

**AYURVEDIC PERSPECTIVE ON LIFE STYLE DISORDERS –
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ABSTRACT

Due to various factors, like environmental, socioeconomic, behavioral, psychological, demographic and technology, the prevalence rate of lifestyle disorders are Increasing day by day. Lifestyle changes, can have a significant impact on individual's physical and mental health and deteriorates overall quality of life. Life style disorders include obesity, overweight diabetes, Hypertension, Heart disease, stroke respiratory disorders (eg. COPD, asthma), mental health disorders (e.g, depression, anxiety), sleep disorders (e.g, sleep apnea, insomnia) and various digestive disorders (e.g, IBS, acid reflux etc). Ayurveda – the science of life, offers a holistic approach to manage and prevent lifestyle disorders, through changing diet and nutrition supplements, changes in daily routine, herbal medicines and panchkarma. Through ayurveda personalized diet plan can be made based on individual

prakruti (constitution) and vikruti (disease). Various life style changes can be prescribed according to individual's daily routine, for e.g. early wake up, practicing yoga and surya namaskara, gandush and kawal dharan, anjan, vajrasana and walk hundred steps after taking food, partimarsha nasya, padabhyanga at night etc. Through panchkarma, detoxification procedures can be planned according to individuals prakruti (constitution) and vikruti(disease). It includes sarvang snehan swedna, shirodhara, vamana, virechana, basti, nasya and raktmokshana

KEYWORDS: Basti, nasya, raktmokshana, vamana, virechana.

INTRODUCTION

Life style refers to the way an individual or group lives, including their habits, behaviour, attitude and overall way of living. Changes in life style can occur due to life events, development and can be induced intentionally. The incidence of lifestyle disorders are on rise due to gross change in lifestyle. Modern lifestyle is often characterized by a fast paced and hectic schedule. Increase use of technology has a harmful effect on health. Physical, mental, social as well as environmental health. Modern conveniences like cars, airplanes, and online shopping have increased mobility and accessibility. Shift from outdoor activities to indoor activities, increase use of digital communication tools like social media with decreased face to face interaction. Unhealthy eating, sedentary behaviour, inadequate sleep, day sleep can contribute to a range of physical health problems, including obesity, diabetes and cardiovascular health. The pressure of modern life can affect mental health with increase rate of anxiety, depression and burn out. Ayurveda offers an holistic approach to health and wellness. It aims to restore balance and harmony in the body, mind, and spirit by addressing physical, emotional and spiritual imbalances. Ayurveda describes three important values: aahar, nidra and bramhacharya that have been considered as the important factors for a healthy life.^[1] Ayurveda plays a significant role in the management and prevention of lifestyle disorders by identifying the root cause (identifying constitution, assessing life style factors), dietary interventions (personalized diet, seasonal eating etc), lifestyle interventions (daily routine, exercise and physical activity etc), herbal remedies (digestive herbs, rasayana herbs, panchkarma and detoxification), yoga and meditation.^[2,3,4]

AIMS AND OBJECTIVE

- To explore various causative factors of lifestyle disorders
- To study different ways to prevent lifestyle disorders
- To study management of lifestyle disorders through ayurveda

MATERIAL AND METHODS

Different ayurvedic texts, journals, research papers, articles, authentic websites are referred to study the concept of lifestyle disorders and its prevention and management through ayurveda.

RESULT AND DISCUSSION

Acharya Sushruta has described that health does not mean only the absence of disease but it means that mind and spirit should also be happy. Viruddha ahara (incorrect diet) and viruddha

vihara (incompatible lifestyle) these are the two primary cause of any illness that leads to vitiation of doshas Nidan parivarjan is the basic and first step of management in all disease.^[5] Various nidan of lifestyle disorders are explained in ayurveda and categorized into three groups – Aaharaj, Viharaj and Mansik nidana.^[6,7,8]

Aaharaj nidan

- Excessive intake of –
- Sarpi with navaharenu, mash
- Gramya, aanup, audak mansa
- Ksheer, dadhi, ikshuvikar, navamadya, oayas, krushra
- Ajirna bhojan
- Vishamaahar
- Guru ahara sewan (heavy diet)
- Viruddha aahar sewan (unwholesome diet)

Viharaj nidan –

- Avyayam (lack of physical exercise)
- Diwaswapna
- Ratrijagrana
- Bhojanottar nidra (sleep after meal)

Manasik nidan

- Fear
- Stress
- Excess anxiety

Management through ayurveda

Aahara and vihara – Aahara is one among the trayopastambha (three subsidiary pillars) of life. Aahar can help prevent diseases by promoting healthy digestion, absorption, and assimilation of nutrients. Ayurveda offers various pathyaapathya (do's and don'ts) regarding dietary supplementations which helps in prevention and management of lifestyle disorders. Ayurveda recommends an individualized diet based on person's unique constitution (prakruti), dosha balance and health status.

