



**ROLE OF KAYACHIKITSA (INTERNAL MEDICINE) IN HEALTH PROBLEMS
ASSOCIATED WITH SEDENTARY LIFE STYLE**

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ABSTRACT

Ayurveda serve as holistic approach of long and healthy life, this ancient science establishes balances amongst body, mind and soul. The *Kayachikitsa* is branch of Ayurveda which deals with general medicine and treatment of common disorders. The diseases can be cures through *Shaman* and *Shodhana Chikitsa*. These ayurveda therapies pacify and expel out morbid *Doshas*. *Kayachikitsa* optimizes *Antaragni*, boost *Dhatus*, balances *Doshas*, eliminate toxins and regularizes metabolic activities, therefore offers therapeutic benefits in many health ailments. The fundamentals of Ayurveda *Kayachikitsa* help to promote general health; prevent & cure diseases and rejuvenate whole body thus give comprehensive treatment of disorders related to the sedentary life style. Diabetes, hypertension, obesity, cardiovascular problems, gastrointestinal problems, depression and metabolic irregularities, etc. are common health consequences of sedentary life style, the theories and principle of Ayurveda offers preventive and therapeutic role towards the management of such disorders. Internal medicines by virtue of their properties relive consequences of diseases associated with sedentary life style.

KEYWORDS: *Ayurveda, Kayachikitsa, Sedentary Life Style, Obesity, Diabetes.*

INTRODUCTION

Ayurveda the heritage of ancient Indian knowledge offers several theories and concepts for achieving healthy life. The humanitarian approach of ayurveda improves global acceptance of this traditional modality, the simplicity of therapeutic procedures and ability to cure chronic diseases through safer and non-toxic herbal resources are other advantages of Ayurveda science. Ayurveda maintain health by offering fundamental principles of daily and dietary routine, the concepts of Ayurveda help to prevent diseases while Ayurveda medicines heaps to treat diseases.^[1-5] The major therapeutic and preventive approaches of Ayurveda depicted in **Figure 1**, these approaches not only prevent and treat diseases but also promote overall health.

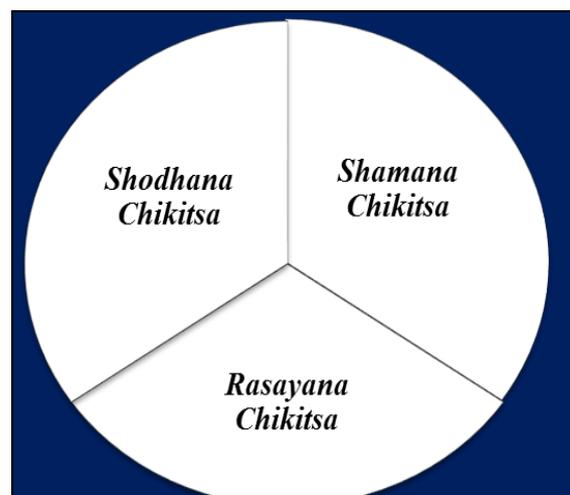


Figure 1: Therapeutic and preventive approaches of Ayurveda.

Kayachikitsa is one of the important parts of Ayurveda which works around common illness and their management through natural ways. This Ayurveda branch offers several therapeutic benefits in diseases like *Jwar*, *Sosha*, *Unmad*, *Apasmara*, *Kustha*, *Prameha* and *Atisara*, etc. Ayurveda *Kayachikitsa* deals with diagnosis of disease and their treatment using internal medicines.

Therefore this branch provides knowledge about medicines, their dose, administration and effects of medicines.^[3-7]

The therapeutic principles of *Kayachikitsa* help to correct *Agni*, balance *Dosha*, strengthen *Dhatus* and eliminate toxins, etc. therefore help to cure common illness. The medicines used in *Kayachikitsa* restore physical and mental health therefore cure physical as well as psychological disorders.

The concept of *Kayachikitsa* provides health support in diseases related to the disturbed pattern of life style which mainly causes metabolic disorders. This branch provides therapeutic responses in disorders related to sedentary life style including; hypertension, high cholesterol, obesity, diabetes, digestive problems and fatty liver, etc. The natural drugs such as; *Vibhitaki*, *Guggulu*, *Vidanga*, *Haritaki*, *Amalaki*, *Kalonji*, *Eugenia Jambolana* and *Gymnema Sylvestre*, etc. provides health benefits in life style related disorders.

Lack of physical activity, unhealthy dietary pattern, poor sleeping pattern, stress, seating job, consumption of alcohol and smoking habits, etc. can causes lifestyle diseases. Ayurveda concept of *Dincharya*, *Rutucharya*, *Sadvrutta palan*, *Panchakarma* and *Rasayana* therapy considered useful for preventing and treating disorders like diabetes, obesity, hypertension, gastrointestinal problems, depression, metabolic irregularities and cardiovascular problems, etc. Ayurveda drugs also offer therapeutic advantages in lifestyle disorders.^[4-7]

Role of internal medicine in disorders related to sedentary life style

- ✚ The Ayurveda medicines normalize functioning of *Agni* thus boost metabolic activity.
- ✚ Drugs enhances strength of *Dhatu* therefore regularizes vital functionality of body.
- ✚ These drugs balances *Doshas* therefore prevent diseases which may arise due to the vitiation of *Dosha*.
- ✚ The detoxifying drugs removes morbid *Doshas* from body therefore clears minute channels thereby normalizes circulatory process inside the body, thus prevent chances of hypertension.
- ✚ Some Ayurveda drugs impart rejuvenation effects therefore improves overall well being.
- ✚ The *Rasa* and *Dosha* pacifying effects of Ayurveda drugs control obesity and diabetes.

