



## Review on the Current Lifestyle and Contribution of Ayurveda

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### ABSTARCT:

The life has become complicated with constantly adding life style disorders, especially in these last two decades. Numrous changes have been taken place in the ultramodern life style related to food, sleeping nature, living styles, apparel style etc. Lifestyle intervention is now an important aspect in treatment of habitual complaint also. It has no side effects. Lifestyle medicine (LM) is a branch which includes operations of conditions, the use of lifestyle interventions like diet, exercise, stress management, de-addiction in the treatment and management of conditions. Vihara, Ahara vidhi and Achara described in Ayurveda classics exactly act with this discription of life style in ultramodern drug. These concepts are the base of life style explained in Ayurveda. They helpto help and cure the disorders.Numerous ultramodern generalities like circadian rhythm, Gut-Brain-Endocrine axis supports the benefits of good lifestyle. Present composition aims to unfold the concept of Lifestyle in Ayurveda classics and current life style.

**KEY WORDS:** Lifestyle, Ayurveda, Vihara, Ahara vidhi, Achara

### I. INTRODUCTION:

Man is now living with numerous comforts and luxuries. The life has come complicated with constantly adding life style disorders, especially in these last two decades numerous changes have been taken place in the ultramodern life style related to food, sleeping nature, living styles, apparel style etc. Investigation tools and therapeutic remedial phrasings are also at great ease now which can identify conditions at the tiniest land suppress it. In our hunt for happiness, health, peace and love, we've set up more diseases, internal uneasiness, unhappiness and loneliness. This means we're moreover going in the wrong direction or we're missing the root cause of the problem. It's time we take a deep breath, relax and suppose where we're heading.

Lifestyle disorder is a group of condition whose circumstance is primarily grounded on the diurnal habits of people and are a result of an unhappy relationship of people with their terrain.WHO states the top 10 life conditions in the world affecting health are Alzheimer's Disease, Arteriosclerosis, Cancer, Chronic Liver Disease/Cirrhosis, Chronic Obstructive Pulmonary Disease (COPD), Diabetes, Heart Disease, Nephritis/CRF, Stroke and Obesity.<sup>1</sup>

Lifestyle intervention is now an important aspect in treatment of habitual complaint also.It has no side goods. Lifestyle drug/medicine (LM) is a branch which includes operation of conditions, the use of life interventions like diet, exercise, stress operation, de-addiction in the treatment and management of conditions.<sup>2</sup> This is well explained in the ayurvedic textbooks as the main and the first end of ayurveda is to prevent the disease than the cure the disease.

This composition is an attempt by the authors to unfold the concept of lifestyle in Ayurveda classics related to the current lifestyle.

### II. MATERIAL AND MATERIAL:

Classical Ayurvedic textbooks like Charaka Samhita, Sushruta Samhita, Astanga Samgraha, Astanga Hridaya with their narrative and concerned motifs from the texts Kashyapa Samhita, Bhavaprakasha, Bhela Samhita and Kaiyyadeva Nighantu, exploration paper ,articles related to this content.

### III. REVIEW OF LITERRATURE:

#### Concept of lifestyle

Life is the way in which a person lives. It's a set of station, habits, or effects associated with a particular person or group. i.e.how, where and when a person is sleeping, playing, wandering, eating, swimming, walking etc.<sup>3</sup>

Vihara, Ahara vidhi and Achara described in Ayurveda classics exactly act with this description of life style.Vihara is classified as Niyata

kala (regular) and Aniyata kala (according to specific condition) by Arundatta.<sup>4</sup> Dinacharya and Ritucharya are the well explained viharas in Ayurveda. Aniyata kala vihara includes Viharas which are followed according to condition of person, can be taken as Vyadhi avastha.

Ahara is expalined in veritably important depthin ayurvedic samhitas as not only in Ahara Varga but also Ahara Vidhi vidhana (rules of diet) and Bhojanottara Vidhi (conducts after meal); Sadvritta Achar (good conducts).

### Concept of Vihara

Vihara includes substantially Dincharya which is the conducts by a person in diurnal or seasonal routine. This includes Abhyangam (oil painting operation to the body), Vyayama (exercise), Nidra (sleep), Adharana Vega (no repression of natural urges), Vyavaya (sexual intercourse), Chankramana (walking), Atapa sevana (exposure to sun), Snana (bathing), Pravata-sevana (exposure to strong wind) etc. Acharyas have mentioned their utility or harmfulness according to the specific condition e.g. Ardhashaktya Vyayama (exercise upto half of the capacity) after Abhyanga (oil application) is useful in Hemanta ritu (winter) but excess of Vyayama is dangerous in Grishma ritu (summer)<sup>5</sup>. Also, Divaswapna (day sleep) not beget any detriment in Grishma ritu and forwasted person while dangerous in Vasanta ritu (autumn) and for fat person in all ritus<sup>6</sup>. Acharya Sushruta has mentioned limit of Divaswapna as 1 muhurta i.e. 48 min.<sup>7</sup> Ratri jagarana (awaken at night) is contraindicated always by all the Acharyas as it disturbs the physical and internal health. Snana (bathing) is rigorously contraindicated in the condition of Ajirna (indigestion), Atisara (diarrhea), jwara etc. Vegadharana (repression of natural urges) of apan vata (gases passing through anus), mutra (urination), mala (faeces) etc.<sup>8</sup> has always been contraindicated because of their bad and toxic effect in the body. Vyavaya is also a part of Vihara. It substantially comes under Ratricharya. Ayurveda has detailed description about rules of Vyavaya (sexual intercourse).<sup>9</sup>

