



Review Article

EFFECT OF AAHAR AND VIHAR IN NCDs W.S.R TO MODERN ERA

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ABSTRACT

NCD is medical conditions that is not caused by infectious agent but are caused as a direct result of diet, life style and environmental factors. NCDs can refers to chronic diseases which last for long periods of time and progress slowly such as autoimmune disease, cardiovascular diseases, metabolic diseases and chronic kidney diseases. NCDs are leading cause of death in the world representing 63% of all annual deaths. The major cause of NCD is eating unhealthy foods like food so much sweet, high salt, high fat, other junk food and fruits persevered with chemical fertilizer and drinking excess amount of alcohol. Doing no physical activity have increased working hours, high stress level, are major cause of NCDs.

Ayurveda is science of life it is mentioned that the 3 pillars of healthy and long life are proper *Aahar*, *Nidra*, *Bhrahmcharya* of our body. Our diet is an essential factor for the formation of body. Charak says that consuming improper diet in improper way is the main cause of disease this is explained under *Ashtaaharvidhivisheshayatan*, *Viruddhaahar*. Use of incompatible food leads to skin disorder, GIT disorder, Diabetes, obesity, hence these should be avoided. Ayurveda impphasizes regulation of *Aahar Vihar* in the form of *Ashtaaharvidhivisheshayatan*, *Dincharya*, *Ritucharya*. Ayurveda can definitely yield reliable efficacious result when applied to all manner of chronic diseases.

KEYWORDS: *Viruddhahar*, *Ashtaaharvidhivisheshayatan*, *Dincharya*, *Ritucharya*.

INTRODUCTION

Non communicable diseases are better known as life style diseases, whose occurrence is primarily based on the daily habits of people. It is medical condition which is non- transmissible but it likely to continue progressively unless inverted. The main factors contributing to NCDs include bad food habits, physical inactivity, disturbed biological clock, wrong body posture, addictions such as smoking, alcohol, tobacco. The four main type of life style diseases are 1.Cardiovascular disease like heart failure, stoke, HTN 2.Cancer 3.COPD 4. Diabetes and other disease like obesity, arthritis, constipation, etc.

Ayurveda uniquely perceives on intimate relationship between food and life style of an individual to health and disease. *Aahar*, *Vihar*, and *Brahmacharya* are basic need of life. *Aahar* has been enumerated first, which shows its importance with the changing life style. Fast food and junk food are becoming the important part of food habit. But any aberration in diet & even I their preparation style leads to ill death.

Ayurveda advocates specific rules for taking diet such as *Ashtaaharvidhivisheshayatan*, *Aaharvidhividhan*, *Dwadashpravicharna* and also specific regimen for regulation life style such as

Dinacharya, *Ritucharya*, *Ratricharya* and *Sadvritta*.

Aahar and *Vihar* are the key modalities of prevention and management of disease in Ayurveda. Ayurveda treating the patient as whole meaning intervention target toward complete physical mental, psychological, and spiritual wellbeing. This science is a wonderful option in non-communicable diseases or life style diseases.

Aims and Objectives

This article is aimed to draw role of *Aahar* and *Vihar* causing NCDs which can be used in preventive approach of treatment of NCDs.

Research Methodology

Material has been collected from ancient Ayurvedic texts, research journals and electronical database. In the review efforts has been made to study rules and regulation of diet and their relationship with NCDs.

Aahar

The word *Aahar* is derived from the root 'हृत्हरण' means to be taking in. According to Dalhana and Chakrapani "which is swallowed through throat, oesophagus, and gastrointestinal tract is called *Aahar*."

'अन्नवृत्तिकारानाम श्रेष्ठः' (ch.su.25/40)

Anna or food is the best among things which sustains life and also cause for their strength, color, complexion and vigour and development (*Bala, Varna, Upachaya*) in Ayurveda, food is also called "*Mahabhaishajya*" which means superior medicine. As per *Lolimbaraj*, When diet is wrong medicine is of no use, when diet is correct there is no need of medicine. Most of incurable diseases are due to improper diet.

Acharya Charak says that the body as well as the diseases is caused by *Aahar*. Food essentially contains five type of Elements of nature i.e. *Panchamahabutas* which are *Akash, Vayu, Agni, Jala, Prithvi*. When consumed in appropriate proportion, food can help in balancing similar element of body.

Chakrapani opines that light/*Laghu* foods are *Vayu, Agni, Akash mahabhuta* predominant, while heavy/*guru* foods are *Prithvi* and *Jala mahabhuta* predominant, considering the property of the article or food the intake of heavy ones is advised as one third or half of the saturation point and not excessive saturation even in case of light/*Laghu aahar* in order to maintain the proper strength of *Agni* because Charak described that *guru Aahar* suppresses the appetite and decline the *Agni*, actively whereas *Laghu aahar* activate the *Agni* and digest the *Aahar* easily. *Aahar* should be taken according to the power of digestion.

