

AYURVEDIC APPROACH TO THE PREVENTION AND MANAGEMENT OF LIFESTYLE DISORDERS

SUDHARMA. I. KODITUWAKKU¹ & SATYAPAL SINGH²

¹M.D. Scholar, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences,
Banaras Hindu University, Varanasi, Uttar Pradesh, India

²Research Scholar, Department of Kayachikitsa, Faculty of Ayurveda, Institute of Medical Sciences,
Banaras Hindu University, Varanasi, Uttar Pradesh, India

ABSTRACT

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 the faulty daily habits like smoking, alcohol consumption, day sleep, fat and sugar rich diet, late night sleep etc. and an inappropriate relationship of people with their environment. An association between such faulty life style and Lifestyle disorders was reviewed from different Ayurvedic classics. The subject material has reviewed from different related journals and also searched on internet. Lifestyle disorders are non-infectious and non-transmissible, but are likely to continue progressively unless intervened.

Ayurveda offers several strategies/measures related to lifestyle which include Dincharya (daily regimen as per the daily biological clock), Ritucharya (seasonal regimen), Daivavyapashraya Chikitsa (divine/spiritual therapy), Satvavajaya Chikitsa (psycho-behavioral therapy), regular Panchakarma (regular internal bio-purification with five principal measures), Rasayana (rejuvenative measures), Sadvrata (ideal routines) and Achara Rasayana (code of good conducts) and Ahara Vishayak Vihara (dietary patterns and discipline of eating). These measures help to modify lifestyle, promote psychosomatic health, reduce psychosocial stress and thus help in prevention and management of a wide range of lifestyle disorders and therefore, ultimately serve as measures for maintaining overall well being and for better living. In this way, the present review article has discussed the different regimens/measures regarding diet and lifestyle modification as mentioned in the Ayurvedic classics and their impact on lifestyle disorders.

KEYWORDS: Dietary Patterns, Discipline of Eating, Lifestyle, Lifestyle Disorders, Psycho-Social Stress, Rasayana