

LIFESTYLE DISORDERS AND THEIR PREVENTION THROUGH AYURVEDA

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ABSTRACT

Lifestyle is defined as the personal customs or habits of an individual or group of individuals. Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people & are a result of an inappropriate relationship of people with their environment. These diseases share risk factors similar to prolonged exposure to three modifiable lifestyle behaviours like smoking, unhealthy diet & physical inactivity & result in development of chronic diseases specifically hypertension, diabetes mellitus, cardiovascular disorders, cancer, chronic respiratory diseases, mental health problems, musculoskeletal disorders, dyslipidaemia, obesity & others. However the first four diseases in this list account for over 50% of mortality globally in working age & their incidence in younger adults are higher

in poor countries in the world than in the rich. & small number of behavioural risk factors include excessive dietary calories, intake a diet high in salt, saturated & trans fatty acids. Lifestyle diseases are different from other diseases because they are potentially preventable and can be lowered with changes in diet, lifestyle & environment. Today chronic diseases are a major public health problem worldwide so it is the biggest silent killer in the whole world. To avoid lifestyle diseases in a glance we should take balanced diet, weight maintenance, exercise, stress management, get rid of addiction, regular health check up & proper education about them.

KEYWORDS: Lifestyle, Hypertension, Obesity, Mortality, Balanced diet.

INTRODUCTION

Lifestyle disorder is an umbrella term given to all the diseases which arise because of unhealthy lifestyle. The most common Lifestyle diseases include Hypertension, Diabetes, Arthritis, Obesity, Insomnia, Alzheimers's disease, Atherosclerosis, asthma some kinds of cancers, heart diseases, chronic liver diseases, metabolic syndrome, chronic renal failure, depression etc which are the major causes of mortality in today's world. Not only are these lifestyle diseases thwarting, but these are also interfering with natural comfort of wellbeing. Developing countries like india is predicted to have most number of Lifestyle related patients in the next 10 years in the entire World.

Lifestyle disorders are a big problem for our society today. Once these were bacteria and viruses, who were the prime killers, but now a day we human beings are proving biggest killers for ourselves. Today more than five of ten biggest killing diseases are caused by carelessness, ignorance and irregularities of our own.

As Ayurveda is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders; the world is being attracted towards its potential. Ayurveda provides better solution in the forms of proper dietary management, lifestyle advises, panchakarma like detoxification and biopurification procedures, medicaments and rejuvenation therapies. The holistic approach of Ayurveda, treating the patient as a whole, meaning intervention targeted towards complete physical, psychological, and spiritual well being makes this science a wonderful option in lifestyle disorders.^[1]

Incidences

With increasing prevalence of life style diseases in India, one out of four Indians is at risk of dying from non-communicable diseases like diabetes, cardio-vascular ailments or cancer before the age of 70, according to estimates of various global and domestic organization.^[2] As per WHO estimates, NCDs account for almost 60% of the total mortality reported annually in India.^[3]

Causes

The commonest causes of lifestyle disorders are eating unhealthy foods, over eating, over dependence on processed foods, energy drinks, artificial sweeteners and fast foods. Sedentary living, smoking, drinking alcohol, stress, poor sleeping habits which are all attributed mainly to the so called modern living habits and urbanization added with the altered eating habits

makes the situation worse. There is yet another important problem of the modern world. That is poor exposure to sun light and fresh air. Diet and lifestyle are major factors thought to influence susceptibility to lifestyle diseases. The nature and duration of work, the amount of time you spare for exercise and recreation, the time you spend with your loved ones, the stress factors, your physical activity etc decide on how soon you are likely to land up in any one of the lifestyle disorders.

More work and no play, makes a lot of us prone to a host of diseases. Along with that there are certain other factors such as heredity, age and gender which cannot be avoided or controlled. But the other factors that can be avoided or controlled are drug abuse, tobacco smoking and alcohol drinking.^[4]

Top Life style Diseases-^[5]

