



Review Article

ROLE OF AYURVEDIC DOCTORS IN HEALTH SYSTEM OF NORTH-EAST INDIA IN THE  
MANAGEMENT OF LIFESTYLE DISEASES

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ABSTRACT

Common lifestyle diseases in India are Diabetes, Arteriosclerosis, Heart diseases, Hypertension, Swimmer's Ear, malignancy, stroke, Chronic Obstructive Pulmonary diseases (COPDs), Cirrhosis, Nephritis, Hemorrhoids, Fissure-in-Ano etc. Incidence of patient of above said diseases day by day in India as well as different states of North-east India. Due to change of dietary habits, lifestyle, geo-environmental factors, less public awareness and poor early detection facilities of cases in healthcare of Northeast make the Scenario more worsen. Ayurveda is very much rich in preventing these Lifestyle Diseases and for its management. Ayurveda provides better solution in the forms of proper dietary management, lifestyle advises, *Panchakarma* like detoxification and bio-purification procedures, medicaments, and rejuvenation therapies. The holistic approach of Ayurveda, treating the patient as a whole, meaning intervention targeted toward complete physical, psychological, and spiritual well-being makes this science a wonderful option in lifestyle disorders. So, the Ayurvedic doctors posted in different health institutions of different states of Northeast India may be used for public awareness program regarding the different regiments of *Dinacharya*, *Ritucharya*, *Sadvritta*, *Nidra* etc. Ayurvedic treatment.

**KEYWORDS:** Lifestyle, Diet, *Panchakarma*, *Dinacharya*, *Ritucharya*, *Sadvritta*, *Nidra*.

INTRODUCTION

Exploiting of Science with the help of technology during 20<sup>th</sup> century has led to a complete transformation in lifestyle of people in developed countries. It had a significant effect on the lives of the people of developing country like India and its North-eastern part. Lifestyle Diseases (LSDs) are diseases that appear to become more industrialized. Lifestyle Diseases (LSDs) better known as non-communicable diseases (NCD) whose occurrence is primarily based on the daily habits of people and also result of an inappropriate relationship with their environment. Its is a medical condition or disease which is non-communicable and non-transmissible but it likely to continue progressively unless intervened. According to WHO, Lifestyle Diseases (LSDs) may be chronic diseases of long duration and slow progression or they may result in more rapid death. The main factors contributing to lifestyle diseases include bad food habits, physical inactivity, wrong body posture, disturbed biological clock and also addictions such as drug abuse, tobacco smoking, alcohol drinking.

The four main types of Lifestyle diseases are (a) cardiovascular diseases (CVDs) (like coronary artery diseases (CAD) such as angina and myocardial infarction (commonly known as a heart attack), stroke, heart failure, hypertensive heart disease, cardiomyopathy, heart arrhythmia, valvular heart disease,

carditis, peripheral artery disease), (b) Cancers, (c) Chronic respiratory diseases (such as chronic obstructed pulmonary disease, bronchitis, occupational lung disease, pulmonary hypertension and Asthma) and (d) diabetes<sup>1</sup>. The other Lifestyle diseases include Hypertension, Obesity, Osteoporosis, Alzheimer's disease, Arthritis, Atherosclerosis, Chronic Liver disease or Cirrhosis, Ano-rectal diseases like constipation, Fissure-in-Ano and so on.

Ayurvedic system is a holistic approach to combat Lifestyle Diseases (LSDs) boosting the whole health system in the society. As Ayurveda is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders, the world is being attracted towards its potential. Ayurveda provides better solution in the forms of proper dietary management, lifestyle advises, *Panchakarma* like detoxification and bio-purification procedures, medicaments, and rejuvenation therapies. The holistic approach of Ayurveda, treating the patient as a whole, meaning intervention targeted toward complete physical, psychological, and spiritual well-being makes this science a wonderful option in lifestyle disorders<sup>2</sup>.

**Life Style Changes**

According to research, human bodies on an average are made up of 63% of water, 22% protein, 13% fat, vitamins and minerals. Ideally our diet should

include about 65% carbohydrate, 15% protein and 20% fat<sup>3</sup>. Over 50 years the food pattern changed considerably which changed our diet by the use of lots of processed foods, foods with saturated fats, foods with sugar content less and less fruits and vegetables. The result is drastic change which shows 28% carbohydrates, 12% protein, 40% fats and 20% sugar, though the requirement remains almost the same. Which can be understood as the *Mithya ahara* practices in Ayurveda?

In 2008, United Nations American National Health Interview Survey (36%) of adults was considered inactive. 59% of adult respondents never participated in vigorous physical activity lasting more than 10 minutes per week<sup>4</sup>. It is shocking news which can be co-related with the *Mithya vihara* in Ayurveda perspective.

### Life style Changes and Diseases Associated in Northeast

Some of the life style changes and the diseases that can be aroused by that are as follows which are increasing day by day in northeast India.

