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Ayurvedic approach to managing lifestyle disorders

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ABSTRACT

Illnesses associated with a certain lifestyle are referred to as lifestyle illnesses. The biggest obstacles to a healthy existence are altered lifestyle choices brought about by a more sedentary way of living, work demands, and competitive living. Diseases known as lifestyle disorders are not spread from person to person or from environment to person, rather, they are brought on by unhealthy lifestyle choices like smoking, binge drinking, poor diet, poor eating habits, inactivity, insomnia, and psychological stress. *Ayurveda* is a holistic science. Its primary goal is to keep healthy people healthy, and its secondary goal is to treat sick people. The primary lifestyle ailments are cancer, heart disease, type 2 diabetes, obesity, PCOS, and hypertension. In India, non-communicable diseases (NCDs) account for more than 60% of all fatalities annually. Around the world, lifestyle disorders claim the lives of 38 million people annually, but in India, one in four people are at risk of developing one. Ayurvedic regimens such as *Panchakarma* treatment, *Rasayana* therapy, *Sadvritta Palan*, *Ritucharya*, *Dinacharya* (daily routines), and *Panchakarma* therapy might help avoid lifestyle disorders. Ayurvedic regimens all try to create optimal balance in addition to treating individual illnesses of the body. For this reason, when it comes to treating a multifaceted illness like lifestyle disease, it performs better than traditional medications.

Key words: Lifestyle disorder, Rasayana, Dinacharya, Ritucharya.

INTRODUCTION

Diseases that are mostly caused by a person's everyday activities as a result of an unsuitable interaction with their environment are known as lifestyle illnesses. As per *Ayurveda*, lifestyle disorders can be caused by either an increase or reduction in *Dosha*, or by *Pragyaparadha* (intellectual defect) or *Asatmya Indiyartha Samyoga* (unhealthy sensory perception), which leads to disharmony in the body. Lifestyle

disorders are a type of illness that cannot be spread from person to person or from environment to person. Instead, they are brought on by unhealthy lifestyle choices like smoking, binge drinking, poor eating habits, lack of physical activity, insomnia, psychological stress, and poor diet. *Traya-Upastambha*, or *Aahar*, *Nidra*, and *Brahmacharya*, might help accomplish *Ayurveda's* primary goal, *Swasthyasya Swastha Rakshanam Aturasya Vikara Prashmnam Cha ||*

Aahar has been listed first among the *Traya-Upastambha*, indicating its significance for a person's healthy existence. Depending on how we eat the different types of *Aahar* and *Aahar Matra*, our bodies build differently, and various lifestyle problems can be caused by *Dincharya*, *Ritucharya*, and *Sadvrita*. However, in the current period, everyone is engaged in competitive racing, disregarding social norms, eating at irregular times, and leading an aggressive lifestyle that negatively impacts both the body and *Prakriti*, ultimately leading to *Dosha Vaisamyata*. If an unhealthy lifestyle continues to exist, it can result in

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problems of the body's channels (*Stroto dusti*), impaired digestion and metabolism (*Agni Bala Vaisamyata*), impaired mental state (harassment of *Satva*), and other sorts of lifestyle illnesses. Good interventions mentioned in classical *ayurvedic* texts to prevent and manage *Doshadhatu Vaisamyata* and *Dhatu Dusti Gat Roga* as lifestyle disorders consist of *Ahar-Vihar's* dietary management, *Panchakarma's* *Sansodhan Upkrama*, *Rasayana's* *Sanshman Upkrama*, *Daivya Vyapashraya*, and *Satvavjaya*, following with *Dinacharya*, *Ritucharya*, *Sadvrita*, and *Achar Rasayana*.

AIM AND OBJECTIVE

Prevention and management of lifestyle disorder through *Ayurveda*.

Causes of life style disorder

A person with an unhealthy diet is not getting enough nutrients in any form, and they are more susceptible to lifestyle-related illnesses, including diabetes, heart disease, and stroke. A significant problem that the modern world faces is the deficiency of natural light and air. An individual's vulnerability to lifestyle diseases is believed to be influenced by their diet and lifestyle choices. Dietary imbalances may be the cause of lifestyle illnesses. A person may become trapped in a lifestyle issue if their eating patterns are linked to overindulging in fatty and sugary foods, missing meals, or overeating.

Various *Aaharaja* and *Viharaja Vidan* that causes lifestyle disorders are:

1. **Aaharaja Nidan:** *Atiruksh*, *Atisnigdha*, *Gurubhojan*, *Ajeeransan*, *Vishmasan*, and *Asatmyabhojan*.
2. **Viharaja Nidan:** *Vegavidharan*, *Ratrijagran*, *Diwaswapana*, *Langhan* etc.
3. **Mansik Nidan:** *Dvesh*, *Krodh*, *Bhaya*, *Shok* etc.

Management of life style disorder

Management through *Aahara*:

Ayurveda refers to *Aahar* as *Mahabhaishajya* and considers it to be *Prana*. In addition to promoting lifespan and providing essential nutrients, *Aahar* is also in charge of *Bala*, *Varna*, *Upachya*, and other things.