Name	Comments	
Alzheimer’s Disease: a form of brain disease	No one knows the exact cause, but a real breakdown of the cells of the brain does occur. There is no treatment but good nutrition may slow the progress of this lifestyle disease.	
Atherosclerosis: A generic term for several diseases in which the arterial wall becomes thicken and loses elasticity. Atherosclerosis is the most common and serious vascular disease.	Plaques(atheromas) deposited in the walls of arteries are major causes of heart disease, chest pain (angina pectoris), heart attacks, and other disorders of the circulation. Atherosclerosis usually coocurs with aging. It is linked to overweight, high blood pressure, and diabetes.	
Cancer: diseases characterized by uncontrolled, abnormal growth of cells.	Cancer is definitely considered the number one Disease of Civilization. There are more than 150 different kinds of cancer and many different causes.	
	Top 5 Cancers	
	MEN 1.prostate (28%) 2.Lung(17%) 3.Colorectal(12%) 4.Bladder(7%) 5.Non –Hodgkins Lymphoma(4%)	WOMEN 1.Breast (30%) 2.Lung (13%) 3.Colorectal(12%) 4.Uterus(6%) 5.Ovary(4%)
Chronic Liver Disease/Cirrhosis: Any of a group of liver disorders.	Characteristics of liver disease are jaundice, loss of appetite,liver enlargement,fluid accumulation,and impaired consciousness.	
Chronic Obstructive pulmonary Disease (COPD): A disease characterized by	The symptoms are problems in breathing while exercising, difficulty in breathing in or out deeply, and sometimes a long term cough. The condition may result from chronic	

slowly progressing, irreversible air way obstruction.	bronchitid, emphysema, asthma, or chronic bronchiolitis. Cigarette smoking and air pollution make it worse.
Diabetes: a disease affecting sugars used by the body	There are four main types of diabetes mellitus. Type 1 diabetes is also called insulin dependent diabetes, juvenile-onset diabetes, brittle diabetes, or ketosis-prone diabetes. Type 2 diabetes is also called non insulin dependent diabetes, adult-onset diabetes, ketosis resistant diabetes, or stable diabetes. Type 2 often develops in overweight adults. Type 3 or gestational diabetes, occurs in some women during pregnancy. Type 4 includes other types of diabetes are linked to disease of the pancreas, hormonal changes, side effects of drugs, or genetic defects.
Heart Disease: any of several abnormalities that affect the heart muscle or the blood vessels of the heart	Heart disease has been the number one cause of mortality and morbidity. There are a couple dozen forms of this lifestyle diseases. Heart disease and other forms of cardiovascular disease can lead to congestive heart failure, a condition in which the heart cannot pump sufficient blood to meet the demands of the body.
Nephritis/CRF: any disease of the kidney marked by swelling and abnormal function.	Characteristics of kidney disease are bloody urine, persistent protein in urine, pus in urine, difficult urination, and pain in the back.
Stroke: a condition due to the lack of oxygen to the brain that may lead to reversible or irreversible paralysis	Stroke is linked to advanced age, high blood pressure, previous attacks of poor circulation, cigarette smoking, heart disorders, embolism, family history of strokes, use of birth control pills, diabetes mellitus, lack of exercise, overweight, high cholesterol.

Prevention through Ayurveda

According to Ayurveda there are two main aim of this science, first maintain the health of healthy individual and second is cure of disease of a patients. First aim of Ayurveda is preventive in nature by which we can maintain the health of healthy individuals which is the burning problem of modern life style and originated various non communicable disorders in our modern so called society. Various preventive measures are described in Ayurveda, by follows of these measures; in day to day life we can save our life by these disorders.

According to Ayurveda, basically the cause of any life style disorder is 'prajnaparadha'. A particular lifestyle of person is a cumulative product of his/her physical capacity co ordinated with psychological functioning, displayed in the form of habits, behaviour, dietary and living pattern based on his own training sought from childhood, and mimics he gained from his immediate companions including parents, siblings, peers, etc. Thus, it involves a pure psychological and innate control over the physical and sensory activities. when this initiation,

control, and coordination are disturbed, it leads to the dearrangement of lifestyle and results in any lifestyle disorders. Ayurveda narrated this phenomenon as 'prajnaparadha' which are root causes of all disease. e.g. habit of suppression of any natural urge enlisted as a cause of nearly 50% of the diseases.

In the management of lifestyle diseases, Ayurveda offers various regimens including Ahara and vihar (Dietary habits and daily routine). Dincharya (daily regimen), Ritucharya (seasonal regimen), panchakarma (five detoxification and bio purification therapies) and Rasayana (rejuvenation) therapies. The Sadvritta (ideal routines) and Aachara Rasayana are important to maintain a healthy and happy psychological perspective.^[6]

Ahara

Ahara and Vihara play a central role in the life according to Ayurvedic understanding. Ayurveda places special emphasis on Ahara and Vihara as measures for better living, health and wellness.

