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RESEARCH ARTICLE

LIFE STYLE DISORDERS AND AYURVEDA

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ABSTRACT

Life style disorders are ailments that are primarily based on day to day habits of people. Habits that detract people from activity and push them towards a sedentary life style which can cause number of health issues that lead to chronic life style disorders which can have near life threatening consequences. Most common life style disorders are diabetes, heart disease, stroke, Alzheimer disease, arteriosclerosis, cancer, nephritis, CRF, COPD, chronic liver disease, cirrhosis, PCOD, anxiety, depression. In India non communicable diseases accounts for 60% mortality rate annually. Life style diseases are globally killing approx 38 million people every year. Where as in India one out of four is at risk of dying from life style disorder.

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INTRODUCTION

The world wide percentage of life style disorders increasing and now becoming chief cause of death. Life style disorders vastly increasing due to change in life style, sitting habits, lack of exercise. Habits which discourage people from engaging in mental/ physical activities and encouraging sedentary behavior can lead to variety of diseases including chronic non communicable illness with potential fatal outcome. **AIM:** Preventive and curative management of life style disorder through Ayurveda.

OBJECTIVES: To evaluate Ayurvedic management for life style disorders.

MATERIALS AND METHODS

Nidan Parivarjana.
Dincharya.
Ritucharya.
Rasayana Therepy.
Sadvritta.
Daiva Vyapashraya Chikitsa.
Satvavajaya.

NIDAN PARIVARJANA: Ayurveda is the science which provides health as it deals with prevention and promotion of the health. Ayurveda has explained Trisutriya Ayurveda named as Hetu, Linga, Aushadhi. Here Hetu stands for Nidana. To prevent and manage the disease it is important to follow first line of treatment in Ayurveda that is Nidana Parivarjana.

DINCHARYA: Ayurveda believes that our well being is deeply connected to the cycle of nature following a routine which helps to regulate bodily functions and promotes a sense of balance and stability. Ayurveda recognizes the intimate relationship between the Shareera and Mana hence practicing Dincharya aim to nurture well being of a person.

RITUCHARYA: Ritu is season and Charya means discipline it consist of life style and Ayurvedic diet to cope with physical and mental changes caused by seasonal changes. Following Ritucharya balances all the Tridosha and keeps us healthy throughout the year.

PANCHAKARMA: The five technologies including Vamana, Virechana, Asthapana Basti, Anuvasana Basti, Nasya followed by Snehana and Swedana are called as Panchakrama. In order to maintain well being in healthy individual to restore balance

in diseased person Panchakarma plays a very important role. Panchakarma helps to extend the quality of life and life span.

RASAYANA: Rasayana is advised to take particularly in geriatric age to seek disease free life. Most Rasayanas produce their nourishing and rejuvenating effect by promoting Agni resulting in improved nutritional status which further leads to an improved quality of Dhatu.

DAIVA VYAPASHRAY CHIKITSA: Treating the disease with the help of mantra, Aushadh, Manidharana, Upawas, Homa, Niyama, etc is called Daiva Vyapashraya Chikitsa With the help of this Chikitsa one can treat mental as well as physical diseases. Eg anxiety, depression.

DISCUSSION

Life style disorders are linked to the way of people's behavior, eating habits, living strategies, environment. Ayurveda offers various methods to manage life style disorder. Ayurveda has proven its role in this area. The other systems do not have any answer than the supply of nutritional food and physical activities. Most common life style disorders in India are diabetes, heart diseases, cancer, PCOD, CRF, Liver cirrhosis, etc.

CONCLUSION

Ayurveda has proven its role and importance in the area of life style diseases. Ayurveda has mentioned appropriate Ahara and Vihara to protect the health and disease free life.

By following Nidana Parivarjana, proper Ahara Vihara, Dincharya, Ritucharya, Panchakarma procedures Rasayana, Achara Rasayana and Sadavritta, Daiva Vyapashraya Chikitsa one can protect himself from various life style disorders and live a healthy life style.

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