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PREVENT LIFESTYLE DISEASES THE AYURVEDIC WAY: HOLISTIC HEALTH FOR A BALANCED LIFE

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Introduction: As lifestyle diseases continue to escalate globally, Ayurveda, the ancient Indian healing system, offers a unique preventive paradigm. This article explores Ayurveda's holistic approach to averting lifestyle diseases by harmonizing the body, mind, and spirit.

Methods: The study delves into Ayurvedic principles, emphasizing the significance of balance in doshas (biological energies), mindful dietary practices, and lifestyle habits to prevent the onset of diseases rooted in modern lifestyles.

Results: Ayurveda places a strong emphasis on individualized approaches, recommending personalized diets, daily routines, and stress management techniques. By nurturing a healthy gut, Ayurveda addresses the root causes of lifestyle diseases and promotes overall well-being.

Discussion: Through the lens of Ayurveda, this article discusses the pivotal role of digestive health, the interconnectedness of bodily systems, and the significance of mental well-being in preventing lifestyle diseases. It explores how Ayurveda's ancient wisdom aligns with contemporary wellness practices.

Conclusion: Ayurveda emerges as a beacon for preventive healthcare, guiding individuals to cultivate a balanced and harmonious lifestyle. Integrating Ayurvedic principles into daily routines offers a promising avenue for fostering wellness and resisting the surge of lifestyle diseases.