### Concept of Ahara

The input of meal is advised with some good conducts in Ayurveda. In Ahara Vidhi Vidhan, Acharyas have advised to take Ushna (Luke-warm) and Snigdha (unctuous) food in proper volume and proper time with full attention for easy digestion and absorption. The Singdha (Greece) food helps to passage and digestion of food.<sup>10</sup> Cold food lowers

speed the digestion. Acharyas have quoted that volume of food should vary according to digestive power of person and quality of the food particulars.<sup>11</sup> Acharyas have given the group of symptoms to decide the ideal volume of food, they're Udgarsudhi (burping), Uttsaha (feeling energetic)<sup>12</sup> etc. Lunch during 2nd Yama (i.e. between 3-6 hrs after daylight) and dinner at the end of first Prahara of night (i.e. within 3 hrs after evening) is the proper timing of intake of food.<sup>13</sup> It has also been advised to take food which is suitable to his prakriti (constitution), age, habitat etc.

The sequence of intake of food particulars ( Ahara Sevan Krama) is mentioned that Madhura rasa (sweet) food should be consumed first so as it gets more in contact with digestive enzymes and getfluently digested.<sup>14</sup> About Bhojanottara Vihara (activities to do after meal), it has been advised to do Rajavat asana (sitting in comfortable position), Shatapada gamana (walking about hundred feet i.e. for a while), Vamaparshwa shayana (lying down in left lateral position), manonukula shabda, sparsha, rupa, gandha sevana (to indulge in sound, sight, taste smell and touch which are comfortable and relaxing).<sup>15</sup>

### Concept of Sadvritta

The dressing, speaking, social geste, social and personal hygiene etc. are described under Sadvritta. Rajaswala paicharya (Conducts for menstruating woman), Garbhini Paricharya (conduct for pregnant woman), Sutika paricharya (conducts for puerperal woman) have been given in Ayurveda to prevent many conditions. Abhyanga, vyayama, etc. has been contraindicated in these conditions.<sup>16</sup>

## IV. DISCUSSION:

There exists a circadian rhythm in the human body by which conditioning of digestive enzymestakes place and forceful wakefulness at night weakens the digestive power.<sup>17</sup> In Ayurveda, it has been stated that ratri jagarana is harmful to the body as it the cause of Vataprakopa and Agnidushti. According to the researchers, daytime sleep disturbs the circadian rhythm and digestive enzymes. In 21st century, there is increase in number of shift workers by industrialization. Health of shift workers is now becoming a problem. 2007 study led by the IARC (International Agency for Research on Cancer) showed that shift work has been associated with cancer.<sup>18</sup> It is a circadian rhythm sleep disorder which requires circadian changes only. Ultramodern experimenters accept that, there exists Gut-Brain-



Endocrine axis and with perturbed sleep pattern it leads to conditions like Diabetes mellitus, Cancer etc.<sup>19</sup>This highlights the significance of Nidra (sleep) which is accepted as introductory pillar of life in ayurveda.

In Ayurveda it is stated that, Vyayama increases bala (strength) and agni (digestion). Ultramodern experimenters have proved that exercise increases significantly the plasma GH level. Exponential connections were set up between increases in core temperature and plasma growth hormone, prolactin, and catecholamines during exercise, which suggest the actuality of a thermal threshold for stimulation of hormonal release during exercise.<sup>20</sup> Physical exercise activates hypothalamus-pituitary-adrenal axis and increase number, function and movement of lymphoid cells.<sup>21</sup> Mild to moderate exercise stimulates gastric emptying and increases secretions of gastric juice which leads to rapid and healthy digestion.<sup>22</sup> which indicate that exercise increases Agni (digestive Capacity). Now days, daily physical activity is decreasing by over use of technology. Lack of exercise leads to delayed gastric emptying. It has been proved that exercise has role in the treatment of Diabetes mellitus and Obesity.<sup>23</sup>

According to Ayurveda, Abhyanga is essential for maintenance of health. According to modern researchers, after 12 minutes of massage, skin blood flow increases diverting blood from muscle, which helps in lactate clearance and recovers body fatigue due to accumulation of lactate in muscles after prolonged exercise.<sup>24</sup> Vegadharana is contraindicated in ayurveda as it is a direct cause of numerous diseases. Researchers have proved that voluntary suppression of defecation delays gastric emptying and retention of urge of micturition causes significant increase in the level of blood pressure, heart rate, respiratory rate, Plasma Catecholamine, Plasma 5-HT, urinary catecholamine and 5-HIAA (5-hydroxyindoleacetic acid) in healthy volunteers.<sup>25</sup>

In Ayurveda, Vishamashana means taking food in irregular volume and at irregular time. Now a days, due to job or business schedule, people take meal at irregular time and quantity. This disrupts the normal digestive pattern which adhered to a circadian rhythm.<sup>26</sup>

In Ayurveda, it has been advised to take little bit water during the meals which has been proved to stimulate gastric secretions.<sup>27</sup> Intake of water in large amount after meal is contraindicated in ayurveda. According to Modern research, excessive intake of water after taking meal can result

in prolonged abdominal muscle relaxation which in turn can cause indigestion.<sup>28</sup>

## V. CONCLUSION:

Ayurveda gives the concept of healthy Lifestyle which is wider and which includes the dietary habits and conducts under the heading Ahara vidhi vidhana e.g. intake of luke-warm food, proper time of meal, proper quantity, taking melas with full concentration without talking or laughing etc. water drinking habits, general behavioural pattern under the heading Sadvritta, daily conducts and seasonal conducts like exercise, oil application etc. under the heading Dinacharya and Ritucharya, Ratricharya. Healthy lifestyle has very much great role in prevention of diseases. Lifestyle modification is must to be used as life style medicine for the successful treatment in various diseases.

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