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A Study On Preventive Role Of Ayurveda In Lifestyle Disorders

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ABSTRACT: -

Ayurveda is not only a medical science but also tells about the ways of living life. In Ayurveda, the most emphasis is given on avoiding diseases; it is given on living a healthy life. In today's era, it has become more important to use the rules of Ayurveda because a person does not pay attention to his health, due to which the person has to face many health-related problems. Today the whole world is suffering from lifestyle disorders i.e., high blood pressure, Includes diabetes, heart disease, depression, etc. Till now no effective treatment of all these diseases is available with modern science, due to which we should avoid these diseases by following the rules of Ayurveda. In this article, we will get brief information about those Ayurveda rules from which these diseases can be avoided.

Keywords- Ayurveda, Disease, Lifestyle disorders.



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INTRODUCTION

Ayurveda describes various ways to create a healthy life. Ayurveda includes two words *Ayu* means life and *Veda* means knowledge which is complete knowledge of life so that Ayurveda is the only system of science which learns to live a healthy life. Due to rapid economic growth and increasing urbanization of lifestyle in the last few decades, the prevalence of lifestyle disorders among Indians in recent years is worrisome. In today's run-of-the-mill life, a person is forgetting how to live his life properly, due to bad routines and lifestyles, today neither a person knows nor is he able to live his full life for this reason. The average age has also decreased. Illnesses caused by wrongful living can be defined as lifestyle disorders. These are non-communicable diseases.

These disorders arise as a result of unhealthy choices. Fast food habits, Malnutrition, lack of sleep, stress, anxiety, poor physical fitness, and poor health habits such as smoking and alcohol lead to lifestyle disorders. Chronic liver disease, arthritis, chronic obstructive pulmonary disease, osteoporosis, heart disease, cancer, Alzheimer's disease, atherosclerosis, asthma, obesity, diabetes, and depression are common lifestyle disorders.

If the principles of Ayurveda are understood and followed, then all lifestyle disorders can be prevented. Ayurveda has described the principles of regular intake of food which maintains health and prevents diseases from occurring ^[1] and *Nidan parivarjana* ^[2].

The promotion of health and prevention of diseases are given more importance than the treatment of diseases according to Ayurveda. Health and diseases depend on three factors, such as aahara (diet), vihara (lifestyle practices) and aushadha (medicine and treatment). According to

Ayurveda there are three main causes or factors responsible for any disease and these are *Asatmyendriyarth* *Samyoga* (incompatible correlation of sense organs), *Prajnaparadha* (intellectual blasphemy) and *Parinama* (disharmony with rhythms and cycles of nature); its maintenance is necessary for the maintenance of health and prevention of diseases.

The Preventive Measures for Lifestyle Disorders –

Ayurveda is based on its own fundamental principles, there are many basic principles in Ayurveda for live a long and healthy life without any lifestyle disorder like *Trayopstambha*, *Prakriti*, *Sadvritta*, *Dharaniya* and *Adharaniya Vega*, *Dinacharya* and *Ritucharya*, *Rasayana*, *Panchakarma*.

1. *Trayopstambha-*

Aahara, *Nidra*, *Brahmcharya* are three pillar of human body.

- a) *Aahara-* Adequate growth and maintenance of the body essentially depend on an optimal and balanced diet ^[3]. An improper and unbalanced diet becomes a significant cause of diseases. The concept of a balanced diet in *Ayurveda* is clearly defined by *Sarvagraha* and *Parigraha* ^[4]. A healthy diet is called *Pathya* and unhealthy food is called *apathya*. There is a long list of nutritious and unhealthy diets in terms of diseases. *Ayurvedic* texts describe in detail the diet, ingredients, preparation and conduct of its consumption, and the basic principles in selecting a diet for a person, such as *dosha*, *agni*, *desh*, *kaal* and individual constitution, and *deha prakriti* ^[5]. The diet should be simple, easily digestible and low in quantity. The amount of diet varies from person to person. Nutritious, easily digestible and *satvic* diet has always been

praised. Excessive consumption of *Tamasa* and *Rajas* diet should be avoided, as such diet puts unnecessary load on the digestive and metabolic system of the body. The basic theme of a good diet lies in dieting. *Mitahara* is a small and easily digestible food. According to Ayurveda, a diet consisting of six ras instead juices should be done so that all the essential nutrients can be obtained. In this context, not only are the physical components of the diet important, but also precise planning, mixing of foods, and the method of preparation, quantity and method of eating and above all, a good mindset and a calm mental state are extremely important.

- b) **Nidra**-Proper Rest - A good general sleep is an important factor necessary for the preservation of health. In today's hectic lifestyle, proper attention is not given to sleep which leads to anxiety, stress and many other disorders. Also, if there is excessive sleep or rest, many diseases can also occur. If a person takes proper sleep then he will be healthy always ^[6].
- c) **Brahmacharya**- Brahmacharya means balanced fulfillment of bodily desires. The practice of celibacy promotes life and protects health and is therefore an important practice.
2. **Sadvritta**- Rules of Good Conduct This schedule is described in great detail in *Ayurvedic* classics. Sage *Charaka* has given a comprehensive description of the mode of healthy and happy life. Sage *Sushruta* considers man to be healthy only when he is in a state of biological equilibrium and enjoys sensory, mental and spiritual well-being ^[7]. Such a state of health can be achieved only by following the rules of good conduct. When a person follows the *sadvritta*, it means that the person follows the routine and rituals completely, and then he is very less likely to have any type of lifestyle disorder.

