



ROLE OF FUNDAMENTALS OF AYURVEDA IN LIFESTYLE CARE IN THE CONTEXT OF NON -COMMUNICABLE DISEASE

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ABSTRACT:

The phrase "lifestyle disorders" is used to describe all diseases which result from a bad lifestyle. Diseases can be prevented because of how we live our lives and their influence reduced through altering one's lifestyle, improving one's food, and improving the host-environment interaction. The most typical obesity, diabetes, arthritis, and hypertension are examples of lifestyle diseases. These lifestyle disorders not only hinder health, but they are also interfering with natural wellbeing or comfort. *Ayurveda* knowledge system that imbibes what are the dynamic of life; what is beneficial for life and what is detrimental for life; what is happy life; and what is unhappy life in physical, psychological, social and spiritual terms. In the management of lifestyle diseases, *Ayurveda* offers various regimens including *Ahara* and *Vihar* (dietary habits and daily routine). *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), *Panchkarma* (five detoxification and bio-purification therapies), and *Rasayana* (rejuvenation) therapies. The *Sadvritta* (ideal routines) and *Aachara Rasayana* (code of conduct) are utmost important to maintain a healthy and happy psychological perspective.

KEY WORDS- *Ahara, Sadvritta, Panchakarma*, Life style disorders, NCD

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INTRODUCTION

All diseases that develop as a result of a poor lifestyle are collectively referred to as lifestyle disorders. The most prevalent lifestyle diseases, which account for the majority of deaths in the modern world, include hypertension, diabetes, arthritis, obesity, and insomnia. These lifestyle disorders not only hinder health, but they also interfere with natural comfort and wellbeing. In the west, lifestyle disorders were more prevalent, but things have drastically altered. The world is becoming more interested in Ayurveda as a result of its description of methods to prevent and manage lifestyle disorders and recognition as the most advanced branch of biology. Better solutions are offered by *Ayurveda* in the form of good food management, lifestyle recommendations, *Panchkarma* treatments including bio-purification and detoxification, medications, and rejuvenation therapies.

Unhealthy and healthy diets are the primary factors for the development of diseases and the maintenance of health. *Ayurveda* traditionally lists three main causes of sickness.

For instance, the term –

1.**Kala Parinama** alludes to the *samyaka* and *asamyaka yoga* of various seasons. Although it is not directly related to lifestyle disorders, it is very important in terms of the development of

technology. The environment is becoming disrupted, which causes the seasons to shift in modern times due to overuse of machinery, growing industry, and pollution^[1].

2.**Pragyaparadha**: All of the *doshas* are vitiated as a result of the destruction (*vibhransh*) of *dhi* (intellect), *dhriti* (patience), and *smriti* (recalling power). It is completely applicable to the development of behavioral problems. It has also been linked to verbal, physical, and mental activities. The individual acts in an improper manner^[2].

3.**Asatmendriyarthasamyoga**: The overuse, underuse, and improper use of the sense organs (*atiyoga*, *hina yoga*, and *mithya yoga*) are to blame for the development of many illnesses, particularly mental problems. *Rasnendriya's asamyaka yoga* has a direct connection to lifestyle problems. The primary contributing factor to lifestyle disorders is the consumption of one or two *rasas* consistently, omitting some specific *rasas*, and following the incorrect diet^[3].

AIM AND OBJECTIVES:

1. Health education and Disease.
2. Lifestyle disorder and their problems.
3. Prevention through *Ayurveda*.

MATERIAL AND METHODS:

1. Literatures of Ayurveda text books.
2. Modern texts books and net surfing.
3. Research papers and articles from journals.

Incidence: -

One in four Indians is now at risk of dying from noncommunicable diseases like cancer, heart disease, or diabetes before the age of 70 due to the rising frequency of lifestyle disorders in that country, according to estimates from a range of national and international organizations. The NCD (Noncommunicable Disease) country claims WHO profiles of 2014 include information on conditions like cancer, persistent respiratory issues, and cardiovascular disorders. are the leading causes of death worldwide, contributing for 38 million fatalities annually, with a staggering 28 million occurring in low-income and According to WHO estimations, the prevalence of NCDs is estimated to be around 60% in middle-income nations like India. India publishes annual mortality statistics ^[4].

