

LIFESTYLE MODALITIES AS A PREVENTIVE MEASURE IN LIFESTYLE DISORDERS

***Dr. Ranjeet Balasaheb Rupnar¹ and Dr. Shraddha Dilip Hankare²**

¹P.G. Scholar, Kaumarbhritya Department, Dr. D. Y. Patil Ayurved Medical College and RC, Pimpri, Pune.

²P.G. Scholar, Sharir Rachana Department, R. A. Podar (Ayu) Medical College, Worli, Mumbai.

Article Received on
22 May 2020,

Revised on 12 June 2020,
Accepted on 03 July 2020,

DOI: 10.20959/wjpr20207-18054

*Corresponding Author

**Dr. Ranjeet Balasaheb
Rupnar**

P.G. Scholar,
Kaumarbhritya Department,
Dr. D. Y. Patil Ayurved
Medical College & RC,
Pimpri, Pune.

ABSTRACT

Lifestyle disorder is burning worldwide. The increasing cases of lifestyle disorders in world reflects the messed up lifestyle of the majority of people. It is challenging to name all the lifestyle disorders with *Ayurveda* terminology, but it does not indicate there is no any treatment and preventive procedures for such disorders. *Ayurveda* purely depends upon the three building blocks i.e. *Tridosha*. Factors causing the vitiation of *Tridosha* leads to worsen the pathology of disease. So we can correlate the *lakshanas* and *dosha* involvement in such type of diseases. In normal state, *Tridosha* irrespective of opposite quality coexists with each other rather than contradicting each other. When it comes to the application of preventive modalities certain basic principles like assessment of *prakruti*, *agni*, *vyavasya*,

familial history and habits will helps to frame out the specific and mandatory type of preventive principles to curb the impact of lifestyle disorders. So *Nidan Parivarjan* and adaptation of lifestyle modalities with respect to *Tridosha Sankalpana* helps to tackle all the triggering factors like stress, sleep deprivation and ill habits like smoking, alcohol and tobacco consumption etc. which intern prevent the occurrence of lifestyle disorders by preventing and promoting the highest state of health. Here compilation of lifestyle modalities according to their *Prakruti*, an every individual have to be adopt has been glanced.

KEYWORDS: Ayurveda, Lifestyle modalities, Tridosha Prakruti.

INTRODUCTION

Lifestyle disorder is burning worldwide. The increasing cases of lifestyle disorders in world reflect the messed up lifestyle of the majority of people. It is challenging to name all the lifestyle disorders with *Ayurveda* terminology, but it does not indicate there is no any treatment and preventive procedures for such disorders.

The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia, and overweight/obesity associated with cardiovascular diseases is high on the rise nowadays.^[1] 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. So duty of every *Ayurvedician* is to enhance to adopt the basic principles of *Ayurveda* which are basically based on lifestyle changes in every individual to overcome this life threatening Life Style Disorders.

The term *Ayurveda* means science of life which has prescribed healthy lifestyle. *Vagbhatacharya* has explained this lifestyle in his ancient compendia *Ashtang Hrudaya* and *Sangraha* by a separate chapter called *Dinacharya*. Though *Ayurveda* is ancient health science it has capacity to deal with health problems arising in this new era such as Life style disorders. *Dinacharya* explained in *Ayurveda* was a part of culture in India. But westernization of our culture is giving rise to life style disorders like diabetes, cardio vascular elements, High cholesterol, Hypertension, stroke, depression.^[2] These diseases were explained in *Ayurveda* compendia's but in this era they have raised to such a level that 25% of Indians may die of these lifestyle diseases before they are 70 of age.^[3]

Ayurveda purely depends upon the three building blocks i.e. *Tridosha*. Factors causing the vitiation of *Tridosha* lead to worsen the pathology of disease. So we can correlate the *lakshanas* and *dosha* involvement in such type of diseases.

