

**DINACHARYA AND RITUCHARYA: AYURVEDIC KEYS TO PREVENT LIFESTYLE DISORDERS****Dr. Jitendra Patel<sup>1\*</sup>, Dr. Pravanjan Acharya<sup>2</sup>, Dr. Mayank Singh<sup>3</sup>**

<sup>1</sup>MD Scholar First Year, Dept. of Samhita Siddhant, Govt. (Auto.) Ayurved College Nipaniya, Rewa (M.P.)

<sup>2</sup>HOD & Professor Dept. of Samhita Siddhant, Govt. (Auto.) Ayurved College Nipaniya, Rewa (M.P.)

<sup>3</sup>MD Scholar Final Year, Dept. of Kriya Sharir, Pt. Khushilal Sharma Govt. Ayurveda Institute, Bhopal (M.P.).

Article Received on 01 Oct. 2025,  
Article Revised on 21 Oct. 2025,  
Article Published on 01 Nov. 2025,

<https://doi.org/10.5281/zenodo.17473541>

**\*Corresponding Author****Dr. Jitendra Patel**

MD Scholar First Year, Dept. of  
Samhita Siddhant, Govt. (Auto.)  
Ayurved College Nipaniya, Rewa  
(M.P.)



**How to cite this Article:** Dr. Jitendra Patel\*, Dr. Pravanjan Acharya, Dr. Mayank Singh. (2025). Dinacharya and Ritucharya: Ayurvedic Keys To Prevent Lifestyle Disorders. World Journal of Pharmaceutical Research, 14(21), 458–470.

This work is licensed under Creative Commons Attribution 4.0 International license.

**ABSTRACT**

In today's fast-paced lifestyle, disorders such as obesity, diabetes, hypertension, insomnia, and stress have become widespread due to irregular routines and unhealthy habits. Ayurveda, the ancient Indian system of medicine, offers practical and preventive solutions through the concepts of *Dinacharya* (daily routine) and *Ritucharya* (seasonal regimen). *Dinacharya* encourages a structured day that aligns with natural biological rhythms including early rising, self-cleansing, exercise, meditation, and proper diet to promote balance and vitality. *Ritucharya* guides individuals to adapt their food, behaviour, and habits according to seasonal changes, thereby enhancing immunity and preventing disease. Together, these time-tested Ayurvedic principles foster physical health, mental stability, and spiritual harmony, serving as effective tools to prevent lifestyle disorders and support holistic well-being.

**KEYWORDS:** *Ayurveda*, *Dinacharya*, *Ritucharya*, Lifestyle Disorders, Preventive Health, Holistic Well-being, Wellness.

## INTRODUCTION

The word “lifestyle” is often used to describe how people live, reflecting their values, beliefs, and everyday habits. It includes everything from the food we eat and how we spend our time to the choices we make about health and relationships. These patterns of living aren’t something we’re born with they’re learned over time. Our families, friends, schools, and even the media play a big role in shaping the way we live and think.

The World Health Organization (WHO) points out that several everyday habits can increase the risk of lifestyle-related diseases. These include drinking alcohol, smoking, eating an unhealthy diet, not getting enough physical activity, and living with constant stress. WHO even warns against foods high in salt and sugar but low in nutrients, calling them the “real enemies” of good health. Alarming statistics show that in 2005, around 60% of all deaths globally were linked to lifestyle and non-communicable diseases and these accounted for nearly half of all premature deaths.<sup>[1]</sup>

The world is interested in Ayurveda's potential since it is acknowledged as the leading life science and provides information on how to prevent lifestyle illnesses. If we follow these seven Ayurveda principles, then we can easily prevent LSD. These are 1-*Tri-upstambh* (*Ahara*, *Nidra*, and *Brahmacharya*), which is the main pillar of health, 2-*Dincharya*, 3-*Ritucharya*, 4- avoidance of *Vegadharana* (renunciation), 5- avoidance of *Pragjnaapradh* (renunciation), -6-*Sadvritta*, 7- *Yoga* (to avoid mental stress).

