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Lifestyle disorders and Ayurveda

Dr. Narayan Vanaraj Patil

MD Samhita, Professor & HOD,
RJS Ayurved Medical College and Research Center,
Kopargaon, Ahmednagar (Maharashtra, India)

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Abstract:

Last decade had recorded a surge in lifestyle disorders. Due to globalization and development in all sectors, the day to day routine and food habits had changed at par. In the never-ending competition to prove oneself in the field had led to piling up of undue stress and there after resulting in lifestyle disorders. In this cycle both physic and mind are affected equally. As the science progresses and advancement in automation had led to various lifestyle diseases like, obesity, hypertension, diabetes, mental disorders, chronic fatigue syndrome, metabolic syndromes, insomnia, migraine, rapid ageing process, dementia, and autoimmune skin disorders. Ayurveda provides the organic and root cause regiments which are viable in each time phrase. The rightful use of Dinacharya, Hrutucharya and Sadavrutta are of utmost importance in prevention of such lifestyle disorders. Also the Shodhana procedures and use of some Rasayana are advocated to maintain the healthy state of mind and body. Here a brief attempt is made to enumerate such disorders, their reasons and simple Ayurvedic interventions which may found to be useful.

Keywords: *Dinacharya, Hrutucharya, Sadavrutta, Shodhana*

Introduction:

Technology and advancement in science had increased the pace of life. Moreover it is primarily experienced in major metro cities, but recently post pandemic had made its presence to the remote areas too. The incidences of stroke, ischemic heart diseases, diabetes are on rise day by day. According to data one in every four deaths is due to cardiovascular disease. The living habits had a major impact on development of this disorder. On other hand improved medical facilities and sanitary health awareness had led to reduction in number of common communicable disorders. Unhealthy or sedentary lifestyle had resulted in following disorders, obesity, hypertension, diabetes, mental disorders, chronic fatigue syndrome, metabolic syndromes, insomnia, migraine, rapid ageing process, dementia, and autoimmune skin disorder, among which cardiovascular disorders are much common cause of fatality in majority of cases.

Causes and symptoms:

Many a times in young age population this diseases are piled up unknowingly. The over and undue use of resources develops faulty food habits, also the day to day routine is disturbed eventually. Some common causes and their associated symptoms can be briefed as follows,

Table no.1 – lifestyle causes and symptoms

Causes	Symptoms
Use of fast food	Disturbed digestion
Hot chili and spicy food	Acid peptic diseases
Excessive consumption of fats in form of cheese and butter as additives in various food stuffs	Hyperlipidemia, obesity
Preserved packed food	Digestive disorders and constipation
Work life stress	Insomnia, accelerated ageing, disturbed digestion, chronic fatigue
Use of seasonal foods over the year	Skin disorders, obesity, low digestion
Shift work	Disturbed sleep, acid peptic disorders
Use of artificial flavoring agents in food	Metabolic disturbance resulting in diabetes
Addictions like smoking and alcohol	Cardiovascular diseases, lung disorders, cancer
Lack of physical exercise	Obesity, mental disorders
Lack of sleep	Anxiety, hormonal disturbance

Ayurveda had addressed this issue in a very organic way. The root cause – *Nidanare* described under three categories,

Classification of *Nidanis* done by *Acharya Charaka* as follows;

1. *AstmyaIndiyasthaSamyoga* – unwholesome union of mind with respective *IndriyaArtha*.
2. *Pradnyapradha* – improper use of ones intellect.
3. *Parinama* – effect of *Kala* – time on one's body and mind.

These all factors ultimately causes vitiation of *Tridosha*– physical humors and also *ManasDosha* – mental humors. Accordingly resulting in formation of diseases respectively.

These also has effect on one's digestive fire – *Agni*. Which in turn tends to improper digestion and production of *Aama*. This *Aama*– undigested or partially digested food is said to be the root cause of all disorders. Hence the treatment protocol probably includes *Deepana* and *Pachanadrug* therapies.

***Dinacharya* and *Rutucharya*–**

Our human body follow a rhythmic circadian cycle for its optimum functioning. Ayurveda had mentioned general sets of rules to be followed in order to follow this cycle. Here the *Dinacharya*– day to day rituals and *Rutucharya*– seasonal adoptions are mentioned beautifully. These sets of rules contemporarily can be briefed as follows,

