

MANAGEMENT OF NCDs IN AYURVEDADr. Akshara Dubey*¹ and Dr. Namrata Khobragade²¹MD Scholar, PG. Department of Rognidan Evum Vikriti Vigyan Vibhag.²Reader, PG. Department of Rognidan Evum Vikriti Vigyan Vibhag Shri. N.P.A. Govt. Ayurvedic College Raipur C.G.***Corresponding Author: Dr. Akshara Dubey**

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ABSTRACT

Ayurveda always emphasizes on preventing disease occurrence rather than start treating them after manifestation. Prevention is better than cure. The main goal of ayurveda- SWASTHASYA SWASTHAYA RAKSHANAM [preventive and social medicine], ATURASYA VIKAR PRASHAMANAM[Therapeutics].^[1] It is necessary to maintain health through ayurvedic concepts & in case of diseased state gain back the normal health. Ayurveda can definitely yield reliable efficacious results when applied to all manners. Here thereapeutics is not strictly related to dravya chikitsa but also in bhava chikitsa. Ignorance and fallacies of above lead to disease. NON COMMUNICABLE DISEASE is an important example. NCDs are far leading cause of death in world representing 63% of all annual deaths. PRAGYAPARADHA is the root cause of any such disease. For example-suppression of any natural urges, improper removal of toxins formed during metabolism leading to accumulation of toxins and thereby causing disease. In the management of NCDs ayurveda offers various regimen including-DINCHARYA, RATRICHARAYA, HRITUCHARYA, PANCHAKARMA, RASAYAN, SADVRITTA, ACHARYA RASAYAN, which are important to maintain happy and healthy psychological perspective. Ayurveda is mainly associated with health where modern medicine are based on illness.

KEYWORDS: AYURVEDA, NCDs, PREVENTION, HEALTH.**INTRODUCTION**

Non-communicable diseases are a diverse group of chronic diseases that are not communicable, meaning you can't catch them from another person. They are defined as diseases of long duration, generally slow progression and they are the major cause of adult mortality and morbidity worldwide.^[2] Non-communicable diseases are identified by WHO as "Group II Diseases," a category that aggregates the following conditions/causes of death: Malignant neoplasms, other neoplasms, diabetes mellitus, endocrine disorders, neuropsychiatric conditions, sense organ diseases, cardiovascular diseases, respiratory diseases (e.g. COPD, asthma, other), digestive diseases, genitourinary diseases, skin diseases, musculoskeletal diseases (e.g. rheumatoid arthritis), congenital anomalies (e.g. cleft palate, down syndrome), and oral conditions (e.g. dental caries). These are distinguished from Group I diseases (communicable, maternal, perinatal and nutritional conditions) and Group III diseases (unintentional and intentional injuries).^[3]

Four main diseases are generally considered to be dominant in NCD mortality and morbidity: cardiovascular diseases (including heart disease and stroke), diabetes, cancer and chronic respiratory diseases

(including chronic obstructive pulmonary disease and asthma)^[3].

NCDs Risk Factors^[4]

These disease groups are linked by common risk factors:

- .Tobacco
- .Alcohol
- .Poor Nutrition
- .Physical Inactivity

MATERIAL/ METHOD

Various ayurvedic texts and paper has been reviewed. Materials related to NCDs and its ayurvedic prospects has been collected through various modern books as well as ayurvedic text book and compiled. The main ayurvedic texts referred are Charak Samhita and Sushrut Samhita. Some points are also collected from internet.

AIM AND OBJECTIVES

To throw light on the impact of Ayurveda in NCDs and its efficacious results on it.

DISCUSSION

Ayurveda is not a system of medicine but a science of life and longevity (Ayurveda= ayus: age, life, longevity, and veda: knowledge). The concept of Ayurveda is based on a combined study of body (sharira), sense organs

(indriyas), mind (manas) and soul (atman). Equilibrium of these is related to health and their dysfunction is equated with death. Homeo-stasis of the internal dhatu, is considered essential for absence of disease.^[5]

Ayurveda aims at making a happy, healthy and peaceful society. The two most important aims of Ayurveda are:

- + To maintain the health of healthy people.(preventive aspect)
- + To cure the diseases of sick people.(curative aspect).^[6]

In simpler terms preventive aspect deals with methods, recommendations and ways of life, which if adopted and followed religiously from the beginning, can boost the strength and resistance of human beings physically, mentally and emotionally in such a way that they can protect themselves from diseases.

The Curative aspect deals with providing relief to the diseased. Ayurveda recommends the use of several herbs, massages and therapies and even recommends subtle alterations to dietary habits and lifestyle, for an affected individual to get back his/her state of good health.

Preventive Aspect^[7]

Our life expectancy and health depends on three supporting pillars:

- .AHARA(DIET)
- .NIDRA(SLEEP)
- .BRAHMACHARYA(REGULATE SEX)

Ayurveda also gives some regimen that one should follow in order to achieve positive health and a longer and happy life. These regimens are:

- .Dincharya
- .Ratricharya
- .Ritucharya
- .Rasayan
- .Vajikaran
- .Vyayam
- .Sadvritta

Curative Aspect^[8]

Ayurveda offers two measures in the management of a disease:

1. Pacifying therapy(SHAMAN) :- in which the unbalanced doshas are pacified with in the body itself. As this therapy don't cleanse the channels of circulation there is the possibility of reprovocation when exposed to similar causative factors. This therapy is suited in conditions in which there is not much vitiation of the doshas.
2. Purification therapy(SHODHAN):- It is aimed at the complete expulsion of the unbalanced doshas and the purification of the channels of circulation. As the channels are cleansed and strengthened by this process, the chance of recurrence is nil. Purification therapy can be implemented not only for curing diseases but to maintain health. No other systems of medicine can offer

such an effective treatment measure. So we can proudly declare our superiority of Ayurveda to any other systems on account of its purification therapy.

