

Dr. Malati Sarkar Memorial Oration

LIFESTYLE DISORDERS AND ITS MANAGEMENT THROUGH CONCEPT OF AYURVEDA IN PRESENT SCENARIO

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Introduction

Ayurveda Ayurveda, rooted in our ancient science, primarily focuses on the science of life. Its core objective is to preserve the health of individuals, prioritizing the well-being of the healthy before addressing the treatment of the diseased. This can be achieved through the adoption of daily routine activities, from waking up early in the Brahm-muhurta to maintaining a disciplined lifestyle from dincharya to ratricharya (daily routine to nightly routine). Ayurvedic principles, as outlined by ancient scholars, emphasize the significance of Ahara (Diet), Nidra (Sleep), and Brahmcharya (daily deeds). However, the contemporary era has witnessed significant disruptions in daily routines for individuals, contributing to a noteworthy shift in morbidity and mortality patterns globally, particularly in India. While infectious diseases dominated the past, the current generation faces a serious threat from lifestyle disorders. Industrialization and improved job opportunities have led a substantial portion of the population to migrate to cities, adopting a fast-paced lifestyle and uniform dietary habits across diverse regions, from Kashmir to Kanyakumari and Arunachal to Gujarat.

This rapid urbanization has resulted in serious and life-threatening lifestyle and metabolic disorders such as Obesity, Diabetes, Allergic disorders, Hypertension, Cardiovascular diseases, and Endocrine systematic diseases like hyper or hypo thyroidism, PCOD, PCOS. Additionally, the widespread use of modern technologies, including

gadgets like mobile phones, computers, and laptops, has given rise to mental disorders, cognitive issues in children, Alzheimer's, computer vision syndrome, diabetes, mental retardation, and disruptions in appetite and sleep.

A recent study published in *The Lancet Diabetes and Endocrinology* reveals alarming statistics about the incidence of lifestyle diseases in India. Approximately 11.4 percent of the population above 20 years suffers from diabetes, with a significant proportion below the age of 45 and 60. Poor awareness about lifestyle diseases, especially in rural areas, exacerbates the problem, as only half of the diabetics in the 15-50 age group are aware of their condition. The study further highlights that, even among those aware of their health condition, a majority struggle to control it. Diabetes, a major cause of various complications, has become a significant contributor to blindness, kidney failure, heart attacks, strokes, and lower-limb amputations.

Prevalence

The World Health Organization estimates that 60 percent of all deaths in India are attributed to non-communicable diseases (NCDs), with a notable increase in prevalence from 37.9 percent in 1990 to 61.8 percent in 2016. However, awareness regarding these diseases, particularly in poor households, remains deficient. A 2019 study revealed that close to half of Indians living with diabetes are unaware of their condition. Migration to cities is impacting food security, particularly for those who previously owned or worked on agricultural land. Even agricultural laborers, who had some security through sharecrop agreements, now face challenges as income shifts

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to monetary forms. This affects the diversity of food on individuals' plates, as they are forced to buy all the ingredients, potentially limiting nutritional variety.

Background Features

Silent epidemics of diabetes and hypertension are sweeping the nation, challenging traditional assumptions about disease prevalence related to income levels. The debate has emerged about a potential reversal in the socioeconomic gradient hypothesis, where as a country's economic and social development progresses, the burden of NCDs and risk factors shifts from the rich to the poor. The critique extends to government food security programs, which predominantly focus on cereals and neglect sources of protein, fiber, and other essential nutrients. This cereal-centric approach, coupled with the unaffordability and politicization of animal-derived protein, poses challenges to addressing nutritional deficiencies effectively. Health surveys are also criticized for potential biases, as some may overlook crucial dietary components, such as meat, in their questioning.

In conclusion, the narrative emphasizes the urgent need for holistic approaches to address the rising tide of lifestyle disorders. It calls for comprehensive public health strategies, increased awareness, and policy changes to effectively combat the multifaceted challenges posed by modern lifestyles.

Read more at: <https://www.deccanherald.com/india/chronically-mismanaged-a-rise-in-diabetes-bp-among-the-poor-1222539.html>

Numerous research studies indicate a shift in daily dietary habits, with essential nutritional components often falling short of meeting health requirements. Pharmaceutical industries have responded by introducing substitutes in the form of tablets, supplements, capsules, or nutraceuticals, leading to concerns about the potential for inadequate or excessive absorption by the body and dependency on these supplements. In light of these challenges, it is imperative to take proactive steps to modify lifestyles and dietary habits to meet present-day needs. Adhering to a disciplined daily routine encompassing diet and lifestyle can help maintain essential bodily requirements and address lifestyle disorders. Following a systematic daily routine involves waking up early, consuming cold or hot water before attending to personal hygiene to facilitate gastrointestinal tract cleansing, and engaging in exercises, Yoga, and Pranayama as needed for physical and mental flexibility. These principles echo wisdom found in classical literature dating

back to 3000 BC, where our ancestors recognized the significance of Ahara (food), Nidra (sleep), and Brahmcharya (day-to-day routine practices) in a structured and systematic manner for preventing various disease conditions. In the contemporary era, Ayurveda emerges as a crucial guide for tackling lifestyle disorders. By embracing Ayurvedic principles, individuals can alleviate the impacts of excessive stress and adopt practices like early rising (brahmamurteutistha) to harness the benefits of ultraviolet rays for Vitamin D, E, A, calcium, and trace element absorption. Consuming freshly cooked, warm, light, and easily digestible seasonal foods is emphasized to maintain nutritional value. However, caution is advised against imbalances in diet and lifestyle, categorized as Hina (less), Ati (excess), and Mithhya (wrong), which can lead to various health issues.