Dincharya^[9,10] (daily regimen)

Dincharya refers to the daily routine and regimen that one follows to maintain physical, mental, and spiritual well being.

According to ayurveda dincharya includes practices such as

Dant dhavan	use of herbal sticks of Kashaya, katu, tikta rasa. Use – it maintains teeth and gums health.
Jivha nirlekhana	Cleansing of tongue Use – keeps mouth fresh, removes foul smells, maintains sensation of taste.
Anjana	It keeps the eye healthy, removes excess kapha and helps in smooth functioning of eyes and eyelids.
Pratimarsha nasya	It strengthens all the sense organs, improves skin texture
Gandush	Gargling Removes kapha and vata, gives light feeling to mouth, prevents throat infection.
Abhyanga	Daily oil massage on overall body specially head and feet Maintains body tone, relieve stress and strain of muscles.
Vyayama	It gives strength, energy, light feeling, enhance digestive power.
Udvardhana	It dissolves excessive fats, strengthens the body parts and skin.
Snana	Vataghana, gives lightness to the body, relieve stiffness.

Ritucharya^[11,12]

Ritu	Diet regimen	Lifestyle
Shishira (winter)	Cereals and pulses, wheat /gram flour products, haritaki, ginger, garlic, pippali, sugarcane Products, milk and milk products.	Massage with oil/powder/paste bathing with lukewarm water, wearing warm clothes, exposure to sunlight etc.
Vasanta (spring)	Among cereals, old barley, wheat, rice are preferred, among pulses, lentil, munga are taken. food items tasting tikta (bitter), katu (pungent), and kashaya (astringent) are to be taken. Honey should be included in the diet.	Use warm water for bathing purpose, udvardhana (massage), kavala (gargles), dhooma (smoking), Anjana (collyrium), vamana and nasya karma.
Grishma (summer)	Food which are light to digest having Madhura (sweet), sheeta (cold), snigdha (unctuous) and drava (liquid) guna are to be taken such as rice, lentil etc. Drink plenty of water and other liquids such as cold water, butter milk, fruit juices etc.	Staying in cool places, applying sandal wood and other aromatic paste over the body, wearing light dress etc. Excessive exercise or hardwork is to be avoided.
Varsha (monsoon)	Foods having amla (sour) and lavana (salty) taste are to be taken among cereals old barley, rice, wheat etc, meat soup, yoush, boiled water are to be taken.	Use of boiled water for bath and rubbing the body with oil properly after bath is advised Basti (medicated enema) is prescribed.
Sharat (autumn)	Foods having Madhura (sweet) and tikta (bitter) taste, cold, light to digest are advised wheat, green gram, sugar candy, honey, patol (trichosanthes dioica) are to be included in diet.	Take water purified by the rays of sun in day time and rays of moon at night time for drinking, bathing etc. Virechana and raktmokshana

		should be done during this season.
Hemanta (late autumn)	Foods having sweet, sour, salty and unctuous in guna are advised. Among cereals and pulses, new rice, flour preparations, green gram, masha, milk and milk products, sugarcane products etc are used.	Exercise, body and head massage, use of warm water, sun bath, heavy clothing, residing in warm places is recommended.

Panchkarma^[13] – Panchakarma utilizes a set of therapeutic procedures which are given in a specific order to promote the elimination of toxic substances out of the body via the nearest possible route of elimination. Panchakarma plays vital role in the preservation, maintenance and conservation of health and promotion of longevity.

Rituanusar panchkarma^[14]

Varsha ritu	Basti
Sharat ritu	Virechana
Vasant ritu	Vamana

Roganusar panchkarma^[15]

Vamana	Kapha predominant diseases, Obesity, thyroid, diabetes, asthma, PCOS (poly cystic ovarian syndrome) and skin diseases.
Virechana	Pitta predominant diseases, Hyperacidity, skin diseases.
Basti	Vatapredominant diseases, Arthritis, spondylitis etc.
Nasya	Nasya- Migraine, headache, sinusitis, hair fall, premature graying of hair, frozen shoulder, cervical spondylitis, sleeplessness, allergies, etc.
Raktmokshana	Rakta predominant diseases Gouty arthritis etc., Shirodhara, Sleeplessness, headache, dandruff, psychological diseases etc.

CONCLUSION

Lifestyle disorders can lead to various complications which affects multiple organ systems in the body, like heart attack, stroke, osteoarthritis, muscle weakness and wasting, spondylyolistheis, mental health complications like depression, anxiety, sleep disorders etc. It creating a burden on health system of country and it has very limited scope of treatment in modern medicine. Ayurveda has a great potential in the prevention and management of these lifestyle disorders. By following the ayurvedic regimens like dincharya (daily regimen), ritucharya (seasonal regimen), seasonal panchkarma procedures, rasyana (rejuvenation therapy), sadvritta palan (ideal routine), all lifestyle disorders can be prevented and a healthy life can be achieved.

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