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Review

A Holistic Approach to Lifestyle Disorders

Ravindra Kumar Das[1], Atish Subhash Ostwal[2], Kiran Omprakash Tiwari[3]

[1] MD Scholar, Department of Swasthavritta, S.D.A.M.C.H, Ranchi
[2] Professor, Department of Swasthavritta, S.D.A.M.C.H, Ranchi
[3] Professor & Head, Department of Swasthavritta, S.D.A.M.C.H, Ranchi

Corresponding author: Ravindra Kumar Das
Email: dr.ravindra.aol@gmail.com

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Abstract

Analysis of health data reveals one in every two individuals has a lifestyle disorder.The analysis found a large population grappling with chronic health conditions such as diabetes, thyroid disorders, lipid imbalances, renal disorders, fatty liver, arthritis, cardiovascular diseases, and cancer. A recent study has found that one in every two individuals has lifestyle disorders. The study, done as part of India's 76th Republic Day by Redcliffe Labs, analysed health data from 2.8 million individuals across the country. Lifestyle disorders are the diseases associated with the way a person or group of people lives. Sedentary life style, faulty dietary habits, busy daily schedule, stress due to workload has invited many type of disorders like metabolic syndrome, thyroid disorders, heart attack, cancer, diabetes, hypertension, rheumatoid arthritis, osteoporosis, asthma, stoke etc. comes under life style disorder because the life style have significant role in all these diseases. Ayurveda has mentioned certain daily routine life style regime called Dinacharya (~Daily regimen) and Ritucharya (~Seasonal Regimen),Sadavritta (~ Good moral conduct). A healthy lifestyle with Ayurveda and Yoga has both short and longterm health benefits. Yoga and Ayurveda ensures to keep a person healthy and balanced, restore the body's vigor and vitality. Effects of Ayurveda and Yoga on the different systems of body and its role in life style disorders to be studied in this paper.

Keywords: Yoga, Ayurveda, Dincharya, Ritucharya, life style disorders.

INTRODUCTION

As we all know, in this modern era, every human being is living under stress to survive. Faulty life style with stress harms our health, happiness and inner sense of well-being. Increased pollution and uses of excess chemical based product are also a bid degenerative factor, which leads the maximum health problem and they are routes of many life style disorders even many leads to fatal diseases. In present scenario Ayurveda and Yoga therapy becomes necessary to rejuvenate the body system for a better harmony in the body, mind and soul and helps to maintain health, prevention from life style diseases. Yoga and Ayurveda are two closely related spiritual science rooted in the vedic tradition of India. The word "Yoga" comes from Sanskrit root "Yuj" which means union, i.e. union of body and mind for a healthy living, concentrate one's attention [1] and it is also a psycho-somatic

spiritual discipline for achieving union and harmony between our mind, body and soul and the ultimate union of our individual consciousness with the universal consciousness[2]. Yoga is a form of mind- body fitness that involves a combination of muscular activity and concentration of mind that focus on self-energy and breathing[3]. The Ashtanga Yoga (eightfold practice of Yoga) described in Yoga Sutra of Patanjali is its glimpse in Ayurveda in the form of Sadvrutta, Swasthavrutta, AcharaRasyana, Dincharya, Dharneeyavega and so on.

For a healthy and diseasefree life one must follow do's and don'ts of Yoga and Ayurveda. Panchakarma therapy in Ayurveda and Shat Karma ofYoga can be great way to cleanse our body channels (Srotorodha), heal the damaged tissue and maintained body's subtle energy and thus, create rejuvenation-physically and psychologically. Regular practice of Yoga promotes strength, endurance, flexibility and facilitates characteristics of friendly, compassion and self-control and well-being.[4]

Yoga for Healthy Life

In Patanjali Yogasutra there is description of Astanga Yoga (eight fold practice of Yoga).They are Yama (moral imperatives/abstention), Niyama (virtuous habits, behaviours and observation), Asana (Asana is thus a postures that one can hold for a period of time, staying relaxed, steady, comfortable and motionless), Pranayama (controlling of breathing), Pratyahara (process of retracting the sensory experience from external objects.), Dharana (concentration, introspective focus), Dhyana (contemplation, reflection and profound, abstract meditation) and Samadhi (absorption)[5].

