

**ROLE OF DIET AND LIFESTYLE ACCORDING TO PRAKRITI IN
NON-COMMUNICABLE DISEASES**

Varsha Ganpat Ahiwale^{1*}, Uttam Bande², Mukund Sonawane³, Satish Patil⁴ and Shilpa Patil⁵

¹PG Scholar, Dept. of Kriyasharir, Yashwant Ayurvedic College, Post Graduate & Research Centre, Kodoli, Maharashtra.

²H.O.D., Dept. of Kriyasharir, Yashwant Ayurvedic College, Post Graduate & Research Centre, Kodoli, Maharashtra.

^{3,4}Associate Professor, Dept. of Kriyasharir, Yashwant Ayurvedic College, Post Graduate & Research Centre, Kodoli, Maharashtra.

⁵Assistant Professor, Dept. of Kriyasharir, Yashwant Ayurvedic College, Post Graduate & Research Centre, Kodoli, Maharashtra.

Article Received on
29 February 2024,

Revised on 20 March 2024,
Accepted on 10 April 2024

DOI: 10.20959/wjpr20248-31988



***Corresponding Author**

**Dr. Varsha Ganpat
Ahiwale**

PG Scholar, Dept. of
Kriyasharir, Yashwant
Ayurvedic College, Post
Graduate & Research
Centre, Kodoli,
Maharashtra.

ABSTRACT

Prakriti concept in Ayurveda is a very powerful concept. Ayurveda focusses on examining the prakriti i.e. the natural state of the individual. According to Ayurveda all diseases based on three basic elements called – Vata, Pitta and Kapha. If you can follow a healthy diet and lifestyle, then there is no place for poor health conditions in your happy life. Noncommunicable diseases develop due to changes in basic components of lifestyle like Aahar and Vihara. Hence in present work an attempt has been made to elaborate the significance of Diet and Lifestyle according to Prakriti. Healthcare burden in developing countries mainly imposed by Non- communicable disease and the prevention of such diseases is indeed the true solution to it, Ayurveda has provided detail guideline in the form of Dinacharya and Rutucharya to maintain normal functioning of Dosha related with specific Prakriti.

KEYWORD:- Prakriti, Non communicable diseases, Diet and Lifestyle.

INTRODUCTION

Ayurveda is unique pathy in which two aims fulfilled one is prevention and another is curative. For prevention Acharya has described Dincharya, Ritucharya While for curative observing different factors like Dosh, Dhatu, Mala, Panchamahabhuta etc.

‘Healthy body having healthy mind’. According to WHO Health is a state of complete physical, mental, and social well being and not merely the absence of disease. So it’s need of society to give health with the help of diet and lifestyle.

Now a days also human beings needs are food, clothes and shelter but these are modified and we all struggling for it, these struggle develop NCDs. Sedentary lifestyle and stress main cause of NCDs.^[13] NCDs now account for higher morbidity and premature mortality. Healthcare burden in developing countries is mainly imposed by NCDs, and the prevention of such diseases is indeed the true solution to it. Ayurved is best science to control NCDs.

Prakriti

According` Vyakti titkya prakriti` every person having different prakriti and these persons having different diet and lifestyle for healthy body. Mostly we think about Doshas Prakritis, there are 7 types of Doshas Prakritis.

Vataj, Pittaj, Kaphaj, Vitpittaj, Kaphpittaj, Vatkaphaj, and Tridoshaj.

- Prakriti Produce from birth with the help of Shukra (Sperm), Shonit (Ovum)S, Garbhinis Ahar and Vihar (Mother’s diet and regimen), Kal (Time of conception), Status of Uterus, Five mega elements (Panchamahabhootas).
- If every person know his Prakriti, according to Prakriti he can take diet and change lifestyle and maintain physical and mental health. Prakritipareekshan included in Dashavidh Pareeksha, so it is very useful for ayurvedic treatment.
- Prakriti never changes, Dosha which create Prakriti never disturbs to health. Prakriti study is very useful to avoid diseases and maintain health.

Prakriti determine our health and mind status. Here we discuss about Doshas Prakritis. Every person is combination of doshas but one dosha is dominant, very few lucky people having Samdoshas Prakriti.

Vata Dominnt Prakriti-Lean body, cracked skin, fast movement, crackled voice, phobia etc.

Pitta Dominant Prakriti-Bright and delicate skin, medium body structure, redness of lip and tongue, angry, courageous.

Kapha Dominant Prakriti – Soft skin, strong built, less sweating, less water and food intake, slow movement, calm and loving, forgiving.

Diet

According to Ayurveda there are six types of rasa, which affect our health according to prakriti.

According to Ashtangsangrah we must be take SHADARSATMAK AHARA. Now a days, we eat junk food and bakery product which imbalance our doshas and produce diseases.

