

CHANGING LIFESTYLE AND IT'S EFFECT ON JATHARAGNI

¹*Dr. Dinesh Gupta, ²Dr. Amarjeet Yadav and ³Dr. Sandeep Dwivedi¹PG Scholar Dept. of *Samhita and Siddhanta*.²Retd. Assistant Professor Department of *Samhita & Siddhanta* State Ayurvedic College
Lucknow. Lucknow, Uttar Pradesh, India.³Reader Department of *Samhita and Siddhanta*, State Ayurvedic College Bareilly, Uttar
Pradesh, India.

ABSTRACT

Article Received on
02 Sept. 2022,Revised on 23 Sept. 2022,
Accepted on 13 October 2022

DOI: 10.20959/wjpr202214-25913

*Corresponding Author

Dr. Dinesh Gupta

PG Scholar Dept. of *Samhita*
and *Siddhanta*.

Ayurveda is not only considered a comprehensive medical system but it is also considered a way of life. Because a person is inseparable from his surroundings, so its effect will be on him. In ancient times people were following the ideal way of living, therefore, people were not much get affected by various types of diseases. The change in way of living is responsible for the replacement of *Shadarasatmaka Aahara* with preserved, fast food, bakery product, improper sleep pattern and mental stress which causes impairment of *Agni*. Non communicable diseases (NCDs) kill 41 million people each year. Each year, more

than 15 million people die from a NCDs between the ages of 30 to 69 years, 85 percent of these premature death occur in low and middle income countries. Modifiable behaviors, such as physical inactivity, unhealthy diet and the harmful use of alcohol, all increase the risk of NCDs. Due to changes in way of living in the past few decades prevalence of these diseases and induction of positive health must be taken into consideration and it can be employed scientifically after updating it according to the present need of the society. Therefore, it is the responsibility of every researcher of *Ayurveda* to put this point of view in front of the world. If our science can contribute in preventing diseases arising out of bad habits, so it is our responsibility to study the subject thoroughly.

KEYWORD: Lifestyle, Ayurveda, Agni.

INTRODUCTION

Rapidly moving towards the current modernization human society has become more conscious about its health, but there is still a great need to deeply understand the *aahara*, their quantity, quality, nutritional value and the factors affecting digestion. The popularity of modern life style, luxury living and fast food all are highly attracted and following the same. According to Ayurveda, it can be classified as 'Pragyaparadha.' (i.e. knowing but making mistake).

Adolescence is believed to be a period of rapid growth and development as it is an important stage in establishing the future. Due to wrong eating habits and changing lifestyle, worries about the future in life etc., in adolescence *Agni* becomes afflicted. In the present era, there is a change in the diet pattern, as well as the diet timing and lifestyle are also sedentary. Apart from changes in diet and lifestyle, one is always under a lot of mental stress or anxiety. These all cause digestive system disturbances, resulting in several gastrointestinal diseases. Every person or group of people has distinctive pattern or manner fulfilling own biological, economical, emotional and social needs, the way of achieving all these things is called lifestyle.

Healthy lifestyle is the foundation of a good life. Though it does not take much effort to achieve this lifestyle but many people are not able to follow it due to various reasons like professional commitments, lack of determination and personal issues.

Ayurveda often emphasizes on eating nutritious food, sleeping on time, not suppresses the urge and waking up on time each day. Benefits of exercise, benefits of walking, etc. have been mentioned in most places, although most of us ignore their advice and continue to follow our unhealthy routine.

LIFESTYLE

Every person or group of people has distinctive pattern or manner fulfilling own biological, economical, emotional and social needs, the way of achieving all these things is called lifestyle.

Healthy lifestyle is the foundation of a good life. Though it does not take much effort to achieve this lifestyle but many people are not able to follow it due to various reasons like professional commitments, lack of determination and personal issues.

Ayurveda often emphasizes on eating nutritious food, sleeping on time, not suppresses the urge and waking up on time each day. Benefits of exercise, benefits of walking, etc. have been mentioned in most places, although most of us ignore their advice and continue to follow our unhealthy routine.

Healthy lifestyle is the need of the hour. Earlier generations did not have to face so many difficulties but present time people find it difficult to follow a healthy lifestyle. People working hard and doing everything except taking care of health. It is time we should take our health seriously. Although most of us are aware of the unhealthy habits that we have inside us and many people try to quit it, we often fail to do so. You just wake up one day to give up unhealthy habits can't decide which you have followed till now. Yes, it takes a lot of effort to quit such habits especially if you have been following them for a long time.

Ayurveda has preventive and curative aspect of treatment. The main principle of *Ayurveda* is that how we should maintain our lifestyle so that disease does not arise, there is a lot of description of this, even a slight change in these lifestyle causes diseases. Here we are describing some of the daily tasks described in *Ayurveda*, which have a direct effect on our digestion.

1- VYAYAMA (EXERCISE)

Such a physical action which is desirable and is capable of bringing about bodily stability and strength is known as physical exercise. This has to be practised in moderation.