Table: Most prone *Prakruti* for common life style disorders.^[4]

Sr. No.	Lifestyle Disorders	Most Prone <i>Prakruti</i>
1.	Atherosclerosis	<i>Kapha & Vata</i>
2.	Alzheimer's disease	<i>Kapha & Vata</i>
3.	Types of cancers	<i>Kapha</i>
4.	Asthama	<i>Kapha</i>
5.	Liver cirrhosis	<i>Vata & Pitta</i>
6.	Type-2 Diabetes	<i>Kapha & Vata</i>
7.	Chronic obstructive pulmonary disease	<i>Kapha</i>

8.	Heart disease	<i>Kapha & Vata</i>
9.	Metabolic syndrome	<i>Kapha & Pitta</i>
10.	Chronic renal failure	<i>Kapha & Vata</i>
11.	Osteoporosis	<i>Vata & Pitta</i>
12.	Obesity	<i>Kapha</i>
13.	Depression	<i>Vata & Pitta</i>

If we review the factors involved in *Ayurveda* pathogenesis of these disorders they are mainly vitiated *Kapha dosha*, *dushita rasadhātu*, *agnidushti* and *amapradosh*. Mainly diseases due to *sanchaya pradhana* or *santarpanajanya avastha*.^[5]

When it comes to the application of preventive modalities certain basic principles like assessment of *prakruti*, *agni*, *vyavasya*, familial history and habits will help to frame out the specific and mandatory type of preventive principles to curb the impact of lifestyle disorders. So *Nidan Parivarjan* and adaptation of lifestyle modalities with respect to *Tridosha Sankalpana* helps to tackle all the triggering factors like stress, sleep deprivation and ill habits like smoking, alcohol and tobacco consumption etc. which internally prevent the occurrence of lifestyle disorders by preventing and promoting the highest state of health.

Ayurveda provides better solution in the forms of proper dietary management, lifestyle advises, *Panchakarma* like detoxification and bio-purification procedures, medicaments, and rejuvenation therapies.

Here in this study, compilation of lifestyle modalities according to their *Prakruti*, an every individual should have to be adopted has been glanced.^{[6][7][8][9][10]}

Vata dominant Prakruti DINCHARYA

Samyak Nidra (preferably 7-8 hours)

Bramha Muhurta Jagaran (after having sufficient sleep person has to awake at 5.00-6.00 am).^[11]

Mala Mutra Visarjan^[12]

Ushapana- Ushna jalapan near about 500 ml

Danta Dhavana- Kasta dominant in Madhura rasa^[13]

Kavala/Gandush- Dugdha/Ushna Jala^[14] *Prati Marsha Nasya-Tila taila*^[15] *Chankramana*-walking

Abhyanga- Shir, Shravan and Padaabhyanga^[16] *Utsadan*- Once in a week if time permits^[17]

Ushna Jala Snan- Sugandhita Jala Snan^[18] *Sugandha Dravya Lepana*

Shweta, ambara varna Vastra dharan Kalavat and Matravat Bhojana

Food dominant in attributes like *Madhura, Amla, Lavan, Snigdha, Ushna*, and *Guru* should be consumed.

RITUCHARYA

Ritu anusar ahar and vihar

Preferably adopt *Bastikarma in Pravrut ritu*.

Preventive Measures adopted by Vataja Prakruti

Physical activities like indulging in *Adhik Vyayam* (excess physical work/exercise), *Vyavay Adhikya* (excess sexual act), *Ratri Jagaran* (night awakening), *bharvahan* (lifting heavy weight), *adhika plavana* (excessive swimming), *Abhighat* (accidents), *Vayu sevana* (exposure to heavy wind) etc should be avoided.

Avoid heavy psychological activities like *adhik Adhyayan* (indulging excess cognitive work), mental urges like *Shoka, Kama, Irshya, Bhaya* etc.

Pitta Dominant Prakruti DINCHARYA

Samyak Nidra (preferably 7-8 hours)

Bramha Muhurta Jagaran (after having sufficient sleep person has to awake at 5.00-6.00 am)

Mala Mutra Visarjan

Ushapana- Parshuta jalapan near about 500 ml

Danta Dhavana- Kasta dominant in Tikta, Kashay, Madura rasa^[19] *Kavala/Gandush-Dugdha/Madhu*^[20]

Prati Marsha Nasya- Tila taila^[21] *Vyayama- Ardha Shakti Anusar*^[22]

Abhyanga- Shir, Shravan and Padaabhyanga^[23] *Utsadan- Once in a week if time permits*^[24]

Snan- According with season, preferably shita jala snan^[25] *Sugandha Dravya Lepana*

Shweta, ambara varna Vastra dharan Kalavat and Matravat Bhojana

Food dominant in attributes like *Kashay, Tikta, Madhura, Sheet* should be consumed.