Various author classified *Aahar* into different ways.

1. According to specific action *Hita* and *Ahita*
2. According to *Veerya sheet, Ushna, Laghu guru,*

Ruksha, Snigdha, Mand, Tikshna

3. According to *Satmya pravara, Madhyam, Avar.*
4. According to *Rasa Madhur, Amla, Lavana, Katu, Tikta, Kashaya.*
5. Based on function *Jivniya, Brimhniya, Langhaniya, Deepaniya* etc.
6. Based on the form *Ashita, Leedha, Peeta, Khadita.*
7. As per consistency *Mand, Peya, Vilepi, Yavagu.*

The Ayurvedic texts gives the concept of *Pathya Apathya* means the wholesome *Ahara* which do not adversely affect the body and mind are considered as *Pathya*, while those which adversely affect the body and mind are *apathy*.

Dietetics in Ayurveda

Ayurveda emphasizes the material quantity of food but places even greater emphasis on the selection of food, oats processing and cooking, rules for healthy eating. Charak describes the eight principles of *Aaharvidhivishayatan*. There are eight specific factors of method of dieting such as *Prakriti, Karana, Samyoga, Rashi, Desh, Kala, Upyogsamstha, Upyokta*. The characters of these factors having good or bad results mutually benefactors. One should try to understand them and thereafter desire for the wholesome only. *Aaharvidividhan* is the prescribed method of dieting for the healthy person and the sick who take wholesome food timely and usually. These are *Ushna, Snigdha, Matravat, Jeernaveeryaviruddha, Estaedesha, Eshtesarvopkaranam, Naatidrutam, Naativilambitam, Ajalpan, Ahasan, Tanmana Bhunjitam*.

| | |
|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <i>Ushna</i> | Increases <i>Agni</i> , digested quickly, does <i>Vatanuloman</i> |
| <i>Snigdha</i> | Increase strength, clarity of complexion |
| <i>Jeerneashniyat</i> | Eaten foods provides the lifespan without afflicting any <i>Dhatu</i> , entrance of channels are open appetite is arisen |
| <i>Veeryaviruddha</i> | Not afflicted with disorders cause by food antagonist |
| <i>Estaedesha, Eshtesarvopkaranam</i> | Not fall in psychic disturbance |
| <i>Naatidrutam, naativilambitam</i> | Food digested regularly |

Hence all the above factors are responsible for proper secretion of gastric juices and so proper digestion.

Vihar

The word *Vihar* derived from *Hri dhatu* and *vi Upsarga* and *Ghan pratyay*. Distribution, transportation, wandering is synonyms of *Vihar*. *Vihar* includes the conducts /activity by a person in daily or seasonal routine. Amongst them Acharyas have quoted their importance and usefulness or harmfulness according to the specific condition.

Acharyas tells to follow some daily regimen as

- *Dinacharya,*
- *Ritucharya*
- *Ratricharya*
- *Trayoupastambha palna*

- *Sadvritta*
- *Achar rasayan*
- To suppress the *Dharniya vega*
- Not to suppress *Adharniya vega*
- Not to do *Hina, Mithya* and *Atiyoga* of *Indriya, Vak* and *Mann*.

With which person will able to be healthy. In *Su.Chi.14*, there is explanation of the regimens like *Danta dhavana, Anjana, Snana, Vyayama* etc. in order to be followed to prevent the diseases and to remain healthy. Ayurvedic acharya's have mention 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 style.

Non Communicable Diseases (NCDs)

Non-communicable diseases is better known as life style diseases whose occurrence is primarily based on the daily habits of peoples and also result of an inappropriate relationship with their environment. NCDs may be chronic diseases of long duration and slow progression or they may be result in more rapid death. The main factor contributing to NCDs include bad food habits, physical inactivity, wrong body posture, disturbed biological clock tobacco, smoking alcohol drinking.

The four main types of NCDs are cardiovascular disease, cancer, chronic respiratory diseases and diabetes. The other diseases included hypertension, obesity, arthritis, chronic liver disease, sprue, piles, constipation etc.

According to Ayurveda almost all the diseases are caused by the *Mithya aahar, Vihar* which we follow. *Nija vikara* in Ayurveda are similar to NCDs due to their etiological factors. In *Nija vikar vata, Pitta, and Kapha* vitiate first which later on produces diseases.

In Astanga Sangraha Sutrastana, there is description about *Maharogas* which includes *Vatavyadhi, Ashmari, Meha, Udararoga, Bhagandara, Arsha, Grahani* we can conclude that these disease are NCDs.

In this mechanical century all are treating the body as a machine and they are bleeding a mechanical life without considering their physical,

mental, spiritual, social wellbeing. So are suffering later with chronic and incurable disease which is nothing but a product of their ignorance.

