

Lifestyle Medicine - An Adjuvant to Contemporary Medicine With Reference To Lifestyle Disorders

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Abstract: Alteration in lifestyle, living standard was meant to be a need of progressive, developing era but eventually today's lifestyle itself stands in the of list of factors responsible for lifestyle disorders. Human being for better, luxurious and sedentary lifestyle has compromised with own health and has invited a cup of diseases towards his own share. The relationship and impact of day to day events on the health of an individual and its cumulative impact on the community is the issue of interest to look after.

Unfortunately the diet and lifestyle itself are the main two factors having great influence over susceptibility of - Chronic liver disease or Cirrhosis, Chronic obstructive pulmonary disease (COPD), Type 2 Diabetes, Heart disease, Chronic renal failure, Stroke, Depression, Obesity and many more.

Ayurveda advocates primarily over prevention of wellness of healthy one from being diseased. Prior going to treatment modality it also states other ways to prevent a subject from being diseased with measures including Achar Rasayana, Dincharya, Rutucharya, Yoga, Adharniya Vega, etc.

It emphasizes more on the three biological energies – Doshas who are the three musketeers of sense of a living being viz. Ayu. Whose equilibrium restores, sustains the health and its contrast is landing into loads of diseases. The present topic will deal in length about the phase wise role of Ayurvedic lifestyle in encroaching lifestyle disorders.

Key Words: Lifestyle disorder, Achar Rasayana, Dincharya, Rutucharya, Yoga, Adharniya Vega.

Introduction:

Today health care and disease management has progressed a lot but somehow every integrative pathy is strongly focusing on the change in the routine lifestyle. This is completed under a new branch today named-lifestyle medicine. Lifestyle medicine is an inter-disciplinary medicine branch covering lifestyle modification, public and environmental health. The lifestyle medicine is an adjuvant which conjoins the better aspects of public health through lifestyle modification with the same through clinical medicine. Even though the lifestyle medicine is often prescribed along with the package of clinical medicine as a supportive one; but it has a lot of importance while going across the disease. For achievement of better health aspects the lifestyle medicine should be practiced on first and prime basis so there is hardly any chance to practice conventional clinical medicine later on.

Looking far more for the leading causes of mortality, morbidity and health care costs worldwide it has now became the need of human fraternity to go for a new of medicine or treatment modality which is none other than- Lifestyle medicine. This is a branch of medicine which deals with the preventions, management and more and more evolutions in the causes underlying the origin of lifestyle diseases.

Aims & Objectives:

1. To highlight the concept of lifestyle medicine in relation with Lifestyle disorder

2. To emphasize on the preventive measures of lifestyle disorders, role of *Ayurveda* in such diseases.

Methodology:

1. A keen compilation of different meanings from *Samhita* and *Ayurvedic* treatise related to topic.
2. Elaborate the topic by referring different outsources as articles, notes from internet, media.

Observation & Discussion:

The causes of lifestyle diseases majorly include-

- 1) Dietary changes
- 2) Physical inactivity
- 3) Tobacco addiction
- 4) Excess Alcohol consumption
- 5) Stress (Physical, Psychological, Social)
- 6) Lavishing, Sedentary lifestyle
- 7) Excess use of electronics and telecommunications

Ayurveda here stands a different and precise from others stating the basic three causes for lifestyle diseases-

1) *Asatmyendriyartha samyoga*

When there are defective, abnormal sensory and motor activities of a subject, it may lead to a disturbed, impaired control and co-ordination of activities-physical, psychological, social and intellectual as well. This is a prime cause which may land up into an enormous lifestyle adulteration and lifestyle diseases.

2) *Pradnyapraadha*

The abnormal working mechanism of *Indriyas* may alter the intellectual aspect of a human being leading to a state of dilemma, lack of decisiveness, lack of confidence, narrow self esteem. All this may proceed further to have a psychological complex of diseases.

3) *Parinama*

Time, season factor is yet another one which has an impact on overall health of a human being. The intervention of lifestyle modification itself sets into controversy against the change of season and climacteric condition which are most un-expectable now-a-days.

