globally. Cardiovascular diseases account for most NCD deaths, or 17.9 million people annually, followed by cancer (9.3 million), respiratory disease (4.1 million) and diabetes (1.5 million). Ayurveda is known as leading life science and describe way to prevent the risk factors of NCDs and manage lifestyle disorders in the forms of proper dietary management, the advice of daily and seasonal regimen, some detoxification and bio-purification procedures, medication and rejuvenation therapies. Ayurveda describes three pillars for healthy life i.e., *Aahar* (proper diet), *Nidra* (proper sleep) and *Brahmacharya* (celibacy). *Aahar*, *Nidra* and *Brahmacharya* affect the physical, mental, ethical, social and spiritual well-being.

Key words: Non-communicable disease, Diabetes, Dincharya, Rasayana, Aahar, Brahmacharya.

INTRODUCTION

Non-communicable diseases (NCDs), also known as chronic diseases, are medical conditions that are associated with long durations and slow progress. Most NCDs are non-infectious and are the result of

several factors, including genetic, physiological, behavioral, and environmental factors. According to the World Health Organization (WHO), NCDs are the leading cause of death worldwide, responsible for 71% of the total number of deaths each year.

Non-communicable diseases (NCDs) kill 41 million people each year, equivalent to 71% of all deaths globally. Each 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 approx. 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 use, physical inactivity, the harmful use of alcohol and unhealthy

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diets all increase the risk of dying from a NCD. Early Detection, screening and treatment of NCDs, as well as palliative care, are the key components of response to NCDs.

NCD's (Non Communicable Diseases)

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 also included autoimmune diseases, strokes, most heart diseases, most cancers, diabetes, chronic kidney disease, osteoarthritis, osteoporosis, Alzheimer's disease, cataracts, Parkinson's disease and others.

The risk factor responsible for major NCD

Modifiable Behavioral Risk Factors

- Tobacco use
- Physical inactivity
- Unhealthy diet
- Harmful use of alcohol and smoking
- Stress and other psychological factors

Metabolic/Physiological Risk Factors

- High blood pressure
- Overweight / obesity
- Hyperglycemia
- Hyperlipidemia
- Heredity

Environmental Factors

- Level of sun exposure
- Exposure to air pollution
- Exposure to noise pollution

Non-Modifiable Risk Factors

- Age
- Gender
- Ethnicity

- Heredity

Ayurveda and NCDs

Ayurveda is known as leading life science and describe way to prevent the risk factors of NCDs and manage lifestyle disorders in the forms of proper dietary management, the advice of daily and seasonal regimen, some detoxification and bio-purification procedures, medication and rejuvenation therapies. Ayurveda describes three pillars for healthy life i.e., *Aahar* (proper diet), *Nidra* (proper sleep) and *Brahmacharya* (celibacy). *Aahar*, *Nidra* and *Brahmacharya* affect the physical, mental, ethical, social and spiritual well-being.

Various modalities according to Ayurveda for prevention of Non-Communicable Diseases

- Following *Dincharya* by making suitable changes in the *Aahar* and *Vihar*
- *Rituanusar Shodhanakarma* (purification).
- *Triyaupasthambha*
- *Rasayana* for long and healthy life (including *Aacharrasayana*).
- *Sadvrita* (good code of conduct)
- *Vajikarana*.
- Life style disorders are the main group of disorders which occur in the individual due to non-following of daily activities as explained in the *Ayurvedic* classics.

Other key factors are

- To suppress *Dharaniya Vegas*
- Not to suppress *Adharaniya Vegas*
- Not to consume *Virudhahara*
- Not to indulge in *Mithyaahara* and *Vihara*
- Not to do *Hina*, *Mithya* and *Ati Yoga* of *Indriya*, *Kaya*, *Vak* and *Mana Pragyaparadha*.

Dincharya

Principle of *Dincharya* is basically related with harmonization of human body with environment and

this practice basically balances the *Doshas* which ultimately results in good health.

Ritucharya

Not only *Ritu Shodhana* helps in decreasing disease morbidity, it helps in preventing lifestyle disorders, immune disturbances, and hormone imbalance disorders.

Triyaupasthambha

Ayurveda has mentioned *Triyaupasthambha* (*Ahaar*, *Nidra* and *Brahmacharya*); improperly following of which can produce varieties diseases. *Ahara*, *Nidra* and *Brahmacharya* affect the physical, mental, ethical, social and spiritual well-being.

Acharya Rasayana

The concept of *Acharya Rasayana* is introduced by *Acharya Charak*. It refers to the right code of socio-behavioral conduct. It teaches us a preferred lifestyle with defined do's and don'ts rules and regulations.

CONCLUSION

Now-a-days due to modernization, the changes in life style are observed and the day-to-day regimen as prescribed in *Ayurveda* could not be followed properly. So, the human beings are suffering from various non-communicable diseases. *Ayurveda* prescribes a rational treatment for various non-communicable diseases. The main objective of *Ayurveda* is to "Maintain the health of a healthy individual by prevention of disease and to cure the diseased ones *Ayurveda* being the foremost life science describes ways to prevent and manage lifestyle disorders. It provides proper dietary management and lifestyle advices through *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), *Panchakarma* (Bio-purification therapies), and *Rasayana* (rejuvenation) therapies. The *Sadvritta* (ideal routines) and *Acharya Rasayana* (code of conduct) are of utmost importance to maintain a healthy and happy sociopsychological wellbeing of a person. The above facts emphasize the importance of the Ayurvedic principles for general wellbeing, implementation of these in day to day life would certainly help in keeping

away the various life style disorders including the NCD's.

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