3. **Dharaniya and Adharaniya Vega**- In addition to references to suppressed and non-suppressive urges *Sadvruta*, *Ayurvedic* texts describe the concept of *Dharaniya* and *Adharaniya Vega*. *Adharania Vega* essentially refers to biological urges such as urination, defecation, ejaculation, vomiting, sneezing, yawning, hunger, thirst, sleep, etc., which are essentially physical urges, and as such, advocated not to restrain them. Maintaining such urge leads to many disorders and diseases such as *Udvarda* etc. These are all different types of vicious mental urges. Similarly, *Lobha* (greed), *Shoka* (sorrow), *Bhaya* (apprehension or fear), *Krodha* (anger), *Ahankar* (ego), shamelessness (lack of repentance), Jealousy, raga (improper attachment with living and non-living things), etc are different types of vicious mental urges ^[8]. In the interest of social and individual health and to prevent lifestyle disorders, these urges must be curbed. These *Dharaniya Vega* induce various types of mental conflicts at the level of the individual, besides their adverse effects on the society including their family and relatives of the individuals, posing a great risk to social health. It is easily understood that a peaceful happy life as a result of good conduct will clearly be associated with a state of positive health and anabolic.
4. **Vyayama**- Exercise is considered an important component of healthy routine. *Acharya Charaka* says that when done moderately, physical exercises provide lightness, physical activity, stability and firmness in the body ^[9]. He emphasizes that muscular activity is essential for promoting physical and biological strength.
5. **Dinacharya and Ritucharya** – (Daily and Seasonal Regimen) The daily work which is beneficial for health is called *Dinacharya* (routine) and the work done according to different seasons which is beneficial for health is

called *Ritucharya*. When there is a change in the specific symptoms of the season, the body adapts according to those symptoms, but if the routine and rituals are not followed, then body is unable to adapt itself, which leads to *Dosha- Vaishmya* and diseases can arise in the body. Most of the lifestyle disorders are due to mental stress and *mandagni* if the routine and rituals are followed, then the person does not even have mental stress and the *agni* is also right, due to which he remains healthy.

6. **Panchakarma** – Purification Therapy the process by which the purification of the body is done in Ayurveda is called *Panchakarma*. *Vamana* (excretion), *virechana* (purgation), *niruha* (without impure enema), *anusana* (impure enema), and *nasya* or *sirovirechana*. *Raktamokshan* (blood-shedding) has also been described under *Panchakarma* by *Sushruta* and *Vagbhata*. Due to Preventive, curative, and Promotive conditions, purification is very important in Ayurveda. For a preventive approach, *Acharaya Charaka* has said that the accumulation of bad *dosha* should be eliminated in the months of their deterioration ^[10]. If the *doshas* are removed from time to time by *Panchakarma*, then the *doshas* do not cause any harm to the body and the person remains healthy.
7. **Rasayana (Rejuvenation Therapy)** - The substance which destroys old age and disease is called *Rasayana*. *Rasayana* is also one of the eight parts of *Ayurveda*. In which it has been told about living life with discipline. It has been told about the use of some special substances in daily life, which increases the body's immunity, *doshas*, metals, etc. get proper nutrition, due to which physical and mental health remains, due to which a person lives a happy life because he does not have to worry. So no disease occurs quickly and neither does it get old age quickly. When a

person leads a virtuous life, he gets the *Rasayana* affect i.e. longevity, immunity, and intellectual power without the use of any medicine. Possibly the *Ramayana's* code of conduct keeps the aspirant free from emotional disturbances and allows for a less stressful life, with an anabolic state, leading to health and happiness.

DISCUSSION

The aim of human life is to achieve *Purusharthachatshtya* i.e. Dharma (holy work), *Artha* (wealth), *Kama* (desire), *Moksha* (salvation) and for all these it is necessary for a person to be healthy.^[11] To stay healthy, it is necessary for a person to follow the routine and rituals ^[12] and it is necessary to follow all the rules of *Ayurveda* like getting up in *Brahma Muhurta*, *Usha Paan* (drinking lukewarm water), *Gandush*, *Kaval*, *Anjan*, *Dhoompan*, *Nasya*, Exercise, *Abhyanga*, *Shirobhyang*, *Padabhyang*, bathing, etc ^[13]. To stay healthy, we should always consume pure and nutritious food because only from nutritious food, the impurities and metals remain in their self-proof and healthy, due to which the immune system is strong and the mind of the person is also happy. Because good food is most needed for a healthy life, then we should use more of those things which are good for health and do not have a negative effect on health like rice (*Shastika Shali*), *moong dal*, (*Mudga*), rock salt (*Saindhava Lavana*), *Amla* (*Amalaki*), *Barley* (*Yava*), *Rainwater* (*Antariksha Jala*), *Milk*, *Ghee*, and *Honey* (*Madhu*). They should be consumed regularly to maintain health and prevent diseases. ^[14] By following *trayopstambh bala*, *varna* increase in the person, the *dhatu* and the *doshas* work properly, due to which the person remains healthy ^[15]. When a person follows *Sadvrit*, he is free from mental tension. In this way, by following the above

rules; we can lead a healthy life and avoid lifestyle disorders.

CONCLUSION

To live a happy and healthy life, it is necessary to follow the rules of Ayurveda, in which it is necessary to follow the routine, follow the rituals, follow the virtues, as well as it is necessary to follow the rules related to diet such as consuming pure and *Satvic diet*, etc. If there is a disease, then by taking Ayurveda medicine at the beginning itself, the person remains healthy always.

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