

## CONCEPTUAL REVIEW ON “AYURVEDA FOR LIFESTYLE DISORDERS”

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### ABSTRACT

In India, almost 60% deaths occur due to lifestyle disorders. Indeed, the increasing modernization and development have led to advancement that often aim to improve the standard of living. However, alongside these achievements, there has been a noticeable impact on lifestyle choices, which profoundly influence health and well-being. Despite the awareness of the importance of healthy habits, many individuals find it challenging to adopt and maintain such behaviours. Various factors such as stress, lack of exercise, heavy workloads, unhealthy food habits, smoking, alcohol consumption, environmental factors, etc. can lead to a range of lifestyle disorders. These disorders affect our body functioning, includes digestion, metabolism, and immune system. Ayurveda focuses on practices including *Nidanparivarjan*(personalized lifestyle advice), *Ahara*(dietary management), *Dincharya* (daily regimen), *Ritucharya*(seasonal regimen), *Panchakarma*(detoxification therapies), *Rasayana*(rejuvenation therapies), *Vajikaran* (Aphrodisiacs), *Sadvrat*, (good conducts), *Daivya Vyapasrya-Satvavjaya chikitsa* to establish harmony within the body. By following Ayurvedic principles and lifestyle recommendations, individuals can maintain balance and prevent or manage lifestyle disorders effectively.

**KEYWORD:** Lifestyle disorders, *Dincharya*, *Ritucharya*, *Panchakarma*, *Vajikaran*.

## INTRODUCTION

"Lifestyle" refers to the way in which a person live their life, including their daily habits, behaviours, activities, and choices. It encompasses various aspects such as diet, exercise, sleep patterns, stress management, social interactions, recreational activities, and work-life balance. Briefly, it is person's whole behaviour and actions during the day and night in terms of timing, location, methods, etc. These lifestyle choices have a significant impact on our health, well-being, and overall quality of life. However, in today's competitive and fast-paced era, many people lead unhealthy lifestyle characterized by irregular eating and sleeping patterns, excessive stress, and aggression, which disrupt the balance of *Doshas* and lead to various lifestyle disorders. Prolonged unhealthy habits can result in imbalances in *Doshas*, *Dhatus*, weakened of *Agni*, leading to *Srotodusti* and *Sattva vikara*. In India Noncommunicable diseases (NCDs) account for almost 60% mortality rate annually. Lifestyle disorders globally killing 38 million of people every year whereas in India, one out of four is at risk of dying from lifestyle disorder.<sup>[1]</sup> Classical *Ayurvedic* texts offer effective interventions to prevent and manage these imbalances and lifestyle disorders through various methods.

## LIST OF LIFESTYLE DISORDERS

1. Cardiovascular Disorders
2. Obesity
3. Diabetes
4. Respiratory Disorders
5. Cancers
6. Sexual dysfunctions
7. Digestive Disorders
8. Mental Disorders

## MATERIALS AND METHOD

Various ayurvedic texts includes,

1. *Charaka samhita*
2. *Ashtanghridaya*
3. *Swasthvritta*.

Apart from this, various research journals, websites have been thoroughly searched.

## ETIOLOGY FACTORS OF LIFESTYLE DISORDERS

Variable causative factors	Unvariable causative factors
Bad food habits	Age
Disturbed biological clock	Race
Physical Inactivity	Gender
Addiction	Genetics
Psychological imbalance	

Other factors responsible for lifestyle disorders includes sedentary lifestyles, fast food consumption, intake of processed foods, artificial sweeteners, carbonated water, consumption of proteins and fats for energy purposes, using too many minerals and vitamins, lack of exposure to sunlight and fresh air, as well as staying in air conditioners, are significant issues.

## MANAGEMENT OF LIFESTYLE DISORDERS

### 1) *Nidan Parivarjan and Ahar-Vihar* (Personalized lifestyle advice and dietary management)<sup>[2]</sup>

*Nidan parivarjan* is to avoid the diseases causing factors in terms of *ahar* and *vihar* which leads to lifestyle disorders. It inhibits the prognosis of disease.