Apart from these the doshas are being highlighted for creation of any disease or sustenance of integrity of overall health of body. –*Rogastu dosha vaishamyam dosha samyam arogtā*

Lifestyle Disorders: A Global Review:

According to WHO, 60 to 85% of people in the world—from both developed and developing countries—lead sedentary lifestyles, making it one of the more serious public health problems of our time.

The second most disastrous set of diseases after communicable ones are those which do fall in list of diseases occurred from lifestyle modifications itself. These may include- Coronary Artery Diseases, COPD, Strokes, Depression, Diabetes, Obesity, Hyperlipidemia, Hypertension, Skeletal Disorders, Cancers, HIV / AIDS and many more. With the advances in Industrialization, economic liberalization, expansion of information and communication technology etc. humans have altered their health style of the community. On the other hand better living conditions and enhanced health care facilities have increased the longevity of people. This overall scenario leads to a drastic increase in the incidence of long term and chronic diseases much more in the developing countries.

The improvement in sanitation and hygiene maintenance by education, improved health care supports have indeed restricted a communicable and vector borne diseases as such- Malaria, Cholera, Polio, Small pox, Chicken Pox but lifestyle diseases which are majorly due to the choices that people make regarding their dietary regimen and living standards as well

Improvement in sanitation, health awareness and better medical facilities have reduced the incidence of communicable and vector born diseases like malaria, cholera and polio, but lifestyle

disorders are increasing both in urban and rural areas. Lifestyle disorders are due to choices that people make in their life. The good news is that most of the lifestyle disorders are preventable and many are even reversible.

Lifestyle Medicine:

Lifestyle Medicine is the use of lifestyle interventions in the treatment and management of diseases emerging out of alterations in lifestyle itself. Such interventions include diet rectifications, exercise, stress management, cessation of addiction of alcohol and drugs, and a variety of other non-drug modalities. Lifestyle modification was a need of medieval era to achieve a better standard of living. This has made human being living a very luxurious, sedentary lifestyle.

Hippocrates – is known as father of **Lifestyle Medicine**.

Intervention of lifestyle modifications such as diet and exercise to treat diabetes, what is today's - lifestyle medicine.

"Let food be your medicine, and medicine be your food" and "Walking is man's best medicine"

The lifestyle medicine emphasizes on:

- 1) Getting rid of the cause of disease-*Nidana parivarjana*
- 2) Assessment of lifestyle alterations
- 3) Evaluating the risk factors in relation to the *Prakriti* of particular individual.
- 4) Analyzing the opportunities for interventions of lifestyle
- 5) Prescribing an beneficial and optimal lifestyle
- 6) Analyzing the changes in the lifestyle disorders with the practice of lifestyle medicine
- 7) Tracking and follow-ups

Preventive Measures:

- 1) A strict NO to tobacco in any form
- 2) Avoid drugs and alcohol
- 3) De-stress yourself
- 4) Consumption of low energy dense food with few calories so that can be eaten in its full volume
- 5) Strictly avoiding the food with saturated fats, trans fats, cholesterol, excess salt intake
- 6) To go more with dietary regimen-
 - a) Adequate intake of green veggies, fruits and folic acid
 - b) Consume cereal dietary products in the form of whole-grain, high fiber form
 - c) Restrict the consumption of sweetened beverages, beverages in aerated liquid form
 - d) Restrict salt intake
- 7) Utility of more physical and mental power rather than use of machines and technology
- 8) Regular detoxification as our colon is not different from a dustbin where resides a enormous bacteria and variety of pathogens.
- 9) Draw some time daily for walking, mild to moderate exercise to maintain the weight.
- 10) Uptake more and more fresh oxygen daily.

Lifestyle Disorders & Ayurveda:

Being emerged as a science that explores not only the clinical perspective but also the ideal way of living, is needed to be practiced in today's modern era as well. There is a lot of progress in health care management systems to increase longevity of present life of human but the reality states that the overall lifespan of human is merely in the range of sixties to seventies. The time duration as classified according *yuga* shows that humans are tend to have a life of about 100years in this *kaliyuga*. But the living culture itself makes human to surrender his life at a very early age. So in this time period human fraternity is in search of every possible type of happiness which he or she can acquire and cumulate with themselves.

