

**CAUSES OF LIFESTYLE DISEASES AND TREATMENT**

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Article Received on
30 October 2018,

Revised on 20 Nov. 2018,
Accepted on 10 Dec. 2018,

DOI: 10.20959/wjpps20191-12904

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ABSTRACT

Life style diseases are defined as the diseases linked with the way people live their life. There are various causes, some are dietary and some are pertaining to the routine activities. In *Ayurveda*; *Diwaswapn*, *Nava-annapan*, *Katu amla Dravya sevan* are described as causes of life style disorders. Now days, people have spoiled their routine and lifestyle. For eg. In the dietary habits people consume fast food, alcohol, tinned and packed food and have changed their routine for example- going to bed late in the night, getting up late in the morning,

smoking, chewing tobacco, using vehicles for small distances, inactive schedule as they hardly do exercise, excessive use of mobile phone, laptop etc. continuously, which in turn has been a drastic factor in giving stress to their body and brain. In *Ayurveda*, *Ritucharya* and *Dincharya* have been described by *Aacharyas*, which are vital for a healthy life style. We can make our life healthy, by practicing yoga in daily routine. Unhealthy life style causes many diseases for example- diabetes, hypertension, obesity, stress, insomania, heart disease and certain type of cancer. Some diseases are related to their occupations. Skin diseases are more common in occupational diseases, like contact dermatitis, Urticaria etc.

KEYWORDS: *Ayurveda*, *Diwaswapn*, *Nava-annapan*, Alcohol, Tinned and packed food, *Ritucharya* and *Dincharya*, Yoga Hypertension, Obesity.

INTRODUCTION

Day by day, we are changing our lifestyle that are causing so many diseases. Our way of living, affects our body and mental status. In this modern era, we are dependent on technology, by which we have made our life easy but making our health pathetic. There are so many causes which are the trigger fact for disease, according to *Ayurveda Diwaswapn, Mithya aahar vihar, aasatmya indriyaath sanyog, prgyaapraadh, parinaam* are the basic causes of disease, there are also some other causes like *samasana, visamasana, adhyasana*. At present time the causes are less physical activity, mental stress, over eating, long time sitting, mobile, laptop addiction, smoking, drinking alcohol, late night sleep etc. Because of bad life style people are suffering from different kind of diseases like heart disease, diabetes, cancer, stroke, migraine, sleep disorders, nerve compression disorders, tendonitis, degenerative neck and back disorders, pulmonary disease, osteoporosis, arteriosclerosis, gallbladder disease, kidney and liver Disease, alzheimer's and dementia etc.^[1] In below there is description of some causes according to ayurveda and modern era.

Diwaswapn- Sleeping during the day it is called *Diwaswapn*. According to *aacharya charak Diwaswapn* vitiates *kapha pitta dosha*. There are some disease like *stholya* (obesity)^[2] *halimaka* (chlorosis), *shirashool*(headache), *gurugatrta*(heaviness in body parts), *ardhavibhedak* (migraine), *smriti budhi pramoh* (derangement of memory and intelligence) etc delineated in *charak samhita*.^[3]

Mithya aahar vihar- *Mithya aahar* means not taking food in proper way or proper amount and proper time. In *charak samhita aacharya charak* has described about improper way of taking food. They are *samashan, vishmaashan, adyashan*. **Samashan-** Eating wholesome and unwholesome item mixed together is known as *samasana*.^[4] In *ayurveda pathya* (wholesome) and *apthya* (unwholesome) are very important for an healthy and unhealthy person both. If a person is suffering from fever and is taking heavy meal which is *apthaya* for him and on other side he is consuming medicine to recover from fever, is *samashan*. Which is very dangerous for his/her health.

Visamasana- Taking food in lesser amounts or in larger amounts, consuming food at unfixed times is called *vishmashan*.^[5] This is also a root cause of disease in present time. Because of work load or other factors people are not taking meal at appropriate time, by which problems like indigestion, heart burn, constipation, anorexia, are very common. The biological clock plays an essential role in maintaining GI metabolic homeostasis; circadian disturbance is

implicated in various GI and liver pathologies, metabolic diseases.^[6] Not consuming meal, timely is also a disruption of circadian rhythm (biological clock).

