

YOGA: AN ANSWER TO LIFESTYLE DISORDERS

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ABSTRACT

Man is running blindly after material pleasures and is ready to pay any price for it. In this modern age of advanced technology, communication, electronic gadgets, the level of facilities available for our convenience has increased but it has somehow also lead to an increase in our problems related to psychosomatic and spiritual health. Human life is more stressful in the present era. A particular lifestyle of person is a cumulative product of his/her physical capacity coordinated with psychological functioning displayed in the form of habits, behaviors, dietary and living pattern based on his own training sought from childhood and also gained from his immediate companions including parents, siblings, peers etc. Lifestyle disorders are primarily resulted due to improper diet (mostly fat & sugar rich diet) and dietary patterns, lack of exercise (sedentary lifestyle), bad habits like alcohol drinking, smoking, uncontrolled desires, late night sleep, day sleep and psychosocial stress. Common lifestyle disorders include hypertension, coronary artery disease, bronchial asthma, diabetes mellitus, obesity, chronic liver diseases, psoriasis, arthritis, cancer, etc. An association between such faulty life style and Lifestyle disorders was reviewed from different ancient Indian classics. The subject material has reviewed from different related journals and also searched on internet.

Yoga provides great options for the prevention and management for lifestyle disorders, particularly, Yoga has been found effective to manage work related stress. Different Yoga practices works on the principles of proper relaxation, proper exercise, proper breathing, proper diet, positive thinking and meditation. Yoga based lifestyle involves life style modification based on the concepts of promotion of psychosomatic and spiritual health and proper living. This way Yoga is found more effective for promotion of psychosomatic & spiritual health, prevention and management of lifestyle disorders and rehabilitation as well.

KEYWORDS: Lifestyle Disorders, Yoga, Yogic Practices, Yoga Based Lifestyle, Stress