

AYURVEDIC APPROACHES TO LIFESTYLE DISORDERS; DIABETES, HYPERTENSION AND OBESITY

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ABSTRACT

Lifestyle diseases are closely linked to an individual's lifestyle which includes sedentary lifestyle and unhealthy eating patterns, etc. According to medical science changes in the body's biological rhythm are major contributors to lifestyle diseases. Metabolic syndrome, stroke, heart disease, depression, atherosclerosis, diabetes, hypertension and obesity, etc. are major disorders associated with life style pattern. Healthy lifestyle practices are necessary which include balanced food, exercising and proper sleep, etc. Effective lifestyle changes can be achieved through routine examinations and dietary guidance, etc. Ayurveda provides a comprehensive approach to treating lifestyle diseases through practices such as *Rasayana*, *Panchakarma*, *Ritucharya* and *Dinacharya*. The disciplines of *Aachara Rasayana* and *Sadvritta* are also important for psychological and physical health. Ayurvedic approaches treat the disease with its root cause and ensure healthier and balanced life. *Yoga*, behavioral regulation and detoxifying therapies also play vital role in the management of physical and mental ailments. This article emphasizes Ayurvedic approaches which help in the management of lifestyle disorders such as diabetes, hypertension and obesity.

KEYWORDS: *Ayurveda, Lifestyle Disorders, Diabetes, Hypertension, Obesity.*

INTRODUCTION

The ancient medical method of Ayurveda offers comprehensive approach to health management by maintaining balance between the *Pitta*, *Kapha* and *Vata*. In order to promote overall wellness, it emphasizes lifestyle adjustments and dietary adjustments along with herbal remedies. Poor eating habits, smoking, excessive alcohol, lack of sleep, stress and physical inactivity, etc. are contributing factors to the rise in lifestyle disorders. These lead to serious health issues like high blood pressure, diabetes, heart disease and obesity, etc. According to Ayurvedic principles of *Swasthavritra* some practices helps to prevent these disorders. These healthy practices of *Swasthavritra* include conduction of *Achara Rasayana* and *Satvritta* along with utilization of *Rasayana* and *Panchakarma* therapies. *Heena*, *Mithya* and *Atiyoga* of any factors may lead to sickness. They cause disruptions in the body's pathways and show up as a variety of illnesses by upsetting *Agni*, *Doshas* and *Dhatus*.^[1-5]

Lifestyle Disorders and Ayurveda

Santarpanajanya Vyadhi are comparable to lifestyle conditions, overindulgence in *Ahara* such as *Snigdha*, *Madhura*, *Guru* and *Pichila* along with sedentary lifestyle may leads to number of metabolic problems. The major causes of lifestyle disorders includes decline in morals and social conduct, stress, poor eating habits, excessive uses of alcohol, inadequate social connection and irregular sleep patterns, etc.

Management and prevention of lifestyle disorders includes lifestyle change *via* diet, exercise and stress management. Ayurveda provides a holistic system of lifestyle disorder management by means of *Dinacharya*, *Ritucharya*, *Panchakarma*, *Rasayana* and *Yoga* to re-establish balance. Ayurvedic principles like *Trayopastambha* and *Aharvidhi Vidhan* also offers practical methods for managing lifestyle illnesses (**Table 1**). Through holistic methods including nutrition and lifestyle adjustments, daily routines and seasonal regimens, detoxification and rejuvenation treatments help to manage the symptoms of lifestyle problems. Excluding the causes, maintaining homeostasis, and

adopting healthy habits like *Yoga* and meditation can be adopted as preventive measures against the life style disorders. *Rasayana* promotes systemic renewal and

Panchakarma boosts natural bio-purification to controls lifestyle diseases.^[4-7]

Table 1: Swasthavritta Approaches for Life Style Disorders.