### 2) *Dincharya* (Dietary management)<sup>[3]</sup>

*Dinacharya* consists of excellent daily routine instructions that should be followed in order to prevent various lifestyle disorders. This aids not only helps in physical health but also helps to maintain social and mental well-being. *Ayurveda* advises starting daily routines with, rising early, avoiding natural urges, healthy bowel habits, maintaining oral hygiene, skin care, getting regular massages, exercise, taking daily baths, and eating a healthy, appropriate diet based on appetite and metabolic requirements, social behaviour, etc. Additionally, *Ayurveda* advises against sleeping late. These could result in circadian rhythm imbalance, which over time predisposes people to lifestyle problems.

### 3) *Ritucharya* (Seasonal regimen)<sup>[4]</sup>

*Ritucharya*, includes instruction related to *ahar-vihar*, clothing, and behavioural practices according to various *Ritus*. It also includes guidelines for *shodhana karma* (bio-purification) as per seasonal needs. Slowly adapting upcoming season regimen and dropping previous helps to manage and prevent various lifestyle diseases and maintaining *dosha*, *dhatu*s balance.

#### 4) *Panchakarma (Detoxification)*<sup>[5]</sup>

*Panchakarma* is purifying practices that eliminate toxins from the cellular level and stop them from being produced or deposited in the body. Additionally, it revitalizes bodily cells. It is crucial in both preventing and treating lifestyle disorders. Before beginning with *Shamana Oushadhi*, the first course of treatment can be *Panchakarma* or *Shodhana* therapy. By adjusting *Dosha*, *Dushya*, *Agni*, *Srotas* and performing *Samprapti Vighatana* according to disease.

#### 5) *Rasayana (Rejuvenation)*<sup>[6]</sup>

*Rasayana Karma* helps by improving metabolism, boosting immunity, enhancing endocrine and exocrine secretion, antioxidant action, anti-aging, haemopoietic effect, adaptogenic action, anabolic action, and neuroprotective activity at the molecular level. *Rasayana Karma* not only manages but also acts as a preventive function against a wide range of lifestyle diseases removing *Khavaigunya*. It regains mental calm and prevents psychosomatic illnesses.

#### 6) *Vajikaran (Aphrodisiacs)*<sup>[7]</sup>

Changing lifestyle has huge impact on sexual life leading to various diseases. Infertility, premature ejaculation, erectile dysfunction, etc. are some common sexual dysfunctions. *Vajikaran* includes, herbal and herbo-mineral formulation effectively managing and preventing various lifestyle disorders.

#### 7) *Sadvrat (Good conducts)*<sup>[8]</sup>

*Sadvrat* is code of good mental, social, personal, moral and religious conduct. It means to achieve good health and self-control.

#### 8) *Daivya Vyapasrya and Satvavjaya Chikitsa Chikitsa*<sup>[9]</sup>

It promotes psychosomatic health and prevent various types of mental disorders like, depression, anxiety, Schizophrenia, etc. Also, various *Yoga* techniques that includes physical postures, regulated breathing, meditation and relaxation help to manage the life style better.

### CONCLUSION

An unhealthy lifestyle increases the risk of developing various disorders. Hence, *Ayurvedic* practices emphasizes on improving overall physical, mental, and spiritual health and making it a great way for dealing with lifestyle disorders.

## DISCUSSION

*Ayurveda* stands out as a valuable solution for these issues, as conventional medicine doesn't always have all the answers, especially for complex lifestyle problems. *Ayurvedic* practices have proven effective for many individuals, through dietary adjustments, lifestyle recommendations, *Panchakarma* (body purification techniques), and rejuvenation therapies to prevent such disorders. By adopting these practices, we can promote a healthier lifestyle. This study aims to gain effective solutions and provide better outcomes for patients dealing with lifestyle disorders. It focus on promoting health, preventing illnesses, and managing diseases to ensure a better quality of life for everyone.

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