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# Preventive health care and life style management

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## ABSTRACT

The primary cause of death worldwide has shifted in the recent century from communicable diseases to non-communicable diseases. The public health systems continue to face difficulties as a result of outbreaks of communicable diseases. It is acknowledged that changes in human behaviour and lifestyle are risk factors for the current public health issues, which have a substantial impact on wellness and quality of life. In addition to helping to prevent and treat diseases, leading a healthy lifestyle is essential for promoting overall wellbeing. Evidence-based methods for managing one's lifestyle have been made available by modern medicine, yet doing so successfully presents difficulties. The traditional practices of *Ayurveda*, *Yoga*, and *Meditation* appear promising as complementing methods to promote social welfare. The author puts up a fresh viewpoint and model dubbed "Integrative Lifestyle" that is based on data from both contemporary and conventional methods of lifestyle management. *Ayurveda* has made significant contributions to both the prevention and treatment of ailments. A healthy lifestyle might include behaviour that are outlined in depth in *Ayurveda*, such as *Dincharya* (conducts during the day), *Ratricharya* (conducts during the night), *Ritucharya* (seasonal conducts), *Ahara Vidhi* (diet guidelines), and *Sadvritta* (excellent conducts), among others.

**Key words:** *Dincharya*, *Ratricharya*, *Ritucharya*, *Yoga*, *Rasayan*, *Sadvritta*.

## INTRODUCTION

The incidence of lifestyle diseases like diabetes mellitus, hypertension, dyslipidaemia, and obesity associated with cardiovascular diseases is high on the rise. Cardiovascular disorders continue to be the major cause of mortality representing about 30% of all deaths worldwide. With rapid economic development and

increasing westernization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years. As *Ayurveda* is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders, the world is being attracted towards its potential. *Ayurveda* provides better solution in the forms of proper dietary management, lifestyle advises, Panchakarma and rejuvenation therapies. The holistic approach of *Ayurveda*, treating the patient as a whole, meaning intervention targeted toward complete physical, psychological, and spiritual well-being makes this science a wonderful option in lifestyle disorders. Basically, a particular lifestyle of person is a cumulative product of his/her physical capacity coordinated with psychological functioning, displayed in the form of habits, behaviour dietary and living pattern based on his own training sought from childhood, and mimics he gained from his immediate companions including parents, siblings etc. Thus, it involves a pure

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psychological and innate control over the physical and sensory activities. When this initiation, control, and coordination are disturbed, it leads to the derangement of lifestyle and results in any lifestyle disorder.

Today, the average life expectancy is over 65 years and non-communicable diseases have emerged as the leading cause of deaths. As people continue to live longer due to advances in public health, vaccine and drug discovery, medical diagnostics and treatments, the critical parameters such as quality of life, wellbeing and patient satisfaction continue to remain a challenge today. Advances that have prolonged longevity of life have not necessarily translated into improvements in human wellbeing and quality of life. Sustainable Development Goal that focuses on 'Health' also brought into the forefront the "well being" agenda, announcing the goal of 'Health and Wellbeing for all' by 2030 .

### Cause

The commonest causes of lifestyle disorders are eating unhealthy foods, over eating, over dependence on processed foods, energy drinks, artificial sweeteners and fast foods. Sedentary living, stress, smoking, drinking alcohol, poor sleeping habits which are all attributed mainly to the so called modern living habits and urbanization added with the altered eating habits makes the situation worse.

There is yet another significant problem of the modern world. That is poor exposure to sun light and fresh air. Diet and lifestyle are chief factors thought to influence susceptibility to lifestyle diseases. The nature and duration of work, the amount of time you spare for exercise and recreation, the time you spend with your loved ones, the stress factors, your physical activity etc decide on how soon you are likely to land up in any one of the lifestyle disorders. More work and no play, makes a lot of us prone to a host of diseases. Along with that there are certain other factors such as heredity, age and gender which cannot be avoided or controlled. But the other factors that can be avoided or controlled are drug abuse, tobacco smoking and alcohol drinking.<sup>[1]</sup> That is poor exposure to sun light and fresh air. Diet and lifestyle are chief factors thought to

influence susceptibility to lifestyle diseases. The nature and duration of work, the amount of time you spare for exercise and recreation, the time you spend with your loved ones, the stress factors, your physical activity etc. decide on how soon you are likely to land up in any one of the lifestyle disorders. More work and no play, makes a lot of us prone to a host of diseases. Along with that there are certain other factors such as heredity, age and gender which cannot be avoided or controlled. But the other factors that can be avoided or controlled.

