

**Review Article**

**Scope of Ayurveda in treating lifestyle disorders**

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**ABSTRACT:**

Lifestyle disorders are not new to the world but the scenario has become worst now due to a drastic change in food habits, style of routine life etc which leads to major mis-coordination between bio-cycle of human physiology w.r.t. nature. This leads to increase incidences of lifestyle disorders more significantly than ever. Unlike modern allopathic science, Ayurveda is not only a science of disease but a science of life too. It teaches about the lifestyle habits in coordination with individuals' state of *Prakruti* in relation to nature where he lives. *Dinacharya* and *rutucharya* teach about the style of living w.r.t. dietary habits in an individualistic way. Looking to the disease Ayurveda has a holistic way of healing and treats body as a whole. Clinical diagnosis and its treatment in a personalized way make Ayurveda a complete healing and preventive science. Adopting the preventive and healing concepts of Ayurveda to improve lifestyle disorders will definitely help globally for a better and healthy future.

**KEY WORDS:** Lifestyle disorders, Ayurveda, *Dinacharya*

**INTRODUCTION:**

Lifestyle is the way a person lives, it reflects individuals attitude and values worldwide. Earlier it is a style of living which typically resembles the specific place or region and dependable to environmental and cultural conditions of that region. This style deals with dietary regimens, behavioural aspects, spiritual nature and beliefs w.r.t. climatic conditions over there and traditional social systems of living which helps to maintain individual to be fit physically, mentally and socially. This leads to maintain overall wellness of society. Now a day entire globe has come near because of economic development etc. and all aspects of life of different regions have begun to follow by person irrespective of regional conditions and demands. This lead to creating an imbalance between the body's own physiological activities and its coordination with daily and seasonal environmental conditions. It gives rise to many diseases which are called lifestyle disorders or diseases. Increasing westernization of lifestyle in the past few decades, prevalence of lifestyle diseases has

reached alarming proportions among Indians in recent years. <sup>1</sup>

**Lifestyle disorders:**

Prevalence of Hypertension, Diabetes mellitus, Obesity and Cardiovascular disorders are high in the rise and becoming the cause of more than 30% mortality. All of these diseases are directly dependant to each other. These disorders primarily affect basic physiological functions of the body and disturb overall metabolism. <sup>2,3</sup>

**Ayurved a science of life:**

Unlike the modern pathies which are the science of diseases, Ayurved is a science of life and it has both preventive and curative aspects. It also teaches about style of living w.r.t. daily (*Dinacharya*) and seasonal (*Rutucharya*) demands and also about spiritual and social (*Achar rasayan*) behaviours. Ayurved believes that there must be mutual coordination between

nature and bodies bio-cycle. Every physiological activity of the body is day-time specific and season-specific w.r.t particular climatic region. Like Indian region has six seasons i.e. *Shishir, Vasant, Grishma, Varsha, Sharad, Hemant* and every season has its own characteristics features and has influence over the metabolic habits of the body and a person is supposed to adopt dietary habits and activities according to the season so that the equilibrium is well maintained. But today no such dietary and physical activities are followed and in every season the same kind of lifestyle irrespective of our metabolic, physical and mental strength or demand is being adopted resulting in chronic disturbed digestive metabolism, physical and psychological wellbeing and finally various lifestyle disorders. So adopting Ayurvedic seasonal and daily culture in the best possible way or converting our style of living by interpretive approach is a need of time.

#### **Dietary management and lifestyle advices in Ayurved:**

Over nourishment of body through junk food, preserved food and fast food is a primary cause of metabolic disorders with increased risk of obesity and associated cardiovascular disorders. Ayurved briefly explains food and dietary habits in an individualistic way depending on the physical and biological texture of the body i.e. *Prakruti* w.r.t. season, which not only provides necessary nutrition to the body but helps to adapt oneself with his metabolic power and set a good equilibrium amongst the catabolic, metabolic and anabolic habits of the body i.e. *Vat, Pitta* and *Kapha*.

#### **Ayurvedic diagnosis and treatment approach towards lifestyle disease:**

Like the modern allopathic science Ayurvedic approach of diagnosing the disease is not about the diagnosis of disorder in a materialistic level of cell or tissue but to assess the balance between *vat, pitta* and *kapha*.<sup>4</sup> And Ayurvedic treatment doesn't require a drug or a synthetic regimen to attack the disease but its approach is to restore proper functioning of the systems of the body and equilibrium amongst them. Thus Ayurvedic treatment treats the body as a whole and treats in a holistic way which boosts bodies own power of healing. Ayurvedic treatment not only includes drugs but it treats through various modalities which are called as *Shadupkram*.

In lifestyle diseases, all treatment is directly focused on improving disturbed equilibrium and metabolism

and indirectly achieves the desired balance between various systems. This lead to getting rid of the disease by treating its root cause so that a long term and permanent wellbeing can be achieved.

#### **Ayurvedic purification and rejuvenating methods:**

Lifestyle diseases have so many toxins stored inside the body and overall metabolism is exercised in a manner that is doesn't respond to simple treatment regimens. Ayurved has certain bio-purification methods like *Panchakarma* which cleanses and detoxifies the body in a way that it readily responds to further therapies and get rid of habitually disturbed metabolic habits.

Drugs of Ayurved are system specific and readily absorbed by the human body and exert a synergistic action on the pathogenesis of the disease, and generally, don't cause any untoward effect if used in a proper way.

All drugs are herbal or herbo-mineral processed in a way that organo-mineralic compound is formed which are well tolerated by the body and doesn't develop resistance as like synthetic drugs.

*Rasayan* therapies in Ayurved are kind of rejuvenating therapies which keeps health and longevity. *Rasayan* is to be adopted to prevent the disease and to regain health after a long term illness and build body in a way to adopt certain attacks. Lifestyle disorders where immunity is badly hampered, *Rasayan* therapies will help to regain that immunity. Chronic lifestyle disorders which result in infertility, skin disorders, and psychological disorders etc. treatment followed by *Rasayana* therapies will prevent recurrence.

#### **CONCLUSION:**

Ayurved provides better solutions to prevent, to treat and to manage lifestyle disorders in précised manner w.r.t. dietary advice, detoxification and purification methods, rejuvenating treatments etc. which provide holistic healing and focused on setting a good equilibrium between mind, body, soul and environment. And this is the only pathy which deals with all these aspects.

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