

## MODERN AYURVEDA: BLENDING ANCIENT WISDOM WITH TODAY'S LIFESTYLE

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### ABSTRACT

Ayurveda, the ancient Indian system of medicine known as the "Science of Life," has been practiced for more than five millennia and continues to remain relevant in the modern era. Rapid urbanization, technological advancement, sedentary habits, irregular dietary patterns, and increasing psychological stress have significantly contributed to the rising prevalence of lifestyle-related disorders. Modern Ayurveda represents an evolved and integrative application of classical Ayurvedic principles adapted to contemporary living conditions. The present article aims to elaborate the relevance of modern Ayurveda using the IMRAD format. A narrative review of classical Ayurvedic texts and contemporary scientific literature was undertaken. The analysis indicates that Ayurvedic principles such as Sadvritta (ethical conduct), Dinacharya (daily regimen), Satvavajaya Chikitsa (mental health

management), herbal therapies, and lifestyle modification play a vital role in maintaining holistic health. The integration of Ayurveda with modern healthcare systems and digital platforms further enhances its accessibility and applicability. Modern Ayurveda thus offers a personalized, preventive, and sustainable approach to health suitable for today's fast-paced lifestyle.

**KEYWORDS:** Modern Ayurveda; Lifestyle Disorders; Sadvritta; Dinacharya; Satvavajaya

Chikitsa; Integrative Medicine.

## INTRODUCTION

Ayurveda originated in India over 5000 years ago and is one of the world's oldest holistic healthcare systems. The term Ayurveda is derived from the Sanskrit words *Ayus* (life) and *Veda* (knowledge), signifying comprehensive knowledge related to healthy and meaningful living. Ayurveda emphasizes the maintenance of health and prevention of disease through balance among body, mind, senses, and spirit rather than focusing solely on disease treatment.

In the contemporary era, human lifestyles have undergone drastic changes due to industrialization, urban migration, globalization, and technological advancement. Irregular working hours, sedentary occupations, unhealthy dietary practices, chronic psychological stress, excessive use of electronic devices, and reduced interaction with nature have collectively contributed to a significant rise in lifestyle-related disorders. Diseases such as diabetes mellitus, hypertension, cardiovascular disorders, obesity, anxiety, depression, and sleep disturbances now constitute major public health challenges worldwide.

Although modern biomedicine has made remarkable progress in diagnostics, pharmacology, and surgical interventions, it often provides limited long-term solutions for chronic lifestyle disorders that require sustained behavioral modification and preventive care. This limitation has resulted in growing global interest in traditional and complementary medical systems.

Ayurveda, with its emphasis on individualized care, lifestyle regulation, and preventive strategies, offers a scientifically relevant and culturally acceptable solution to modern health challenges.

The concept of modern Ayurveda refers to the application of classical Ayurvedic principles in present-day living, supported by contemporary research, clinical validation, and digital healthcare technologies. This article elaborates how ancient Ayurvedic wisdom can be effectively blended with today's lifestyle using a structured IMRAD framework.

## MATERIALS AND METHODS

The present study adopted a narrative review and descriptive research approach. Data were collected from classical Ayurvedic texts such as *Charaka Samhita* and *Ashtanga Hridaya*, peer-reviewed scientific journals, publications from the World Health Organization (WHO),

and reliable resources related to Ayurveda and integrative medicine. Literature focusing on lifestyle disorders, preventive healthcare, Sadvritta, Dinacharya, mental health management, and integrative medical models was included. The collected information was qualitatively analyzed, synthesized, and presented in an original and plagiarism-free manner aligned with journal standards.

## RESULTS

### Modern Lifestyle, Urbanization, and Health Imbalance

Modern lifestyles are characterized by speed, competition, irregular routines, and constant mental engagement, which disrupt natural biological rhythms. Urban populations are particularly vulnerable to stress-related disorders due to demanding work schedules, environmental pollution, physical inactivity, and social pressures. Research indicates that individuals exposed to chronic lifestyle stress have a significantly higher risk of physical illness, psychological disturbances, and impaired social functioning.

Excessive dependence on digital technology has resulted in prolonged indoor living and reduced exposure to natural environments. This disconnection from nature adversely affects circadian rhythms, sleep quality, metabolic processes, and mental health. Ayurveda conceptualizes these disturbances as imbalances of doshas, particularly aggravated *Vata* due to irregular routines and mental overstimulation, and aggravated *Pitta* due to stress and emotional strain.

### Sadvritta: Ayurvedic Principles of Right Conduct

Sadvritta refers to the ethical and disciplined way of living described in Ayurveda for maintaining health and preventing disease. It encompasses all dimensions of human life.

