

**Review Article****Ayurvedic Concept of Life Style Ailments and its Healing Through Traditional Regimen****Rashmi Pandey<sup>1</sup>, Neha Dubey<sup>2</sup>, NS Tripathi<sup>3</sup>**<sup>1,2</sup>PG Scholar, Department of Kriya Sharir, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi, UP, India.<sup>3</sup>MD (Ayu), PhD, Assistant Professor in Department of Kriya Sharir, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi, UP, India.**\*Corresponding author**

Rashmi Pandey

Email: [rashmiayurveda@gmail.com](mailto:rashmiayurveda@gmail.com)

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**Abstract:** Life style disorders are the disease that is not transmitted by another person, a vector, or the environment or it is disease caused by a person's conducts, behaviors and practices or how we live our life. Ayurveda refer to a set of complex clinical disorders with frequent abnormal micturition, collectively called *Prameha*, which correlate in many ways with obesity, metabolic syndrome and diabetes mellitus etc. thus these disorders may be grouped under life style disorders. *Nidana*(causative factors) that are precipitating the life style disorders in Ayurvedic classics can be classified as *Aharatmaka Nidana*, *Viharatmaka Nidana* and *Manas Nidana*. There are several measures are found throughout the ancient Ayurvedic texts To avoid life style disorders as one should follow an ideal daily regimen, seasonal regimens, maintain personal hygiene and taking care of mental health as sited in Ayurvedic texts. Other effective treatments include lifestyle modification, primarily weight loss, diet, exercise, recognizing prodromal symptoms and the appropriate use of pharmacological agents to reduce specific risk factors. Integrating the theory and modalities of Ayurveda in the management of these disorders may prove to be beneficial.**Keywords:** Life style disorders, Ayurveda, Health, Traditional regimen.

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**INTRODUCTION**

From stone- age to space age living pattern of people has undergone numerous changes. Countries become more industrialized. In present era most of the disorders are deeply rooted in underprivileged improper life style. Life style disorders are result of an inappropriate relationship of people with their environment. Therefore, according to Ayurvedic system of medicine, an adapted diurnal and seasonal behaviour is very important for preventing diseases, harmonizing the biological humours (*Vata*, *Pitta* and *Kapha*) and re-equilibrating the energy cycle in the body.

They are ailments that are caused partly by unhealthy behaviors and partly by other factors (such as environment and/or genetics). Therefore life style disorders are the disease that is not transmitted by another person, a vector, or the environment or it is disease caused by how we live our life. The onset of these lifestyle diseases is insidious, they take years to develop, and once encountered do not lend themselves easily to cure. Causes include a person's conducts, behaviors and practices.

**RISK FACTORS**

During determining if a person might develop a disease, one should firstly look at a person's risk factors. A risk factor is defined as anything that increases the probability of injury, disease, or other health problems. Risk factor is classified under Controllable and uncontrollable factors.

Controllable factors include habits, behaviors, and practices that can be change. Examples are diet, body weight daily levels of physical activity, level of sun exposure, smoking and alcohol abuse etc. Some risk factors that contribute to chances of developing a lifestyle disease are out of our control these include age, gender and heredity [1]. Ayurveda describes a set of complex clinical disorders with frequent abnormal micturition, collectively called *Prameha* [2]. Which correlate in many ways with obesity, metabolic syndrome and diabetes mellitus etc [3]. Therefore these disorders may be grouped under life style disorders. Integrating the theory and modalities of Ayurveda in the management of these disorders may prove to be beneficial.

### **Nidana(causative factors) precipitating the life style disorders:**

#### **Exogenous causes**

It includes *Meda* (Fat) stimulating diet & regimens.

#### **Endogenous causes**

*Dosha, Dhātu, Mala & Srotas* etc. comes under endogenous causes.

Only Charaka has defined *Beejdosha*(Heredity) as one of the endogenous cause. *Ama*(toxin) is also considered as an important causative factor.

All the *Nidana*(causative factors) mentioned in Ayurvedic classics can be classified into 4 groups –

- *Aharatmakānidāna*
- *Viharatmakānidāna*
- *Manasnidāna*
- *Anyānidāna*

#### **Aharatmakānidāna:**

Any food which is contrary or contradictory or improper or unfavourable or obstructs the channels is considered as "*Viruddha-Aahar*"(unwholesome diet) [3]. There are some food which become unwholesome by their combination, preparations, proportions and digestive transformation as ; *Anupa Rasa Sevan*, *Atisampurana* (over eating), *Guru Ahara Sevan* , *Mamsa Sevan* (Excessive use of meat), *Ikshu Vicar Sevan*(sugarcane preparations), *Payas Vikara Sevan*(milk & its preparations), *Shleshmala* (diet aggravating *Kapha*) etc.

#### **Viharatmakānidāna:**

It includes *Ayayama* (Lack of physical exercise), *Sukha Shayya* (Luxurious sitting), *Bhojanottaridra* (sleep after meal) and *Alpavyavaya* (Reduced sex life) etc.

#### **Manasnidāna:**

Excess anxiety, fear, life events and emotional stress may be categorized under *Manasnidāna*.