A study conducted jointly by the All India Institute of Medical Sciences and Max Hospital. According to this study, the prevalence of heart disease, obesity, and hypertension is rising alarmingly, especially among young, urban populations. The physicians believe that cases of obesity, diabetes, hypertension, and other related conditions are caused by a sedentary lifestyle coupled with a rise in the use of fatty foods and alcohol.

### Characteristics of NCDs

Non-communicable diseases (NCDs) develop due to a complex mix of factors, including rapid and unplanned urban growth, the global spread of unhealthy habits, and the natural ageing of populations. While conditions like high blood pressure, high blood sugar, abnormal cholesterol levels, and obesity are often seen as the main causes, they are actually signs of deeper lifestyle-related issues.<sup>[2]</sup>

The risk factors that lead to the development and progression of NCDs can be broadly divided into three groups:

### 1. Modifiable Behavioural Risk Factors

These are lifestyle choices and habits that can be changed. They include smoking, drinking too much alcohol, poor eating habits, lack of exercise, bad posture, and irregular sleep patterns. Today's sedentary jobs and high-stress work environments have made these risks even more common, contributing significantly to diseases like diabetes, heart problems, and hypertension.<sup>[3]</sup>

**2. Non-Modifiable Risk Factors:** These are inherent characteristics that cannot be altered through intervention. Examples include age, Race, Gender, Genetic predisposition.

**3. Metabolic Risk Factors:** Certain bodily changes also raise the risk of NCDs, such as high blood pressure, obesity, high blood sugar, and increased cholesterol levels.

NCDs often develop slowly over many years, making them difficult to detect and treat early. From an Ayurvedic perspective, this gradual process can be understood through the concept of *Shatkriya Kala*, which describes six stages of disease development: *Sanchaya* (accumulation), *Prakopa* (aggravation), *Prasara* (spread), *Sthanasamsraya* (localization), *Vyakti* (manifestation), and *Bheda* (complication).

Ayurveda explains that these diseases arise mainly due to *Mithya Aahar* (improper diet) and *Mithya Vihar* (unhealthy lifestyle). *Aahar* relates to what and how we eat, while *Vihar* includes our daily habits, social interactions, and environmental influences. Both play a vital role in maintaining or disturbing health.

Because NCDs progress slowly, many people don't realize the seriousness of their condition until it causes significant problems in their daily life. This delay in seeking care often worsens the disease and makes treatment more difficult. Those living with chronic NCDs may struggle with everyday tasks, face challenges in staying active, maintaining their jobs, or following a healthy diet, leading to a reduced quality of life overall.

### Top 10 Lifestyle Diseases

According to the World Health Organization (WHO), the ten most common lifestyle-related diseases that affect people worldwide include Alzheimer's disease, arteriosclerosis, cancer, chronic liver disease or cirrhosis, chronic obstructive pulmonary disease (COPD), diabetes,

heart disease, kidney diseases such as chronic renal failure (CRF), stroke, and obesity. These conditions are largely linked to the way we live our diet, habits, physical activity levels, and the stress we experience.<sup>[4]</sup>

### Work-Related Health Issues

In today's fast-paced work culture, especially in industries like finance and information technology, long working hours without sufficient rest have become common. This has led to a rise in several work-related health problems. Many employees suffer from musculoskeletal disorders such as back pain or carpal tunnel syndrome, neurological issues like multiple sclerosis, mental health challenges including anxiety and burnout, and vision problems commonly known as computer vision syndrome. The constant use of digital screens has made these issues even more widespread, particularly among younger generations.

In essence, non-communicable diseases (NCDs) are not caused by a single factor but by a combination of many. Understanding their causes and recognizing how lifestyle choices from what we eat to how we work and rest influence our health is essential for preventing these conditions and promoting long-term well-being.