Ritucharya

Ritu anusar ahar and vihar

Preferably adopt *Virechan and Raktamokshan Karma* in *Sharad Ritu*^[26] *Tikta ghrut sevan* in *Sharad ritu*.

Avoid ill habits like consumption of alcohol and Drug Abuse

Avoid the habits of *Adhik upavasa* and *Anashan*

Avoid Physical activities like indulging in *Adhika Vyayam* (excess physical work/exercise), *Ayasa* (exertion), *Adhik Vyavay* (excess sexual act), *Atapa Sevana* etc.

Should avoid certain activities or mental urges like *Krodha*, *Shoka* and *Bhaya*.

Kapha Dominant Prakruti Dincharya

Samyak Nidra (preferably 7-8 hours)

Bramha Muhurta Jagaran (after having sufficient sleep person has to awake at 5.00-6.00 am)

Mala Mutra Visarjan^[27]

Ushapana- Ushna Jalapan/ Shunthi Jalapan/ Ajavayan Jalapan Danta Dhavana- Kasta dominant in Katu, Tikta, Kashay rasa^[28] *Kavala/Gandush- Madhu/ Gomutra/ Ushna Jalapan*^[29]

Prati Marsha Nasya- Anu Taila/ Katu Taila.^[30]

RITUCHARYA

Ritu anusar ahar and vihar

Preferably adopt *Tikshna Vamana*, *Tikshna Nasya* and *Udwartan Karma* in *Vasant*.^[31]

Preventive Measures Adopted by Kaphaja Prakruti

Avoid the ill habits like consumption of alcohol and drug abuse Avoid the habit of *Samashana* and *Adhyashana*.

Avoid physical activities like indulging in *Avyayama* (not doing any kind of physical activities/leading sedentary lifestyle), *Diwaswap* (day sleep), *Alasya* (laziness) etc.

Individual has to avoid certain psychological activities or mental urges like calm and least bothering.

CONCLUSION

The holistic approach of *Ayurveda*, treating the patient as a whole, meaning intervention targeted toward complete physical, psychological, and spiritual well-being makes this science a wonderful option in lifestyle disorders. Lifestyle itself is responsible for to overcome the lifestyle disorder. Since *Ayurveda* purely depends upon the three building blocks i.e. *Tridosha*. Factors causing the vitiation of *Tridosha* leads to worsen the pathology of disease. So we can correlate the *lakshanas* and *dosha* involvement in such type of diseases.

Concept of *Tridosha* in terms of *Prakruta* and *Vaikruta Dosha* are related to lifestyle disorder. *Samyaka, Ahar, Vihar & Vichar* according to *Doshaja Prakriti* and *Guna* is helpful for personalized prevention and medication and thus to combat lifestyle disorders. Habitualisation of these life style modalities according to the *Prakruti* of an every individual in their daily chores which are simplest than any oral medication can yield best preventive step to inhibit the life style disorders being healthy and wealthy as well.

