



LIFE STYLE MODIFICATION THROUGH AYURVEDA FOR PREVENTION OF DISEASE

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ABSTRACT

Ayurveda is an eternal science. It's not only about the origination and management of diseases but also tell us about life style modifications for prevention of disease. Our healthy life style modalities is hidden in our daily routine. Which are thoroughly described under various headings of *Charak samhita*. In *Bhagwat Gita* cause of origination of disease is mentioned, where Lord Krishna said that these are only due to lust of human being towards life. Lust and passion towards physical towards leads to first mental derangement then ultimately leads to physical problems. These ailments can be easily cured and prevented by curative protocol described in this article. *Ahar* (Dietetics), *Nidra* (sleep), *Brahamcharya* (ethics of sexual life), *Vihara* (living style & norms), *Ausadha* (Preventive/Supplementary medicine) and *Prakriti* are constitutes of healthy life style. These are three dimensional approach towards maintenance and promotion of personal health and hygiene and curing lifestyle disorders.

KEYWORDS: *Charak samhita*, *Brahamcharya*, *Prakriti*, life style disorders.

INTRODUCTION

Life style diseases are also called as the diseases of longevity and the diseases of civilisation. Each year about 17 million people die prematurely as the result life style diseases. According to WHO, world deaths from life style diseases will double by 2015 unless all out efforts are taken to combat them. A report jointly prepared by the World Health Organisation and the World Economic Forum says India will incur an accumulated loss of \$236.6 billion by 2015 on account of unhealthy life styles and faulty diet.^[1] Indian Council of Medical Research (ICMR) and other Institutes conduct studies on lifestyle disease. According to ICMR India State-Level Disease Burden Study report "India: Health of the Nation's States", the estimated proportion of all deaths due to Non-Communicable Diseases (NCDs) has increased from 37.09% in 1990 to 61.8% in 2016.^[2] So a health oriented life style should be developed and strict routine should be followed. Regarding the matter there are immense scope in Ayurveda.

In Ayurveda there are so many informative themes which can contribute a lot towards modification of life style and preventions of diseases. By following these rules one can stay fit as well as can be far from dreadful diseases. In *charak samhita*, purpose of this healing science, the Ayurveda is clearly mentioned i.e. "swasthasy swasthaya rakshanam, aturasaya vikar prashmanam cha" which not only give information about treatment of ailments but also for maintaining good health and live long.

Dincharya and its practical aspect

Daily activities performed by human being regarding *Aahar* (diet) and *Vihar* (living style) is known as *Dincharya*.^[3] These are the daily practices which should be carried out to promote optimal health. Here are some rules which increase strength of body. Immunity will be maintained and *Tridosh* will be balanced if these protocol is followed properly.^[4]

<i>Dincharya</i>	Description	Clinical significance
1. <i>Brahmamuhoorat Jagaran</i>	Getting up in <i>Braham Muhoorat</i> means 2 hrs before sun rise is suitable time to acquire <i>Brahmam Jnanam</i> (knowledge). This time period is known as "Amrit Bela".	The projection of first sun light prevents many disease and enhance our immunity.it reduces stress level and increase positivity.
2. <i>Malmutra pravartanam</i>	Whenever urge comes naturally, defaecation and micturation should be performed. These urges should never be suppressed.	Regular bowel habit detoxify our body and make us free from constipation, hemorrhoids, IBS etc.