### Causes of Disease According to Ayurveda

इत्यसात्म्येन्द्रियार्थसंयोगः, प्रज्ञापराधः, परिणामश्चेति त्रयस्त्रिविधविकल्पा हेतवो विकाराणां; समयो गयुक्तास्तु प्रकृतिहेतवो भवन्ति || (च. सू. 11/43)

*Asatmaya Indriya Artha Samyoga*, *PragnaParadha*, and *Parinama* (i.e., *Kaala*) are three factors that contribute to the *Vikalpa*, which can be categorized as *Heena*, *Mithya*, or *Atiyoga*. These factors, in turn, lead to the manifestation of diseases (*Vyadhi Utpatti*). These three elements—derangement of digestion, assimilation, and metabolism (*Agni*), as well as the vitiation of body humours (*Doshas*) and tissues (*Dhatus*) result in obstructions and constrictions in the channels of the body, ultimately producing various diseases. Lifestyle disorders can be compared to *Santarpana Janya Vyadhi*. The *Brihat Trayees* explains that improper or excessive exposure to *Santarpana (Brimhana)* can lead to numerous disorders, which are referred to as *Santarpana Janya Vikaras*. *Nidana* refers to the causative factors. *Ahara Dravya* that contains *Snigdha*, *Madhura*, *Guru*, and *Pichila* qualities will lead to *Santarpana*. Overconsumption of *Navanna*, *Navamadya*, *Anupa*, *Varija Mamsa*, *Gorasa*, and *Paistika* will also result in *Santarpana*. *Vagbhata* includes *Ksheera*, *Sarpi*, and *Sita* as *Nidana*.

for *Santarpana*. These factors are typically high in calories and lipids; when consumed excessively, they can lead to overnourishment. A sedentary lifestyle, characterized by behaviours such as *Cheshta Dweshi*, *Diwaswapna*, *Shaiyya Sukha*, *Asana Sukha*, *Swapna Sukha*, *Abhyanga*, and *Snana*, further contributes to *Santarpana*. The combination of high caloric intake and low caloric expenditure leads to overnourishment in the body and can result in various disorders.

### What are the leading causes of Lifestyle According to Ayurveda

- Fragmentation of the social fabric and a decline in moral values.
- Changes in dietary habits, particularly the rise of fast food.
- Increased consumption of packed cooked and semi cooked food items.
- Popularity of aerated drinks.
- Cigarettes and alcohol being considered a fashion trend among teenagers.
- Lack of space for family interaction.
- Breakdown of joint families.
- Irregular waking up and sleeping hours.
- Decreased physical activity.

### Who will be healthy person

नरो हिताहारविहारसेवी समीक्ष्यकारी विषयेष्वसक्तः।

दाता समः सत्यपरः क्षमावानाप्तोपसेवी च भवत्यरोगः॥

मतिर्वचः कर्म सुखानुबन्धं सत्त्वं विधेयं विशदा च बुद्धिः।

ज्ञानं तपस्तत्परता च योगे यस्यास्ति तं नानुपतन्ति रोगाः॥ (च.शा .2/46-47)

A person who consumes wholesome food and lifestyle, works thoughtfully, is not attached to the subjects like lust and anger, gives charity, has an equal view on all creatures, is ready to speak the truth, is tolerant and serves the learned, remains healthy (disease-free)

### Importance of Ayurveda Treatment in Lifestyle Diseases

*Ayurveda* treats the body, rather than focusing solely on the affected area where deformation is visible. This holistic approach offers solutions for physical, mental, social, and spiritual illnesses. The *Ayurvedic* system places equal importance on both preventive and curative aspects of health. Treatments are tailored according to the severity of the condition, unlike

many other systems that primarily differentiate based on dosage. In *Ayurveda*, diseases are categorized into types such as *Vataja*, *Pittaja*, *Kaphaja*, *Raktaja*, and *Sannipataja*. Each type has its own set of symptoms and treatment protocols that are clearly defined. Additionally, the approach to treatment in *Ayurveda* considers factors such as *Dosha*, *Kala* (time), and *Vaya* (age).

