



# LIFESTYLE DISORDERS AND AYURVEDA

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## ABSTRACT:

These days, our priorities and requirements have shifted. In an effort to meet our demands, realise our goals, and uphold social norms, we have modified our lifestyles, which ultimately puts our health at risk. Cardiovascular diseases, including hypertension, cardiac arrest, and stroke, are the most prevalent lifestyle conditions. This group also includes many other serious illnesses, including diabetes, cancer, and chronic liver disease. Another issue with lifestyle is obesity and sleepiness. The living science of Ayurveda is renowned for being a comprehensive medical system that addresses mental, bodily, and spiritual well-being. Preserving the health of a healthy person is the primary goal of Ayurveda. Ayurveda also mentioned “life” as the first desire among the most important three desires of an individual. It is said that *Dinacharya*, *Ritucharya*, and *Achar-Rasayana* achieved good bodily and mental health. One can live a healthier life and overcome these lifestyle problems by adhering to these *Swasthavritta* practices.

**KEYWORDS:** Lifestyle disorders, *Dinacharya*, Ayurvedic Lifestyle.

## INTRODUCTION:

Lifestyle disorders are ailments that are primarily based on the day-to-day habits of people. Habits that discourage people from engaging in mental or physical activities and encourage sedentary behaviour can lead

to a variety of health problems, including chronic non-communicable illnesses with potentially fatal outcomes. Lifestyle diseases such as diabetes, cancer, hypertension, chronic liver disease, stress-related disorders, and many other diseases are becoming more common. Cardiovascular diseases remain the leading cause of mortality, accounting for almost 30% of all fatalities globally. The incidence of these illnesses has increased alarmingly among Indians in recent years due to the country's fast westernisation of lifestyle throughout the last few decades.

**Table no.1:** Top lifestyle diseases.

Disease	Description
<p><b>Diabetes:</b> A disease affecting sugars used by the body.</p>	<p>Diabetes mellitus may be classified into four categories. Other names for type I diabetes include brittle diabetes, juvenile-onset diabetes, insulin-dependent diabetes, and ketosis-prone diabetes. Other names for type II diabetes include adult-onset diabetes, non-insulin-dependent diabetes, ketosis-resistant diabetes, and stable diabetes. Type II diabetes is common in persons who are overweight. Certain pregnant women develop type III diabetes, often known as gestational diabetes. Type IV diabetes encompasses further forms of the illness that are associated with hormonal fluctuations, genetic flaws, pancreatic diseases, or pharmacological adverse effects.</p>
<p><b>Heart Disease:</b> Any of several abnormalities that affect the heart muscle or the blood vessels of the heart.</p>	<p>The leading cause of both death and morbidity has been heart disease. This lifestyle illness comes in a few dozen varieties. The inability of the heart to pump enough blood to fulfil the body's needs is known as congestive heart failure, and it can be brought on by heart disease and other types of cardiovascular illness.</p>
<p><b>Stroke:</b> A condition due to the lack of oxygen to the brain that may lead to reversible or irreversible paralysis.</p>	<p>Advanced age, high blood pressure, poor circulation from prior attacks, smoking, cardiac problems, embolism, stroke family history, using birth control pills, diabetes mellitus, obesity, high cholesterol, and lack of exercise are all associated with an increased risk of stroke.</p>

<b>Cancer:</b> Diseases characterized by uncontrolled, abnormal growth of cells.	Without a doubt, cancer is ranked as the greatest disease to affect civilization. Over 150 distinct types of cancer exist, each with a multitude of underlying causes.
<b>Arteriosclerosis:</b> A generic term for several diseases in which the arterial wall becomes thicken and loses elasticity. Atherosclerosis is the most common and serious vascular disease.	One of the main causes of heart disease, angina pectoris, heart attacks, and other circulation problems is plaque buildup in the artery walls, called atheromas. Ageing is generally associated with atherosclerosis. It has been connected to diabetes, high blood pressure, and overweight.
<b>Alzheimer's Disease:</b> A form of brain disease.	There is a true breakdown of brain cells, however the precise reason is unknown. Although there is no cure for this lifestyle illness, eating a healthy diet may help it proceed more slowly.
<b>Chronic Obstructive Pulmonary Disease (COPD):</b> A disease characterized by slowly progressing, irreversible airway obstruction.	The symptoms include trouble breathing deeply in or out, difficulties breathing during exercise, and occasionally a persistent cough. Asthma, chronic bronchiolitis, emphysema, or chronic bronchitis can all cause this illness. It gets worse with cigarette smoking and air pollution.