3. <i>Dantdhawanam and Jihwanirlekhnam</i>	Cleaning of teeth with 12 finger long, straight, sharp one end crushed fibrous root (<i>Datun</i>) like <i>Calotropis gigantea</i> , <i>Ficus bengalensis</i> , <i>Acacia catechu</i> , <i>Pongamia pinnata</i> etc. Cleaning of tongue with a thin 10 finger long spatula made of gold, silver, copper or soft wood or leaf.	Oral hygiene is very essential for good health as it reduces risk of cardiovascular disease, cancer, infertility and diabetes. It is also beneficial for healthier pregnancy and healthier lungs.
4. <i>Anjanam</i>	Application of preparation of collyrium viz. <i>souveeranjanam</i> daily in both eyes. Application of <i>Anjanam</i> called <i>Rasnjanam</i> every 5th day or 8th day.	It improves visual power and protect the eyes from <i>Kapha dosha pradhan</i> eye disease.
5. <i>Nasayam</i>	Apply nasal drops prepared using oils, viz. <i>Anuthailam</i> .	This is used for healthy head, shoulders, chest and sense organs. It also prevents wrinkles, baldness & discolourations.
6. <i>Gandusham/kavalam</i>	This is done with oil, decoctions, honey, milk, water etc.	This is used for healthy mouth, teeth, tongue, gums, lips and voice.
7. <i>Abhayanga</i>	Application of oil all over the body especially on head, ear and feet with gentle massage.	It strengthen our body, reduce fatigue and numbness, provides sound sleep, good for healthy eyes and cracking of feet. It has great role in stress related disorder.
8. <i>Vyayamam</i>	Carrying out exercise daily using half the physical strength of person till sweating started.	It provides strength, improves digestive power and reduces obesity. At least 30 minutes daily exercise is mandatory for good cardiac activity.
9. <i>Udavarthanam</i>	After <i>Vyayama</i> , <i>Udwarthan</i> is indicated. It should be done opposite to the direction of hair growth.	Due to <i>Vatahar-Kaphahar</i> property, it's good for <i>Kaphadoshaj vikar</i> . It provides strength to organs, increase glow and tone of skin and has excellent work against obesity.
10. <i>Snanam</i>	Everyday bath should be taken from luke warm water and head should be washed with cool water or according to the season.	It improves digestion, provides longevity, body becomes active and healthy. Body become free from all sorts of infectious and contagious disease.
11. <i>Vastradharanam</i>	Always carry neat and clean dress.	Proper dressing provides dignity in a cultured assembly. Neat and clean dress is also necessary for good hygiene and prevention of certain skin diseases.
12. <i>Sugandhalepanam and Pushpamaladharanam</i>	Uses of perfumes and good ornaments.	Use of perfumes and flower of medicinal plants like <i>Chanadan</i> and <i>Keshar</i> provides pleasure of mind. It creates good perceptions and positive aura.

Ratricharya and its practice aspect

How we should spend our next half day, this context is discussed here. After finishing the day work one should wash hand, face, feet and mouth. The ideal time for evening meal is between 7 to 9pm. Meal should be light and easily digestive. Last meal should be quite a long time before bed time. Late dinner is a hazardous health issue causes indigestion, heart burn, acidity because digestion cannot occur properly by sleeping just after taking meal.

A gentle walk should be done after meal, before going to sleep. According to *Acharya Shushruta* after taking meal

one should sit straight on his back for 5-10 minutes and then walk about 100 steps then should go to bed and lie on left lateral side.^[5]

Sleep should be adequate it improves the power of digestion removes fatigue and restores equilibrium in the body. Bed should be comfortable, as it provides utmost relief and rest and adequate sleep causes all around improvement of the body organs to allow replenishment and other anabolic activities.^[6]

Ritucharya and its practice aspect

According to *Ayurveda*, an individual can lead to promotion of strength and complexion only if he knows the wholesomeness according to different seasons dependent on behaviour and diet. The year has six parts according to division based on seasons. In *Ayurveda* the year is divided into two *kals*.^[7]

- *Aadana kaal / uttarayana* (Northern solstice)
- *Visaraga kaal / dakshinayana* (southern solstice)

Seasons in *Aadana kaal / Uttarayana* are *Sisira, Vasanta & Grishma Ritu*. Seasons in *Visaraga kaal / Dakshinayana* are *Varsha, Sharad & Hemant*. In the

beginning of *Aadana Kaal* and in the end of *Visaraga Kaal* maximum strength is seen in human body, in the middle strength is moderate and weakness occurs in the end of *Aadana Kaal* and in the beginning of *Visaraga Kaal*. This is the way to consider strength and immunity of our body according to seasons and to follow diet and practices accordingly.