## MATERIAL AND METHOD

Various *Ayurvedic* classic texts including *Charaka Samhita*, *Sushrut Samhita*, *Ashtanghridaya*, and *Swasthivritta* were consulted as source material. Apart from this, various research journals and websites have been thoroughly searched.

### Various Modules of management Lifestyle disorders in *Ayurveda*

1. *Dinacharya* (Daily regimen),
2. *Ritucharya* (Seasonal regimen),
3. *Trayopastambha*
4. Dietetic rules & regulation
5. *Panchakarma* (Five detoxification and bio purification therapies)
6. *Rasayan* (Rejuvenation)
7. *Sadvritta* (Ideal routine)
8. *Acharya Rasayan* (Code of conduct)
9. *Yoga*

#### ➤ *Dinacharya*

The term “*Dinacharya*” comes from Sanskrit, meaning “daily routine” or “to follow the rhythm of the day.” It refers to a set of practices that help maintain health and harmony by aligning our daily activities with nature’s cycles. The early morning, considered the purest and most peaceful time of the day, is ideal for beginning these routines.

*Ayurvedic* texts offer detailed guidance on how to live a disciplined, balanced, and healthy life through *Dinacharya*. According to the principles of life science, a person can ideally live up to 100 years if they consistently follow healthy daily habits. However, neglecting these recommended practices can shorten one’s lifespan and reduce overall vitality. *Ayurveda* advises that everyone should wake up early, though certain individuals such as very young children, the elderly, parents caring for infants, or those who are ill with conditions like fever or diarrhoea may need extra rest and are exceptions to this rule.<sup>[5]</sup>

Ayurveda emphasizes the importance of following a healthy daily routine (*Dinacharya*) to maintain physical, mental, and spiritual well-being. This routine includes habits such as waking up early, exercising, maintaining oral and personal hygiene, practicing meditation, and performing regular body massages. According to *Ayurvedic* wisdom, one should ideally wake up during Brahma Muhurta, about 90 minutes before sunrise. This time is considered most beneficial for the mind and body. In the early morning, the air is fresh and rich in nascent oxygen, which easily combines with haemoglobin to form oxyhaemoglobin. This helps deliver oxygen efficiently to all parts of the body, keeping tissues nourished and energized. Additionally, during this period, the brain secretes serotonin, a neurotransmitter that enhances alertness, positivity, and focus. The early morning hours are also calm and free from pollution and noise, creating the perfect environment for mental clarity and concentration. In contrast, staying up late at night or having irregular sleep patterns increases the level of cortisol (the stress hormone), which can raise blood pressure and lead to insulin resistance a key factor in the development of diabetes and obesity. Thus, Ayurveda highlights that maintaining a regular sleep-wake cycle and starting the day early are essential steps toward long-term health and balance.

#### ➤ *Ritucharya*

The term “*Ritu*” refers to a specific or fixed period of time, while “*Charya*” means a routine or regimen. Together, *Ritucharya* in *Ayurveda* refers to following a lifestyle and diet that aligns with the changing seasons. It emphasizes adapting our daily habits such as food, clothing, and activities according to the weather and environmental shifts throughout the year.

By gradually adjusting to the characteristics of each upcoming season, we can strengthen our immunity and prevent many seasonal ailments. For example, during the rainy season, joint-related problems tend to increase, while in winter, it is important to protect oneself from excessive cold. Following the principles of *Ritucharya* helps maintain the balance of the body and mind, ensuring good health throughout the year.<sup>[6]</sup>

#### ➤ *Tri-Upstambh*

According to *Ayurveda*, a healthy life rests on three essential pillars known as the “*Upastambhas*” *Aahara* (balanced diet), *Nidra* (proper sleep), and *Brahmacharya* (self-control or moderation in sexual activity). These three factors play a vital role in maintaining physical health and mental stability. An improper or unhealthy diet is one of the main causes of obesity, heart disease, and other lifestyle disorders. Similarly, lack of adequate or restful



sleep can lead to insomnia, anxiety, migraines, fatigue, and other health issues. By eating nutritious food, getting sound sleep, and practicing self-discipline, most lifestyle-related diseases can be prevented. Ayurveda, therefore, considers these three as the fundamental supports of a long, healthy, and balanced life.<sup>[7]</sup>