Human nature is very complex which is highly influenced by the principle of *Triguna- Sattva, Raja* and *Tama*. The things coming under lifestyle modification, improvisation is dully influenced by *Raja* and *Tama guna*. *Raja guna* is necessary for the initiation of desires to achieve – *Vishay-asakti*. This lust of human is so deeply rooted that it cannot be separated from it. It may be of any thing, object, and even behavior. This accumulates the *Tama guna* with its attributes inside body where the said *guna* is responsible for hindrance of activities leading laziness, lethargic and thus the physiological functioning of an individual is stuck thereby being the inevitable cause of new lifestyle disorder. The *Raja* and *Tama guna* eventually superimposes the *Indriya* and thus unacceptable, impaired combination of *Indriya* with their respective objects takes place. This gives rise to *Asatmyendriyarthasamyoga*. This is the route through which lifestyle disorders emerge. Exceeding any threshold limits may lead to lack of decisiveness and mental confusion. Thus without thinking about the possible outcomes one may eventually land up into trouble by taking harmful decision. This leads to *Pradnyapradha*. Even though the above two are manual outcomes the third factor is not under the voluntary control of an individual. This is *Parinam* factor. It means *kala* or the time or environmental clock which has a direct and indirect impact over body. This is also responsible for development of any disease growing due to lifestyle modification with the advancement of time period.

Role of Ayurveda in Lifestyle Disorders:

1) *Achaar Rasayana*

It is code of conduct that a human must keep practicing while being social, ethical, faithful. It is the one measure where there is no any involvement of drugs and is just a physical and mental conduct of a human. It can be broadly classified in three aspects-

- a) **Personal** – speaking always truth, not getting angry easily, well controlled emotions, avoiding alcohol intake and devoid of any harmful addiction etc
- b) **Social** - non-violence, expressing gratitude and respecting elders, teachers, Brahmin, and cows; speaking nicely and sweet words, etc.
- c) **Daily routine & Diet** – daily consumption of milk, ghee; having proper sleep; early to bed and early to rise

Benefits-

- a) Builds ones personality
- b) Improves the social relationship
- c) Improves the psychological approach of an individual
- d) Helps to understand ones role and responsibility towards society

This must be propagated at a very primary stage of one professional career. For this it is necessary to impart knowledge about this individually, mass education and also in the form of co-education as a part of one's educational syllabus to achieve better future human fraternity.

2) *Dinacharya*

Ayurveda recommends that in order to be healthy one should tune own body to the nature's master cycle which in turn regulates the various other rhythms. For this a planned daily routine must be practiced. This daily regimen which must be practiced throughout the day along with daily routine is *Dinacharya*.

This includes following events in chronological order-

- | | |
|--|---|
| a) Awakening early morning (<i>Bhramya murhurte uttisteth</i>) | e) Oleation of Nose by Nasal drops (<i>Nasya</i>) |
| b) Evacuation (<i>Mala Visarjan</i>) | f) Oleation of Ears by Ear drops (<i>Karnapurana</i>) |
| c) Brushing Teeth (<i>Dantadhavan</i>) | g) Whole body oleation and Massage (<i>Abhyanga</i>) |
| d) Gargling (<i>Gandusha</i>) | |

- h) Bath (*Snana*)
 i) Grooming (*Gandha malya vilepan*)
 j) Application of Collyrium (*Anjana*)
 k) Exercise (*Vyayama*)
 l) Yoga (*Pranayam*)
 m) Meditation (*Dhyan*)
- n) Meal (*Ahara*)
 o) Mouth freshner and digestive (*Tambula*)
 p) Profession
 q) Nidra (*Sleep*)

3) *Rutucharya*

The climacteric changes are also responsible to have a significant impact over body. So as there is change in climate one must go according to it so as to maintain the equilibrium of *doshas* inside the body.

Our present climate is classified into 6 different season viz. *Rutu*. With the change in the climacteric conditions one must be able to sustain the integrity of body and maintain the health by homeostasis which is easily done by adaptation to changing environment with proper schedule this is *Rutucharya*.

