



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research  
Vol. 12, Issue, 01, pp.9883-9885, January, 2020

DOI: <https://doi.org/10.24941/ijcr.37709.01.2020>

INTERNATIONAL JOURNAL  
OF CURRENT RESEARCH

## RESEARCH ARTICLE

### LIFESTYLE DISORDERS- PREVENTIVE APPROACH THROUGH AYURVEDA

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#### ARTICLE INFO

##### Article History:

Received 04<sup>th</sup> October, 2019

Received in revised form

10<sup>th</sup> November, 2019

Accepted 29<sup>th</sup> December, 2019

Published online 30<sup>th</sup> January, 2020

##### Key Words:

Dinacharya, Rutucharya,  
Life Style Disease,  
Sadvrutta, Rasayana, Panchakarma.

#### ABSTRACT

Life style diseases are defined as those health problems that react to changes in lifestyle. The changed living habits due to increasing sedentary lifestyle, job requirements, competitive living are the main culprits against a healthy life. Ayurveda is a holistic science. It aims primarily to maintain healthy life in healthy individuals & secondly to treat the disease in diseased individual. Lifestyle diseases are becoming more common these days and affecting the majority of the population. Lack of physical activity, Unhealthy diet, Poor sleeping patterns, Alcohol Smoking, Sedentary life style, Stress are some of the causes of lifestyle diseases. The major lifestyle diseases include Heart diseases, Hypertension, Obesity, PCOS, Type 2 diabetes, Cancer. We can prevent Lifestyle Disorders through Ayurveda Regimen which includes Dinacharya (Daily Routines), Rutucharya, Panchakarma therapy, Rasayana therapy and sadvrutta palan. All referances for The concept of Ayurveda regimen is studied from Charak samhita and Ashtang Hriday. In this study we focus on the Lifestyle disorders, their causes and prevention through Ayurveda Regimen.

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Citation: Pratiksha D. Talawar and Sarika S. Kandharkar. 2020. "Lifestyle disorders- Preventive Approach through Ayurveda", *International Journal of Current Research*, 12, (01), 9883-9885.

#### INTRODUCTION

Ayurveda is the science of life. Firstly it focuses on maintenance of health then on treatment of diseases. This unique aspect is a great gift from Ayurveda to the whole mankind. According to Ayurveda 'Health' is the state of equilibrium of normal functions of dosha, dhatu, Agni and mala with delighted mind, body and soul. If dosha, dhatu, mala and Agni are in samyavastha (state of equilibrium) then Health is maintained. Disturbances in the state of equilibrium results into diseases. Erratic lifestyle is one of the most basic causes for disturbance in the state of functional equilibrium. Life style diseases are defined as those health problems that react to changes in lifestyle. The changed living habits due to increasing sedentary lifestyle, job requirements, competitive living are the main culprits against a healthy life. People who fall victims to these new phenomena get trapped with lifestyle disorders. The most effective method to manage or prevent the progression of these diseases through making some simple changes in the lifestyle by Ayurveda Regimen. Lifestyle diseases are becoming more common these days and affecting the majority of the population. In this study we focus on the Lifestyle disorders & their causes and their prevention through Ayurveda Regimen. Definition-Lifestyle diseases are defined as diseases linked with the way people live their life.

These are the diseases caused by unhealthy eating, behavior & partly by other factors.

#### Causes of lifestyle diseases

- Lack of physical activity
- Unhealthy diet
- Poor sleeping patterns
- Alcohol
- Smoking
- Sedentary life style
- Stress

#### The major lifestyle diseases include

- Heart diseases
- Hypertension
- Obesity
- Type 2 diabetes
- Cancer

#### Heart disease

- Elevated levels of cholesterol & triglycerides in the body are the major markers of heart disease.
- Diet full of junk foods, smoking, alcohol, lack of exercise in lifestyle contributes to heart disease.

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- It is long term medical condition in which the blood pressure in the arteries is persistently elevated.
- About 90-95% of cases are primary due to nonspecific lifestyle & genetic factors.
- Lifestyle factors are excess salt in diet, obesity, smoking & alcohol use.

