

LIFE STYLE DISORDER AND IT'S MANAGMENT IN AYURVEDA**Dr. Rajveer Gupta*¹, Dr. Vivek Shrivastva² and Dr. Pawan kumar kirar³**¹M. D. Scholar, Deptt. of Samhita Siddhant & Sanskrit.²Associate Professor, Deptt. of Samhita Siddhant and Sanskrit.³Assistant Professor, Deptt. of Samhita Siddhant & Sanskrit, Govt. Ayurved College
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Corresponding Author*Dr. Rajveer Gupta**M. D. Scholar, Deptt. of
Samhita Siddhant and
Sanskrit.**ABSTRACT**

Ayurveda fullfils multidimensional health needs of human being. As the civilization moves ahead, some threatening disorders are emerging out due to deranged life style. These disorders are commonly caused by excessive alcohol consumption, smoking, unhealthy eating as well as lack of physical activity. Pragyaparadha is as a major causative factor for almost every life style disorders. Stress, anxiety etc. caused due to late night habit deeply affect the biological rhythm of human being. As a result the incidence of obesity, type 2 Diabetes, Cardiovascular disorder, Nephropathy etc are gradually increasing.

These diseases decreases the productivity and longevity of human beings. Life style modification plays a key role to solve this problem. The Ayurvedic point of view, the panchakarma (Shodhan), and shaman procedures has decent role to check these problems as it expel out occluded toxine in the vital tissues. Rasayana therapy slows down oxidative of human, One can improve his life style by following dincharya and ritucharya described in ayurveda. Achar Rasayan and sadavritta has decent role to suppress the intellectual blas phemy.

KEYWORDS: Pragyaparadha, biological rhythm, panchkarma, rasayan sadvritta, Achar rasayan, life style disorder, obesity.

INTRODUCTION

Ayurveda fullfils multidimensional health needs of human being. Ayurveda is the most ancient science of life. The term life style is rather a diffuse concept often used to denote "The way of people live " Reflecting a whole range of social value, attitude sand activities.

The main aim of ayurveda is “**swasthasya swasthya rakshanam**” which means to maintain the health of the healthy person and “**Aturasya vikara prashamanam cha**” means to cure the disease of the diseased person. Ahara(Diet), Nidra(Rest-sleep) and Brahmacharya (Celibacy) are trayahupastambhah in ayurveda, which support the life.

Life style disorders are due to poor life-style which includes, poor diet, lack of exercise, smoking, excess alcohol, poor sleep, stress, due to heavy workload. Several factors are resulting in the increasing burden of life style disease which includes longer average life span, rising income, increasing tobacco consumption, decreasing physical activity and increased consumption of unhealthy food.

The world health organization (WHO) has identified india as one of the nations that is going to have most of the lifestyle disorders in the near future.

Life Style Changes and Associated Disease's

The incidence of lifestyle diseases like hypertension, diabetes mellitus, obesity, arteriosclerosis etc are associated with cardiovascular diseases are high on the rise cardiovascular disorder continues to be the major cause of mortality about 30% of all death of worldwide.

Continuous and long time work without breaks, related to the people working in financial sector and also to IT professionals can develop spinal problems, carpal tunnel syndrome, joints pain, dementia, depression, anxiety disorder etc. Addiction of smoking, alcohol and drug in adult causes more incidence of diseases of renal, respiratory, liver diseases & cancer.

Some of the life style changes and the diseases that can be aroused by that are as follows-

DECREASED PHYSICAL ACTIVITY OF HUMANS, AS MACHINES PAY THE PLACE OF THAT. IT LEADS TO LESS USAGE OF THE ENERGY. THUS LEADING TO

- **Chronic obstructive pulmonary disease (COPD)**
- **Diabetes mellitus**
- **Stroke**
- **Obesity**
- **Hypertension**
- **Arteriosclerosis**

CONTINUOUS AND LONG TIME WORK WITHOUT BREAKS. WHICH IS USUALLY RELATED TO THE PEOPLE WORKING IN FINANCIAL SECTOR AND ALSO TO IT PROFESSIONALS.THIS CAN DEVELOP-

- Spinal problem
- Carpal tunnel syndrome
- Multiple sclerosis
- Joint pains
- Depression
- Anxiety
- Chronic back aches etc

EXPOSURE TO THE SAME ENVIRONMENTS WITHOUT PHYSICAL OR MENTAL REST. THESE BRINGS ABOUT-

- Malignancy of the parts exposed
- Occupational lung disease (Silicosis, Fibrosis, Asbetosis)
- Cerebro-vascular diseases

USE OF JUNK FOODS, PACKED FOODS FOR A LONG PERIOD-

- Cancerous growth
- Arthritis
- Nutritional Deficiencies etc.