- Decreased physical activity of humans, as machines pay the place of that. It leads to less usage of the energy. Thus leading to Chronic Obstructive Pulmonary Disease (COPD), Diabetes mellitus, Stroke, Obesity, Hypertension, Arteriosclerosis which will again cause atherosclerosis etc.
- Continuous and long time work without breaks. Which is usually related to the people working in financial sector and also to IT Professionals. This can develop- Spinal problems, Multiple sclerosis, Joint pains, Dementia, Depression and anxiety disorders, Chronic backache etc.
- Exposure to the same environments without physical or mental rest. These brings about - Malignancy of exposed part, Occupational lung diseases (Silicosis, Fibrosis, Asbestosis), Cerebro-vascular diseases etc
- Use of junk Foods, packed foods for a long period may cause Cancerous growths, Arthritis, Nutritional deficiencies etc.
- Excessive usage of mobile phones and computers by the youngsters- Textophrenia, Skin disorders, Computer Vision Syndrome, Anxiety disorder etc.
- Addiction of smoking, alcohol and drugs in adult groups mainly for enjoyment and to get rid of worries cause Asthma, Cancer, Chronic liver diseases (CLD)/ cirrhosis, Bronchitis, Other respiratory diseases etc.
- Unnecessary usage of more analgesics to be free of pain causes GI diseases, Liver and renal diseases etc.
- Lack of proper sleep at night due to night duties may cause severe joint pain, Anxiety disorders, Depression etc.

### How the life styles leads to diseases?

We can understand that almost all the diseases are caused by the *Mithya ahara & Vihara* which we follow. Though everyone knows that how much we have to pay if we are not giving importance to our health, in this mechanic century all are treating the body too as a machine. And they are leading a mechanical life without considering their physical, mental, spiritual, social well being. So are suffering later with chronic and incurable disease which is nothing but a product of their ignorance.

### Prevention of Life Style According Through Ayurveda

**"prakshalanadhi pankasya doorathasparsam sukham"**(Su. Chi 24)

'Prevention is better than cure'. The famous words which all of us know. It is an advice to make the people alerted about their life style strategies. The preventive principle in Ayurveda is as follows.<sup>5</sup>

**"Tyagath vishamahethunam samanam chopasevanath Vishama nanubandhanthi jayanthe dhatava: sama:"**<sup>5</sup>

Which means we must avoid the factors which cause imbalance and there must be regular use of factors which maintain balance. It is said that by observance of this rule unbalanced condition of *Doshas, Dhatus* does not pursue and balance is restored.

Ayurveda treats the vitiation of *Doshas* and *Pancha-mahabhutas (Dosa dusya sammurchana)*. And considers the diseases of mind and body<sup>6</sup>. It also tells to follow:

- *Dinacharya*
- *Ritucharya*
- *Rathricharya*
- *Thrayopasthambha palana*
- *Sadvritha*
- *Acharya rasayana*
- *Ashtanga yoga's*
- *Dharma*
- To suppress the *Dharaniya vegas*
- Not to suppress the *Adharaniya vegas*
- Not to consume *Virudhahara*
- Not to indulge in *Mithya ahara* and *vihara*
- Not to do *Hina, Midhya* and *Ati yoga* of *Indriya, Kaya, Vak,* and *Mana*
- Not to do *Prajnaparadha*
- Not to consume *Guna, Mathra, Desa, Kala* and *Virudha aharas.*

With which a person will be able to be healthy.

In Su.Chi.14, there is explanation of the regimens (like *Dantha dhavana, Anjana, Snana, Vyayama, Udwarthana, Snana* etc) in order to be followed to prevent the diseases and to remain healthy. The chapter name itself is the prevention of the future diseases. Thus it is interesting to know that Ayurvedic Acharya's have mentioned earlier that in the future

there will be increase in number of the Life Style diseases, so one who likes to maintain good health should be aware of his life styles.

In As.Su.9/21, there is description about *Maharogas* which includes *Vatavyadhi, Asmari, Kushta, Meha, Udara roga, Bhagandara, Arsa, Grahani*. Thus we can conclude that these are nothing but the life style diseases. This shows the severity of life style disease when once occurred.

#### What an Ayurvedic Physician/ an Institution can do?

- Have to make Study classes to make people aware about adopting Ayurveda concepts of life style even in this 21st century.
- Have to make the distinction of the concepts and procedures that can be followed at present condition.
- Making use of those concepts in a better way for both preventive and curative aspects.
- Making the concepts in a simple way that all people can understand and adapt for them.
- To go for research wherever clarification is needed.
- To develop good regimens in students and making sure that they are following that daily.

#### CONCLUSION

Ayurveda has an upper edge in treating the disease with emphasis on its root cause. The Ayurvedic physician concentrates on achieving the objective of Ayurveda for promotion of health, prevention and management of disease for a healthy and happy life in

the ailing society. Naturally, everybody has to die of something at sometime. But, Life style diseases takes the people before the actual time comes. Our choices are to give attention to our body or leave it as a machine itself.

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