Scientific research supports the crucial role of diet and sleep in maintaining physical and mental strength. It is essential to integrate Ayurvedic principles into daily life while considering regional diets and lifestyles to effectively address. In addition to diet and lifestyle adjustments, adopting practices such as Yoga, Pranayama, Dhyana, Dharna, and seasonal and regional diets tailored to specific diseases are emphasized. The quote from Charaka Samhita underscores the holistic nature of Ayurveda, highlighting that a life in balance promotes overall well-being.

हिताहितं सुखंदुःखमायुस्तस्यहिताहितम्।

मानं च तच्चयत्रोक्तमायुर्वेदः स उच्यते॥

(चरकसंहिता १/४०)

Ayurveda serves as a comprehensive guide, delineating what is beneficial and detrimental for a disease-free life. It is a panacea that should be incorporated into daily activities, aligning with principles such as Sadvritta (positive lifestyle choices), Rituacharya (seasonal habits), and Dinacharya (daily routines), with slight modifications to suit varying regional and seasonal requirements. The concept of Samdosha (balance in bodily doshas), Samagni (balanced digestive fire), Samdhatu (balanced tissues), and Swastha (optimal health of body and mind) is reiterated as the ultimate outcome, promoting harmony and happiness in body, mind, and soul.

Salient Features

Some important facts, which should follow for maintenance of general health —

1. अजीर्णे भोजनं विषम। don't eat without hunger because if previously taken food is not digested and a person has taken any thing as food or

somethingells intermittent then it will act poison . Sometimes it will leads to death too after food poisoning. It is also mentioned in classical text and now proved that Sarverogamandagni bhavet .

2. अर्धरोगहरी निद्रा । it is proved facts that the proper sleep cures half of the diseases now a days many times all persons are suffered by stress and during sleep so many body physiology have been taken place for removing of toxins in different ways.
3. अति सर्वत्र वर्जयेत्। Anything, consumed in excess, just because of its good tastes, is not good for Health. In addition, same for other activities too so be moderate in all habitat and habits.
4. मुद्गदाली गदव्याली। Of all the Pulses, Green grams (Moong) are the best. It digest easily and boosts Immunity so it should be included in daily eating habits. Other Pulses will take with precaution though these are used since long in habitat (Ok satmya).
5. चिंता व्याधि प्रकाशाय । Worry aggravates ill health. However, in current scenario it is not possible to live without worry so some time should give to yoga and meditation to counter act and detoxify the body.
6. व्यायामश्च शनैः शनैः। It is also advocated that do the Exercise slowly and in systematic way because now a days so many gym are opened and physical exercise are done by speedy which is not good many times.
7. अजवत चर्वणं कुर्यात् । Chew your Food like a Goat. Never swallow food in a hurry because saliva aids first in digestion along with this all foods should be taken in calm and cool situation without hurry worry and hurry. शतं विहाय भोक्तव्यं, सहस्रं स्नानमाचरेत् । when it is time for food, keep even 100 jobs aside, it is good for health.
8. स्नानं नाम मनःप्रसाधनकरंदुः स्वप्न-विध्वंसनम् । Bath removes Depression and tiredness it also drives away

bad dreams. नस्नानमाचरेद्भुक्त्वा। Never take bath immediately after taking Food because digestion is affected due to blood circulation and hormonal activation.

9. सर्वत्र नूतनं शस्तं, सेवकान्ने पुरातने। Always prefer things that are Fresh , whereas Rice and servant are good only when they are old because both have some qualities everyone knows it. But many times after knowing all things many of us doing wrong practice which leads disease condition.
10. नित्यं सवी रसा भक्ष्याः ॥ Take the food that has all six tastes. (viz: Salt, Sweet, Bitter, Sour, Astringent and Pungent) to maintain the equilibrium between them is also necessary.
11. जठरं पूरायेदधर्म अनैर्, भागं जलेन च । वायोः संचरणार्थाय चतुर्थमवशेषयेत् ॥
Fill your Stomach half with Solids, a quarter with Water and rest leave it empty for proper reaction otherwise it found very difficult to proper digestion and every one had faced this problem in their life one or more times.
12. भुक्त्वा शतपथं गच्छेद यदिच्छेत चिरजीवितम्। Never sit idle after taking food, Slow walk for at least 20 to 30 minutes after taking food for proper digestion do not sleep after food immediately.
13. सर्वधर्मेषु मध्यमाम्। Choose always the middle path. Avoid going for extremes in anything.

So many things have been described in our traditional science many of them now proved by scientific explanations and clinical trials.

Conclusion

To maintain general health, following practical tips, including mindful eating, proper sleep, moderation in habits, regular exercise, and avoiding immediate activities after meals. These guidelines, rooted in traditional wisdom, align with Ayurvedic principles, providing a holistic approach to health and wellness. □