Role of specific drugs in life style related disorders

1. **Amalaki:** This drugs acts as an antioxidant therefore improves health of eye which is very important for person involved in desk job. *Amalaki* potentiates digestion therefore considered good for peoples those are involved in sedentary life style where lack of physical activities affects process of digestion.
2. **Guggulu:** This drug reduces fats and specifically helps in the condition of hyperlipidemia thus prevent

obesity which is one of the major health issue associated with sedentary life style.

3. **Guduchi:** This drug prevent prevalence of infections, the lack of immunity is common problem now a days due to the disturbed pattern of life style, this result increased frequency of infectious diseases especially in children. The drugs like *Guduchi* nourishes immune power thus not only prevent infection but also cure consequences of infectious diseases.
4. **Turmeric:** The involvement of sedentary life style may induce symptoms of early aging, turmeric delay effects of ageing, maintain complexion and tonicity of skin thus boost overall appearance, this drug provides anti-inflammatory activity which is useful for pain associated with seating job.
5. **Ginseng:** This drug stimulate skin metabolism, prevent free radicals damage and very good for improving sexual strength. The current scenario of stressful life style imparts many sexual debilities and drug like *Ginseng* helps greatly in this regards to restore normal sexual power and physical strength.
6. **Gotu-kola:** *Gotu kola* is antioxidant thus prevent oxidative damage of tissue, delay symptoms of early ageing and nourishes whole body.
7. **Shilajit:** The lack of physical activity, stressful life style and awful dietary habits creates physical and mental burden which turned to diminish stamina. The *Shilajit* helps greatly in this regard since its constituent fulvic acid enhances physical strength; restore sexual stamina and balances mental power.
8. **Brahmi & Ashwagandha:** These two drugs prevent loss of memory and mental retardation associated with aging and stress, these drugs nourishes brain thus improves mental health and resist degenerative symptoms of mental health.

Disease related to the sedentary life style and their Ayurveda management

1. Diabetes

The drugs possessing *Kasaya*, *Katu Rasa*, *Laghu Guna*, *Katu Vipaka*, *Kaphavatahara* and *Usna Veerya*, etc. properties can be used for *Prameha Chikitsa*. The *Tikta Kasaya Rasa* normalizes function of *Jathragni* therefore *Dhatus* formation of *Saimyak* qualities and reduction of vitiated *Meda Kleda* take places. *Coccinia Indica*, *Morus Indica*, *Gymnema Sylvestre* and *Momordica charantia*, etc. are drugs which helps to reduce blood sugar level, regulates starch breakdown, increases insulin secretion and offers anti-diabetic effects. *Eugenia Jambolana* is another important drug play vital role in the management of diabetes induced by sedentary life style.

2. Obesity

Obesity is major health issue associated with sedentary life style; Ayurveda drugs helps to cure obesity and its complications. *Guggul*, *Aloe vera* juice and *Kalonji*, etc. are drugs used for obesity. These ayurveda drugs help to break down fat cells, reduces weight and prevent deposition of excess fat, Some Ayurveda formulations

such as; *Avipathi Churnam*, *Triphaladi Churnam*, *Aswagandharishtam* and *Varanadi Kashayam*, etc. also suggested for same purpose.

3. Hypercholesterolemia

Hypercholesterolemia is problem of middle and elderly age people, however bad conduction of daily and dietary routine can increase chances of hypercholesterolemia in early age. Ayurveda drugs works effectively in this regards. *Arjuna*, *Dalchini*, *Amalaki* and *Guggul*, etc. are drugs which can reverse effects of hypercholesterolemia. These ayurveda medicines boosts cardiovascular muscle & regulates normal circulatory functioning of heart, reduces breathlessness and offers antioxidant effects therefore considered useful for hypercholesterolemia.^[8-10]

CONCLUSION

Kaya Chikitsa the modality of Ayurveda utilizes various internal medicines for curing diseases related to the sedentary life style. *Arjuna*, *Haritaki*, *Ashwagandha*, *Shilajit*, *Ginseng*, *Turmeric*, *Guggulu*, *Aloe vera*, *Kalonji* and *Vidanga*, etc. are some drugs which helps in life style disorders like obesity, fatty liver, digestive troubles, diabetes and hypercholesterolemia, etc. The Ayurveda drugs improve cardio functioning, functioning of nervous system, normalizes metabolic activities, regulates circulatory and excretory system therefore provides therapeutic response in the prevention and treatment of various disorders triggered by sedentary life style. Ayurveda formulations like *Triphala*, *Punarnavadi guggulu*, *Dasamoolarishta*, *Pippali Churna*, *Trikatu Churna* and *Kumaryasavam*, etc. also recommended for the management of disorders like *Madhumeha* and *Ati Sthoulya*.

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