The first four are considered as external methods of purification and the last three are internalmethods of purification of mind. Pratyaharaact as the bridge between both external andinternal pathway [6]. The shatkarmas[7] areyogic cleaning procedures those cleanse thesubtle channels as well as eliminateimpurities and repair appropriatefunctioning of the physiology of the body.These procedures are as Dhauti (cleaning thestomach), Basti (cleaning the colon), Neti(cleaning the nasal passage), Nauli (cleaningthe abdominal organs), Kapalabati (cleaningthe respiratory organs), Trataka (clearing themind through gazing).Ayurveda for Healthy LifeThe word 'Ayurveda' is consist from twowords, 'Ayur', which means life and 'Veda',which means science or knowledge, therefore,Ayurveda is a study of life sciences. Ayurvedapromotes healing of both body and mindwhereas Yoga helps in self-realization thatdepends upon a well-functioning body andmind. In Ayurveda there is description ofDincharya, Ritucharya, Sadavarita,Acharrasayana etc described here.

Dincharya (Daily Regimen)

The daily regimen of proper living is designedfor maintenance of health achievement of along, healthy active life, providing a diseasefree life thereby achieving satisfactoryenjoyment of life and attaining of self-realization. It described in following pointaccording to Ayurveda text [9].

1	Brahma Muhurta Jagrana	It is advisable to wake up during Brahma Muhurta (preferably between 4.00 a.m. to 5.30a.m./ before 45 minutes sunrise). Exposure of bright light in early morning helps in the release of serotonin (neurotransmitter biochemically derived from tryptophan) which creates the feelings of well-being and happiness. It keeps the person active and alerts [9].
2	Maltyag (Defecation)	Elimination of urine and faces cleanse the body and cheers up the mind. Because these body reflexes are the protective mechanisms which defend the body against many diseases, Psychosomatic diseases and life style diseases can be prevented.
3	Dantdhawan and Jihwanirlekhna (Cleansing of teeth and tongue)	It helps to stimulates digestion. It stimulates taste perception and increases the salivation. Saliva contains lysozyme and secretory IgA which act as antimicrobial agents .[10]
4	Anjana (use of Collyrium)	Prevent eye diseases and promote vision by improve the eye circulation.
5	Nasya (Nasal instilation)	It prevents the entry of foreign practices in nasal tract and triggering the nerve ending and send massage to CNS. It maintains normal physiological function of body [11].
6	Gandusha (oil pulling), Dhoompaana (medicated smoking), TambulaSevana	For UrdhvajatrugataVyadhi (supra-clavicular disorder) these daily regimen are very beneficial for respiratory system, circulatory system and digestive system.
7	Taila-Abhyanga (oil massage)	Massage enhances the overall blood and lymphatic circulation. Massage triggers the acupressure points which induce the release of endorphins that shows analgesic effect [12].

8	Vyayam (Exercises)	It builds up stamina and resistance against disease. It clears the channels of body (Srotasa) and increases the blood circulation along with efficiency of vital organs. Physical exercise increases the carbohydrate metabolism (Glycolysis) and causes lipolysis of accumulated adipose tissue (Gluconeogenesis) thereby causing abolishment of extra fat. It increases O2 supply to remote tissues. The perspiration akes out the accumulated toxins from the body [13]
9	Udvartana (powder massage)	The stability, compactness, strength of body parts and excellence of skin is also achieved by Udvartana, the cells throwing away the toxins and Ama and cleanse themselves. Thus, the cellular health is regained [14]
10	Snana (Bath)	Bathing improves strength, appetite, span of life and removes sweat and other impurities from the body. Snana (Bath) having effect on both physical and mental Health [15]
11	Sadvruta[16]	In sadvruta there are code of good conduct for mental health and social behavior. By following these ethics the person became healthy and obtains eternal peace and happiness.

AcharaRasayana[17]

A healthy mind is as important as healthybody. AcharaRasayana contains principles ofright conduct that are applicable to all suchas- suppress urges of greed, grief, fear, fury,pride, shamelessness, envy and excessivepassion. Observe self-control and alwaysspeak truth and good habits should bepracticed. AcharaRasayana have greatimpact on social promotion of health, beliefon God, hopeful and positive attitude aboutthe life and illness influence the health,social and moral support, economicindependence, better health services andadjustment in the family and society.

DISCUSSIONS

Effect on Yoga therapy on Different Systems of body for related life Style Disorders

The respiratory system is one of the mainly fundamental systems in the body. It is mainly responsible for the supplying oxygen and getting rid of carbon dioxide in our body. Yoga practice including the poses, breathing and relaxation techniques put the control of mind and emotions, making more relaxed and allowing for breathe easily. It also helps lungs to work better and enhance oxygen saturation in cells and it also improve the function of other systems and very helpful to remove toxins from body that is very helpful to prevent from respiratory system related lifestyle disorders like asthma, COPD etc.

