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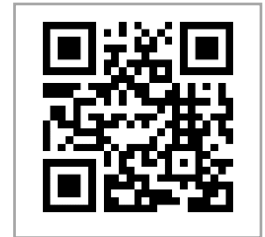


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Ayurvedic Management of Lifestyle disorders

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ABSTRACT:

Lifestyle disorders are the diseases caused by lifestyle changes by an individual, so the management also will be the reversing of changes made by individual in their respective life. Nowadays, so many diseases have been occurring due to lifestyle pattern like physical inactivity, sedentary lifestyle, bad food habit, job requirement, fast life etc. These diseases include mainly hypertension, obesity, diabetes, stroke, depression, infertility, cancer, occupational diseases, liver disorders, stress related disease etc. In this context Ayurveda offers a well-organized system of conventional health care that promotes health maintenance and disease prevention via adherence to a balanced diet and vigorous lifestyle. There has been a strong connection between Ayurveda and Nutrition since ancient times. Interest in Ayurveda has grown across the globe due to its potential for managing and preventing lifestyle disorders. In Ayurveda, *Dinacharya* (daily regimen), *rutucharya* (seasonal regimen), *panchakarma*, Rasayan therapy, *sadvritta* etc. has been mentioned to prevent and treat diseases. Thus, Ayurveda is a holistic approach to health designed to help people live long, healthy and balanced life free from illness and diseases. This paper examines the causative factor behind certain lifestyle diseases and management of such diseases through Ayurvedic techniques.

KEYWORDS: Lifestyle disorders, *Dinacharya*, *Rutucharya*

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INTRODUCTION:

Lifestyle disorders are mainly associated with once lifestyle. These are the habits of a person which turns healthy activities to sedentary activities and it leads to various health issues. The main factors contributing lifestyle disorder includes bad food habits, physical inactivity, suppression of natural urges, disturbed biological clock etc. which discourage people from engaging in mental as well as physical activities and encourage sedentary behaviour which leads to various health problems including chronic non-communicable diseases. Lifestyle diseases such as obesity, diabetes, hypertension, stress related problems, infertility, cancer, liver disorders are becoming more common. Due to struggling life nearly every individual is affected by lifestyle changes. In modern science, several lifestyle disorders are nearly irreversible but in Ayurveda their prevention as well as treatment is possible with the help of acquiring healthy habits, physical activities, *Panchakarma* and *Rasayan* therapies, diet modification, *yoga* etc Ayurveda's offers a holistic approach to disease management and its interventions are directed towards complete physical, mental and social development. Its primary objective is to maintain a healthy individual and to prevent, eliminate or eradicate an individual's illness. It also aims to prevent diseases, cure diseases and increase longevity by enhancing the quality of life of individuals. *Swasthasya Swasthya-Rakshanam*, *Aturasya Vikarmokshanam* is central to Ayurveda practice which refers to preserving or preventing one's health and treating any illnesses that may arise. So, to evaluate the management of lifestyle disorders through ayurveda this study is carried out.

Aim & Objectives:

1. To study ayurvedic *siddhantas* for healthy life.

2. To study ayurvedic management of lifestyle disorders.

Material and Methods:

Material: Ayurvedic classical texts, Journals, Newspapers etc.

Methods:

The study is carried out on the basis of following points:

1. Cause of Lifestyle disorders
2. *Ahara & Vihara*
3. *Dinacharya*
4. *Rutucharya*
5. *Sadvritta & Achar Rasayana*
6. *Panchakarma*
7. *Rasayan* therapy
8. *Yoga*

Cause of lifestyle disorders:

Causative factors responsible for lifestyle disorders:

1. Improper dietary habits like over eating, skipping meals etc
2. Unhealthy diet like high intake of sweetener, oily foods etc
3. Suppression of natural urges
4. Lack of exercise or inactiveness
5. Bad habits like alcohol, smoking etc.
6. Lack of social approach
7. Disturbance in psychological balance
8. Lack of sleep