Ahara is considered as prana (basis of life) in Ayurveda.^[7,8] Ahara has been described as one of the Trayopastambha (three subsidiary pillars) of life which are Ahara, Nidra (sleep) and Brahmacharya.^[9] Ayurveda always emphasizes on consuming healthy and nutritious diet for maintaining good health. Use of hita-ahara (wholesome diet) promotes health and longevity and ahita-ahara promotes manifestation of different disorders. Unfortunately in modern era the concept of hita-ahara is continuously being ignored leading to the emergence of lifestyle disorders.^[10]

Ayurveda also described eighteen types of dietary incompatibilities (Viruddha Ahara) which should be avoided to maintain health and longevity. In this Ayurveda offers different Pathyapathya (do's and don'ts) regarding diet/dietary supplementations which definitely help in the prevention and management of a wide range of lifestyle disorders.

Dincharya

Normal circadian rhythms are very important in day to day life to maintain biological clock. Ayurveda suggests to begin daily habits with awareness, early rising, avoid suppression of natural urges and eliminate wastes as per urge, keep the teeth & skin cleaned, regular use of massage (Abhyanga), regular daily bathing (bathing enhances the appetite and promotes longevity), consume suitable and wholesome diet according to the appetite and metabolic

needs, since it is the basis of life and important for day today promotion of health. Ayurveda also suggested avoiding late night sleep, eating stale foods these might lead to imbalance in the circadian rhythms and thus long term imbalance predisposes to lifestyle disorders. Therefore, one has to stay aware about this daily regimen for day today promotion of health, boost immunity and prevention from lifestyle disorders.^[11]

Rituchaya

Ritu (season) classified by different features expresses different effects on the body as well as on the environment. Ayurveda has depicted various rules and regimens(charya), regarding diet and lifestyle to acclimatize seasonal enforcement easily without altering body homeostasis. Ritucharya represents a very important aspect of preventive measure for various illness including lifestyle disorders as mentioned in Ayurvedic texts.^[12]

The human biological system continuously undergoes wear and tear and needs to be cleansed and rejuvenated regularly. Therefore, Ayurveda advises seasonal panchakarma as preventive measure for maintainance and promotion of physical as well as mental health.

Panchakarma

The five technologies of panchakarma include vaman(therapeutic emesis), virechan(therapeutic purgation), Asthapan Basti (therapeutic decoction enema), Anuvasana Basti (therapeutic oil enema) and Nasya Karma (nasal medication).

Panchakarma also restore the mental health, reduces the stress and therefore, help in the prevention as well as management of many lifestyle disorders. panchakarma is claimed for its preventive, promotive, prophylactic and rejuvenative properties. Rasayan in addition to food and diet, Ayurveda propounds a separate concept of medicinal dietary supplements in the context of Rasayan. Rasayanas can be used as nutritional supplement as well as medicine depending upon its various types.^[13] Although the Rasayanas are a generic class of restorative and rejuvenative supplements, many Rasayanas could be tissue and organ specific such as Medhya Rasayana for the brain, Hridya Rasayanas for the heart, Twachya Rasayana for the skin, and so on. various studies on Rasayana drugs suggest their following action.^[14]

- Immunomodulator
- Adaptogenic
- Antioxidant

- Antistress

Sadvrutta and AcharaRasayana

Ayurveda offers some code of good conducts under the heading of SAdvrutta and Achara Rasayana, can be categories into personal e.g. limited sexual relations, early sleeping and awakening, avoid excess exertion, avoid suppression of natural urges, regime of bathing, keeping skin clean, telling truth, avoid alcoholism, be soft hearted psychological and emotional (try to be in a steady mental state), keep patience such type of lifestyle adaptation always helpful in the prevention and management of a wide range of lifestyle disorders.^[15]

CONCLUSION

“Lifestyle diseases” known internationally as non communicable diseases or chronic diseases of lifestyle emerge from inappropriate relationship of people with their environment. These are a group of diseases that share similar risk factors, which may be due to exposure over many decades, unhealthy diets, smoking, lack of exercise and stress.

Lifestyle disorders are great problems for our society because it originated due to development of our society its prosperities, irregular life styles i.e. day to day activities, so we are the real originator of these disorders. There is no any particular medicine that can protect us from these disorders, only our regular, punctual life style and proper follows of rules of some Ayurvedic principles as Dincharya, Ratricharya, Ritucharya, Swasthvrita, Sadvrita, Achar Rasayan, and proper follows rules of diet etc.

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