Non-communicable diseases

Non-communicable diseases also known as chronic diseases. NCDs kill 41million people each year. Of all NCDs deaths 77% are in low and middle countries. NCDs death occurs before the age of 70 years.^[12]

Risk factors

- Modified behavioral risk factors

- Tobacco use
- Unhealthy diet
- Physical inactivity
- Harmful use of alcohol
- Mental stress

- Metabolic risk factors

- Hypertension
- Hyperlipidemia
- Hyperglycemia
- obesity

- Environmental risk factors

- Air pollution

Prevention and Control

An important way to control NCDs is focus on reducing the risk factors associated with these diseases. Management of NCDs includes screening, detecting and treating these diseases and providing access to palliative care for people in need. Ayurvedic lifestyle, diet, yoga, meditation have beneficial effects in NCDs.

Table No. 1: Risk factors.

	Risk Factor	Ayurvedic Condition	Most Prone prakriti
1	Hypertension	Raktachap	Vatta and Pitta, Kaph
2	Hyperlipidemia	Medorog	Kaph
3	Hyperglycemia	Prameh	Kaph
4	Obesity	Sthoulya	kaph

Table No. 2: Rasa according to prakriti.

Prakriti	Increasing Rasa	Shamak Rasa
Vataj	Katu, Tikt, Kashay	Madhur, Amla, Lavan
Pittaj	Amla, Katu, Lavan	Tikt, Madhur, Kashay
Kaphaj	Madhur, Amla, Lavan	Katu. Tikt, Kasha

Table No. 3: Diet according to prakriti.

Diet	vataj	Pittaj	Kaphaj
Include	Sweet, rice, udad dal, ghee, oil, milk, curd, dry fruits, take warm and freshly prepared food.	Sweet, bitter, astringent food, rice, wheat, mung, amla, ghee, milk, pomegranate, pumpkin, beans,	Bitter, Pungent, astringent, mung, beans, rice, wheat older than one year, barley, buttermilk, fiber diet food.
Exclude	Refrigerator food, stale food	Spicy food	Sweet, cold food, bakery item.

Table No. 4: Lifestyle according to prakriti.

Lifestyle	Vataj	Pittaj	Kaphaj
Include	Regular oil massage, sleep 8 hours.	Spiritual involvement, listen camling music, sleep 6-8 hours.	Always keep yourself active, Sleep 6 hours, Expose to sunlight, workout daily.
Exclude	Excessive exercise, stay awake for longtime at night.	Excessive exercise, expose to Ac, Anger, Stress.	Sedentary lifestyle, day time sleeping, too much rest.

CONCLUSION

Prakriti and Noncommunicable diseases are closely correlated with each other and the lifestyle managed as per type of Prakriti will have significant role in prevention and management of Noncommunicable diseases.

Ayurveda has provided detailed guideline in the form of Dincharya and Rutucharya to maintain normal functioning of Doshas related with specific Prakriti.

REFERENCES

1. Dr. Snehal V. Kukade, Dr. SmitaMekhale, Dr. Mahendra Agrawal, Dr. DivyaShahu, Concept of Prakriti in Ayurveda and Its Significance in Evading Lifestyle Disorders. Review Article International Ayurvedic Medical Journal ISSN: 23205091
2. Maanasi menan and Akhilesh Shukla. Understand hypertension in the light of Ayurveda. J-AIM, 2018; 9(4): 302-307, published online 2017 Nov 17.
3. Mandip Goyal, Lifestyle intervention: A preventive approach for non – communicable disease, 2018; 39(3): 119- 120.
4. H. M. Chandola, Lifestyle Disorders: Ayurveda with lots of potential for prevention, AYU, 2012; 33(3): 327.
5. Acharya Agnivesha, Charaka samhita edited by Pandit Rajeshwar Datta Shatri, Published by Choukhamba Bharati Academy, Vimansthan, 8: 95,96,97,98,99,100.
6. Acharya Agnivesha, Charaka samhita edited by Pandit Rajeshwar Datta Shatri, Published by Choukhamba Bharati Academy, Sutrasthan, 7-41.
7. Sarth Vagbhat, Dr. Ganesh Krishna Garde, Anmol Prakashan, Sutrasthan, 1: 9-2.
8. Charak Sanhita, edited by sri satya Narayan Shatri, published by Chaukhamba Bharati academy, Vimansthan, 6: 16,17,18.
9. Ashtangsangraha edited by Kavirajatrived Gupta, Chowkhamba Krishanadas academy, 2005; 8: 1-35.
10. Prof. Dr. U.K. Bande, Sharirkriyavidnyan- Ayurved & Modern Concept of Prakriti. Vijay Prakashan, Kodoli, 2018; 2,3: 6.
11. Acharya Agnivasha, CharakSamhita edited by Pt. Rajeshwardatta Sastri Chikitsasthan, Chaukhamba Vishwabharati, Varanasi, 2: 6.
12. <https://www.WHO.int>.
13. K Sembulingam, Essentials of Medical Physiology, 8: 114-721.