

**ROLE OF AYURVEDA IN LIFESTYLE DISORDERS**

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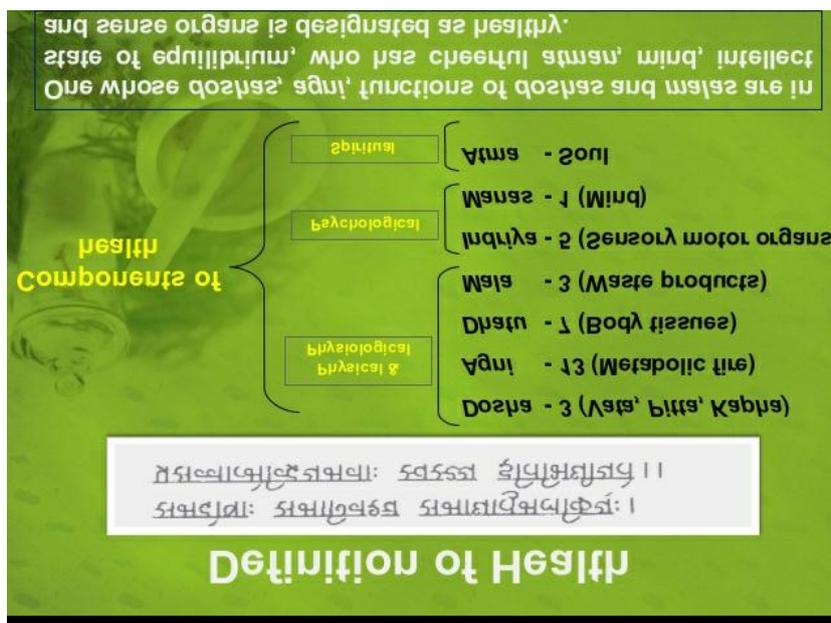
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**ABSTRACT**

Lifestyle diseases are diseases that are caused partly by unhealthy behaviours and partly by other factors. Ayurveda, the oldest holistic healing system was developed in India thousand years ago. The principle of Ayurveda is the wellness of human being and that depends upon the balance between three elements- body, mind and spirit.

The main ideology of Ayurveda is not to treat the disease but to resist the disease. It promotes good health through healthy lifestyle.



**Aim and Objective**

1. To focus and define the principles of Ayurveda on natural lifestyle modification.
2. To define the guidelines to update the lifestyle and thus emphasize the impact of mental health maintaining physical health.

**WHO list of most common Lifestyle Diseases**

- Infertility
- CVDs
- Diabetes Mellitus

- COPD
- Cancer
- Asthma
- Disease of digestive system (Peptic Ulcers, GERD)
- Genitourinary conditions (Nephritis, CKD)
- Neuro-psychiatric disorders (Depression, Anxiety, Stress)

Importance of daily health regimes in Ayurveda  
Ayur = life, Veda = Science

It incorporates all aspects of life whether physical, psychological, spiritual or social. What is beneficial and what is harmful to life, what is happy life and what is sorrowful life; all these four questions and life span allied issues are elaborately and emphatically discussed in Ayurveda.

### Ayushkameeyam



**Dinacharya** means the "appropriate daily regimes" which should be followed the way of Ayurveda for a physically, mentally and spiritually healthy life.

### Dinacharya

Right from waking up in the morning till sleeping at night, all the daily routines have been given utmost importance in Ayurveda.

#### Awakening from sleep

- There is a well known proverb – "Early to bed, early to rise makes a person healthy, wealthy and wise. According to Ayurveda - One who is desirous of a long, healthy life should wake up at the time of – "Brahma Muhurta"
- Brahma muhurta - means approximately 1 to half hour before sunrise.
- Brahma = Knowledge. 'Brahma muhurta' is the best time for gaining knowledge Answering nature's call.
- Evacuate your bowels
- You can train yourself to do at this time
- If your digestion is normally sluggish, drink a glass of warm water
- Do not avoid answering the nature's call
- Do not strain too, if you do not have the urge
- After this wash your hands clean and splash.
- Some clean water on your face.