Lolimbaraj asserts that medication is useless when a person follows the incorrect diet and that there is no need for medication while following the right diet. According to the *Sushruta Samhita*, *Sankshepta Kriya Yoga Nidan Parivarjanam* is the remedy for illness. *Acharya Charak* says that food should be eaten at *Aahar Matra*. For *Aahar Matra*, the capacity to digest food is essential. The amount of food that is adequately absorbed and digested without disturbing the body's *Dosha* and *Dhatu* balance is referred to as *Aahar Matra*. Two types of *Aahar*, namely *Guru Aahar* and *Laghu Aahar*, were described by *Acharya Charaka*. This does not imply that food's lightness and heaviness are interchangeable. Actually, *Laghu Aahar* is more prevalent in *Vayu* and *Agni* qualities, whereas *Guru Aahar* is more prevalent in *Prthivi* and *Soma* qualities. This is why the digestive stimulant *Laghu Aahar* causes very little disruption even when administered to saturation. Conversely, as a result of their distinctions, the *Guru Aahar* does not inherently promote digestion and, in excess, can lead to serious derangement unless the user has a robust *Agni* digestive system and exercises. *Agnibala*, or the ability to digest, is hence tied to meal quantity.

Management through *Vihara*:

Various *Acharyas* have described *Dinacharya*, *Ritucharya*, and *Sadvrita* as a part of lifestyle measures for healthy and longevity of life.

Dinacharya

Ayurveda advises establishing conscious daily routines, rising early, letting go of instinctive desires, and getting rid of garbage when necessary. When brushing his teeth, he should use soft brushes made of the twigs of plants like *Khadira*, *Karanja*, *Kakubha*, etc. A long, flexible piece of metal or a plant twig should be used to wipe the tongue. It's important to thoroughly clean the mouth. Frequent daily bathing (bathing improves hunger and promotes lifespan), regular massage (*Abhyanga*), and eating an appropriate and nutritious diet based on appetite and metabolic demands are all beneficial. *Ayurveda* has also advised against eating stale food and sleeping late. These might cause a long-term imbalance that predisposes to lifestyle problems by upsetting circadian rhythms.

Ritucharya

Apart from the nutritional regimens for days and nights, seasons have been carefully considered in Ayurvedic classics. There are six distinct seasons throughout the year, and each one calls for a certain dietetic plan.

Ritucharya is an essential part of the prevention of many diseases, particularly conditions related to lifestyle. Seasonal *Panchakarma*, or *Basti* in *Varsha Ritu*, *Vaman* in *Vasant Ritu*, and *Virechana* in *Sharad Ritu*, are recommended by *Ayurveda* as preventative methods for preserving and enhancing physical and mental health. *Haritaki*, for instance, has rejuvenating (*Rasayana*) properties. However, to produce its *Rasayana* effect, it requires different types of *Anupana*, or supportive *Dravyas*, in different seasons. *Ritu Haritaki* (in various seasons, *Haritaki* should be consumed with different *Anupana*).

- In the *Varsha Ritu*, take *Haritaki* together with *Saindhava Lavana*.
- *Haritaki* should be eaten with *Sharkara* in *Sharad Ritu*.
- *Ritu Haritaki* in *Hemanta* should be taken with *Shunthi*.
- *Haritaki* should be eaten with *Pippali* in *Shishira Ritu*.
- *Haritaki* should be consumed with *Madhu* during the *Vasanta Ritu*.
- In the *Grishma Ritu*, take *Haritaki* together with *Guda*.

Sadvritta and Achara Rasayana

Ayurveda provides a set of ethical guidelines referred to as *Sadvritta* and *Achara Rasayana*. The practices of *Sadvritta* and *Achara Rasayana* can be divided into four categories: psychological and emotional (try to maintain a steady mental state, i.e., avoid height of emotions, try to avoid memorizing if being insulted by anyone, keep patience, etc.); social (keep mercy on others, tell the truth, avoid alcoholism, be softhearted, always use cleaned and washed clothes); and personal (evaluate excess exertion, avoid suppression of natural

urges, bathing, keeping skin clean, etc.). This kind of lifestyle modification is usually beneficial for managing and preventing a variety of lifestyle problems.

CONCLUSION

Non-communicable diseases (NCDs) are a term used to describe lifestyle diseases that are mostly caused by junk food, inactivity, and other factors. The effectiveness of *Ayurveda* in treating lifestyle diseases has been demonstrated. The Ayurvedic system clearly defines both physical activity and nutrient-dense diet. The main risk factors for lifestyle illnesses such as high blood pressure, high cholesterol, diabetes, obesity, and others include unhealthy diets, smoking, inactivity, and stress. In order to best fit the patients, Ayurvedic treatment for lifestyle disorders is administered based on each person's unique body constitution, taking into account their medical history, present problems, and responses to prior treatments. All Ayurvedic regimens seek to create healthy balance as well as to counteract certain ailments of the body. In modern life, everyone is dealing with some physical, mental, or social problems, but an Ayurvedic lifestyle helps in improving everyone's physical, mental, and social well-being and, in the end, heals symptoms. *Ayurveda* provides recommendations for protecting mental health. It follows that the Ayurvedic *Aharaj* and *Viharaj* regimen certainly has the capability to prevent a wide range of lifestyle problems with real and practical benefits. According to *Ayurveda*, life is one of the three main objectives of human existence. *Sadvritta* and *Achara Rasayana* gradually affect affective and psychological behaviors. Following the *Dincharya* and *Ritucharya* treatments can help us achieve a happy, healthy, and prosperous life, as well as prevent lifestyle issues.

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