### MATERIALS AND METHODS

Classical Ayurvedic texts like Charaka Samhita, Sushruta Samhita, Astanga Samgraha, Astanga Hridaya with their commentaries and concerned topics from the texts Kashyapa Samhita, Bhavaprakasha, Bhela Samhita and Kaiyyadeva Nighantu, research articles related to this topic.

### Concept of Lifestyle

#### What is purpose of life?

धर्मार्थकाममोक्षाणामारोग्यं मूलमुत्तमम् ।

रोगास्तस्यापहर्तारः श्रेयसो जीवितस्य च ॥ (Ch.Sutra 1/15)

1. *Dharma* - Civilized life with high moral values
2. *Arth* - Earn livelihood
3. *Kama* - Procreation
4. *Moksha* - Salvation

Lifestyle is the way in which a person lives. It is a set of attitudes, habits, or possessions associated with a particular person or group (Lynn R. Kahle, Angeline G. Close, 2011). i.e. how, where and when a person is sleeping, playing, wandering, eating, swimming, walking etc. As quoted by *Acharya Sushruta, Vyadhi Nigraha Hetavah* (treatment modalities) are divided as *Samshodhana* (purificatory), *Samshamana* (palliative), *Ahara* (food) and *Achara* (activities) (Ananta Ram Sharma, 2008). *Achara* is of 3 types – *Kayika karma* (physical activities) like *Vyayama* (exercise), *Vachika karma* (Verbal behavioral) like *Swadhyaya* (reading) and *Manasika karma* (psychological behavior) like *Sankalpa* (determination). Among them, *Achara* can be included under the heading lifestyle (Y.T. Acharya,

2012). By the above definition of Lifestyle, it can be said that *Vihara*, *Aharavidhi* and *Achara* described in *Ayurveda* classics, can be included under the heading Lifestyle.

Arunadatta has classified *Vihara* as *Niyata Kala* (regular) and *Aniyata Kala* (according to specific condition). *Niyata Kala Vihara* includes *Dinacharya* and *Ritucharya*. *Aniyata Kala Vihara* includes *Vihara* according to *Avastha* (condition); (Y.T. Acharya, 2010) it can be taken as *Vyadhi Avastha*. *Ahara Vidhi* includes *Ahara Vidhi Vidhana* (rules of diet) and *Bhojanottara Vidhi* (conducts after meal); *Achara* includes *Sadvritta*.

### Dinacharya

The *Dinacharya* is one among them. The word *Dinacharya* comprises two words. The *Dina* and the *Charya*. The *Dina* means Day / Daily, whereas the *Charya* means Activity / regimens / movements. *Dinacharya* means daily regimen or conduct. *Dinacharya* play an important role to attain *Purusharthas* (*Dharma*, *Artha*, *Kama* and *Moksha*). *Dinacharya* covers all the activities that man can perform spontaneously, deliberately which results both physical and mental fitness. The daily regimen also explains the various duties and is divided into two types viz; day regimen and the night regimen. The present study reveals the daily regimens, their types and methods according to various *Ayurvedic* texts.

*Dinacharya* comprises of waking up in the early morning, praising God, drinking water early morning after waking up, *Mala Mutravisarjana*, Cleaning of teeth, Tongue scraping, Cleaning of face, Mouth gargling, Application of collyrium, Nasal medication, Medicated smoking, oiling of head, physical exercise, Bath, Proper dressing, Smearing body with perfume, Proper food intake, Chewing of betal leaves, Attending prescribe profession, *Achamana*, *Sandhyavandana*, *Ratibhojan* and finally proper sleep.

Normal circadian rhythms are very important in day-to-day life to maintain biological clock. *Ayurveda* suggests to begin daily habits with awareness, early rising, avoid suppression of natural urges and eliminate wastes as per urge, keep the teeth & skin cleaned, regular use of massage (*Abhyanga*), regular daily bathing (bathing

enhances the appetite and promotes longevity), consume suitable and wholesome diet according to the appetite and metabolic needs, since it is the basis of life and important for day-to-day promotion of health. *Ayurveda* has also suggested avoiding late night sleep and eating stale foods. These might lead to imbalance in the circadian rhythms and thus long term imbalance predisposes to lifestyle disorders. Therefore, one has to stay aware about this daily regimen for day to day promotion of health, boost immunity and prevention from lifestyle disorders. Here are some important follow up we should always use in our life style.

