



ISSN 2456-3110

Vol 8 · Issue 8

August 2023

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# Management of Lifestyle Disorders through *Aahar* and *Vihar*

Rupal Yadav<sup>1</sup>, Manohar Ram<sup>2</sup>, Ramnihor Tapsi Jaiswal<sup>3</sup>

<sup>1</sup>Post Graduate Scholar, Department of Samhita Evam Siddhant, Government Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

<sup>2</sup>Associate Professor & HOD, Department of Samhita Evam Siddhant, Government Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

<sup>3</sup>Associate Professor, Department of Samhita Evam Siddhant, Government Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

## ABSTRACT

Obesity, Diabetes, Hypertension and Heart disease are diseases that come under the umbrella of Lifestyle disorder. Life style disorder are the disease that is not transmitted from one person to another or not from environment to a person but these are caused by unhealthy Lifestyle such as poor diet, bad eating habits, lack of physical activity, insomnia, psychological stress, smoking and intake of excessive alcohol. In India Noncommunicable diseases (NCDs) account for almost 60% mortality rate annually. Lifestyle disorders globally killing 38 millions of people every year whereas In India, one out of four is at risk of dying from lifestyle disorder. The treatment for lifestyle disorder management in *Ayurveda* is given as per individual bodily constitutions depending on their medical history, current conditions and previous treatment so that it best suits the patients. All regimens of *Ayurveda* aim not only to counter the specific symptoms of the body but also to achieve proper balance. *Ayurvedic* lifestyle promotes physical, mental as well as social health and ultimately leads to symptomatic improvement. *Ayurveda* prescribes certain rules for maintaining a healthy mind. So, *Ayurveda* with its *Aharaj* and *Viharaj* regimen can definitely produce authentic and efficacious result to prevent various Lifestyle disorder.

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

## INTRODUCTION

Obesity, Diabetes, Hypertension and Heart disease are diseases that come under the umbrella of Lifestyle disorder. Life style disorder are the disease that is not transmitted from one person to another or not from environment to a person but these are caused by

unhealthy Lifestyle such as poor diet, bad eating habits, lack of physical activity, insomnia, psychological stress, smoking and intake of excessive alcohol.

Nowadays lifestyle disorders are becoming devastating as Pandemic as they are primary cause of mortality in the modern world. According to WHO, In India Noncommunicable diseases (NCDs) account for almost 60% mortality annually. Lifestyle disorders globally killing 38 million of people every year whereas In India, one out of four is at risk of dying from lifestyle disorder.

*Ayurveda's* main aim "Swasthyasya Swastha Rakshanam Aturasya Vikara Prashmnam Cha" can be achieved by *Traya-Upastambha* i.e., *Aahar*, *Nidra* and *Brahmacharya*. Among *Traya-Upastambha*, *Aahar* has been enumerated first one which shows its importance for healthy life of individual. Type of *Aahar* and *Aahar Matra* that we consume in proper or in improper way and *Dincharya*, *Ritucharya* and *Sadvrit* is responsible

### Address for correspondence:

Dr. Rupal Yadav

Post Graduate Scholar, Department of Samhita Evam Siddhant, Government Ayurvedic College and Hospital, Varanasi, Uttar Pradesh, India.

E-mail: rupalyadav2837@gmail.com

Submission Date: 15/06/2023 Accepted Date: 24/07/2023

### Access this article online

Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

DOI: 10.21760/jaims.8.8.18

for the formation of body or cause of various lifestyle disorders.

## MATERIALS AND METHODS

Firstly literary study was performed in classical *Ayurvedic* text such as *Charak Samhita*, *Sushruta Samhita* etc. Then for further literature study has been gone through various modern text book, research journal and electronic database.

## DISCUSSION

### Etiology of Lifestyle Disorder

Lifestyle diseases are mainly cause by whatever we eat everyday and daily regimen followed by us. *Mandagni* is root cause of every disease. *Mandagni* affect *Aahar Pachankriya* leading to *Rasadhatwagni Mandya* and *Uttarottar Dhatu* malnourishment.

Various *Aaharaj* and *Viharaj Nidan* that cause Lifestyle disorder are:

**Aaharaj Nidan:** *Atiruksh*, *Atisnigd*, *Gurubhojan*, *Ajeernasan*, *Vishamasan* and *Astmyabhojan* etc.

**Viharaj Nidan:** *Vegavidharan*, *Ratrijagan*, *Diwasapan*, *Langhan* etc.

**Mansik Nidan:** *Dvesh*, *Krodh*, *Bhaya*, *Shok* etc.

### Management of Lifestyle Disorder

#### Management through Aahar

*Aahar* is considered as *Prana* and also known as *Mahabhaishajya* in *Ayurveda*. *Aahar* provides basic nutrients and promote longevity of life along with it is responsible for *Bala*, *Varna* and *Upachya* etc. According to *Lolimbaraj*, when diet is wrong then medicine is of no use, when diet is correct then there is no need of medicine. According to *Sushruta Samhita*, “*Sankshepta Kriya Yoga Nidan Parivarjnam*” is treatment of disease.