#### Brushing teeth (Danta-dhawan)

When to brush teeth?

- Ayurveda mentions that teeth must be brushed – In morning and after eating food

#### What to use for brushing?

According to Ayurveda, twigs of the following herbs can be used to brush teeth

Providing guidelines on ideal daily and seasonal routines, diet, behaviour and the proper use of our senses, Ayurveda reminds us that health is the balanced and dynamic integration between our environment, body, mind and spirit.

Arka, vata (banyan tree), khadira, karanja, nimba- is best among bitter herbs. In absence of twigs "powders" of herbs like triphala, trikatu and trijatak can be used.

#### Benefits of brushing teeth

1. Freshens up the mouth
2. Removes bad odour from the mouth
3. Removes coating on teeth
4. Alleviates 'Kapha'
5. Increases desire for food
6. Makes one feel pleasant

#### Tongue-scraping (Jihwa-nirlekhana)

Benefits of tongue-scraping

- Removes bad taste from mouth
- Eliminates bad odour of mouth
- Reduces swelling of tongue
- Relieves stiffness of tongue
- Enhances the sense of taste.
- Thus helps maintain oral hygiene
- Stimulates the taste buds

#### Gargling (Gandusha)

Fluids used for Gargling

- Fluids like Sesame oil, honey, milk, meat soup, rice gruel, herbal decoctions
- On daily basis gargling is usually done with sesame oil, or meat soup.

#### Benefits of Gargling (Gandusha)

1. Strengthens the mandible
2. Improves voice quality
3. Nourishes the face
4. Enhances taste-perception

5. Prevents drying of throat, chapping of lips and tooth-decay
6. Strengthens teeth and gums
7. Reduces hypersensitivity of teeth to sour taste or hard food substances

#### **Mouth-wash (Kawal)**

- Mouth wash (Kawal) is very similar to gargling (gandusha).
- The only difference is that in this method the movement of rinsing the fluid in the mouth is done

#### **Collyrium (Anjanam)**

- "EYE" is the most important among all sense organs.
- Hence "COLLYRIUM" is applied to the eyes to protect it from various eyes diseases.
- It is useful to maintain the health of the eyes.
- Sauviranjana: Collyrium made from Antimony; applied daily for protection of eyes Rasnajanam : Collyrium made from Berberis aristata (Darvi); to be applied once in 5 /8 night for facilitating good lacrymation

#### **Benefits of collyrium**

- Cleanses the eyes
- Improves vision
- Generates a shine and twinkle in the eye
- Protects and cures various eye diseases

#### **When not to apply collyrium**

- Exhaustion
- Crying
- After alcohol intake
- Anger, fear
- Suppression of natural urges
- Diseases of the head
- Redness and pain in eyes, swollen eye
- Excessive watering of eyes

#### **Medicated smoke inhalation (dhumapana) and its benefits**

- Relieves heaviness of head.
- Relieves hoarseness of voice.
- Relieves rhinitis and neck stiffness.
- Relieves Pain in the eyes and ears.
- Relieves cough and hiccough.
- Relieves dyspnoea, Relieves lock jaw.
- Relieves obstruction of the throat.
- Strengthens the teeth.