### 1. Bramhe Muhurtha Uttishtha

A healthy person should get up from the bed before one and half hour before sun rise. This is considered as best time for to attain knowledge. One should perform meditation in this period only. By meditating in this time, the hyper activity of the hormones become normal, and the *Sattva* which is quality of the mind gets activated. So, there is less chances of *Prajnaparadha*. Early morning waking up also stimulates the Melatonin which is mood elevator and helps the mind to keep in active and alert state.

### 2. Prabhathe Kara Darshanam

Looking at our own palm hand - When early waking up from the bed one should look at own palm is considered as *Mangalakaraka*, *Lakshmi Praptikara*, *Vidyapraptikara*, *Vignyanapraptikara*.

### 3. Acahamana

*Pada*, *Mukha*, *Prakshalana* - Washing of feet, face hands etc. prevents the recurrent infection, and removes *Alasya*.

### 4. Grita Evam Darpana Darshanam

Looking one's face into Ghee and mirror) - Looking one's face into *Ghruta* and mirror helps to come out of mental confliction and prolongs longevity of life i.e., *Ayushyaprada*.

### 5. Usha Jalapana

Drinking of water and snuffing early morning - Drinking of water and snuffing of water or *Nasajalapana* is

considered as *Chakshushya*, *Medhya*, *Jaranashaka*, *Arshogna*, *Jwaragna*, *Udara* and *Vibandhahara*.

#### 6. Mala Mootravisarjana

Urination and defecation also called as *Shauchavidhi*. It prevents the diseases and provide *Kanti*, *Bala*, *Pavitra*, *Ayushya*, *Alaskhmihara*, *Vrushya*, *Chakshushyam* etc.

#### 7. Dantadhavana

Cleaning of teeth and gargling the mouth - Helps to remove plaques, alleviates *Kapha* and *Pitta*, improves eye sight, cleanses the nose and ears.

#### 8. Tongue scrapping

Helps to remove *Gandhavairasya*, *Mala Shodhana*, impurities of tongue, bad odours and coating on the tongue, removes obstruction, improves taste perception.

#### 9. Isth Devata Smarana

Praising God or Thanks giving to Almighty God - A person should give thanks to almighty God is considered as *Mangalakara* and which one of the main factors which helps to liquefies our ego. And when ego gets liquefies it's easy to attain *Moksha*.

#### 10. Mukha Netra Prakshalana

Cleaning the face and eyes with *Bhillvodaka Kashaya* or *Lodhra Kashaya* or *Amalaki Kashaya* or *Sheetodaka*. Helps to relieve the diseases like *Neelika*, *Mukhashosha*, *Pitika*, *Vyanga*, *Raktapitta*. Washing with milk provides *Snigdghata* in *Mukha* and also *Mukhadoshahara*. Eye wash with *Sheetodaka* helps to purify the eyes and prevents the eye diseases.

#### 11. Gandusha and Kavala

Mouth gargling and medicated oil and water in the mouth - *Taila Gandusha* leads to strengthening of jaw, voice, healthy face, improves taste and increases appetite, prevents dryness of mouth and throat, prevents cracking of lips, makes teeth strong. *Sheetambu Gandusha* acts as *Kapaha Trishna Malahara*, and *Mukha Shuddhikara Sukhoshnaudaka Gandusha* helps to removes *Aruchi*, *Asyavairasya*, *Mala* and *Kapha Praseka*.

#### 12. Anjana

Application of collyrium - Application of collyrium acts as *Netradoshahara*, *Kandu*, *Malaghna*, *Drushthiklede Rujapaha*, makes eyes attractive and gives resistance to sun light and blowing wind.

#### 13. Pratimarsha Nasya

Nasal Medication - The nasal medication is advised since birth to till death and is advised in diseases of *Urdhwa Jatrugata Vikaras*. The diseases related to shoulders, eyes, nose, ears, hair disorders, head.

#### 14. Dhoomapana

Medicated smoking - Smoking with medicated herbs leads to *Vata-Kaphahara*, gives strength.

#### 15. Abhyanga

Anointing the body with medicated oil - Anointing the body with medicated oil prevent *Jara*, promotes strength, prolongs life, fatigue, skin becomes beautiful and alleviates *Vata* disorders. Also prevents scalp disorders, ear diseases and prevents cracking of the feet.