#### Balance Dietic Principles

According to *Acharya Charak* we should consume food in *Aahar Matra*. *Aahar Matra* depends upon the digestive power. Amount of food which get digested as well as metabolized in proper time without disturbing

the equilibrium of *Dosha* and *Dhatu* of the body is known as *Aahar Matra*.

*Acharya Charak* has described two type of *Aahar* i.e., *Guru Aahar* and *Laghu Aahar*. By this, it should not be confused that lightness and heaviness in food are quite inert. In fact, *Laghu Aahar* is predominant in properties of *Vayu* and *Agni* while *Guru Aahar* is predominant in properties of *Prthivi* and *Soma*. So, by dint of their properties, *Laghu Aahar* being stimulant of digestion, even taken up to the saturation point, produce little derangement. On the contrary the *Guru Aahar* because of dissimilarity, are not stimulant of digestion by nature and thus cause considerable derangement if taken up to the saturation point except in case of persons having physical exercise and adequate strength of *Agni* digestion. Hence, the quantity of food is related to *Agnibala* (power of digestion).

One should consume by dividing the food in the belly in three portions-such as one portion of the space for solid food items, one for liquids and one for *Vita*, *Pitta* and *Kapha*. While taking food in such quantity, one is not inflicted with any harmful effect caused by food taken in inappropriate quantity.

#### Daily Regimen of Aahar

To maintain the health and prevent the unborn disorders the person should have to consume the following *Aahar* in their daily routine.

- **Rakta Shali** : possess special nutrient properties.
- **Mudga** : protien part of food, best among all pulses.
- **Saindhav Lavana** : balance *Tridosha* in body.
- **Amlaka** : Vitamin content of balanced diet.
- **Dugdha** : Complete food.
- **Ghrita** : Promote memory, intelligence, vital fire, semen vital essence.
- **Madhu**: maintain equilibrium of *Tridosha*.
- **Yava**: Contains total tocopherol, selenium, molybdenum, manganese and Vitamin E are antioxidant act *Balya* and *Rasayana*

**Ashta Vidha Aahar Visheshayatana**

- 1. Prakriti:** Denotes the natural quality of the food like *Guru, Laghu* etc. which help in choosing the foods according to our digestion capacity.
- 2. Karan:** Food needs to be processed and transformed into a consumable form. Methods include - *Toya Sannikarsha, Agni Sannikarsha, Shoucha, Manthana, Desha, Kala, Vasana, Bhavana, Kala Prakarsha, Bhajana*
- 3. Samyoga:** Honey and ghee when mixed in equal proportions lethal and are dangerous for health.
- 4. Rashi:** Quantity of intake of food is very important for conducive health. Two types of *Rashi* - 1) *Sarvagraha Rashi*, 2) *Parigraha Rashi*
- 5. Desha:** Place where the food items are grown or cultivated. Three types of *Desha*- 1) *Jangala-Vata* predominant, 2) *Anupa-Kapha* predominant, 3) *Sadharana* - moderate zones
- 6. Kala:** Some people follow and are very particular and punctual with respect to time of consumption of food. Two types of *Kala* - *Nityaga Kala* & *Avasthika Kala*

**Rules of Aahar Intake**

- 1. Ushnamasniyata:** We should consume *Ushna Aahar* which is in delicious taste. *Ushna Aahar* activate *Jathragni* and factor responsible for digestion. It helps in *Anuloma* of *Vata* and detachment of *Kapha*.
- 2. Snighamasniyata:** Provoke the digestive power. It helps in the alleviation of *Vata* and increase *Bala, Varna, Sharir* and power of sense organ.
- 3. Matravatasniyata:** *Aahar Matra Tu Agni Bala Apeksini*. One should eat in proper quantity. Food taken in proper quantity without disturbing *Vata, Pitta* and *Kapha* only promotes life-span, easily passes down to anus, does not disturb the (digestive) fire, gets digested with comfort; hence one should eat in proper quantity.
- 4. Jirneasniyata:** One should eat when the previous meal is digested because if one eats during

indigestion, the eaten food mixing the product of the earlier meal with that of the later one vitiates all the *Dosas* quickly, on the contrary, when one eats after the previous meal is digested well, the *Dosas* are situated in their own locations, *Agni* is stimulated, appetite is arisen, entrances of the channels are open, eructation is pure, heart is normal, flatus passes down and urges of flatus, urine and faeces are attended to, the eaten food promotes only the life-span without afflicting any *Dhatu*. Hence one should eat after the previous meal is digested.