Condition	Swasthavritta Approach	
Diabetes	Aahara	Limit <i>Madhura</i> , <i>Guru</i> and <i>Snigdha Ahara</i> . Prefer <i>Katu</i> , <i>Tikta</i> , <i>Ruksha</i> and <i>Laghu</i> foods. Intake of <i>Vijaysar</i> , <i>Haridra</i> and <i>Methika</i> , but avoid <i>Amla</i> , <i>Lavana</i> and <i>Guru Ahara</i> .
	Vihar	Engage in <i>Vyayama</i> , <i>Yoga</i> , which enhance insulin sensitivity. Avoid <i>Diwaswapna</i> as it increases <i>Meda</i> and <i>Kapha</i> . Practice of <i>Pranayama</i> and meditation for stress management.
Hypertension	Aahara	Prefer <i>Madhura</i> , <i>Snigdha</i> and <i>Sheeta</i> foods. <i>Pippali</i> , <i>Arjuna</i> and <i>Garlic</i> should be consumed. Avoid salty, oily and pungent foods, which aggravate <i>Pitta</i> .
	Vihara	<i>Abhyanga</i> with <i>Til Taila</i> to balance <i>Vata</i> . Engage in light exercises, <i>Yoga</i> , <i>Sukhasana</i> , <i>Matsyasana</i> and <i>Shavasana</i> , <i>Pranayama</i> and meditation to relieving stress.
Obesity	Aahara	Prefer <i>Ushna</i> , <i>Laghu</i> and <i>Ruksha</i> foods. Avoid <i>Guru</i> , <i>Snigdha</i> and <i>Madhura</i> foods.
	Vihara	Regular <i>Vyayama</i> is very crucial, <i>Yoga</i> postures like <i>Surya Namaskar</i> and <i>Pawanmuktasana</i> help in weight control. Avoid excessive sitting and <i>Diwaswapna</i> .

This article emphasizes Ayurvedic approaches which help in the management of lifestyle disorders such as diabetes, hypertension and obesity. As mentioned in

Figure 1, *Swasthavritta* along with other therapeutic modalities of Ayurveda play vital role in the management of these lifestyle disorders.^[6-8]

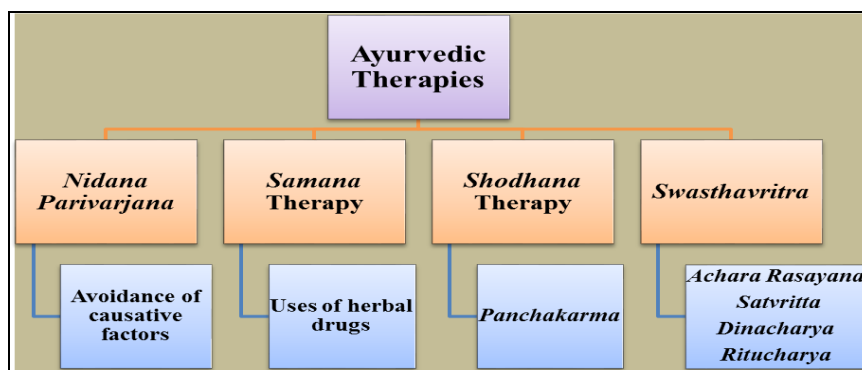


Figure 1: Swasthavritra and other accompanying therapies of Ayurveda.

Management of Diabetes

Diabetes is a metabolic disease and prevalence of this condition increase day by day due to the excessive indulgence in awful activities. Type 1 and Type 2 diabetes are the two main types of the disease. Insulin resistance causes Type 2 diabetes, while the body's inability to create insulin causes Type 1 diabetes. According to Ayurveda, diabetes is most strongly associated with *Kapha dosha* imbalance, which manifests as an excess of moisture in the body.

This condition mostly affects urinary system and bodily tissues, particularly *Meda Dhatu*. Therefore, the goal of Ayurvedic treatment is to remove excess *Kapha* and strengthen the body's tissues. The key to effectively managing diabetes is changing lifestyle of sufferer. The most crucial element is a balanced diet, with an emphasis

on whole grains, fiber, and portion that are controlled to maintain blood sugar levels. Indian dietary guidelines emphasize the importance of avoiding processed foods and consuming foods that are suitable for people with diabetes.

Ayurveda considers turmeric and *Amla* to be among the best natural remedies for diabetes along with exercise and discipline daily routine. Diabetes patients benefit from specific activities that improve insulin sensitivity and help to keep blood sugar levels steady. *Yoga* and *Pranayama* also offers several benefits in metabolic disorders like diabetes.