### Obesity

- A body mass index is greater than 30 kg/m<sup>2</sup> is defined as obesity.
- Obesity is very dangerous condition which makes an individual more vulnerable to other lifestyle diseases like diabetes & heart disease.
- It is due to unhealthy diet, smoking, alcohol consumption, inadequate exercise, stress, improper sleep patterns.

### Type 2 Diabetes

- It is a long term metabolic disorder that is characterized by high blood sugar, insulin resistance.
- Diabetes can be easily managed by effectively controlling its various risk factors such as smoking, obesity & sedentary lifestyle.

### Cancer

- It is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of body.
- Causes of cancer are still controversial, genetic factor play a major role but research studies show that smoking, unhealthy eating habits are one of major reasons of cancer.

### How we prevent Lifestyle Disorders through Ayurveda Regimen?

#### Dincharya (Daily Routines):

- Relation between Dincharya & diseases.
- Importance of Dincharya in preventive aspect.

By following Dincharya regimen, we can change the modifiable risk factors of life style disorder.

#### Relation of Dincharya & Disease

According to Vagbhatacharya

Kaal artha karmanam yogo heen mithya atimatrakah (Sharma, 2009)

- Root cause of diseases are less, improper or excessive involvement of –
  - Kaal- Ritu (six seasons)
  - Artha- Shabda sprashadi indriyarth
  - Karma- kayik, Vachik, Manasik karma
- According to this sutra kaalaj hetu are avoided by following the regimen of Rutucharya
- Karmaj hetu are avoided by following Dinacharya.

**Dincharya Regimen:** Ayurveda suggests beginning daily habits with

- Early rising (Bramha muhurthe uthisthe) (Brahmanand Tripathi, 2015)
- Avoid suppression of natural urges (Dr. Brahmanand Tripathi, 2015).
- Keep the teeth clean (Dantadhavan) (Brahmanand Tripathi, 2015).<sup>4</sup>
- Regular use of massage ( Abhyanga) (Dr. Brahmanand Tripathi, 2015)
- Regular Exercise (Vyayam) (Dr. Brahmanand Tripathi, 2015)
- Consume suitable and wholesome diet according to appetite (Acharya Vidyadhar Shukla, 2011).

Thus one has to stay aware about this daily regimen for day to day for promotion of health, boost immunity & thus prevention of life style disorders.

### Rutucharya

- Rutucharya represents a very important aspect of preventing various illness including life style disorders.
- According to Rutucharya Ayurveda advises Seasonal Panchakarma .Basti in Varsha ritu (Brahmanand Tripathi, 2015), Vaman in Vasant Ritu (Brahmanand Tripathi, 2015) and Virechana in Sharad Ritu (Brahmanand Tripathi, 2015) as preventive measure for maintained and promotion of physical as well as mental health.

### Panchakarma therapy

- Panchakarma include Vaman, (Therapeutic emesis), Virechana (therapeutic purgation), Basti (Therapeutic decoction & oil enema) Nasya (nasal medication) Raktamokshan.
- Panchakarma emphasises more on preventive aspect rather than curative. It also restore the mental health, reduces the stress and thus prevention of lifestyle disorders.

### Rasayan therapy

- Rasaayan produce their nourishing and rejuvenate effect by promoting Agnibala (digestive power), Dhatubal, Indriyabala (Ravidatta Tripathi, 2012). Rasaayana drugs are used as immunomodulator, Adaptogenic, antioxidants. Thus preventing lifestyle disorders.

### Sadavritta

Sadavritta & Aachar Rasayana denotes of good behavioural conduct which includes

- Early sleeping, early waking, regimen of bathing, telling truth, avoid alcoholism, avoid suppression of natural urges etc (Ravidatta Tripathi, 2012).
- Thus Aachar Rasayana affects on psychological, emotional behaviour in a steady way.
- Thus we can prevent the lifestyle disorders by following the Dincharya, Rutucharya regimen & Panchkarma & Rasayana therapy.

## DISCUSSION

Lifestyle diseases are linked the way people live their life and environment. Ayurveda provides the better option in the preventive aspect of these diseases. Ayurveda has a great potential to prevent these life style diseases through Dincharchya, Rutucharya, Panchkarma therapy, Rasayanachikitsa and Sadvrittapan.

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