<i>Kaala (Semester)</i>	<i>Ritu</i>	<i>Masa (Month)</i>	<i>Season</i>	<i>Taste Predominance</i>
<i>Aadaana (Uttaraayana) (Northern Solastice)</i>	<i>Sisira</i>	<i>Magha-Phalguna (mid January to mid march)</i>	Cold and dewy	<i>Tikta (Bitter)</i>
	<i>Vasanta</i>	<i>Chaitra-Vaisakha (mid March to mid May)</i>	Spring	<i>Kashya (Astringent)</i>
	<i>Greeshma</i>	<i>Jyeshtha-Aashaadha (mid May to mid July)</i>	Summer	<i>Katu (Spicy)</i>
<i>Visarga (Dakshinaayana) (Southern Solastice)</i>	<i>Varsha</i>	<i>Shravana-Bhadrapada (mid July to mid September)</i>	Rainy	<i>Amla (Sour)</i>
	<i>Sharat</i>	<i>Aashvina-Kartika (mid September to mid November)</i>	Autumn	<i>Lavana (Salty)</i>
	<i>Hemanta</i>	<i>Margshirsha-Pausha (mid November to mid January)</i>	Winter	<i>Madhur (Sweet)</i>

4) *Yoga*

It bring stability both physically and more at psychological level. In today's life journey it is very important to maintain the inner peace. So one must try that no any external factor let disturb your inner peace and yoga is the best solution for this. It helps to lower blood pressure, improves strength, capability, stability, flexibility of body, improves posture, and enhances memory power with mind alertness. It is also helpful to make clear perceptions, acts as natural antioxidant therapy nourishing freshness and enthusiasm.

5) *Adharniya vega*

The natural urges are some different issues which are expected to arrive as an outcome after a certain metabolism which must be expelled outside in their proper limits. This concept has very well highlighted in *Ayurved* science along with its possible hazardous outcome as well. This gives us a clear indication to avoid the future inevitable and destructive circumstances. It is also said that one must not stop or neglect towards physical urges while the same at psychological and verbal level should be well controlled, suppressed. It nourishes one with the adaptability with environment and teaches approach towards social responsibilities.

6) Dietics as per *Triguna*

Sattva-Raja and *Tama guna* are the psychological attributes inside body which are also being nourished by the intake of food with their similar qualities. Even the holy epic *Bhagwadgeeta* has mentioned the significance of dietary regimen associated with the *Triguna* as –*Sattvik-Rajasik-Tamasik Ahara*.

Food which promotes life, vitality, strength, health, happiness and satisfaction, which are succulent, juicy, nourishing, pleasing to the heart, are dear to one in goodness (*Sattvik*). Food which are bitter, very salty, very sour, very hot, pungent, dry, causing burning, unhappiness, miserable and disease causing are palatable to one in passion (*Rajasik*). The food which is stale, tasteless, putrid, decomposed, foul and impure as well as the leavings of others is dear to the one in nescience (*Tamasik*).

7) Educational interventions

The Prakriti concept of Ayurveda needs to be educated on a public and mass level. The orientation to this aspect of Ayurveda may induce special interest of public towards lifestyle related disorders and their management through change in diet and lifestyle itself and ultimately towards Ayurveda. In Western and European countries the alarming mortality due to major non-communicable diseases as Cardiovascular disease (17 million); Cancer (7.6 million); Respiratory disease (4.2 million); Diabetes (1.3 million) has given a scope to emerge a new faculty or science to be studied i.e. Lifestyle Medicine. Many primary schools and even renowned institutes or universities as well are offering the lifestyle medicine courses and it is made to be practiced on a larger extent.

Looking keenly it shows that the same basics even into much more detailed version is available in Ayurvedic treatises which are almost thousands of years back.

Conclusion:

- 1) For better health and positive outcome early the intervention of above principles betters the quality of life.
- 2) It is easy to early recognize the cause for the lifestyle disorder and treating the same to prevent further complications and improve the outcome.
- 3) It provides stable and secure environment internally at psychological level making emotionally stable thus reducing vulnerability to develop upcoming lifestyle disorders.
- 4) *Ayurveda* ensures the complete care, management and prior to that prevention from landing up in lifestyle disorders.

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