➤ **Dietetic rules & regulations (*Ahara vidhi Vidhana*)**

1. *Ushnamasniyata:*
2. *Snigdhamaashniyata:*
3. *Matravataashniyata:*
4. *Jirneashniyata:*
5. *Virya virudhamaashniyata*
6. *Istedeshe, Istasavopkaranam Asniyata*
7. *NaatidrutamAsniyata*
8. *Naativilambitam Asniyata*
9. *Ajalpana, Ahasana, Tanmanabhunjita*
10. *Atmanamabhisamiksya*

➤ **Panchakarma**

*Samshodhana* is the traditional Ayurvedic process of cleansing the body, starting from its most tangible layers and working down to the molecular level. This thorough detox strengthens the body's natural healing abilities and enhances its response to treatments. *Panchakarma*, a core part of this practice, involves five main methods: *Vamana* (therapeutic vomiting), *Virechana* (purgation), *Niruha* (non-oily enema), *Anuvasana* (oily enema), and *Nasya* (nasal therapy). In addition, *Raktamokshana* (bloodletting) is also mentioned in ancient works by *Sushruta* and *Vagbhatta*.

These procedures serve as preventive, curative, and health-promoting tools. From a preventive perspective, the sages advised cleansing the body of accumulated imbalanced doshas during specific times of the year when they tend to peak. Each method targets a particular dosha, removing toxins that build up over time due to poor diet and seasonal changes.

➤ **Rasayana**

*Rasayana* therapy is a specialized Ayurvedic treatment aimed at maintaining health and preventing disease. It works by deeply nourishing all the body's tissues, harmonizing the



doshas in both body and mind, and boosting Ojas—the essence of vitality and immunity. This rejuvenating approach strengthens the body, sharpens the intellect, and improves overall quality of life. Beyond that, *Rasayana* supports recovery from immune system imbalances and helps guard against illnesses linked to modern lifestyles.

### ➤ *Sadvritta*

The word “*Sadvritta*” comes from two Sanskrit terms, “Sad,” meaning good or noble, and “*Vritta*,” meaning conduct or behaviour. Together, “*Sadvritta*” refers to righteous living or the practice of good habits in daily life. It guides a person to uphold moral, ethical, social, and personal values, helping them lead a balanced, peaceful, and meaningful life.

Ayurveda teaches that ethical conduct includes always speaking the truth, maintaining a positive attitude, meditating regularly, and showing respect and service toward elders and those in need. Social conduct involves polite speech, respectful listening, and offering help to the poor or less fortunate. Moral conduct emphasizes keeping good company, avoiding negative influences, and using one’s time, energy, and resources for the welfare of others.

A person following *Sadvritta* strives to:

- Serve God, teachers, and elders whenever possible.
- Be honest, compassionate, and consistent in behaviour.
- Avoid causing harm to others.
- Lead a simple and disciplined life.
- Control unnecessary desires and emotions.
- Speak gently and kindly.
- Maintain cleanliness of body and surroundings.
- Practice patience and self-control.
- Share useful knowledge and guidance with others.
- Meditate daily to cultivate inner peace.

In essence, *Sadvritta* forms the ethical foundation of Ayurvedic living, promoting harmony within oneself and with the world around.<sup>[8]</sup>

### ➤ *Acharya Rasayan*

*Acharya Charak* made a unique contribution to Ayurveda through the concept of *Acharya Rasayana*. While *Acharya Sushruta* did not mention it, *Acharya Vagbhatta* discussed similar

ideas in his *Rasayana Vidhi Adhyaya*. He described that people who lead a truthful and calm life, stay free from anger, and direct their senses toward noble and peaceful actions are known as *Nitya Rasayana Sevi*.