### **PATHOGENESIS OF LIFE STYLE AILMENTS IN AYURVEDA**

The striking relationship between *Prameha* and *Sthaulya* (obesity) has been discussed in Ayurvedic literature. It is also cited in the texts that *Prameha* is one of the complications of life style disorders. It should be noted that as a result of improper life style (i.e. physical inactivity and excessive intake of sweet substances etc.), there is formation of *Ama*, which is a build-up of toxins from improperly digested food and metabolic products. The accumulation of *Ama* leads to additional formation of *Meda* (fat) [4]. This refers to an increase in adipose tissue in the body, resulting in the individual becoming overweight. It reflects the current understanding of the peculiar metabolic state in obese individuals wherein carbohydrate is largely converted to

fatty acids. The involvement of *Agni* (digestive metabolic activity) is a common pathophysiologic phenomenon of both. The relationship between *Prameha* and *Ama* is well documented. If the *Agni* (digestive metabolic activity) is disturbed (*Vishama Agni*), whatever is eaten is not properly metabolized. This process ultimately leads to the production and accumulation of *Ama*, which ultimately leads to *Prameha* and *Sthaulya*.

### **MANAGEMENT OF LIFE STYLE DISORDERS:**

#### **Nidana Parivarjan**

Wellness is an approach to life where the aim should be at recognizing the risk factors that could lead to life-threatening diseases in the future and thereafter work towards reducing them.

There are several measures are found throughout the ancient Ayurvedic texts to avoid life style disorders as

- Daily regimen
- Personal Hygiene
- Diet
- Seasonal Regimens
- Taking care of mental health
- Recognizing prodromal symptoms

Other effective treatments include lifestyle modification, primarily weight loss, diet and exercise and the appropriate use of pharmacological agents to reduce specific risk factors.

#### **Daily Regimen**

Right from waking up in the morning till sleeping at night, all the daily routines is called *dincharya* and has been given utmost importance in Ayurveda. Ayurveda recommends that in order to be optimally healthy we should tune our bodies to the nature's master cycle which in turn regulates the various other rhythms. Everyday two cycles of change pass through us, each bringing *Vata*, *Pitta*, or *Kapha* predominance. The approximate times of these Ayurveda contends that routines help establish balance and that understanding daily cycles are useful for promoting health.

#### **Diet Therapy**

Diet is given maximum importance in healthy as well as in diseased status. It is said in ancient Indian literature that if dietetics is followed, medicine is not needed and if dietetics is not observed, even medicines are not useful. *Hita Ahara* is responsible for the happiness and formation of the body. As per Ayurveda, food affects the mind also by causing either an increase or decrease in the three qualities of mind, i.e., *Satvaguna*, *Rajoguna* and *Tamoguna*. Acharya Charaka emphasises on food which are wholesome to the body like *Shaali*, *Mudga*, *Yava*, *Saindhava*, *Jangala Mamsa* etc. They should be consumed regularly for the health maintenance. Thus the primary focus of diet therapy is to reduce overall calorie consumption. Examples

include choosing smaller portion sizes, eating more fruits and vegetables, consuming more whole-grain cereals, selecting leaner cuts of meat and skimmed dairy products, reducing fried foods and other added fats and oils, and drinking water instead of caloric beverages. It is important that the dietary counselling remains patient-centered and that the goals are practical, realistic, and achievable.

Each individual is recommended to follow specific diet & activities based on his *Prakriti*, as *Prakriti* determines predisposition to diseases as well as therapy and life-style regime to a large extent.

#### Exercise

Although exercise alone is only moderately effective for weight loss, the combination of dietary modification and exercise is the most effective approach for the treatment. Regular light exercises help the body to shape up, increase muscle strength, improve appetite and maintains health. It gives the body the ability to withstand exertion, fatigue, and changes in the climate such as fluctuations in temperature. It helps one relax and have sound sleep, and improves digestion and elimination.

#### Drug therapy

In Ayurveda various plant based drugs are advocated for the prevention and management of obesity, diabetes and dyslipidemia.

#### Seasonal regimen

The human beings lives are ruled by the seasons, as the seasons' power and temperature automatically change the natural low of the body. By being the time cycles, seasons bring birth, life sustaining, aging and also death. With the proper knowledge on seasons, one can follow the right way of diet and behaviour that can harmonize and maintain a stable health [6]. Especially, the constitutional disorders manifestations will decline by following the correct diet and behaviour. Proper seasonal regimen maintains the climatic homologation in the form of *DoshaSamya* (equilibrium) in different seasons to promote *Swasthavrutta* on which Ayurveda has laid a great stress because prevention is better than cure. Specific regimen has been mentioned for the six seasons (*Shishira*, *Vasanta*, *Greeshma*, *Varsha*, *Sharad*, *Hemanta*) which includes *Vamana* in *Vasanta Ritu*; *Virechana* in *Sharad Ritu*; *Basti* in *Varsha Ritu* [7].

#### Taking care of mental health:

In order to live a healthy and active life, a sound mind in the sound body is very essential. Therefore, to maintain the healthy status of the mind, Ayurveda prescribes a code of social as well as personal conduct, known as "*Sadvritta*" [8]. Mental health is an important component of one's health. To control on *Rajas* and *Tamas* one can perform Meditation. Other various means of maintaining mental health are music, yoga, chanting, charity, etc.

#### CONCLUSION:

The decisions we make now, will affect our health later in life. Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind, and spirit. Providing guidelines on ideal daily and seasonal routines, diet and behavior in management of life style disorders, Ayurveda prove to be beneficial.

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