Here is description of six season regimens and probable cause behind following these rules. By following these protocols *Tridosh* will be balanced always and immunity power will be enhanced.

Ritu	Suggestive protocol	Significance
<i>Hemant Ritu</i> (winter)	<i>Vatadosha</i> aggravates due to cold, dry, chilly atmosphere in this season hence <i>vataghna, pittavardhaka</i> diet is recommended. Hot, sweet, sour and salty food, milk, sugarcane, rice, oils and fats are advised.	<i>Jathtargani</i> is increased because heat is conserved in body due to atmospheric cold. So it would be proper to take heavy meals in this season otherwise it will burn away the <i>Rasadi Dhatus</i> .
<i>Shishir Ritu</i> (Dew season)	In this season more cold and rains are present along with cold wind. The regimen is same as that of <i>Hemanta Ritu</i>	same as that of <i>Hemanta Ritu</i>
<i>Vasant Ritu</i> (spring)	Bitter, hot and astringent diet is advised while salty, sour and sweet food as well as day sleep should be avoided. Wheat, barley, honey syrup, fruits like mango, jack fruit-etc. and meat of forest animals is advised.	As these diet and activities aggravate <i>Kapha</i> , consequently <i>Mandagni</i> will occur and undigested food i.e. 'Ama' will formed. Which is responsible for formation of various diseases So <i>Kaphagna</i> diet is followed.
<i>Grishma Ritu</i>	Due to hot climate, aggravation of <i>Pitta</i> occurs. Hence <i>Pitta</i> pacifying cold, liquid, sweet and oily diet is advised. Excessive hot, spicy, sour salty diet should be avoided. Intake of rice, milk, ghee, sugar, grapes, coconut water, meat of forest animals are advised.	The sun rays are intense and scorching in this season. The intense rays of sun dry unctuousness and moisture in the body and surroundings, which leads to decrease of <i>Kapha</i> and accumulation of <i>Vata</i>
<i>Varsha Ritu</i> (Rainy season)	The food should be hot, dry, fatty and easily digestible. Preserved rice, wheat, barley and mutton soups are advised. Avoid cold drinks, day sleep, dews, river water, excess physical exercise.	In this season body is weak and digestion become poor due to <i>Agnimandya</i> , which cause <i>Kaph Pitta prakopa</i> . Due to improper nourishment of <i>dhatus</i> there is <i>Vata vriddhi</i> . Diseases caused by <i>Vata vriddhi</i> like joint disorder precipitate especially in this season. Hence <i>vata shamaka dravya</i> is preferred.
<i>Sharad Ritu</i> (Autumn)	In this season, sweet, light, cold, slightly bitter and <i>Pitta</i> pacifying food and drinks should be taken in proper quantity. Hot, sweet, sour and salty food, milk, sugarcane, rice, oils and fats are advised.	During this season the person having adjusted to rains and cold are suddenly subjected to the heat of sunrays which leads to aggravation of accumulated <i>Pitta</i> .

Sadvritta (code of conducts) and its practice aspect

In this context rules of life are described which makes good people with good behavior. For the maintenance of good health and mind, these rules are elaborated in *Ayurveda*. *Acharya charak* described that these rules bestows *Arogyamindriyavijayam* i.e. both healthy physic as well as healthy mind. These conducts are significant due to closely pertaining to origination of disease.^[8]

Pragyaaparadh, is called the error due to low or poor cognitive functions. It should be avoided for pacifications and equilibrium of sense organs and to be free from all misconceptions and unlawful deeds. These are the way for prevention of diseases. Some important values and principle that should be followed are:-

◆ Not to get addicted for sensory pleasures	◆ Practice of meditation everyday for peacefulness of mind
◆ Always act in courteous and polite manner.	◆ Speaking truth and politely
◆ Not to harm anyone by actions or by words.	◆ Controlling of sense organs
◆ Always be regular in daily routine.	◆ Respect elders and behave decently
◆ Help others and spread good knowledge	◆ Have faith on God and to become His true devotee.