Pathya's for diabetes includes consumption of *Mudga Yusha*, green gram soup; wheat dishes, vegetables,

Kushodaka, Pranayama and Yoga. Apathya for diabetes includes dairy products and milk.^[5,8-10]

Management of Hypertension

Although the exact cause of essential hypertension is unknown, it is thought to be caused by a complex interplay between a number of hereditary and environmental variables. Obesity, hyperlipidemia, lack of physical activity, sluggish metabolism and consumption of fatty foods lead to *Kapha* and *Medovardhaka Nidan* aggravate *Pitta, Vata,* and *Rakta*. Ayurvedic approach to hypertension treatment includes *Dinacharya, Ritucharya Matrashiteeya* and *Navegannadharniya*. Ayurvedic principles in daily life can go a long way in controlling hypertension without excessive reliance on long-term drug therapy. The first line of treatment in Ayurveda is the *Nidana Parivarjana* which includes reduction in excessive consumption of salty, spicy and greasy foods. To control blood pressure, one should eat vegetables, whole grains and legumes. *Ashwagandha* lowers stress, *Arjuna* boosts heart muscle, *Brahmi* eases mental tension and *Triphala* revitalizes circulatory functions.

Regular exercise, *Yoga* and swimming improve blood circulation and reduce stress. Stress management techniques such as mindfulness, meditation and deep breathing also reduce hypertension. Sufficient sleep promotes cardiovascular health; *Panchakarma* reduces high blood pressure and eliminating toxins responsible for high blood pressure. *Abhyanga* promotes relaxation, improves blood flow, *Shirodhara* reduces tension and enhances mental calmness which further correct blood pressure. Ayurvedic dietary and lifestyle guidelines effectively manage hypertension.^[1,9-11]

Management of Obesity

Obesity described as *Sthoulya* in Ayurveda which is a medical condition that affects many organs and associated with number of co-morbidities. Obese patient may possess symptoms of *Shwaas*, problems with walking and climbing, etc. *Panchakarma* treatment which includes *Snehana, Swedana* and *Virechana* may offers benefits. The practices of *Yoga* improve flexibility and mobility. The patient's musculoskeletal discomfort, quality of life and functional abilities were improved with the help of various practices of *Swasthavritra* such as; obeying the rule of *Achara Rasayana*, conduction of practices of *Dinacharya, Ritucharya* and principles of *Trayopastambha*.

Nidana Parivarjana practice also helps to prevent complications of obesity, which includes avoidance of overeating, consuming too many fatty and sweet foods. Avoiding of sedentary lifestyle, day time sleeping, keeping away stress and awful habits such as smoking and alcohol consumption also resist pathogenesis of obesity and related complications.

Exercise, herbal treatments and *Langhana* helps to improve digestion, additionally *Nasya, Virechana, Vasti* and *Vamana* as *Shodhana* therapy reduces excess fat and balances *Kapha* which is considered route cause of obesity. Obeying concept of *Dinacharya*, waking up in *Brahma Muhurta*, practices of oral hygiene, scraping tongue, eliminating urine and bowel's content, etc. also relieves obesity induced symptoms. *Abhyanga* improves circulation, reduces excess body fat, warm water bathing promotes vitality, *Vyayama* give feeling of lightness which is just oppose the feeling of heaviness associated with obesity. Food must be consumed in different intervals in appropriate amounts to allow body for facilitating proper metabolic activities. Appropriate eating habits also improve digestion and prevent chances of obesity. One should consume easily digestible foods according to their digestive capacity.^[11-14]

CONCLUSION

According to Ayurveda controlling of lifestyle problems requires adherence to the concepts of *Ritucharya* and *Dinacharya* along with healthy food practices. In order to prevent and treat such problems Ayurveda emphasizes practices of *Swasthavritra* which includes concept of *Aachara Rasayana, Sadvritta, Dinacharya* and *Ritucharya*, etc. Stress, poor diet, and inactivity are major causes of diseases including obesity, diabetes, and high blood pressure, which in turn lead to more serious health issues. *Aachara Rasayana* and *Sadvritta* are important for psychological well-being to resist stress induced life style disorders. *Dinacharya, Ritucharya* and *Rasayana* treatments also gives healthy, balanced and satisfying life. The practices of *Swasthavritra* play vital role towards the prevention and management of lifestyle disorders such as; diabetes, hypertension and obesity.

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