



Review Article

AYURVEDIC PRINCIPLES TO PREVENT LIFESTYLE DISORDERS

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ABSTRACT

In India, almost 61 percent of all death in India is due to lifestyle disorders and non-communicable diseases WHO identifies prime risk factors for LSD. These are alcohol and tobacco intake, poor diet intake, lack of physical activities, mental stress, etc. According to sustainable development goal 13.4, which mandates a 1/3rd reduction in premature death due to lifestyle disorder by 2030.

An individual or group of people who have a lifestyle disorder (LSD) are essentially inviting themselves to develop any number of ailments that are mostly based on how they live. These include conditions including chronic bronchitis, hypertension, heart disease, stroke, obesity, diabetes, and malignancies brought on by diet and cigarette use. Ayurveda describes several principles to prevent LSD like *Dincharya* (daily routine), *Ritucharya* (seasonal routine), *Sadvratta* (code of conduct), etc but seven principles are essential to follow to lead a healthy life. These are 1. Tri-upstairs (*Ahara*, *Vihara*, *Brahmacharya*) which is the main pillar of health, 2. *Dincharya*, 3. *Ritucharya*, 4. Avoidance of *Vegadharana* (suppression of natural urges), 5. Avoidance of *Prajnapradha* (renunciation) 6. *Sadvratta* (good code of conduct), 7. *Yoga* (to avoid mental stress). This article mainly emphasizes the preventive aspect of Lifestyle disorder by using the Ayurveda principle.

INTRODUCTION

The way people live, which reflects a wide range of societal ideals, attitudes, and activities, is sometimes described using the fairly vague phrase "lifestyle." It consists of ingrained cultural, behavioral, and personal habits. Lifestyles are learned through the process of socialization. Lifestyles are learned through social interaction with parents, peer groups, friends, and siblings and through school and mass media

WHO identifies prime risk factors for LSD. These are alcohol and tobacco intake, poor diet intake, lack of physical activities, mental stress, etc. WHO used the term- Coy in calling out the real enemy-food that are high in salt, sugar, and low nutritional value and should be avoided. According to WHO, 60 percent of all the death worldwide in 2005 resulted from LSD and

non-communicable diseases and accounts for 44 percent of premature death.^[1]

The world is interested in Ayurveda's potential since it is acknowledged as the leading life science and provides information on how to prevent lifestyle illnesses. If we follow these seven Ayurveda principles, then we can easily prevent LSD. These are 1-*Tri-upstambh* (*Ahara*, *Nidra*, and *Brahmacharya*) which is the main pillar of health, 2-*Dincharya*, 3- *Ritucharya*, 4-avoidance of *Vegadharana* -renunciation), 5-Avoidance of *Pragjnaapradh*- (renunciation), -6-*Sadvratta*, 7-*Yoga* (to avoid mental stress).

A study conducted jointly by the All India Institute of Medical Sciences and Max Hospital. According to this study, the prevalence of heart disease, obesity, and hypertension is rising alarmingly, especially among young, urban populations. The physicians believe that cases of obesity, diabetes, hypertension, and other related conditions are caused by a sedentary lifestyle coupled with a rise in the use of fatty foods and alcohol.

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AIM AND OBJECTIVES

To use Ayurveda to avoid lifestyle diseases.

MATERIAL AND METHOD

Various Ayurvedic classic texts including Charaka Samhita, Sushrut Samhita, Ashtanghridaya, and Swasthivritta were consulted as source material. Apart from this, various research journals and websites have been thoroughly searched.

Seven Principles of Ayurveda to Prevent LSD

- 1. Tri-Upstambh** ^[2] (sub-pillars of life): It includes *Aahara* (proper diet), and *Nidra* (proper sleep). *Brahmacharya* (celibacy). Obesity and heart disease are caused by improper dietary consumption. Insufficient or disturbed sleep may cause insomnia, anxiety, migraine, drowsiness, etc. If we take a proper diet, proper sleep, and follow celibacy, most LSD can be preventable, so it is known as the three Upsatmbha(sub-pillars)of life
- 2. Dincharya** ^[3] (daily regimen): *Dincharya* is a word that in Sanskrit means "to follow makeup" and "day." It is the morning's cleanest and freshest hour. The Ayurvedic classics provide us with thorough explanations of how to lead a disciplined and healthy lifestyle. According to life science, a person may expect to live for 100 years on average, yet this number could drop if the advised healthy behavior is not followed. Everyone should awaken at the appointed hour, except the extremely young or very elderly, parents with young children, and those with fevers or diarrhea. Ayurveda explains proper healthy daily routine). It includes all the activities like rising in the early morning, exercising, brushing two times a day, and personal hygiene meditation, massaging etc for Example, It is advisable to wake up during *Brahma muhurta* (early in the 5 mornings i.e. 90 minutes before sunrise). Nascent oxygen in the atmosphere in the early morning easily and readily mixes up with hemoglobin to form oxyhemoglobin which nourishes the remote tissues rapidly. Serotonin (a neurotransmitter) secretion keeps the subject awake and alert. Early in the morning, there is less environmental contamination (noise, water, and air), which improves focus. Late night sleeping or chronic sleep loss causes the elevation of cortisol which in turn is responsible for a rise in BP and is likely to promote the development of insulin resistance. It is an important factor that influences diabetes and obesity.
- 3. Ritucharya** ^[4] (seasonal daily routine): *Ritu* means fixed time or time appointed for ant action and *charya* means regimen It is about following the daily schedule according to the season like avoidance of cold in winter. By slowly adopting the upcoming season regimen, we can also prevent several