Transportation of the nutrients and oxygen to the tissues and removal of carbon dioxide and other waste products of metabolism from the tissues are maintained by the circulatory system. In the Yoga exercise there are a number of precise movements coupled with correct breathing techniques that have been known to play a very important role in improving the circulatory system. Due to long deep breaths and consciously helps the body to relax and concentrate, there is a reduction in the levels of stress hormones and adrenal-cortex hormones in the circulatory system.

Some specific poses of Yoga are known to directly benefit and enhance the circulation of blood and body fluids throughout the body. The different organs of the body are also positively impacted due to the effective flow circulation to the various parts. Different types of asana improve the blood flow along the wall of the heart and toned up heart wall thus preventing heart diseases like heart attack, hypertension etc. It also helps the body to rejuvenate its functioning of the immune system. Due to more stressful life, many people suffer from psychosomatic disorders such as depression, anxiety and hypertension.

These conditions activate our sympathetic nervous system. Our fighting or flight responses are stimulated because of contin ed stress. Regular Yoga practice,Asana (body posture), Pranayam (Breathing exercise), Dhyana (meditation) and deep relaxation allow to spend more time with the parasympathetic nervous system, and it produce a psychological state opposite to that of the flight or fight stress response and with that interruption in the stress response, a sense of balance and union between the mind and body can be achieve which is a state of rejuvenation and relaxation [18].

Yoga having ultimate effect is to achieve bliss and remain relaxed. Perhaps this is eflected in behavioral outcome such as staying in happy mood, positive feeling, etc. Such a similar psychological state is attributed to the endorphin secretion and the parasympathetic action of ANS on neuro-muscular function.

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By Stretching, it creates space for all the digestive organ move and breath and release adhesion between the organ and it improves blood flow function. Yogaasana can increase the Agni the subtle digestive fire. Pranayama specific breathing techniques also used to made easy digestion.

These endorphins are known to conserve body resources and energy [19] that appear to have similar effects in resource conservation through Yoga practices. The main function of digestion system are ingestion, metabolism, absorption and excretion, some Asana that are directly effective on the gastrointestinal tract [20]Aasana improved blood circulation and the massaging effect of surrounding muscle and Aasana improve digestive function and provide relief from gastrointestinal problem like sluggish digestion, irritable bowel syndrome. By Stretching, it creates space for all the digestive organ move and breath and release adhesion between the organ and it improves blood flow function. Yogaasana can increase the Agni the subtle digestive fire. Pranayama specific breathing techniques also used to made easy digestion.

The musculoskeletal system is consisting from bone, skeletal muscle, ligament, tendon, nerve and cartilage. It gives the support of the body. Regular yoga improves dexterity, strength and co-ordination of the musculoskeletal system. It involves co-ordinated action of synergistic and antagonistic muscles which brings increase steadiness, strength, stamina, flexibility, endurance, anaerobic power, better neuro-muscular co-ordination and improves orthostatic tolerance and prevents age-related degenerative changes thus helping in prevention of osteoarthritis, rheumatoid arthritis, and osteoporosis [21].

Normal lower urinary tract functions depend on the co-ordination of the bladder, urethra, pelvic floor and other muscle. Urinary tract dysfunction can lead to symptoms that are stress urinary incontinence, increase frequency of urine, nocturnal, urgency with or without incontinence. Yoga may reduce certain lower urinary tract symptoms by increasing the strength of pelvic floor muscle and or regulating the autonomic nervous symptoms and activating the central nervous system [22].

Reproduction is one of the most important biological functions for all life forms. Infertility is the burning problem which many couples in 21st century are facing. Yoga and pranayama with Ayurveda are very effective for reproductive system by balance the hormones and give strength the reproductive organs. Yoga and Ayurveda have the potential to prevent the progression of the diseases and if started early, maybe even possibly of manifest a cure.

CONCLUSION

Ayurveda and Yoga affects each cell of every system of the body. They bring about better neuro-effector communication; improve strength of the body, increasing the optimum functioning of all the organ system of our body. They also increases resistance against stress and bring positive attitude and balance in life that is very essential to prevent and management of lifestyle diseases. Yoga and Ayurveda have great potential in preventing and managing lifestyle diseases and can make a significant part to improvement of health.

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