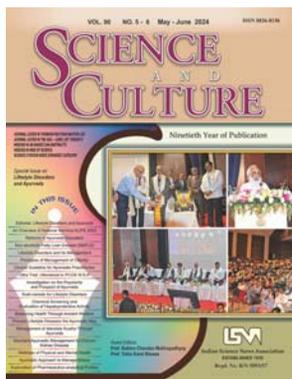


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EDITORIAL

LIFESTYLE DISORDERS AND AYURVEDA



The national seminar entitled, “Lifestyle Disorders and Ayurveda (ALIFE 2023)” organized by Paschimbanga Ayurved Chikitsak Samity and Government Ayurvedic Doctors Association held at Bhasa Bhawan, National Library, Kolkata during 26-27 November 2023 was aimed to disseminate and exchange knowledge of Ayurveda for prevention, control and eradication of lifestyle disorders like diabetes mellitus, renal failure, hepatic disorders, osteoarthritis, lumber disc herniation, certain gynecological diseases, stress disorders, etc. More than 600 delegates from 21 institutes of Ayurveda from all over India and abroad had participated the programme and 120 researchers presented their papers in the seminar. Besides, there were numbers of guest speakers who have delivered speeches on different aspects of the lifestyle disorders and their remedy through Ayurveda with current data of research outcome. The Oxford language dictionary refers lifestyle disorders as any medical disorder or condition thought to be produced or exacerbated by aspects of a person’s lifestyle, such as diet and level of physical activity. The current state of hurried and disoriented lifestyle is major causes for these disorders. Most specifically it is observed that lifestyle disorders commonly caused by lack of physical activity, unhealthy eating, alcohol, drugs, smoking and economic crisis of common people. Major part of lifestyle disorders are categorised under the non-communicable diseases (NCD). There are many evidential documents in Ayurveda which can perform this activity potentially like Dinacharya or daily regimen, Ritucharya or seasonal regimen, Sadvritta or mannerism, Rasayana or immuno-modulatory treatments, Sodhana or purification and

Samana or pacification types of therapies to combat lifestyle disorders. It is to be highlighted herein that even without embracing chemical remedial methods the chances of recurrence of most of the lifestyle disorders can be averted just by following some scriptural prescriptions as depicted in the Ayurveda compendiums. The oriental knowledge of Ayurveda has a great value in treating different types of lifestyle disorders effectively, but it only requires evidence based documentation. The national seminar ALIFE 2023 was the follow up of the august assemblage of reverend sages namely Atreya, Kasyapa, Bhriгу, Agastya, Gautama, Bharadwaja, Maitreya and others, which was held in the plane of Himalaya in post-Vedic period to explore the science of life and their ways of maintenance.

The objectives of the current proceedings under the aegis of *Science and Culture* are to propagate the creams of discussions of the seminar on various facets through pharmacological and non-pharmacological procedures of Ayurveda in specification to lifestyle disorders. A total 17 articles are represented in the current proceedings containing mainly oration and some award lectures. Almost all articles are documented with evidential support of Ayurvedic research. Guest Editors and organizing committee are thankful to the Indian Science News Association (ISNA) for providing scope in their prestigious journal dedicating purely for the seminar outcome. □

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Professor Subhrachandan Mukhopadhyay is presently working as Professor and Head, Department of Prasutitantra and Striroga, J. B. Roy State Ayurvedic Medical College & Hospital, Kolkata since 2008 till date. He was graduated in Bachelor of Ayurvedic Medicine and Surgery from University of Calcutta in 1998 and did MS in Prasutitantra and Striroga in 2002 from Utkal University, Bhubaneswar. He has more than 20 years of teaching experience in the subject of Prasutitantra and Striroga (Gynaecology and Obstetrics) at various colleges of country. He led the national seminar on “Lifestyle Disorders and Ayurveda 2023 (ALIFE 2023)” as Organizing Secretary.

Professor Tuhin Kanti Biswas



Professor Tuhin Kanti Biswas, worked as Professor and Head, Department of Kayachikitsa (Medicine) at J. B. Roy State Ayurvedic Medical College and Hospital, Kolkata since 2001 having more than 23 years of teaching experience. He had completed Bachelor of Ayurvedic Medicine and Surgery in 1988 under the University of Calcutta and thereafter MD (Ayurveda) and PhD (Ayurveda) in the subject Kayachikitsa under the same university on 1993 and 2001 respectively. Professor Biswas credited with 50 publications of research articles in national and international journals, 19 book chapters, Editors of three books, two patents and guided five PhD candidates in different Universities of India. He is the official reviewer of many journals of international repute. He has conducted six clinical and pharmacological research with Ayurvedic medicine sponsored by CSIR, ICMR and other non-government organizations as Principal-Investigator. He visited many parts of country and abroad as guest speaker and participated WHO working group meeting on ‘Clinical Trial Research Methodolog on Traditional & Complementary Medicine’ as India representative in Macao, China on 2015. Professor Biswas acted as the Scientific Committee Chairman of ALIFE 2023.

Note by the Editor-in-Chief, Science and Culture: *This issue has been sponsored by the Paschimbanga Ayurved Chikitsak Samity, Kolkata.*

The most enduring legacy of the science of the classical era is the Indian system of medicine, namely Ayurveda, which is in daily use even today. The two greatest theses of the Ayurveda, the Charaka and Susruta Samhitas, were composed during those time. There are more than 600 medicines of plant, animal or mineral origin prescribed in the Charaka and Susruta Samhitas. Extensive methods of medicinal preparations, therapeutic processes and disease diagnostics are mentioned. Herbal products are being used as drug from time immemorial in all parts of the world. But with the advancement of chemical sciences the active ingredients were isolated and characterised. Ultimately these drugs were naturalised in modern medicine e.g., atropine, quinine, morphine, reserpine, digitoxin, etc. In view of the latest development the science of chemistry, pharmacology, physiology, molecular biology, etc. progressed seamlessly and applied to establish the importance of Herbal Medicine.