REFERENCES

1. M.J. Pappachan, Increasing prevalence of lifestyle diseases: high time for action, The Indian Journal of Medical Research, Indian JMed Res., Aug, 2011; 134(2): 143-145.
2. Times of India, Sushami Dey, Aug13, 2015.
3. Life style diseases increasing in India, deccan herald, 9-10-2015.
4. Dr. Pratibha Baghel et.al, Ayurvedic Approach of Prakriti & its Effect on Lifestyle Disorder – A Review, International Journal of Innovation and Research in Educational Sciences, Volume 6, Issue 1, ISSN (Online): 2349–5219.
5. Shastri A.K., Sushruta samhita, Chaukahamba sanskrita sansthana, Sutrasthan, 1989.
6. Vaidya Rajeshwar Dutta Shastri, commented by Vaidya Tarashankar Mishra, Swasthavritta samuchchya, 11th edition, published by Dr Akhileshwar Dutta Mishra, Assi, Varanasi, UP, 1985; 8-40.
7. Agnivesha, Charak Samhita, Vidyotini Hindi Commentry by Pt. Kashinath Sastri and Dr. Gorakhanath Chaturvedi, Chaukhamba Bharti Academy, Varanasi, Sutrasthan, 1998; 113-133.
8. Sushruta, Sushruta Samhita, Ayurveda tatvasandipika Hindi Commentry by Kaviraj Dr. Ambika dutt Sastri, Chaukhamba Sanskrit Samsthana, Varanasi, Chikitsasthan, 2001; 105-110.
9. Vagbhat, Astang Samgrah, Saroj Hindi Commentry by Dr Ravidutta Tripathi, Chaukhamba Surbharti Prakashan, Varanasi, Sutrasthan, 1996; 36-63.
10. Vagbhat, Astang Hridya, Vidvanamanoranjini Hindi Commentry by Pt. KashinathSastri, edited by Dr. Indradev Tripathi and Dr Srikant Tripathi, Krishna das Academy, Varanasi, Sutrasthan, 1994; 13-16.
11. Brimhananda Tripathi, Astanga Hridayam, Sutra sthan chapter 2/shloka 1, 2014.
12. Kaviraj Atrideva Gupta, Ashtang Sangraha Sutra sthan chapter 3/ shloka 4-8.
13. Dr Kunte A.M., Chaukhamba, Ashtang hridaya, Sanskritsansthana, varanasi, sutrasthana, Chapter 2/1-3, 2011, 24.

14. Vd Athavale A.D., Ashtang Sangraha, Shreemad Atreya Prakashana, Pune, Sutrasthana Chapter3/26, pg no18, 1980.
15. Vd Athavale A.D., Ashtang Sangraha, Shreemad Atreya Prakashana, Pune, Sutrasthana, 1980; 3/26: 18.
16. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskrit sansthana, Varanasi, sutrasthana, 2011; 2/8: 26.
17. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskrit sansthana, Varanasi, sutrasthana, 2011; 2/15: 28.
18. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskrit sansthana, Varanasi, sutrasthana, 2011; 2/17: 28.
19. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskrit sansthana, Varanasi, sutrasthana, Chapter 2/2-3 commentry of Arundatta, 2011; 24.
20. Vd Athavale A.D., Ashtang Sangraha, Shreemad Atreya Prakashana, Pune, Sutrasthana, 1980; 3/28-29-30: 18.
21. Vd Athavale A.D., Ashtang Sangraha, Shreemad Atreya Prakashana, Pune, Sutrasthana, 1980; 3/31: 18.
22. Vd Athavale A.D., Ashtang Sangraha, Shreemad Atreya Prakashana, Pune, Sutrasthana, 1980; 3/61-62: 20.
23. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskrit sansthana, Varanasi, Sutrasthana, Chapter 2/8-9 commentry of Arundatta, 2011; 26.
24. Dr Kunte A.M., Ashtang hridaya, Chaukhamba Sanskrit sansthana, Varanasi, Sutrasthana, Chapter, 2011; 2/15: 28.
25. Vd Athavale A.D., Ashtang Sangraha, Shreemad Atreya Prakashana, Pune, Sutrasthana Chapter, 1980; 3/61-62: 20.
26. Dr. Bramhanand Tripathi, Ashtang Hridayam, Chaukhamba Sanskrit Pratishthan, Delhi, Reprinted, Sutrasthan Ritucharya Adhyay, 2011; 3/49.
27. Kaviraj Atrideva Gupta, Ashtang Sangraha Sutra sthan chapter 3/ shloka, 2011; 4-8.
28. Kaviraj Ambikadutta Shastri, Sushruta samhita, Chikitsa sthana, Chapter24 / shloka, 2010; 4: 12.
29. Kashinath Shashtri, Charaka samhita, Sutra sthana chapter 5/ shloka, 2005; 78-86.
30. Kashinath Shashtri, Charaka samhita, Sutra sthana chapter 5/ shloka, 2005; 56-63.
31. Dr. Bramhanand Tripathi, Ashtang Hridayam, Chaukhamba Sanskrit Pratishthan, Delhi, Reprinted, Sutrasthan Ritucharya Adhyay, 2011; 3/18, 19.