The common cause of lifestyle diseases is including irregular eating habits, sedentary life style, over eating, fast food eating habits, dependency on processed food, artificial sweeteners and carbonated water drinking habits, bad eating habits on the name Starter-Dessert Sweet-Appetizer, etc. Consumption of Alcohol, energy drinks, smoking, drug abuse, tobacco, excessive eating of proteins and fats on the name of energy requirement, excessive use of minerals vitamins, poor sleeping habits, late night work, these all are may called modern living habits which makes situation worse. Another important problem is to stay in air conditioners, poor exposure to sunlight and fresh air. These all factors are

responsible to disturb biological clock and leads to various lifestyle disorders such as Diabetes, hypertension, obesity, stroke, cardiovascular diseases, cancers, infertility, osteoporosis, osteoarthritis, liver disorders, stress related diseases, depression etc.

Acharya Sushruta has mentioned *Nidanparivarjan* i.e. Avoidance of causative factors. If we did not eat unhealthy foods, avoid bad habits, take regular sleep, proper diet, doing physical exercise then we will prevent and overcome these lifestyle ailments only with the help of *Nidan Parivarjan*.

Ahara & Vihara:

According to Ayurveda Ahara plays an important role in life. In Ayurveda Ahara has been described as one of the *Trayopastambha* ie. Pillar of life. Ayurveda gives more importance to *Ahara* in comparison to other systems of medicine and also explored its emotional and spiritual significance, in addition to its material and biological attributes. Diet provides the basic nutrients and promotes longevity and hence it is vital for human body. As per Ayurveda diet should be as per season, age and balanced both from point of view of quality and quantity and it should be *shadrasa*. The Charak Samhita in Ayurveda refers to food regulations and procedures as *Ashta Ahara Vidhi Visheshayatana*. The timing of meals is one of dietetics most crucial considerations. Additionally, it also lays emphasis on consuming warm water which is beneficial for digestive health. In addition, Ayurveda has also identified eighteen different kinds of dietary incompatibilities (*Virruddha Ahara*) that need to be avoided in order to preserve longevity and good health. An ayurveda has mentioned about *Aam*(toxins) formation due to *Atimatra ahar sevan* (intake of more food in quantity) which leads to various diseases due to aggravation of 3 doshas i.e *vata*, *pitta* & *Kapha* and diseases occurs due to less

quantity food also. Hence Ayurveda emphasize on taking proper quantity of food and mentioned characteristics of proper quantity of food also like there should be no undue pressure on the stomach & sides of chest due to the food taken, no obstruction to the proper functioning of the heart, no excessive heaviness in the abdomen, proper nourishment of the senses, relief from hunger and thirst, comfort feeling in standing, sitting, sleeping, walking, exhaling, inhaling, laughing and talking, food taken in the morning should get digested by the evening and the food taken during the evening should get digested by the next morning and there should be the promotion of strength, complexion after taking food. Hence an Ayurveda has mentioned about food habits to be avoided i.e, Overfeeding, taking intolerable diet in irregular timings etc.

Dinacharya (Daily regimen):

Nowadays, each individual daily schedule has become hectic and we have become a victim of many non-communicable diseases. *Dinacharya* is a very important ayurvedic concept to prevent such diseases. *Dinacharya* refers to the daily routine or tasks that each person must adhere to. Ayurveda proposes that it is ideal to get up every day at *Bramha Muhurta*, ideally between 4:00 to 5:30 a.m. in the morning. It is recommended to use soft brushes composed of twigs from plants such as *Khadira*, *Karanja*, and *Nimba* to clean teeth. Every day, the entire body must be massaged (*Abhyanga*) using therapeutic oil since it guarantees loose, silky skin as well as unrestricted mobility of the joints and muscles. Regular application of collyrium (*Anjana*) to the eyes is recommended. A regular exercise regimen, or *Vyayama*, is necessary for optimal health. It strengthens the body's defences against illness, opens the body's channels (*Srotas*) and improves blood flow, daily full-body massage using dry *Yawa*, *Kulath* (*Udvartan*) powders. *Nasya* must be

