

**ROLE OF TRADITIONAL CONCEPTS AND NATURAL HERBS IN THE
MANAGEMENT OF LIFE STYLE DISORDERS: AN AYURVEDA REVIEW**

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ABSTRACT

Ayurveda is the science that helps to retain normal health and cures diseases; Ayurveda maintain balances of Doshas, Dhatus, Malas and Jatharagni thus protect body from disease conditions. The diversified pattern of life style induces pathogenesis of many diseases e.g. obesity, dyslipidemia, diabetes mellitus, cardio vascular disease and hypertension, etc. These diseases considered as life style diseases and prevalence of such diseases increases day by day due to the high incidences of disturbed pattern of life style. Ayurveda suggested various principles for the management of such diseases including; Shodhana, Shamana, Rasayana & Yoga therapies, similarly consideration of concepts of Ahara, Dinacharya, Ritucharya and Sadviritta can also help to prevent consequences of life style disorders. Present article summarizes role of Ayurveda and its approaches towards the management of life style disorders.

KEYWORDS: Ayurveda, life style disorders, Rasayana & Yoga.

INTRODUCTION

Lifestyle diseases can be defined as consequences of unhealthy pattern of life style, diseases such as obesity, diabetes mellitus, hypertension and cardiovascular diseases, etc. can be categorized as life style disorders. Lack of physical exercise, bad food habits, addiction (smoking & drinking), stress, late night awakening and sedentary life style are some factors which can lead life style disorders. Ayurveda suggested that lifestyle advises; dietary management, detoxification and bio-purification procedures, *Yoga*, use of medicaments and rejuvenation therapies help to relieve consequences of life style disorders. Ayurveda believe that good conduction of *Dinacharya*, *Ritucharya* and *Sadvritta* offers prophylactic prevention of many diseases including obesity, diabetes, hypertension and depression, etc. **Figure 1** depicted Ayurveda approaches that help to treat common life style disorders.

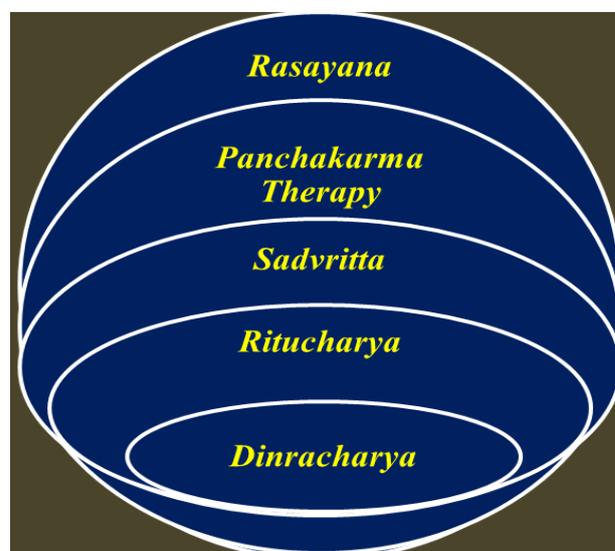


Figure 1: Ayurveda approaches helps to treat common life style disorders.

Psychological approaches of Ayurveda

Daivavyapashraya Chikitsa that involves use of *Mantras*, *Mani Dharana* (spiritual gems), *Prayashchita*,

Mangal Karma, Bali, Homa, Upavasa (fasting) and *Swastyayana* etc. are the approaches describe by Ayurveda that helps to provide relief from mental disorders like; stress, anxiety, depression and promote psychosomatic health. *Satvavajaya Chikitsa* boosts mental disturbances, control *Manas*, offers calming effects and restore inner strength.

Dincharya to prevent life style diseases

- Early rising (*Brahama-muhurat-jagrana*), natural detoxification (*Vega nissaran*) and cleaning of teeth & skin.
- Avoid suppression of natural urges.
- *Anjana*; use of *collyrium* also recommended as normal daily routine for health management.
- *Bhojan*; meal in proper manner at appropriate time offers maximum nutritional value.
- Regular exercise/*Yoga*, massage (*Abhyanga*) and meditation.
- Avoidance of late night sleep and day time sleep.

Panchakarma to prevent life style diseases

Panchakarma is a bio-purification process that clean body channels, eliminate toxins, balances harmony of *Tridosha*, pacify *Manasa Dosha* and control circulatory process. *Panchakarma* maintain chemical balances, restore homeostasis, promote psychosomatic health, *Sroto-prasadan* effects of *Panchakarma* improves nutritional supply thus boosts quality of *Dhatus* and rejuvenate body thus prevent prevalence of life style disorders.