Such individuals, when they also use *Rasayana* therapy, are believed to attain a serene mind, enjoy good health, and experience longevity and happiness both in this life and beyond. The word “Achara” means “conduct” or “behaviour,” while “*Rasayana*” refers to rejuvenation or the process that supports longevity and prevents disease.

*Achara Rasayana* thus emphasizes a behavioural and ethical approach to health rather than a material or herbal one. By living according to certain moral and lifestyle principles, a person can achieve benefits similar to those gained from traditional *Rasayana* therapies. This concept underlines the role of good behaviour, emotional balance, and positive living in creating not only individual well-being but also a harmonious and developed society. Following the ideals of *Achara Rasayana* encourages better social and mental health for all.<sup>[9]</sup>

The principles of *Achara Rasayana* can be understood through four key areas:

- Psychological well-being involves keeping the mind balanced, steering clear of extreme emotions, letting go of insults, and developing patience.
- Personal care focuses on healthy daily habits going to bed early, waking up early, avoiding overexertion, respecting the body’s natural urges, maintaining regular bathing routines, and keeping the skin clean.
- Spiritual growth comes from living by moral values taught in sacred texts, engaging the senses in the pursuit of spiritual knowledge, serving those devoted to ascetic life, and giving to charity regularly.
- Social harmony is nurtured by showing kindness to others, speaking truthfully, avoiding alcohol, practicing compassion, and wearing clean, well-washed clothes.
- By living according to these guidelines, we not only protect ourselves from lifestyle-related illnesses but also promote emotional balance, stronger social bonds, and overall well-being.<sup>[9]</sup>

### ➤ *Yoga*

Many studies have now confirmed that yoga and meditation have profound positive effects on our mental, physical, social, and spiritual well-being. Therefore, incorporating them into our daily routine is highly beneficial. In most lifestyle disorders (LSD), some level of

hypoxia lack of oxygen develops either directly or indirectly. Yoga helps improve oxygen supply throughout the body, making it an essential practice for preventing such disorders<sup>[10]</sup>

Hypoxia and Life Style Disorder. Effect of Yoga on Hypoxia Yoga and lifestyle diseases Meditation controls reflexive responses like fear, anger, etc hence decreasing the chances of mental disorder.

## DISCUSSION

In the present era of modernization, human life has become increasingly mechanical and detached from natural rhythms. The continuous exposure to stress, irregular sleep patterns, consumption of processed food, and sedentary work culture have contributed significantly to the growing prevalence of lifestyle disorders such as diabetes, hypertension, obesity, and mental health issues. This alarming shift in disease patterns from infectious to non-communicable has led modern health systems to recognize the value of preventive and holistic approaches rooted in ancient sciences like *Ayurveda*.

*Ayurveda*, as a science of life, views health as a balanced state of body, mind, and spirit. It emphasizes the principle that disease is not merely a physical imbalance but a manifestation of disharmony between an individual and the environment. Within this framework, *Dinacharya* (daily regimen) and *Ritucharya* (seasonal regimen) serve as two timeless and practical pillars of prevention. These practices were designed to help individuals live in synchronization with nature's cycles maintaining equilibrium across doshas (*Vata*, *Pitta*, *Kapha*) and strengthening immunity.

*Dinacharya* cultivates discipline, mental clarity, and physical vigour through structured habits waking up during *Brahma Muhurta*, maintaining hygiene, engaging in physical activity, meditating, and eating wholesome food. These practices align with modern chronobiology, which also acknowledges the health benefits of following circadian rhythms. Similarly, *Ritucharya* allows the body to adapt to seasonal variations by modifying diet and behaviour, thus minimizing susceptibility to seasonal ailments and enhancing resilience.

Further, the inclusion of *Tri-Upastambha* (*Ahara*, *Nidra*, *Brahmacharya*), *Sadvrutta*, *Acharya Rasayana*, and *Yoga* in daily life builds a multi-dimensional preventive system that nurtures both physical and mental health. *Yoga* and meditation have been scientifically validated to reduce oxidative stress, improve cardiovascular function, and enhance emotional stability. The *Acharya Rasayana* concept adds moral and social dimensions, promoting inner peace and

community well-being. Together, these principles address not only the pathology of lifestyle disorders but also the psychological and spiritual causes underlying them.