Prevention through Ayurveda

AHARA-Ayurvedic philosophy accords *Aahara* and *Vihara* a crucial place in life. Unique Ayurvedic locations focuses on *Aahara* & *Vihar* as tools for better living, health, and wellness. *Ayurveda* places a greater emphasis, in addition to examining its emotional and spiritual significance, *Aahara* was compared to other medical systems in it has biological and material characteristics as well. In *Ayurveda*, *aahara* is regarded as *Prana*, the fundamental substance of life. *Aahara a Trayopastambha*

member ^[5]. The importance of diet to a person's health is attributed to the increases in longevity and provides the essential nutrients. The importance of eating a balanced diet is one of Ayurveda's tenets to sustain a healthy lifestyle. Dietary balance is crucial for healthy health. Simple, easily digestible, and modest in size should characterize the diet. Everybody's diet is different in terms of size. A wholesome, simple-to-digest diet has traditionally been praised. Consuming too much food and following the *tamasa* and *rajas* diets should be avoided since they put an extra strain on the body's digestive and metabolic systems. *Hitaahara* contains the fundamental idea of a healthy diet. Small-batch, easily-digestible cuisine is what *hitaahara* stands for. The ancient acharya were wise when they said that when eating, the stomach should be filled with liquids and solid food in equal portions, leaving the remaining one-fourth vacant to allow for easy digestion of the meal. Unfortunately, in modern era the concept of *hita-ahara* is continuously being ignored leading to the emergence of lifestyle disorders. Ayurveda also described eighteen types of dietary incompatibilities (*Viruddha Ahara*), which should be avoided to maintain health and longevity. In this way *Ayurveda* offer different *Pathayapathya* (do's & don'ts) regarding

diet/dietary supplementations which definitely help in the prevention and management of a wide range of lifestyle disorders^[6].

Brahmacharya- Curbing and Controlling Desires besides *Ahara* and *nidra*, *brahmacharya* is third component of *upstambha traya*. *Brahmacharya* means a balanced fulfillment of physical desires. The practice of *brahmacharya* promotes life and preserves health and as such is an important practice^[7].

Daivavyapashraya chikitsa: - *Daivavyapashraya Chikitsa* includes chanting *Mantras*, *Aushadhi* and *Mani Dharana* (spiritual use of herbs and gems) *Mangal Karma* (propitiatory), *Bali* (offering oblations), *Homa*, *Prayashchita* (ceremonial penances), *Upavasa* (fasting), *Swastyayana* (rituals for social well-being) etc.^[8]. Some 90% of the world's population engaged in religious or spiritual practices. These practices are major means of coping with stress and for prevention and management of lifestyle disorders^[9].

Satvavajaya chikitsa: -

Ayurveda has advocated three categories of approaches to treatment; *Daivavyapashraya*, *Yuktivyapashraya* and *Satvavajaya*. *Satvavajaya* is one of the three principal treatment modalities specially designed for psychological disorders. It is a mind

controlling therapy in which a stress has been laid on restraining of mind from unwholesome objects. Thus, it includes all the methods of *Manonigraha* and *Ashtanga Yoga* (yogic techniques) too. *Charaka Samhita* defines it as a method of restraining the mind from desire for unwholesome objects. All these measures help in developing control over the *Manas* or mind, which is usually unstable^[10].

Dincharya: - Normal circadian rhythms are crucial for maintaining the biological clock during the day. Ayurveda advises starting daily routines with awareness, early rising, avoiding suppressing natural urges and eliminating wastes as per urge, keeping the teeth and skin clean, regularly using massage (*Abhyanga*), regular daily bathing (bathing enhances the appetite and promotes longevity), and consuming suitable and wholesome diet according to the appetite and metabolic needs, since it is the foundation of life and important for day-to-day promotion of health. Therefore, one has to stay aware about this daily regimen for day-to-day promotion of health, boost immunity and prevention from lifestyle disorders^[11].