Adhyasana- Eating while the previous meal is still undigested is known as *adhyasana*⁷. It leads to so many digestive problems like constant belch, flatulence, irregular motions etc.

Aacharya charak has explicated *virudh aahar*. In current period it is also a main cause of life style disease⁸. *Mithya vihars* are those works which disturbs our *doshas* normal functions called *mithya vihar* like in *sthool* (obese) are *diwaswapn* (sleeping during day) and *avyayaam* (less physical activity) etc.

Aasatmya indriyaarth samyog- *Aacharya charak* described *aasatmya indriyaarth samyog* as a cause of disease.^[9] The meaning of *aasatmya indriyaarth samyog* is improper coordination of sense organs (shabd, sparsh etc.) as in the case of adapting bad life style. For example, excessive use of mobile phone will harm our eyes or mental state which will results in diseases like dry eye, insomnia, indigestion, etc.

Lack of physical activity- In the era of technology, everyone has been influenced greatly by it. The life style in modern era has brought humans in more touch with machines, which has increased the physical inactivities resulting into numerous diseases. A study shows that 40% risk factor for life style diseases are caused by less physical activity.^[10]

Mental stress- Youth today are prone to many diseases due to stress. The diseases like obesity, Anxiety, depression, gastro-intestinal disorders, Alzheimer are result of stress.^[11] An article published in The American Journal of cardiology shows a study that people having depression have higher rate to develop heart disease than normal one.^[12]

Smoking and Drinking- People think that smoking and drinking alcohol decreases the level of stress, but Study has shown that smoking and drinking are closely related with stress and depression.^[13] Smoking causes lung cancer. Drinking of alcohol in long period causes liver diseases.

Some other causes- Using mobile phones, most often increases the risk of mental stress and build up fatigue in eyes and fingers. Watching television while eating causes indigestion and obesity. Sitting continuously in front of computer causing back ache, eye problems, obesity etc.

Treatment- Motive of *Ayurveda* is *swathasya swasthya rakshanam, aaturasya vikar prashaman ch.*^[14] It means to maintain the health of a healthy person and to impart treatment to an ill person. If we say *swasthasya swasthya rakshanm* then for this we have to follow *Dincharya*(daily routine) and *Ritucharya* (routine according to the weather) as mentioned by *aacharya charak.*^[15] To increase immunity, *vyayam, aachar rasayan* (good habits), *rasayan* (ex.*chawanyapraash*) agad has been devised for it. Doing yoga and meditation is also a great tool to keep one self healthy. And for an ill person there are different procedure like *panchkarma* (*vaman, virechan, niruha, anuwasan basti, shirovirachan*),^[16] which in turn are very good ways to keep *doshas* in *saamyavstha* (in normal stage). *marma chikitsa, shaman chikitsa* (use of medicine).

Nidan pariverjan – The meaning of *nidaan pariverjan* is to avoid the etiological factor which causes disease.^[17] Example- continuous use of mobile phones is responsible for diseases, so less use of mobile phones can decrease the risk of many diseases. Occupational diseases are very common in current period. *Nidan pariverjan* is the basic treatment for them.

In present time people are doing night shifts and they have to remain awaken during the night hours. As the result of it they are developing certain diseases. According to *aacharya sushruta* such people those who remain awaken during night hours, should sleep during the day for half of the time as long as they remained awaken at night.^[18]

CONCLUSION

It can be concluded for the above article that an unhealthy lifestyle is the root cause of nearly all the diseases of present era. Lifestyle could be either unhealthy/incompatible food or routine low physical activities. In the machine age where the dependency on machines can not be avoided we could bring in some active physical activities by doing exercises, yoga, eating our food timely, keeping a balanced diet. Hence line of management given by ayurveda like *nidana pariversion, shodhana, rasayana* etc. lays stress on preventive aspect and avoiding the occurrence of any lifestyle disorders. In short, we need to take extra care of ourselves by keeping ourselves physically fit and mentally alert. Now it's clear that we have our health in our own hands, so we can either make it or can shake it.

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