#### 16. Udvartana

The *Udvartana* is done with different medicated powders like *Vacha*, *Lodhra*, *Triphala* etc. and the *Utsadana* with small pieces of *Isthka* or any rough small rocks or wooden pieces. By rubbing with these the excessive oil, dirt and dead skin will be removed. By this applicator the skin become supple.

#### 17. Vyayama

Physical exercise - Exercise makes the body stout, strong. Promotes virility, longevity, improves digestion, complexion, makes the body firm and compact.

#### 18. Snana

Bath - Taking bath with medicated water helps to purify the body, promotes virility and longevity, eliminates fatigue, sweat and dirt. Increases body strength and digestion. *Snana* be taken either by *Ushnajala* or *Sheetajala*. *Sheetajalasnana* is *Deepana*, *Vrishya* and *Ayushyaprada*, *Sthirikara*, and *Twagprasadakara*. Whereas *Ushnajala Snana* is *Balakara*, *Hridya*, *Chakshushyam*.

**19. Vastra Dharana**

Proper Dressing - Proper dressing leads to *Kamyā* - increases libido, gives fame, *Ayushyakara* prolongs longevity, eradicates poverty i.e., *Alakshmi*.

**20. Gandha Mala Anulepana**

Smearing the body with perfumes or sandal wood paste. Smearing the body with sandalwood paste removes sweat, dirt. Improves complexion, and removes fatigue.

**21. Bhojanam**

Proper intake of food - *Ayurveda* elaborately explains about the food intake. The food should be taken two times in a day and it should be, warm and *Snigdha*, and should be consumed in proper place without talking. It helps to improve complexion, promotes life, happiness, strength promoting, *Medhya*, increases *Ojas*, *Balakarakā*.

**22. Tamboola Sevana**

Chewing of betel leaves with areca nut - Chewing of betel leaves with *Khadir*, areca nut after food intake, after bath, meals, and after *Vamana Karma* helps to pacify all the *Tridoshas*, cleanses mouth, removes bad odour of the mouth, increases libido, and is *Mukhakanti* and *Saundaryavardhaka* also acts as *Hridya* and *Galrogahara*.

**23. Vritti Dharma**

Actively participating and attending the profession - One should actively participate resume his/her duties like *Krishi Pashupalana Vaniya, Rajopaseva* etc. helps to attain one's goal, *Dharma*, and gives happiness and satisfaction to the life.

**24. Praying**

Praying helps to purify the mind, and helps to prolong the life.

**25. Ratri Bhojana**

Night food intake - One should eat proper food at night light and less in quantity provides proper nourishment and which easily gets digested.

**26. Nidra**

Proper sleep at night - Proper sleep at night leads to happiness, nourishment, strength, virility and vitality.

Brings *Dhatu*, balances the doshas, promotes good vision, complexion, and improves digestive power.

**Ratricharya**

The regimen followed from evening hour till night is known as *Ratricharya*.

**1. Bhojana**

*Kaala* (Timing of meal at night): One should take the meal within the first *Prahara* of *Ratri* (First three hours of the night). It should be taken in lesser quantity than that of lunch. One should avoid intake of food which is difficult to digest.<sup>[5]</sup>

**2. Sleep**

After taking a light and conducive diet, one should go to sleep with a pleasant mind on a comfortable bed, after offering prayers to God.<sup>[6]</sup> One should go to bed on time because it balances *Dhatu*, destroys *Tandra* (laziness), provides *Pushti* (nourishment), *Bala* (strength), *Varna* (complexion) and *Utsaha* (activeness) and improves *Jatharagni* (digestive strength). The length of nights is shorter in *Greeshma Ritu* therefore *Divasvapna* (day sleep) is advisable.