#### **Purpose of medicated smoking?**

- Some part of the increased vitiated Kapha in the head region is instantly eliminated by inhalation of Medicated herbal smoke (Dhumapana)
- Hence it is suggested following collyrium application. Time for inhalation of medicated smoke
- After bathing

- After eating
- After tongue-scraping
- After sneezing
- After brushing teeth
- After nasya (nasal instillation)
- After applying collyrium
- After sleep

#### **Nasyam (Nasal drops or instillation)**

1. NASYAM means administration of medicated oil or ghee through the nostrils What to use as Nasal drops?
2. A herbal medicated "Oil" specially indicated for Nasal instillation on a daily basis is – Anutailam
3. "Anu thailam"- Anu thailam is specially conducive to spreading into minute channels of the body. 2-Nov-14 29 Signs of appropriate Nasal instillation
4. Lightness of head
5. Sound sleep and waking up in time
6. Cure of diseases
7. Pleasant mind
8. Clarity and proper functioning of all the sense organs Exercise (vyayama)

#### **Signs of appropriate exercising**

1. Sweating
2. Increased respiration rate
3. Lightness of the body
4. Increased heart rate

#### **It nourishes the body**

1. Gives good complexion
2. Maintains proportionate body parts by improving the musculature.
3. Enhances the digestive power
4. Prevents laziness; lightness of the body detoxifies the body
5. Increases tolerance to exertion, heat or cold

#### **Rules for Exercise according to Ayurveda**

- Heavy exercise should be done in the winter and spring season.
- Mild exercise should be done in all the remaining seasons.
- Walking daily increases the life span, strength, intelligence

#### **Walking improves digestion and health of "indriyas" or sense organs Abhyanga (Oil Massage)**

- Use lukewarm oil for Abhyanga, Oil selected depending on season, dosha predominance & condition, but "Sesame oil" is best 7 Positions for Abhyanga-Sitting ,supine, left lateral, prone, right lateral, supine, sitting again

#### **Benefits of Daily Abhyanga (oil massage)**

1. Delays ageing process
2. Relieves fatigue and relaxes the body
3. Helps cure vata diseases

4. Improves vision
5. Improves skin complexion
6. Nourishes the body
7. Improves Sleep
8. Strengthens the body; Increases the life span

#### **Padabhyanga (Foot massage)**

1. Reduces dryness of body
2. Removes the stiffness or numbness in legs
3. Relaxes the feet
4. Gives strength and stability to feet
5. Improves health of 'eyes'
6. Pacifies vata
7. Prevents – Sciatica, cracking of feet and muscle stiffness in the legs

#### **Shirobhyanga (head massage)**

- Head massage should be done daily

#### **Benefits of Daily 'Shiroabhyanga'(Head massage)**

- Prevents hair-fall
- Prevents early graying of hair
- Strengthens hair roots
- Gives nourishment to all the sense organs like – eyes, ears, nose, tongue and skin
- Gives good complexion to face
- Good and sound sleep

#### **Udwartana**

- Means- Massaging the body with fine powders (churnas) of various herbs of astringent taste.
- It is mainly done after oil massage
- Sometimes paste of herbal powders can also be used

#### **Benefits of "Udwartana"**

- Reduces excess kapha dosha, body fat and heaviness of body
- Strength and stability of body
- Clear and healthy complexion to skin
- Dilates blood vessels
- Prevents rashes and itching

#### **Benefits of Daily bath**

1. It is sacred
2. Helps live a long life
3. Improves strength of heart
4. Increases "Oja"
5. Relaxes the body
6. Removes excess sweat, itching, foul body odour and drowsiness

#### **Washing feet**

1. Cleans the feet
2. Cure foot-diseases
3. Relieves tiredness
4. Good for health of 'eyes'
5. Prevents growth of germs Other daily regimes are :  
Wearing comfortable clothes depending on the climate – enhances beauty, pleases mind

#### **CONCLUSION**

- Unhealthy life styles are the principal causes of modern day illnesses
- In recognizing the importance of years of life,
- This wellbeing or wellness associated with social, mental, spiritual and physical functioning. It is possible only by these therapies.
- While explaining health Acharya Susrutha says that health does not mean only the absence of disease but it means that mind and spirit should also be happy. Complete psychosomatic equilibrium is the key to health.
- So health management is free and enjoyable but disease management is costly and painful.
- So every one should follow the dinacharya.