#### Sharirika Sadvritta (Physical Discipline)

Includes maintenance of personal hygiene, daily oil massage (*Abhyanga*), regular physical exercise within individual capacity, proper sleep, clean clothing, and protection from environmental pollutants. These practices strengthen immunity, digestion, circulation, and overall vitality.

#### Manasika Sadvritta (Mental Discipline)

Emphasizes emotional regulation, mental stability, and avoidance of excessive anger, fear, greed, jealousy, and attachment. Balanced mental states help prevent psychosomatic

disorders.

### **Samajika Sadvritta (Social Discipline)**

Encourages truthfulness, polite speech, compassion, respect for elders, and harmonious social relationships, contributing to psychological well-being and social harmony.

### **Dharmika Sadvritta (Spiritual Discipline)**

Includes ethical living, meditation, respect for nature, and spiritual awareness, fostering inner peace, resilience, and emotional strength.

### **Role of Ayurveda in Mental and Emotional Well-being**

Ayurveda places significant emphasis on mental health and recognizes the close interrelationship between mind and body. Psychological disorders are viewed as disturbances of mental doshas affecting cognition and emotional balance.

**Satvavajaya Chikitsa** is Ayurveda's non-pharmacological psychotherapeutic approach aimed at strengthening the mind and controlling negative thought patterns. It includes counseling, self-discipline, meditation, yoga, and ethical guidance to enhance mental clarity and emotional stability.

Panchakarma therapies such as *Abhyanga* and *Shirodhara* have demonstrated beneficial effects in reducing stress, calming the nervous system, and improving sleep quality. Medhya Rasayana herbs such as Brahmi (*Bacopa monnieri*), Shankhapushpi (*Convolvulus pluricaulis*), Ashwagandha (*Withania somnifera*), and Jatamansi (*Nardostachys jatamansi*) support cognitive function, memory, and stress tolerance.

### **Practical Application of Ayurveda in Daily Life**

Ayurveda provides practical, cost-effective, and easily adoptable lifestyle guidelines suitable for modern living.

### **Dinacharya (Daily Regimen)**

Early rising, tongue scraping, oil pulling, intake of warm water, yoga, pranayama, and meditation help synchronize the body with natural biological rhythms.

### **Ahara (Dietary Principles)**

Food is considered the primary medicine in Ayurveda. Consumption of fresh, seasonal, and

balanced meals based on individual dosha constitution supports digestion, metabolism, and overall health.

### **Kitchen Remedies**

Common spices such as turmeric, ginger, cumin, coriander, fennel, and cardamom possess medicinal properties that enhance digestion, immunity, and metabolic balance.

### **Work–Life Balance**

Ayurveda advocates moderation, adequate rest, structured routines, mindfulness practices, and stress management to prevent burnout and improve productivity.

### **Integration of Ayurveda with Modern Healthcare**

Modern Ayurveda plays a complementary role alongside contemporary medicine, particularly in the prevention and long-term management of chronic lifestyle disorders.

While modern medicine excels in diagnostics, emergency care, and acute disease management, Ayurveda provides sustainable lifestyle correction, preventive strategies, and holistic rehabilitation. Global organizations such as the World Health Organization encourage the integration of traditional medicine into national healthcare systems. Digital platforms, telemedicine, and mobile health applications have further expanded the accessibility and acceptance of Ayurveda.

## **DISCUSSION**

The findings highlight that modern Ayurveda addresses the root causes of lifestyle-related disorders through personalized, preventive, and holistic interventions. Ethical living, disciplined daily routines, mental health management, and dietary regulation collectively contribute to long-term well-being. Integration of Ayurveda with modern healthcare systems allows the strengths of both systems to be utilized effectively. Increasing scientific validation and digital innovation are bridging the gap between traditional knowledge and evidence-based medicine.

## **CONCLUSION**

Modern Ayurveda represents a meaningful and scientifically relevant synthesis of ancient wisdom with contemporary healthcare needs. In an era dominated by lifestyle-related disorders, psychological stress, and chronic diseases, Ayurveda offers a comprehensive framework focused on prevention, balance, and individualized care. Principles such as

Sadvritta, Dinacharya, Satvavajaya Chikitsa, and dosha-based lifestyle regulation directly address the underlying causes of modern health challenges.

The integration of Ayurveda with modern medical systems enhances its applicability, credibility, and global acceptance. Supported by growing scientific evidence, policy recognition, and digital health advancements, modern Ayurveda stands as an evolving and sustainable component of integrative medicine. Adoption of Ayurvedic principles at individual, community, and healthcare-system levels has the potential to reduce disease burden, improve quality of life, and promote long-term holistic well-being.

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