**3. Sexual activities**

According to Acharya Charaka, sexual activities are contraindicated during *Greeshma Ritu*. In *Yogaratnakara* it is advisable to perform sexual activity during the daytime at the interval of fifteen days. *Acharya Bhela* has mentioned a one month interval.<sup>[7,8,9]</sup>

**Sadvritta**

To achieve this, *Ayurveda* prescribes certain codes of conduct and this is known as *Sadvritta* (Code of conduct). *Sadvritta* originates from two words "*Sad*" means good and "*Vritta*" which means conduct or behaviour or habits includes in our daily regimen. According to *Ayurved*, to maintain a healthy and disease free life everyone should follow *Sadvritta* mentioned in *Ayurveda* texts.<sup>[10]</sup> *Sadvritta* plays key role in the maintenance of health and prevention of disease. *Sadvrittis* are applicable to people of all age groups, at all times and at all places. *Sadvritta* are

regarded as one of the measures to prevent various types of diseases. It also plays important role in personal cleanness of body and mind. Continues practicing these principles gives balance and peace to the mind. This is code of conduct for keeping good and balanced condition of body and mind. By following these, the person can achieve two aims together such as *Arogya* (health) and *Indriya Vijaya* (control over the sense organs).<sup>[11]</sup> In Charak Samhita, Acharya Charak mentioned the importance of *Sadvritta* as the person who follows the entire code of good conduct, will get healthy life without suffering from any type of disease.<sup>[12]</sup>

If someone ignores to follow the above-mentioned code of right conducts, then it leads to *Pradnyaparadha* which is main cause of manifestation of the various disease.

#### Follow this conduct

- Always speak the truth. Try to speak at the proper time with words which are beneficial, limited, sweet and meaningful.<sup>[13]</sup>
- Always stop performing physical exercise before getting completely tired. Don't do over exercise. Because proper exercise brings about lightness, ability to work, stability, resistance to discomfort. It also stimulates the power of digestion.<sup>[14]</sup>
- Do not sleep on a bed which is not comfortable. Because comfortable cot relive fatigue, aggravation of *Vata*, acts as an aphrodisiac, bestow contentment, good sleep and courage friendly to all living beings, pacify the anger, and console those who are frightened, help the poor, be truthful, peaceful, and tolerated of others harsh words and deeds of others.
- Keep a smile on your face and should begin the conversation first. Always respect guests and show hospitality towards them.
- Always remain in the company of teachers, elderly persons and successful person (siddha and religious) and always give respect and serve them.
- Person should not go out without touching gems, feet's of respectable person, auspicious things and flowers. Always wear auspicious herbs which are

protective from evil like *Tulsi*, *Sahadevi* and *Rudraksha*.<sup>[15]</sup>

- Everyone should pay respect to the Gods, Cows, Teachers (preceptors) elderly people and those who have accomplished spiritual.

#### Ritucharya

*Ritu* (season) classified by different features expresses different effects on the body as well as on the environment. *Ayurveda* has depicted various rules and regimens (*Charya*), regarding diet and lifestyle to acclimatize seasonal enforcement easily without altering body homeostasis. The prime objective of Ayurvedic system of medicine is preventive aspect, which can be achieved by the modification in diet and lifestyle in response to change in climatic condition. *Ritucharya* represents a very important aspect of preventive measure for various illnesses including lifestyle disorders as mentioned in *Ayurvedic* texts. It is the only system of medicine in the world which proposes the need of regular purification of the human biological system from gross level to the molecular level to render it suitable for self-recovery and therapeutic responsiveness. The human biological system continuously undergoes wear and tear and needs to be cleansed and rejuvenated regularly. Therefore, *Ayurveda* advises seasonal *Panchakarma* as preventive measure for maintenance and promotion of physical as well as mental health.

Ayurvedic system of medicine is *Swasthyashya Swasthya Rakshanam*, which means to maintain the health of the healthy, rather than *Aturashya Vikara Prashamanancha*, means to cure the diseases of the diseased.<sup>[16]</sup> For this purpose the *Dinacharya* (daily regimen) and *Ritucharya* (seasonal regimen) have been mentioned in the classics.

#### Yoga

*Yoga* in daily life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships.

When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. The word “Yoga” originates from *Sanskrit* and means “to join, to unite”. *Yoga* exercises have a holistic effect and bring body, mind, consciousness and soul into balance. The main goals of “Yoga in Daily Life” are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, respect for life, protection of nature and the environment, A peaceful state of mind, Full vegetarian diet, Pure thoughts and positive lifestyle, Physical, mental and spiritual practices, Tolerance for all nations, cultures and religions. *Yogic* techniques are known to improve one’s overall performance. *Pranayama* is an important, yet little known part of *Yoga*. Until recently, this art and science of yogic breathing was almost completely unknown to the common man like many other ancient Indian arts.<sup>[17]</sup> *Pranayama* techniques act to purify the *Nadis* including these three main energy channels.