Table no.2 -*Dinacharya*

<i>Doshapredominance</i>	Time	Activity
<i>Vaat</i>	2.30am to 5am	Waking up, <i>Dantadhavana</i> , <i>Kavala</i> , <i>Gandusha</i> , <i>Mukhamarjana</i> , <i>Malavisarjana</i> , <i>Nasya</i>
	5am to 6am	<i>Pranayama</i> , exercise, Study
<i>Kapha</i>	6am to 7.30am	Personal makeup, light food, <i>Rasayana</i> medications, <i>DharmikPooja</i> and <i>Karma</i>
	7.30am to 10am	Planning and work activities
<i>Pitta</i>	10am to 2 pm	Full active alert state for multitasking job, lunch time with a nap after lunch(<i>Vamkukshi</i>)
<i>Vaat</i>	2pm to 5.30pm	Light work, having warm <i>Kashaya</i> , meditations, <i>DharmikPooja (Sandhyavandan)</i>
<i>Kapha</i>	5.30pm to 9pm	Evening walk, jogging, warm bath and cleaning of body(<i>Abhyanga</i>)
<i>Pitta</i>	9pm to 2am	Sleeping before 9-10pm

Ayurveda had mentioned the dominance of *Tridosha* according to specified time of day and night. Likewise the body activities should be performed in order to maintain the healthy balanced state of body humors – *Tridosha*.

***Rutucharya* –**

Ayurveda had described six seasons each comprehending of two months. This seasons have a very important role in maintaining health of body and mind. These can be briefly enlisted as follows,

Table no. 3 –Rutuand Dosha

<i>Dosha</i>	<i>Chaya</i>	<i>Prakopa</i>	<i>Prashama</i>
<i>Vaat</i>	<i>Greeshma</i>	<i>Varsha</i>	<i>Sharada</i>
<i>Pitta</i>	<i>Varsha</i>	<i>Sharada</i>	<i>Hemanta</i>
<i>Kapha</i>	<i>Shishira</i>	<i>Vasanta</i>	<i>Greeshma</i>

For instance we can read above as, *Pitta Dosha* gets accumulated (*Chaya*) in *VarshaRutu*, gets aggravated (*Prakopa*) in *SharadaRutu* and subsides (*Prashama*) in *HemantaRutu*. One should know this seasonal changes or *Dosha* variations so that we can titer our *Charya* i.e. *Ahara*(food) and *Vihara* (physical activities). One is advised to carry out *Shodhana* therapies of respective *Dosha* in their *PrakopaRutu*.

Table no. 4 - Rutucharya

<i>Rutu</i>	Calendar month	Recommended diet	Recommended lifestyle	Things to be avoided
<i>Vasanta</i>	Mid-march to mid may	<i>Tikta, Katu, Kashaya Rasa</i> food, use of honey, lite food	<i>Vamana, udvartana, Anjana</i> , moderate exercise like walking	Sweet, sour foods which are heavy to digest, sleeping in daytime
<i>Greeshma</i>	Mid May to mid-July	Sweet, cooling liquid diet	Use of <i>Chandana, Ushirajala</i> for <i>Parishechan</i> and bath	Hot, spicy foods, avoid going out in sunlight
<i>Varsha</i>	Mid-July to September	Balanced diet consisting of lite easily digestible warm food	Oil massage, <i>Basti</i>	Use of <i>Amla, Kashaya Rasa</i> , physical exertion
<i>Sharada</i>	Mid-September to Mid-November	Sweet, lite to digest, cooling food	<i>Virechana</i> , soothing use of cooling aromas of <i>Chandana</i>	Hot spicy and heavy food, day time sleeping, curd, exposure to sunlight
<i>Hemanta</i>	Mid –	Milk and milk	<i>Abhyangaand</i>	Cooling, bitter,

	November to mid- January	products	warm stay	astringent food
<i>Shishira</i>	Mid – January to Mid-March	Heavy, sour, salty foods	<i>Snehana, Swedana</i>	Cooling, bitter, astringent food

Inference

Ayurvedic principles which are to be implemented as lifestyle modification are –

1. *Dincharya* – following of day to day healthy routine according to mentioned sets of rules.
2. *Rutucharya* – following season dos and don'ts
3. *Sadavrutta* - following code of conduct to balance the physical as well as mental discipline.
4. *Dharniya* and *Adharniya Vega* – the natural urges of defecation, urination, sneezing, coughing etc. should not be suppressed and also should not be produced. Likewise one should keep control over his emotions, anger, greed and other mental factors which when addressed correctly are beneficial for his healthy body and mind.
5. Physical exercise – body is the base for serving all other purposes in life, hence its care should be taken by practicing some physical exercises.
6. Pranayama and meditation – along with body mind too needs some workout, which can rightly be achieved through Yoga and Pranayama practices. Mental calmness and deep relaxation is also important for healthy mind which can be gained by practicing meditation for 10 -15 minutes every day.
7. *Rasayana* – to keep the optimum functioning of all *Dhatu*, the use of various *Rasayana* according to one's physical, mental and desired structure can be done.

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