Modern medical science believes that several of these lifestyle conditions are nearly impossible to treat or irreversible, while Ayurveda may be able to both prevent and treat some of these illnesses in humans. Numerous Ayurvedic texts discuss the dos and don'ts for the perfect daily routine (known as "*Dinacharya*") and the ideal seasonal pattern (known as "*Ritucharya*") for improving one's quality of life.

## METHODS:

Many dos and don'ts are specifically addressed under the heading "*Ahar and Vihar*" in Ayurvedic literature for both sick and healthy individuals. We go over a few of the best practices below.

- ❖ ***Dinacharya*:** By following *Dinacharya* regimen, we can change the modifiable risk factors of lifestyle disorder –

***Ayurveda* suggests beginning daily habits with –**

- Early rising (*Bramha Muhurthe Utthisthe*).
- Avoid suppression of natural urges.

- Keep the teeth clean (*Dantadhavan*).
- Regular use of massage (*Abhyanga*).
- Regular Exercise (*Vyayam*).

Eat a healthy, appropriate diet based on your hunger. To promote health, increase immunity, and prevent lifestyle problems, one must be mindful of this daily routine on a regular basis.

- ❖ **Ritucharya:** This is the practice of carrying out tasks in accordance with the varying seasons. Every change in season brings with it a shift in the individual's strength and *Tridosha* status. A certain season alters the body's *Tridosha* state, which can lead to accumulation, aggravation, and pacification of the condition. As an illustration, *Vatadosha* accumulates in the summer, becomes inflamed and pacified in the rainy season, and is relieved by *Sharad Ritu*.
- ❖ **Panchakarma therapy:** *Panchakarma* places equal focus on preventative and curative measures. Both physical and emotional wellness are addressed by *Shirodhara* and *Nasya*. Additional *Panchakarma* treatments also improve mental health, lower stress, and avoid lifestyle disorders.
- ❖ **Rasayan therapy:** *Rasayan* produce their nourishing and rejuvenate effect by promoting *Agnibala*, *Dhatubal*, *Indriyabala*. Antioxidants, immunomodulators, and adaptogenic medicines are applications for *Rasayanas*. So, averting the problems of lifestyle.
- ❖ **Aachar Rasayana & Sadavritta:** These two symbols stand for excellent moral behaviour, which encompasses early wake-ups and sleep times, a regular washing schedule, speaking the truth, abstaining from alcohol, not stifling one's natural desires, etc.

## RESULT:

Ayurveda also acknowledges that every individual has a certain constitution, or "*Prakriti*," which dictates their mental, emotional, and physical qualities. Ayurveda may offer individualised advice on nutrition, exercise, and other lifestyle elements to support optimal health by assessing an individual's *Prakriti*.

In essence, by encouraging healthy practises and offering individualised advice based on each person's particular constitution, Ayurveda can be a useful method for managing and preventing lifestyle problems. Following the Covid epidemic, everyone on the planet has seen how important it is to do yoga, meditation, and regular exercise for maintaining excellent mental and physical health—all of which are outlined in Ayurveda's *Swasthavritta*. These Ayurvedic lifestyle changes have proven to be highly useful for those with hypertension, diabetes, cancer, chronic liver disease, and many other diseases.

## CONCLUSION:

"Life" is the first of an individual's three most significant aspirations, according to Ayurveda. *Aachar Rasayana* and *Sadavritta* have gradual impacts on psychological and emotional conduct. By adhering to the *Dinacharya*, *Ritucharya* regimen, *Panchkarama*, and *Rasayana* treatment, we can prevent lifestyle problems. It is said that *Dinacharya*, *Ritucharya*, and *Achar-Rasayana* attained good bodily and mental health. It is

possible to lead a better life and overcome lifestyle problems by adhering to these *Swasthavritta* measures, which is why we can state that "Ayurveda is not just a medical science." It is a science of life, Ayurveda.

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