

Ayurveda in Metabolic disorders/ Lifestyle disorders

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Abstract

What are lifestyle disorders? Life style disorders are ailments whose occurrence is primarily linked with the day-to-day life habits of an individual. These include heart diseases, cancer, type 2 diabetes, obesity etc. According to WHO lifestyle diseases causes 70% of all deaths across the globe. 1 in 5 people fall prey to lifestyle disorders. That's scary. Modern medicine is just papering over the crack, but the root cause is still needed to be addressed. On an average, a diabetic patient intakes 5000 pills a year. That's not the solution. Before heading towards the solution, we should understand the problem well. The root cause of all these diseases is the disturbed or poor metabolism and in ayurvedic terms [1] it's the deranged Agni. What's the solution, Ayurveda is the one stop solution. Prevention is always better than cure. When it comes to prevention nothing is better than ayurveda. Imagine a different future, a future where we are heading towards a transformation of how we deal with health. If we do this right we will age much more successfully, we can save 40 % of our future health care bills. Ayurveda is the future of medicine. We are heading towards from disease management to lifestyle management. Thomas Elva edition predicted the doctors of future are going to prescribe lifestyle as medicine. Ayurveda is the science of life and it prescribe lifestyle as medicine. Solutions provided by ayurveda include Dincharya, Rutucharya, Panchkarma, Rasayana therapy, sadvritta palan. We all have 2 life's and the second life starts the day we realize we only have one life. We need to take in charge of our life. What if we could be our own best first doctor? Practicing the ayurveda regimen will boost our metabolism, our Agni. Our health will come up with flying colors. The term Ayurveda translate to "knowledge of life". That is what required to manage and cure life style disorders. Ayurved is all about finding balance in life. The next unicorn company going to be one which would solve problem related to lifestyle disorders and with Ayurveda it is possible to create one. There is great potential in the field of startups related to ayurveda.

Keywords: Prajnaparadha, Dincharya, Ritucharya, Rasayana, Sadvritta.

Introduction

Lifestyle is the umbrella term given to all the diseases which arise because of unhealthy lifestyle. The most common lifestyle disease includes hypertension, diabetes, obesity, insomnia etc. According to WHO lifestyle diseases causes 70% of the across the globe. Modern medicine is symptom driven but the root cause is needed to addressed. People are falling dead by prescription because of the side effects [2] of allopathy medicines. Taking pills is not the solution. Before heading towards the solution, we should understand the problem well because if you define the problem correctly you almost had the solution.

Causes of the diseases

1. Unwholesome thoughts and action

There is a term in ayurveda called prajnaparadha. They vitiate all 3 doshas. overindulgence or suppression of natural urges, immoral conduct, lack of modesty, excessive negative and perverted use of your body, speech and mind. These gradually induces diseases in your body.

2. Unwholesome diet

Ayurveda lists seven aspects of an unwholesome diet. They are prakriti, svabhava (nature of food), karana (how it's prepared), samyog (combination of various ingredients), rasi (amount of food being consumed), desa (place where it's being consumed), kala (time of consumption).

Error and imbalance in these seven aspects are the leading causes of diseases.

During changing seasons, your body is at its weakest. Vata gets vitiated in rainy season, kapha in spring, pitta in summer. Based on your own constitution it's particularly important to pay attention to your diet at the cusp of season. The time factor also refers to when you eat.

3. The four killers

Ama, Indigestion, Sugar, Stress. They are a major cause of diseases.

Ayurveda Provides the Solution

Why Ayurveda??

Because it's personalized and highly customized. Ayurveda took a holistic approach to health by combining our lifestyle with our natural tendencies.

Ayurveda offers different ways which help in prevention and management of wide range of lifestyle disorders.

1. AHARA [3]

Five aspects of eating sense

- Mindfulness – To absorb the living energy of your food.
- Water – when water is consumed half an hour before eating a meal, it is like holy nectar. When during the meal, it works more like medicine, if immediately after the meal it works as poison.
- Quantity – The quantity which can be easily digested and leaving some space for empty in stomach.
- Gratitude – In Vedas food is God and God is food. Thank God for providing you with food. Eat sattvic food – It gives inner clarity, determination, peace. Food has a direct impact on your state of mind.

2. DINCHARYA

Normal circadian rhythms are very important in day-to-day life to maintain biological clock. Ayurveda suggests to begin daily habits with awareness, early rising, avoid suppression of natural urges, eliminate waste as per urge, regular use of massage (Abhyanga), and consume wholesome diet according to appetite.

3. RITUCHARYA

Ayurveda advises seasonal panchakarma as preventive measure for maintaining and promotion of physical as well as mental health. Ayurveda has depicted various rules and regimen regarding diet and lifestyle to acclimatize seasonal enforcement easily without altering body homeostatic.

4. RASAYANA [4]

Rasayana can be used as nutritional supplements as well as medicine depending upon its various type. Most rasanaya produce their nourishing and rejuvenating effects by promoting Agni Bala, acting as direct nutrients and way by way of Sroto- prasadana.

5. SADVRITTA

Ayurveda offers some code of conduct. They can be categorized into personal (early sleeping, awakening, avoiding excess exertion, avoid suppression of natural urges), social (keep mercy on others, telling truth, avoid alcoholism, be soft hearted), psychological (try to be in steady mental state, keep patience)

6. PANCHKARMA

It is the ultimate and most complete detoxifying set of therapies. It pacifies the 3 doshas and has an amazingly calming effect on the body and mind. Panchkarma [5] involves 5 treatments

– Vamana, Virechan, Nasya, Shirodhara. After panchkarma you feel light and rejuvenating like never before.

Discussion and Conclusion

Ayurveda has proven its role and importance in prevention and management of lifestyle disorders. Also, as the nutritional and food and physical activity are well defined in Ayurved system. Such type of lifestyle adaption always helps in the prevention and management of a wide range of lifestyle diseases.

Community participation and civic engagement are associated with better reported mental health. Ayurveda has an upper edge in treating the disease with emphasis on its root cause. The ayurvedic physician concentrates on achieving the objective of ayurveda for promotion of health, prevention and management of a disease for a healthy and happy life in the ailing society.

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