- 5. Viravirudhamasniyata:** One should take food having no contradictory potencies. Diseases caused by *Viruddha Ahara* are as *Adhmana, Aamavisha, Grahani, Amlapitta* etc. which lead to Lifestyle disorders.
- 6. Istedeshe, Istasarvopkaranamasniyata:** One should take food in favorable place and with favorable accessories that it does not get afflicted with such of the factors as would result in emotional strain.
- 7. Naativilambitam:** One should not take food too slow because it does not give satisfaction to individual. Food would become cold and there will be irregularity of digestion.
- 8. Naatidrutam:** One should not take food too fast because it may enter into wrong passage.
- 9. Ajalpana, Ahasana, Tanmanahunjita:** By taking food while talking or laughing or with mind elsewhere, is inflicted with the defects as by eating too fast.
- 10. Atmanamabhisamiksya:** One should eat after due consideration to his self. This is suitable or unsuitable for me if known in this way then only it becomes suited to his self.

**Management through Vihar**

Various *Acharyas* have described *Dincharya, Ritucharya*, and *Sadvritta* as parts of lifestyle measures for healthy and longevity of life.

**Dincharya**

One should wake up during *Brahma Muhurta*. After that he should go to toilet. He should soft brushes made of twigs of *Khadira*, *Karanja*, *Kakubha* etc. for brushing the teeth. The tongue should be cleaned by a long flexible strip of metal or plant twig. The mouth should be cleaned properly. It is necessary to massage (*Abhyang*) the whole body with oil every day which make skin soft and healthy, with free movement of Joints and muscles. Regular exercise (*Vyayam*) is essential for perfect health. He should take bath (*Snana*) daily which improves strength, appetite, and span of life and removes sweat and other impurities from the body. Regular shaving, Haircut, cutting of nails should be done.

**Ritucharya**

In *Ayurvedic* classics, there has been a through consideration for seasons, besides the dietetic regimens for days and nights. The whole year is divided into six seasons and a detailed dietetic regimen for these Seasons is prescribed.

**Sadvritta**

Codes of good conducts are certain rules for maintaining health and to control sense organ. These are one should worship gods, cow, *Brahmanas*, preceptors, elderly people, accomplished and teachers, one should clean excretory passages and feet frequently; cutting of hair, should take initiative in talk and remain cheerful, one should have presence of mind even in difficult circumstances, one should speak useful, measured, sweet and meaningful words; should be self-controlled, self-virtuous, jealous in cause and not in effect, free from anxiety, fearless, shy, wise, great courageous, skillful, forbearing, religious, positivist; One should discontinue exercise before fatigue.

**CONCLUSION**

Lifestyle disease is internationally known as Non-Communicable diseases (NCDs) these are mainly result from physical inactivity and junk food etc. The

treatment for lifestyle disorder management in *Ayurveda* is given as per individual bodily constitutions depending on their medical history, current conditions and previous treatment so that it best suits the patients. All regimens of *Ayurveda* aim not only to counter the specific symptoms of the body but also to achieve proper balance. *Ayurvedic* lifestyle promotes physical, mental as well as social health and ultimately leads to symptomatic improvement. *Ayurveda* prescribes certain rules for maintaining a healthy mind. So, *Ayurveda* with its *Aharaj* and *Viharaj* regimen can definitely produce authentic and efficacious result to prevent various Lifestyle disorder.

**REFERENCES**

1. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, Revised by Charak and Dridhabala, Part 1, Chaukhamba Bharati Academy. Varanasi, Reprint Vimana Sthana, 2020.
2. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, Revised by Charak and Dridhabala, Part 2, Chaukhamba Bharati Academy. Varanasi, Reprint Vimana Sthana, 2020.
3. Priyavrat Sharma Carak Samhita (Text with English Translation) Volume-1, Chaukhambha Orientalia, Varanasi, Reprint 2017.
4. Priyavrat Sharma Carak Samhita (Text with English Translation) Volume-2, Chaukhambha Orientalia, Varanasi, Reprint 2017.
5. Shastri Ambikadutta Edited Sushruta Samhita of Sushruta with Ayurvedtatva Sandipika commentary. Vol. 1. Chaukhamba Sanskrit Sansthan, Varanasi. Reprint edition 2020 Sutra Sthana, 2020.
6. Vāgbhatta, Astanga Hridaya Uttara Tantra, Rasayana Chapter, Choukhamba Publications, Varanasi.

**How to cite this article:** Rupal Yadav, Manohar Ram, Ramnihor Tapsi Jaiswal. Management of Lifestyle Disorders through Aahar and Vihar. J Ayurveda Integr Med Sci 2023;08:121-124.  
<http://dx.doi.org/10.21760/jaims.8.8.18>

**Source of Support:** Nil, **Conflict of Interest:** None declared.