Relation between Aahar, Vihar and NCDs

Healthy state of body and diseases condition is entirely depends upon Agni. According to Ayurveda *mandagni* is root cause of every disease. Due to this *Mandagni aaharpachankriya* gets affected leading to production of *Sama ahar rasa* which ultimately causes *Rasadhatwagni mandya* and *Uttarottar dhatu* remains malnourished. According to Ayurveda various *Aaharaj* and *Viharaj nidan* are causes of *Mandagni* which leads to malnourishment and metabolism disturbance and further NCDs.

• **Aaharaj nidan:** *Atiruksha, Atisnigdha, Guru Bhojan, Vidahi bhojan, Ama bhojan, Vishtambhi dagdha bhojan. Ajeernasan, Vishamasan, Abhojan, Asatmya bhojan. Vishamasan* or abnormal diet of five types-

1. **Adhyasan-**To take a diet before the digestion of previous diet is complete which takes on an average four hours in *Adhyasan*. If food is taken before digestion there are every possibilities of indigestion, gaseous distension, diarrhoea, constipation.

2. **Asamashana-**To take food ay wrong time and too in excess or in less quantity i.e., *Amatravat*. It Causes *Santarpanjanya Vyadhi* and *Aptarpanjanya vyadhi*.

| <i>Santarpanjanya vyadhi</i> | <i>Aptarpanjanya vyadhi</i> |
|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <i>Prameha, Pidika, Kotha, Kandu, Alasaka, Visuchika, Mutrakriccha, Arochaka, Tandra, Klaibya, Atistholya, Alasya, Gaurav, Moha, Shopha.</i> | <i>Deha-Agni-Bala-Oja-kshya, Karshya, Jwara, Kasa, Unmada, Arochak, Mala-Mutra vibandha, Sandhishool, Vatajanya vyadhi.</i> |

3. **Samashan-** It means to take such a meal which is prepared by mixture of beneficial and harmful substance together. It aggravates the 3 *Doshas* which causes *Nija vyadhis*.

4. **Anashana-**It means not to take food at all or fast. It causes lowering of strength, complexion, metabolic activity, reduction of efficiency of mind, sense, intellect, destruction of *Oja*, weakening of life force, and creation of *Vataj* diseases.

5. **Viruddhashana-**It means to take food which in many respects is antagonist to the wellbeing of human. Use of *Viruddhasan* leads to skin, GIT disorder, anaemia, leucoderma, hyperacidity, impotency etc.

• *Viharaj nidan-* *Vegavidharan, Ratrijagaran, Diwaswapan, Langhan, Alasya, Mansik Bhav (Dvesh, Krosh, Bhaya, Shok, Ativyayam, Avyayam).*

1. **Vegavidharan-** Suppression of all natural urges and produces them forcibly leads to *Udararoga, Pandu, Ardhavebhedak, Atisara, Shosha, Hridaroga, Stanyaroga, Udavarta.*

2. **Ratijagaran-** Remaining awake during night causes vitiates the *Agni* leads to inappropriate digestion of food.

3. **Diwaswapna-** Sleeping during that time causes *Halimak, Shirahshool, Hridya pralepa.*

4. **Vyayam-**It means exercise and *Avyayam* causes *Agnimandya*. In modern era some of life style changes cause NCDs. Such as-

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|-------------------------------------------------|--------------------------------------------------------------------------|
| Decreased physical activity | COPD, diabetes mellitus, stroke, obesity, hypertension, arteriosclerosis |
| Continuous and long time workout without breaks | Spinal problems, joint pain, dementia, chronic backache |
| Exposure to the same environments | Occupational lung disease, cerebro vascular disease |

| | |
|-----------------------------------------|--------------------------------------------------------|
| without physical and mental rest | |
| Use of junk food | Cancerous growth, arthritis, nutritional deficiency |
| Excessive usage of mobile, computer | Computer vision syndrome, xerophthalmia, skin disorder |
| Addiction of alcohol, smoking and drugs | Asthma, cancer, chronic liver disease, bronchitis |
| Usage of more analgesics | GI diseases, liver and renal diseases |
| Lack of proper sleep at night | Severe joint pain, anxiety disorder, depression |

DISCUSSION

In the present era, non-communicable diseases are prone to kill more people than communicable diseases. Causes of these diseases are mostly related to life style such as physical inactivity, junk food etc. Increasing sedentary life style due to growing use of technology in daily life causes higher levels of physical inactivity. The disturbed sleep pattern and wrong dietary habits are also a part of changing lifestyle which leads to onset of many diseases.

CONCLUSION

Average life of man is increasing due to good control of communicable diseases but non-communicable diseases are increasing & threatening new challenges. Ayurveda emphasizes on maintenance of health as well as prevention of disease. There are many interventions described in Ayurveda for the purpose of health promotion. These interventions can also be applied against NCD"s. *Dincharya, Ritucharya* and *Trayopas-thambha* is the main tools for maintenance of physical health. Yogic

practices promote physical as well as mental health. Prevention of diseases especially NCD"s.

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