Rasayana therapy for life style diseases

Rasayanas are restorative and rejuvenating drugs possesses antioxidant, immune-modulator, adaptogenic, nootropic and anti-stress effects thus helps in the management of various disorders related to the disturbed pattern of life style:

- *Medhya Rasayana* can relieve depression and anxiety.
- *Hridya Rasayana* offers benefits in heart problems related to the life style pattern.
- *Acharya Rasayana* imparts ethical conduct boosts normal physiological functioning of body.

Herbs for life style diseases

- **Cinnamon:**
Cinnamon herbs help to maintain blood pressure, control symptoms of diabetes, improves digestive power and enhance metabolic activities
- **Basil:**
Basil helps to prevent risk associated with high blood pressure and boost immunity towards the local infection.
- **Ginger:**
Ginger regulates blood pressure, relaxes blood vessels, control circulatory process and potentiate *Agni* thus enhances nutritional supply.

- **Cardamom:**
Cardamom help to control blood pressure relieve symptoms of diabetes and boosts digestive power thus improves metabolic activities.
- **Garlic:** *Garlic* offers health benefits in cardiac problems since it dilates and relaxes blood vessels and reduces risk of hypertension and gastric problem.

Yoga for life style diseases

- **Ardha Matsyendrasana and Chakrasana** can help to control body sugar level thus recommended for the management of diabetes.
- **Apanasana** boosts stomach activities thus relieve gastric disorders related to the life style pattern i.e. constipation, indigestion and bloating. *Apanasana* not only improves digestion but it also helps to remove toxic substances from the body. Similarly *Paschimottanasana* relieve digestive problems since it stretch and stimulate functioning of gastric muscles.
- **Padmasana** helps to reduces headaches, suppress symptoms of hyperactivity, pain and relaxes mind and thus offers beneficial effects in the management of headache/migraine. Similarly *Sirsasana* increases flow of blood in brain thus improves functioning of mind.
- **Baddha Konasana** help to reduces severity of depression, alleviate mind, suppress anger or irritability and treat mental problems related to the stressful life style. Similarly *Vakrasana* helps to manage symptoms of anxiety and stress.
- **Uttanasana** helps to suppress problem of lower back pain that may arises due to the sedentary life style.
- **Balasana** is another important *Yoga* described as child's pose, this *Asana* help to treat symptoms of insomnia.

Sadvritta for life style diseases

Sadvritta is one of the important aspects that mainly describe ethical regimen and helps to maintain normal health status of body. *Sadvritta* encompasses general considerations related to the ethical, social, moral and physical values. The conduction of *Sadvritta* impart good physical and mental effects on body.

- ❖ One should follow controlled life and dietary habits.
- ❖ There should be respect to elders, teachers and colleagues.
- ❖ Always need to control of grief, anger and greed.
- ❖ Addiction to alcohol and smoke need to be avoided.
- ❖ One should start day with prayer and *Yoga*.
- ❖ One should always speak truth.
- ❖ Always avoid evil thoughts and not be involved in criminal activities.
- ❖ Indulgence in *Anyathakma, Asteya, Himsa* and *Vyapada* should be avoided.
- ❖ One should be humble and need to help others.
- ❖ Excessive sexual intercourse need to be avoided.

- ❖ One should follow all rules of *Ahara-Vihara*, *Dinacharya* and *Ritucharya*.

10. Caraka Samhita, Chikitsa Sthānam, Chaukhamba Sanskrit Series Office, Varanasi, India, 2001; Chapter 12.

CONCLUSION

The current scenario of life style and sedentary life pattern puts many health issues to the global population. Improper daily regimen along and stressful life style can induces pathogenesis of many diseases including; *Medoroga*, *Prameha*, *Hridroga*, *Vatrakta* and *Aamvata* etc. These all diseases can be considered as life style disorders. Ayurveda recommended various approaches for the management of such disorders such as; good conduction of *Dincharya*, *Ritucharya*, *Ratricharya* and *Sadvritta*, etc. It is suggested that use of *Shodhna* procedure along with herbal therapies can also provides health benefits to restrict pathogenesis of many life style diseases. The *Guna*, *Rasa*, *Virya*, *Vipaka* and *Prabhava* of Ayurveda therapies promote immunity, improve metabolism, enhances endocrine & exocrine functioning secretions, imparts anti-aging action, provide adaptogenic action, maintain anabolic activity and offers nutritive values thus help to relief many disorders related to the disturbed pattern of life style.

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