The purification otherwise called 'Pancha karma therapy' is implemented in five ways.

1. Enema therapy :- It is best for vatha imbalance.
2. Purgation therapy :- Best for pitha imbalance.
3. Emesis therapy :- For kapha imbalance.
4. Nasal drops :- For all diseases above the neck.
5. Blood letting :- Best for removing blood impurities.

Ayurveda and NCDs

*Ayurveda and Cardiovascular Disease^[9]

Ayurveda has offered a novel remedies for the management of heart diseases. Ayurvedic Treatment for Cardiovascular Diseases:

Depending on the pathology, the line of treatment is decided; Ayurveda treatments are supportive and supplementary to the mainstream conventional medicine.

Treatments – The treatment modalities includes panchakarma, external therapies, internal medications, Activities, Advice of food and lifestyle changes.

Panchakarma – Virechana, Basti

Externally – Abhyanga, Shiro dhara, Hrid Basti

Internally – Herbs which regulates the blood flow and strengthens the heart as Arjuna (terminalia arjuna), Guggulu (Commiphora mukkul)

Activities

Specific Asanas, Panayamas, meditation

Food and Lifestyle changes: specific to the individual's constitution, health condition nature of work and geographical conditions.

*Ayurveda and Diabetess^[10]

Diabetes is referred as Prameha or Madhumeha which means frequent urination and presence of sugar in urine. Ayurvedic line of treatment is based on individual's constitution and considering the Prakriti of patient, Dosh predominance. Other factors like hereditary, food habits etc. are also considered to prepare a specific line of treatment. Usually, Type1 Diabetes patients are advised Brimhana medication and diet to increase dhatus in body. Panchakarma is not advised to such patients. Diet is also considered as a kind of medicine in Ayurveda as each food has certain qualities to affect the doshas in certain ways. In Type 2 Diabetes, Purification of body is advised by Panchakarma method depending on predominance of doshas. E.g. patients with Kapha dosha are advised Vanmana (emetics) and patients with Pitta dosha are advised Virechana (purgation) Panchakarma treatment. The various stages of treatment include:1) Snehana – The toxins are loosened by application of oils internally and externally.2) Sodhana – purification process which include three steps: Vamana, Virechana and Vasti.3) Samana4) Pathya-Apathya5) Controlled Vyayam (Yoga and Pranayama)6) External

Therapies: Abhyanga, Takra Dhara, Udwthana, Kashaya seka, SSPS Generally Swedana (Sudation) is contra indicated in Prameha. Raktamokshana is advocated in non-healing diabetic ulcers.

*Ayurveda and Cancer^[11]

In Ayurvedic concept, according to 'Charaka' and 'Sushruta Samhitas' cancer is described as inflammatory or non-inflammatory swelling and mentioned either as 'Granthi' (minor neoplasm) or 'Arbuda' (major neoplasm).^[11] Plants that have shown anticarcinogenic properties include *Anacardium occidentale* in hepatoma, *Asparagus racemosus* (shatavari) in human epidermoid carcinoma, *Boswellia serrata* (shallaki) in human epidermal carcinoma of the nasopharynx, *Nigella sativa* in Lewis lung carcinoma, *Picrorrhiza kurroa* (kutaki) in hepatic cancers, *Withania somnifera* (ashwagandha) in various tumors etc. At CHARAKA, we are providing effective treatment for cancer, focusing on the principle of detoxification, rejuvenation. Our treatment involves:

- .Shamana chikitsa (treatment using Ayurvedic medicines orally)
- .Shodhana chikitsa (detoxification through Panchakarma therapy)
- .Rasayana chikitsa (immunotherapy, rejuvenation or Kayakalpa)
- .Diet & life style management
- .Satvavajaya (counseling)
- .Daiva vyapashraya chikitsa (divine therapy), Yoga & Pranayama are also suggested as per the need and condition of the patient.

*Ayurveda and Chronic Respiratory Disease^[12]

Respiratory problems are often treated with steroids that not just weaken the lungs if used for long duration but also have many side effects such as Dryness, viral infection, yeast infection, lowered immunity, rashes, thinning of bronchioles, psoriasis and many more. Special herbs & Panchakarma therapies are very beneficial in rejuvenating the body. Ayurvedic Treatment for Respiratory Diseases helps to overcome these problems. Various good herbs are provided to the patients in form of capsules, powders & syrups to boost the immunity system of the body and curing them with Ayurvedic Treatment for Respiratory Diseases & make it more defensive against infections & viral attack.

CONCLUSION

According to Ayurveda, the root cause of all diseases is violation of rules of behavioural and moral conduct. Recent works have helped in generating evidences about the impact of traditional practices in the management of certain NCDs. These combinations of different formulations and treatment approaches synergistically act together exerting multi-variant effects which are effective in curing or preventing disease conditions. Combinations of different Ayurveda formulations and treatment approaches may synergistically act together exerting multi-variant effects, which can be proven to be effective in managing or preventing disease conditions.

The efficiencies of such practices in providing long lasting effect on such NCDs need to be compared, documented and published in standard journals, rather than obscure journals that will facilitate in involving traditional practices in the management of NCDs.^[13]

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