EXCESSIVE USAGE OF MOBILE PHONES AND COMPUTERS BY THE YOUNGSTERS-

- Textophrenia
- Skin disorder
- Computer vision syndrome
- Anxiety disorder etc.

ADDICTION OF SMOKING ALCOHOL AND DRUGS IN ADULT GROUPS MAINLY FOR ENJOYMENT AND TO GET RID OF WORRIES-

- Asthma
- Cancer
- Chronic liver disease/Cirrhosis

- **Bronchitis**
- **Respiratory**

UNNECESSARY USAGE OF MORE ANALGESICS TO BE FREE OF PAIN-

- **Liver Diseases**
- **Cancer**

LACK OF PROPER SLEEP AT NIGHT DUE TO NIGHT DUTIES-

- **Severe joint pains**
- **Anxiety disorders**
- **Depression**

Management Aspect of Lifestyle Disorders:-

Preventive Aspects

The specialty of the life style diseases is that, it takes years to develop. And if occurred once, is not easy to cure. Here we can understand the importance of preventive measures. So one who likes to maintain good health should be aware of his styles, and should follow following rules-

- Dinacharya
- Ritucharya
- Rathricharya
- Thrayopasthambhapalana (Ahara, Nidra, Bramcharya)
- Sadvritha
- Acharya Rasayana
- Ashtanga yoga's
- Dharma
- To suppress the Dharaniya vegas
- Not to consume the Adharaniya vegas
- Not to consume viruddhahara
- Not to indulge in Mithyaahara & Vihara
- Not to do Hina, Madhya & Ati yoga of indriya kaya, vak & mana
- No to do Prajnaparadha
- Not to consume Guna, Matra, Desa, Kala & VirudhaAharas

With which a person will be able to be health.

Curative Aspects

➤ Samshamana Chikitsa

A. Langhana – Langhana is main treatment advised in metabolic disorder, also important treatment in Santarpanjanya disease.

B. Medicinal treatment – In treatments there are various forms of herbal, mineral and herbo-mineral drugs are available as per disease treatment. Eg. Triphalachurna, Chyavanprash etc.

➤ Panchakarma Chikitsa

In Panchakarma therapy there are special forms of reduction therapies that help in detoxification of patients.

- **Vamana (Emesis)**-Best for vitiated kapha resulting in ailments of lungs, stomach & obesity.
- **Virechana(Pergatation)** – Best for vitiated pitta. Indicated in constipation, raktapitta & pitta disorder.
- **Basti(Enema)** – Method of an Enema. Eliminate vitiated vata.
- **Raktamokshna (Blood Letting)**- A method of bloodletting supposedly toxic blood is eliminated.
- **Snehana(Oleation)**- Oil application to body benefit through absorption in to skin of cholesterol & other lipids.
- **Swedana(Steam)**- Steaming body after oleation may help increase the lipid metabolism through the heat generation in the skin.
- **Nasya** – It is administration of drugs through nasal passage. It is useful in psychological disorders.

➤ Rejuvenation-

Practice of RasayanaChikithsa(Rejuvenation Therapy) is the treatment by which one gets the excellence of immunity which nourishes body tissue as well as mind also. The vital fluid produced by the digestion fluid i.e. rasa provides nutrition, enhances immunity, and sustains life.

Importance of Ayurvedic Treatment in Life Style Diseases

- Ayurveda treats the body as a whole not only the affected part where deformation is visible.

- Ayurveda has answer for physical, mental, social and spiritual illness of a person.
- Ayurvedic system has same importance to the preventive as well as to the curative aspects.
- As all the diseases development due to life style changes are purely individual based, no other systems can provide a clear prediction of what disease this patient can develop. But, in ayurveda by considering his prakruthi and the life style (ahara and vihara) Physicians can easily tell the further developments the person can.
- Ayurveda has cure according to the severity of the disease. In other systems, there is no much distinction of treatment on the basis of the severity other than dosage.
- For diseases Ayurveda have types like kaphaja, pithaja, vataja, rakthaja, sannipataja etc with their symptomatic and treatment differences explained in a well manner.
- In the system of Ayurveda, there is difference in treatment on the basis of desa, kala and vaya.
- Though some treatments in ayurveda are not easy to follow, there are a lot of remedies mentioned which can be practiced easily and are cheap in cost.

CONCLUSION

Our lifestyle is indicative of the behavioral patterns we adopt to live our lives. This translates to the way we eat, drink, and exercise and are predisposed to taking care of our health. Unhealthy habits will show up in the form of lifestyle diseases in the long run. Since these habits are acquired over long period of time, it takes that long to change as well. However, persuasion and persistence of health care professionals can go a long way in making to adopt healthier way of living. Ideally, we should not wait to fall sick before we make changes in these patterns. The approach of ayurveda, treating the patient as whole, meaning intervention targeted toward complete physical, psychological, and spiritual well-being makes this science a wonderful option in lifestyle disorders.

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