Acharya Rasayan and its practice aspect

In this context, here is again do's and don'ts of life like *Sadvritta*. Both themes are same but this topic is described under a broad heading of *Rasayan*. *Rasayan* are those drugs which specifically mentioned for strong immunity like *Haritaki*, *Guduchi*, *Amalki*, *Shankhpushpi*, *Pippali* etc.

So here, *Acharya Rasayan* means that if someone does not use *Rasayan Dravya* regularly but still if only *Acharya Rasayan* is followed then it has power of enhancing immunity and also the soulfulness of mind. In this way these factors have great role in prevention and treatment of psychosomatic disorder.^[9]

Astha aaharvidhivisheshayatana and its practice aspect

'*Aahar*' is widely described in various *Ayurvedic* text. '*Dehoaaharsambhavaha*' means our body is supposed to be originated from *Aahar*. The food enhances vitality, strength & makes the body sturdy. *Astha aaharvidhivisheshayatana* is defined as the method and quality of taking food systematically.

Eight factors have to be considered before taking food. They are *Prakriti* (Natural qualities), *karan*(Processing), *Samyoga* (combination), *Rashi* (quantity), *Desh* (habitat), *kal*(time), *Upayog samstha* (Rules of taking food) and *Upyokta* (one who takes food).^[10]

Rule of Aahar	Description
1. <i>Prakriti</i> (Natural qualities)	This is the natural properties of food substances whether it is <i>Guru</i> (heavy) or <i>Laghu</i> (light). <i>Laghu aahar</i> can be taken in more quantity than <i>Guru aahar</i> . That means these qualities decide quantity of food.
2. <i>karan</i> (Processing)	This is the process of refinement of the natural products i.e. imparting other properties. In this way efficacy can be enhanced and toxicity can be suppressed of food articles.
3. <i>Samyoga</i> (combination)	Combination of two or more food article. This exhibits those peculiarities which are not seen in case of individuals substances.
4. <i>Rashi</i> (quantity)	Food taken in properr improper quantity. It consist of <i>Sarvgraha</i> (total account) and <i>Parigraha</i> (individual account).
5. <i>Desh</i> (habitat)	It denotes suitability of the substances in respect to place because properties of substances and its action changes according to their originating place.
6. <i>kal</i> (time)	This is conditional (<i>Aawasthik</i>) and eternally moving (<i>Nityag</i>). In <i>Aawasthik kal</i> , one should take <i>Aahar</i> according to disorder and in <i>Nityag kaal</i> it should be taken according to the season.
7. <i>Upayog samstha</i> (Rules of taking food)	It denotes rule for dietetics. This depends upon digested food. Next meal should only be taken when previous one is digested.
8. <i>Upyokta</i> (one who takes food).	<i>Upyokta</i> is one who consumes the food. Users habit decides the suitability of food. (' <i>oka-satmya</i> ')

These are the factors which are mutually beneficial for method of dietetics. One should try to understand and follow these rules, as proper diet is the backbone for maintaining good health.

CONCLUSION

It is important to follow a strict routine as described under '*Dincharya*', '*Ratricharya*' & '*Ritucharya*'. As it has been said that, "The secret of your future is hidden in your daily routine." Concept of '*Sadvratta*' and '*Achar rasayan*' provides mental health and check psychological disorder. Dietary habit and methods can be well known through '*Ashta AaharVidhiVisheshaytan*'.

So, it is expected that these guidelines provided by informative themes of *Ayurveda* will be definitely helpful to rationalization and standardization of health promotion. Now the time has come to spread the knowledge of *Ayurveda* upto the very root of society for the welfare of human being.

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