### Yogic approach to prevention and management of lifestyle disorder

#### Cultivation of right attitudes

The most important part of tackling lifestyle disorders is the cultivation of right attitudes by the development of *Yogic* attitudes toward every part of life. This is vital to reduce the stress that is more often an inner over-reaction than the response to any external stimuli. The attainment of clarity of mind (*Chitta Prasadhanam*) through the attitudes extolled by Maharishi Patanjali (*Maitri, Karuna, Mudita, and Upekshanam*) is to be inculcated by the therapist. The therapists need to stress the importance of the individual taking the opposite view toward negative thoughts and actions (*Pratipaksha Bhavanam*) as well as emphasis on the cultivation of *Karma Yoga, Raja Yoga* and *Bhakti Yoga* principles in daily life.

#### Healthy heart-friendly diet

It is important to have a diet that is of a healthy nature. Meals should be taken regularly and there should be adequate amounts of green vegetable salads, sprouts,

fenugreek, turmeric, bitter melon, and neem. There should be the minimum possible amount of salt in the diet and it should have adequate potassium and calcium that are present in fruits and low-fat dairy products. It is important to maintain good hydration, and therapists need to stress that a loss of a few kilograms of body weight will help reduce the BP and enhance insulin sensitivity.

Some good pointers are: eat when hungry and after the previous meal has been digested, take regular small meals with complex carbohydrates, and avoid refined foodstuffs and junk foods.<sup>[18]</sup>

#### Breath-body movement coordination practices

*Shavasana* include *Spandha Nishpandha Kriya* (alternate tension and relaxation), *Marmanasthanam Kriya* (part-by-part relaxation), and *Kaya Kriya* (dynamic body relaxation). *Jnana Yoga* relaxation practices such as *Anuloma Viloma Kriya* and *Yoga Nidra* can help reduce stress levels and create psychosomatic harmony. Even simple *Makarasana* offers an excellent antidote to stress and benefits the patients of all psychosomatic disorders.

#### Dharana and Dhyana

Concentrative practices that induce a state of meditation include the popular *Om Japa* and *Ajapa Japa*. *Chakra Dhyana* is another useful practice while *Mandala Dharana* may be done on all *Chakras* with special emphasis on *Anahata Chakra* to harmonize *Prana Vayu* that is based in the heart region and on the navel centre to harmonize the *Samana Vayu* at *Manipura Chakra*.

#### Yogic counselling

This is a vital component of *Yoga Chikitsa* when dealing with any lifestyle disorder as *Yoga* is basically a preventive life science (*Heyam Dukhkam Anagatham - Yoga Darshan II: 16*). The counselling process is not a “one off” matter but is a continuous process that starts from the very first visit and continues with every session at different levels.

#### Rasayana

In addition to food and diet, Ayurveda propounds a separate concept of medicinal dietary supplements in



the context of *Rasayana* (rejuvenative measures). *Rasayanas* can be used as nutritional supplement as well as medicine depending upon its various types. Most *Rasayanas* produce their nourishing and rejuvenating effect by promoting the *Agni, Bala*, acting as direct nutrients and by way of *Sroto-Prasadan* (purification of body channels), resulting in an improved nutritional status which further leads to an improved quality of *Dhatus* or body tissues. Although the *Rasayanas* are a generic class of restorative and rejuvenative supplements, many *Rasayanas* could be tissue and organ specific such as *Medhya Rasayana* for the brain, *Hridya Rasayana* for the heart, *Twachya Rasayana* for the skin, and so on.<sup>[19]</sup>

## DISCUSSION

In *Ayurveda*, it has been quoted that *Ratri Jagarana* is harmful to the body. It leads to *Vataprakopa* and *Agnidushti*. In human body, there exists a circadian rhythm in activities of digestive enzymes. Wakefulness in night causes disruption in circadian rhythm and disturbance in activities of digestive enzymes which leads to indigestion (Masayuki Saito et al., 1975). Except in *Grishma Ritu*, it causes vitiation of *Kapha-Pitta* and also it is a cause for *Agnidushti*. According to the researchers, daytime sleep disrupts the circadian rhythm of digestive enzymes. (Charles W. Atwood, 2008). In 21st century, due to industrialization, there is increase in number of shift workers. Health of shift workers is now becoming a problem. 2007 study led by the IARC (International Agency for Research on Cancer) showed that shift work has been associated with cancer (Kurt, Straif, 2007). Most common disorder in shift workers is Shift work sleep disorder (SWSD). It is a circadian rhythm sleep disorder which requires medications with circadian changes (C C Caruso, 2012). According to the modern researchers, there exists Gut-Brain-Endocrine axis which involves Ghrelin-Leptin hormones, Insulin, Orexins etc. Disturbance in this axis due to disturbed sleep pattern leads to diseases like Diabetes mellitus, Cancer etc. (Annette L. Kirchgessner, 2002; Y Wang, H Yang, 2004) According to *Ayurveda*, *Vyayama* leads to increase in *Bala* (strength), *Agni* (digestion). Modern researchers have proved that exercise increases significantly the plasma GH