seasonal diseases. like the prevalence of more joint diseases in the rainy season.

- 4. Mallika et al.** conducted a human clinical investigation to evaluate the biophysical and biochemical alterations brought on by *Ritusandhi*. Clinical research demonstrates how *Vata* and *Kapha* are primarily provoking *Tridosha*. *Jwara* (fever) *Pratishyaya* (sneezing), and *Alasya* (laziness) *Lakshnas* are shown during *Ritusandhi* in this study. Although there are notable alterations in *Agnibala* as well, they fall short of pathologic standards. The pattern of the biochemical alterations is varied; they might sometimes be growing or decreasing, but they are all typical variations. Although noticeable, the biochemical levels might vary.
- 5. Avodence of Vegadharana** ^[5] (suppression of natural urges): *Prajnaparadha* is a result of the practice of repressing any natural impulse, which is identified as the root of roughly 50% of disorders. Reversal of any neurotransmission or improper removal of metabolic waste products, which results in a buildup of toxins, are the underlying causes of illness. Repressing the urge for an unhealthy lifestyle may therefore be one of the primary causes of lifestyle disorders. According to Charaka, the primary line of therapy is to remove these accumulated waste products. It is said suppressing natural urges is suppressing life.
- 6. Avoidance of Prajnapradaha** ^[6] (Renunciation): The word *Pragyaparadh* is made from two words *Pragnya+aparadh*. *Pragnya=Buddhi+ Dhruiti+Smruti* *aparadh* means misdemeanor. A person's lifestyle is the result of their physical and psychological capabilities working together. This lifestyle is manifested in their habits, behavior, diet, and way of life and is based on the training they received as children from their parents, siblings, peers, and other close family members. As a result, it entails instinctive and completely psychological control of bodily and sensory functions. According to Ayurveda, the primary cause of any illness is "*Prajnaparadha*" (intellectual blasphemy), which is how this action was defined. Several incorrect behaviors result from *Prajnaparadha*, which are the primary causes of many ailments.
- 7. Sadvrat** ^[7] (code of good conduct): The term "*sadvrat*" derives from the words "sad," which means good, and "vritta," which indicates behavior or conduct or practices that are part of our everyday routine gives us the wisdom or understanding to uphold moral, ethical, religious, and personal standards. Ethical conduct includes-always speaking the truth, positive attitude, meditation, and serving the good and elderly. 2 Social conduct-it includes talking politely and respectfully. Listen carefully to others, and help the

poor. 3 moral conducts-avoid company of bad people who contribute your wealth and energy for the betterment of society These are

-When possible, devote your services to God, the wise, and respectable or elderly people.

- Be honest and kind.
- Avoid irregularity.
- Do not harm anyone.
- As much as possible, avoid hardships.
- Try to control your passions.
- Strive to speak pleasant and sweet words.
- Meditate every day for peace of mind.
- Observe cleanliness in all things.
- Be patient.
- Observe self-control.
- Distribute information, helpful suggestions, and assistance to others.

1- Yoga [8] -It is now proved by several researchers that yoga and meditation have drastic results on our mental, physical, social, and spiritual health. So we should practice it in our daily life. In most LSD there is always hypoxia developed either directly or indirectly so yoga increases the oxygen supply so it is essential to prevent LSD.

Hypoxia and Life Style Disorder. Effect of Yoga on Hypoxia Yoga and lifestyle diseases Meditation controls reflexive responses like fear, anger, etc hence decreasing the chances of mental disorder.

DISCUSSION

Nidan-parivarjana (avoidance of the etiological factor) is the best way to prevent LSD. The most important thing is that it is prevented by slight changes in our lifestyle. Modern /Conventional medicine does not have answers to all healthcare needs, especially multidimensional LSD. We should implement several principles to lead a healthy life without suffering from LSD.

CONCLUSION

LSD is preventable and can be lowered with a change in diet, lifestyle, and environment. So to reduce LSD, we have to adopt a holistic approach to follow the lifestyle as explained in *Ayurveda*. We cannot focus on a single dimension like only *Dincharya* or *Sadvrat* We

have to follow all these multidimensional seven principles to handle the problem of LSD faced by the present world today and also achieve good physical, mental .physical social, and spiritual health.

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