From a global health perspective, integrating Ayurvedic regimens into public health strategies could significantly reduce the burden of non-communicable diseases. Preventive lifestyle guidance, when combined with evidence-based medicine, can improve long-term outcomes and lower healthcare costs. Moreover, *Ayurveda's* holistic view complements modern medicine by filling gaps related to preventive, behaviour, and psychosomatic dimensions of health.

## CONCLUSION

In conclusion, the teachings of *Ayurveda*, especially *Dinacharya* and *Ritucharya* are not merely ancient rituals but profound scientific frameworks for preventive health. They represent a timeless wisdom that encourages human beings to live in harmony with nature's laws. By following these regimens, individuals can maintain internal balance, enhance immunity, and reduce the risk of lifestyle disorders that dominate the modern health landscape.

The preventive approach of *Ayurveda* emphasizes that disease does not emerge suddenly; it is a gradual process that can be intercepted through awareness and discipline. *Dinacharya* helps synchronize daily activities with the body's biological clock, while *Ritucharya* facilitates adaptation to environmental and seasonal shifts. Together, they promote a lifestyle of mindfulness, moderation, and balance qualities that are increasingly absent in today's fast-paced world.

Incorporating Ayurvedic principles into daily life can transform health care from a disease-centred model to a wellness-oriented one. Encouraging yoga, meditation, ethical living, a balanced diet, and proper rest can create not only healthier individuals but also a more peaceful and productive society. Ultimately, the wisdom of *Ayurveda* reminds us that true well-being arises from the integration of physical vitality, mental serenity, and spiritual harmony, a message that remains as relevant today as it was thousands of years ago.

## REFERENCES

1. [www.downtoearth.org.in/health/news](http://www.downtoearth.org.in/health/news) Accessed on 26.07.2023

2. Aryal KK, Mehata S, Neupane S, Vaidya A, Dhimal M, et al. The Burden and Determinants of Non- Communicable Diseases Risk Factors in Nepal: Findings from a Nationwide STEPS Survey. PLoS ONE, 2015; 10(8): e0134834.
3. Sharma M, Majumdar PK Occupational lifestyle diseases: An emerging issue. Indian Journal of Occupational and Environmental Medicine, 2009; 13(3): 109 -112.
4. National care for health statistics, P-55,60.
5. Agnivesh, Ayurved Deepika commentary on the Charaka Samhita, by Vaidya Jadavji Trikamji Acharya. Editor, Sutrasthan chapter 5, Chaukhambha Publications, New Delhi, Reprint, 2014; 36.
6. Agnivesh, Ayurved Deepika commentary on the Charaka Samhita, by Vaidya Jadavji Trikamji Acharya. Editor, Sutrasthan chapter 5, Chaukhambha Publications, New Delhi, Reprint, 2014; 44.
7. Agnivesh, Ayurved Deepika commentary on the Charaka Samhita, by Vaidya Jadavji Trikamji Acharya. Editor, Editor, Sutrasthan chapter 6, Chaukhambha Publications, New Delhi, Reprint, 2014; 49.
8. Agnivesh, Ayurved Deepika commentary on the Charaka Samhita, by Vaidya Jadavji Trikamji Acharya. Editor, Sutrasthan chapter 1st, Chaukhambha Publications, New Delhi, Reprint, 2014; 388.
9. Tripathi Brahmanand, Charak Samhita of Agnivesa Vol. 2, Chikitsa Sthana1/4, Vers 30-35, Hindi Commentary Charaka-Chandrika, Varanasi: Chaukhambha Surbharati Prakashan, 2004; 69.
10. Agnivesh, Ayurved Deepika commentary on the Charaka Samhita, by Vaidya Jadavji Trikamji Acharya. Editor, Sutrasthan chapter 6, Chaukhambha Publications, New Delhi, Reprint, 2014; 300.