Healthy growth, brilliant complexion, well manifest divisions of the body, keen digestive power, absence of lassitude, stability, feeling of lightness, cleanliness, ability to withstand exertion, fatigue, thirst, heat and cold; and best of health; all these accrue from physical exercises. It exists which is best to reduce corpulence (obesity), old age does not invade him quickly, the muscles of the body become stable (strong) in the person who does exercises daily habitually. Physical exercise brings about lightness, ability to work stability, resistance to discomfort and alleviation of doshas (specially *kapha*). It stimulates the power of digestion.^[1]

2- RULES FOR TAKING FOOD

Healthy individuals as well as (some of the) patients Should observe the following, even while using such of the food articles as are most wholesome by nature :One should eat only

that food in proper quantity which is hot, unctuous and not contradictory in potency and that too, after the digestion of the previous meal. Food should be taken in proper place equipped with all the accessories, without talking and laughing, with concentration of mind and paying due regard to oneself.^[2]

3- CHAKRAMANA

Moderate walking does not cause much trouble to the body, enhances life span, intelligence, digestive power and stimulates the sense organs.^[3] After partaking meal, the person should sit like a king (comfortably), till the fatigue of food is relived; afterwards should walk for a distance of hundred feet and then lie on a bed on his left side. The person who falls asleep immediately after taking food, his *kapha* increases greatly and destroys his *Jatharagni* so after the meal, one should walk a little slowly.^[4]

4- MENTAL STRESS

In addition to the intake of food in excess, the following factors also affect the body by vitiating the undigested food product: Untimely intake of food and drinks which are heavy, ununctuous, cold, dry, constipation, irritant, unclean, and mutually contradictory; Intake of food and drinks when the individual is afflicted with passion, anger, greed, confusion, envy, bashfulness, grief, indigestion, anxiety and fear.

Thus it is said:-"Wholesome food taken even in proper quantity does not get properly digested when the individual is afflicted with grief, fear, anger, sorrow, excessive sleep and excessive vigil".^[5]

5- WRONG SLEEPING PATTERN

It has been described in Ayurveda that waking up in the night increases dryness in the body and in the last prahara of the night i.e., when there is an outbreak of *Vata* then the *Vata* gets aggravated and affects the digestion of food.

In the human body, there exists a circadian rhythm in the activities of digestive enzymes like maltase, sucrase, trehalase, leucine aminopeptidase and alkaline phosphatase. Wakefulness at night causes disruption in circadian rhythm and disturbance in activities of digestive enzymes which leads to indigestion.

Acharya Susruta has considered all the doshas to be provoked by sleeping during the day. In *Ayurveda*, all *Acharyas* have forbidden sleeping during the day, according to them, it leads to

an increase in *kapha*, obstruction of the *srotasa*, and due to which they also affect the digestive process digestive juices are also affected due to the influence of circadian rhythm by sleeping during the day.

DISCUSSION

Acharya Sushruta has described that physical exercise leads to healthy growth, clear division of the body, intense digestive power, absence of laziness, a feeling of stability, lightness, cleanliness; ability to withstand exertion, fatigue, thirst, heat and cold; All these are received, and doing regular exercise is the best way to reduce the body's corpulence, old age does not attack him quickly, the muscles of the body become stagnant. According to modern researchers, neither too much nor too little amount of exercise, that is, in light to moderate amounts stimulates gastric emptying and increases the secretion of gastric juice which leads to rapid and healthy digestion.

After taking a meal, one should walk slowly for a hundred steps, by doing this the group of food eaten becomes relaxed in the abdomen, that is, the food gets located in its place. Walking excessively after taking food should be avoided because the blood circulation of our body will be excessively towards the feet and digestion of food is affected due to less circulation to the stomach.

In this universe, every object living or non-living that exists is made up of five basic element. The food that we ingest is also made up of the Pancha mahabhootas. Food nourishes their respective tissue elements in the body. *Aahara* is the best of all medicines and is considered one of the three sub-pillars of *Ayurveda*. *Aahara* and *Vihara* which are favorable to a person's source, body constitution, and strength are called healthy and those which are opposite is called unhealthy. The preventive and curative aspects of *Ayurveda* revolve around the central theme of *Pathya aahara and Vihara*.

CONCLUSION

Disturbance in lifestyle as irregular schedule of sleep and diet and improper dietary habits mainly affect the *Ahara parinama kar bhava* and circadian rhythm which leads to manifestation of many disease.

In current time mental stress is so common but most of people are not aware that stress continues to affect the normal digestive function. Digestion does not happen properly even if

the quality, quantity of food, dietary habits, etc. are correct, from this it has been concluded that these psychological factors like anxiety, anger, greed, etc. also affect the digestion.

It is found that large number of people are suffered from Non Communicable Disease e.g. obesity, diabetes mellitus, cardio vascular disease etc. which is caused by unhealthy life style.

REFERENCES

1. Charaka Samhita, Ayurveda –Dipika Ayushi Hindi Commentary by Vd. Harish Chandra Kushwaha, First part charaka sutrasthan 7,verse no.32, Chaukhambha Orientalia, Varanasi, 2018.
2. Charaka Samhita, Ayurveda –Dipika Ayushi Hindi Commentary by Vd.Harish Chandra Kushwaha, First part charaka vimanasthan 1, verse no.24, Chaukhambha Orientalia, Varanasi, 2018.
3. Sushruta Samhita, Ayurveda- tattva -Sandipika by Kaviraj Ambikadutta Shastri, Part -1, Chikitsasthan 24, verse no.80, Published by Chaukhambha SanskritaSansthana, Varanasi, Reprint, 2005.
4. Bhava Prakasha: Edited by ShriBramha Shankar Mishra and Sri Rupalalaji Vaishya, first part, Purvakhanda 01, verse no.176, Chaukhambha Sanskrita Bhavana, Varanasi, 2007.
5. Charaka Samhita, Ayurveda –Dipika Ayushi Hindi Commentary by Vd. Harish Chandra Kushwaha, First part charaka vimanasthan 02, verse no.09, Chaukhambha Orientalia, Varanasi, 2018.