Ritucharya: - *Ritu* (season) classified by different features expresses different effects on the body as well as on the environment. *Ayurveda* has depicted various rules and regimens, regarding diet and lifestyle to

acclimatize seasonal enforcement easily without altering body homeostasis *Ayurveda*. The prime objective of *Ayurvedic* system of medicine is preventive aspect, which can be achieved by the modification in diet and lifestyle in response to change in climatic condition. *Ritucharya* stands for a very significant component of prevention, which may be achieved by modifying one's food and way of life in accordance to climatic changes. *Ritucharya*, which is stated in *Ayurvedic* writings, is a crucial component of preventive care for a variety of ailments, including lifestyle disorders ^[12]. It is the only medical system in the world that advocates the necessity for routine molecular and cellular cleaning of the human biological system in order to make it appropriate for self-recovery and renewal on a regular basis. In order to maintain and advance both physical and mental health, *Ayurveda* suggests seasonal *Panchakarma* as a preventive approach.

***Panchakarma*: -**

Ayurveda places more emphasis on the preventive side of *Panchakarma*, which also *Ayurveda* helps to restore mental health and reduces stress. As a result, it aids in both the management and prevention of numerous lifestyle problems. *Rasayana*, the purported benefits of *panchakarma* include rejuvenation, promotion, prevention, and prophylaxis. Along

with nutrition and food, *Ayurveda* also introduces a distinct idea of therapeutic dietary supplements in the contexts of *Rasayana* (rejuvenative measures) ^[13].

Depending on the type, *rasayanas* can be used as both a supplement to a diet and a medicine. By enhancing Agni bala, acting as direct nutrients, and by *Sroto-prasadan* (body channel cleansing), most *Rasayanas* create their nourishing and rejuvenating effects. This results in an increased nutritional condition, which further improves the quality of Dhatus or bodily tissues. Although the *Rasayanas* are a general category of restorative and rejuvenative supplements, many of them may target particular tissues or organs, such as the brain with *Medhya Rasayana*, the heart with *Hridya Rasayana*, the skin with *Twachya Rasayana*, and so forth. The following action of *Rasayana* medicines is suggested by various studies ^[14].

1. Immunomodulator.
2. Adaptogenic.
3. Antioxident.
4. Nootropic.
5. Antistress

***Sadvritta and Achara Rasayana*:-**

Ayurveda provides some guidelines for ethical behavior under the heading of *Sadvritta* and *Achara Rasayana* ^[15]. These guidelines can be divided into four categories: personal, social,

psychological, and emotional. Personal guidelines include having limited sexual relations, getting enough sleep and waking up early, avoiding excessive exertion, not stifling natural urges, maintaining a regular bathing schedule, and keeping skin clean. Such a change in lifestyle is usually beneficial for the management and prevention of a variety of lifestyle disorders.

As a result, Ayurveda has an advantage in treating the ailment by focusing on its underlying cause. The Ayurvedic physician concentrates on achieving the objective of *Ayurveda* for promotion of health, prevention and management of disease for a healthy and happy life in the ailing society.

DISCUSSION

Today's diseases are mostly caused by lifestyle disorders, which we can prevent by adhering to the principles of Ayurveda. If we already have a condition, we can treat it using Ayurvedic medicine. Total Health care, Lifestyle consultation, Psychological consultation, Spiritual way of life, Rejuvenation (*Rasayana*) therapy, *Panchakarma therapy* which rejuvenates biological systems of the body, Management of lifestyle/NCD disorders, Management of chronic and incurable diseases, management of adverse and toxic effects of drugs. *Ayurvedic* treatment modalities are

directed toward correcting this imbalance and enhancing digestion, and eliminating toxins from the body. It follows an integrated approach to the prevention and treatment of illness and tries to maintain or re-establish harmony between the mind, body, and forces of nature.

CONCLUSION

"Lifestyle diseases" known internationally as 'non-communicable disease' (NCD's) or 'chronic diseases of lifestyle' (CDL) emerge from inappropriate relationship of people with their environment. These are a group of diseases that share similar risk factors, which may be due to exposure over many decades, unhealthy diets, smoking, lack of exercise, and stress. The major risk factors are high blood pressure, tobacco addiction, high blood cholesterol, diabetes and obesity. These result in various long-term disease processes, culminating in high mortality rates attributable to stroke, heart attack, tobacco and nutrition-induced cancers, chronic bronchitis, emphysema, renal failure, and many others.

From the history of treatment and preventive measures given to the persons suffering from lifestyle diseases, *Ayurveda* has proven its role and importance in this area. The other systems do not have any other answers than the

supply of nutritional food and physical activities in this respect.

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