concentration and their combined effect induces a highly synergistic rise in GH (Foued Ftaiti, 2008). Exponential relationships were found between increases in core temperature and plasma growth hormone, prolactin, and catecholamines during exercise, suggesting the existence of a thermal threshold for stimulation of hormonal release during exercise (M W Radomski, 1998). Physical exercise activates hypothalamus-pituitary-adrenal axis and increase number, function and movement of lymphoid cells (Alexander J. Koch, 2010). Mild to moderate exercise stimulates gastric emptying (Campbell J.M.H, 1928) and increases secretions of gastric juice which leads to rapid and healthy digestion (William Beaumont, 1838). Now days, due to growing use of technologies, daily physical activity is decreasing. Lack of exercise/ sedentary lifestyle leads to delayed gastric emptying (Campbell J.M.H, 1928). Exercise has role in treatment of diseases. It has been proved that exercise has role in the treatment of Diabetes mellitus and Obesity (Zinker B A et al., 1993; Epstein LH et al., 1996). *Acharyas* have quoted that *Abhyanga* is essential for maintenance of health. According to modern researchers, skin blood flow increases diverting blood from muscle following 12 minutes of massage which helps in lactate clearance and recovers body from fatigue due to accumulation of lactate in muscles after prolong exercise (Hinds T et al., 2004). *Vegadharana* has been contraindicated by *Acharyas* as it is a direct cause of many diseases. Researchers have been proved that voluntary suppression of defecation delays gastric emptying. (Tjeerdsma HC et al., 1993) and retention of urge of micturition causes significant increase in the level of blood pressure, pulse rate, respiratory rate, Plasma Catecholamine, Plasma 5-HT, urinary catecholamine and 5- HIAA (5- hydroxyindoleacetic acid) in healthy volunteers (Madhu Shukla et al., 1988). According to the modern researchers, voluntary suppression of cough reflex is often associated with lung infection and also it leads to aggravation of symptoms of bronchiectasis (Wells A et al., 1992). As stated in *Ayurveda*, intercourse has been contraindicated in the period of menstruation and pregnancy. Acc.to the researchers, in the menstruating women it increases the chances of infection (Mayer,

1982) and coitus in the 1st trimester causes disturbance in the process of growth of foetus and results in the malformation of foetus and coitus during 3rd trimester leads to premature labour due to contraction of uterus (Senatur and Kaminer, 1927). *Vishamashana* means taking food in irregular quantity and at irregular time. Now a days, due to irregular job or business schedule people take meal at irregular time and irregular quantity. Irregular time of food intake disrupts the normal digestive pattern which adhered to a circadian rhythm (Melinda Blackman et al., 2010). Intake of *Ushna Ahara* has been advised by *Acharyas*. It helps for digestion. It lacks due to intake of cold food items which results in indigestion (William Beaumont, 1838). In *Ayurveda*, it has been stated to take water (Global J Res. Med. Plants & Indigen. Med)

## CONCLUSION

The concept of a healthy lifestyle in Ayurveda is broad, encompassing behaviours such as dietary habits under the heading *Ahara Vidhi Vidhana*, water-drinking habits, and general conduct. Essentially, an individual's lifestyle is the result of the cumulative interplay between their physical capacity and psychological functioning, manifested through habits, behavior, dietary choices, and living patterns developed since childhood. It reflects a profound psychological and innate control over both physical and sensory activities. Ayurveda emphasizes several essential principles for the innate control of physical and mental activities to achieve the best quality and span of life.

Under the headings *Sadvritta*, *Dinacharya*, *Ritucharya*, and *Ratricharya*, Ayurveda outlines daily and seasonal practices like exercise and oil application. The incorporation of these practices into one's routine plays a pivotal role in disease prevention. Furthermore, lifestyle modification has demonstrated success as a treatment strategy for various diseases.

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