done every day. *Nasya Dravyas* activates nerve endings, transmits a signal to the central nervous system and starts the body's regular physiological processes. Bathing (*Snana*) increases vitality, strength, hunger and lifespan while cleansing the body of perspiration and other pollutants. *Dhumapana*, one of the *Dinacharya* methods lays stress on inhaling medical smoke to purge the head and neck region of pollutants and vitiated Kapha Dosha. It has been found that *Prayogika Dhumapana* (herbal cigarette) prepared using Ayurvedic ingredients is safe for consumption on a daily basis. *Gandush*, holding oil or decoction for gums and teeth health. Proper sleep is also important for daily activities and mental calmness, Good social behaviour and Other mandatory components of *dinacharya* can be retention of abnormal physical urges and retention of abnormal mental urges (*Vega adharana and vega dharana*).

Rutucharya (Seasonal regimen):

Seasons have an immense control on what people eat and how they spend their time while exercising. These are primarily set of instructions which if ideally followed as per season shall help individual to physically and biologically to a particular season as well as make him free of seasonal ailments. These include dietic instructions, clothing instructions as well as some behavioural practices, which besides other guidelines include *shodhana* (bio-purification) as per seasonal needs. *Rutucharya* represents a very important aspect of preventive measure for various illnesses including lifestyle disorders as mentioned in Ayurvedic texts. It is the only system of medicine in the world which proposes the need of regular purification of the human biological system from gross level to the molecular level to render it suitable for self and therapeutic responsiveness. Ayurveda advises seasonal panchakarma as preventive measure for maintenance and

promotion of physical as well as mental health. For example, *Haritaki* acts as a *rasayana* (rejuvenator). But for producing its *rasayana* effect, it needs various supportive *dravyas* in different seasons in the form of *anupana*. Panchakarma therapies should be done in particular season according to predominant dosha in that season i.e In *Vasanta ritu – Vamana* (Predominant *kapha*), *Sharad ritu – Virechana* (Predominant *pitta*), *Varsha ritu – Vasti* (Predominant *vata*), *Pravrut, Sharad, Vasanta – Nasya*.

Sadvritta and Acharya Rasayana:

Ayurveda has outlined a set of moral principles that can shield us against a variety of illnesses. The practices of *Sadvratna and Achara Rasayana* can be divided into three categories: Psychological and emotional, social and personal. The psychological and emotional category teaches us to be patient, avoiding too much attachment with others and trying not to memorise anything that offends you. The social category emphasizes keeping mercy on others, telling the truth, avoiding alcoholism, being soft hearted, always using clean and washed clothes), and personal category highlights early sleeping and waking up, avoiding excess exertion, avoiding suppression of natural urges, regime of bathing, keeping skin clean). Such type of lifestyle adaptation always helpful in the prevention and management of a wide range of lifestyle disorders.

Panchakarma (Shodhan Therapy):

Everything in the universe is composed of the five basic elements (*Panchamahabhutas*) *Prithvi* (earth), *Apa* (water), *Tejas* (fire), *Vayu* (air), and *Akash* (ether). The same implies for our bodies and food too. *Panchakarma* is a rejuvenating and cleansing programme for the body, mind, and consciousness. The *Panchakarma* include *Vamana* (therapeutic emesis), *Virechana* (therapeutic purgation), *Asthapana vasti* (therapeutic decoction enema), *Anuvasana vasti* (therapeutic oil

enema) and *Nasya karma* (nasal medication). Ayurveda emphasizes more on the preventive aspect of the Panchakarma rather than curative. It also facilitates the absorption of nutrient and drugs administered thereafter in Favor to attain their desired pharmacotherapeutic effects. Panchakarma also restore the mental health, reduces the stress and therefore, help in the prevention as well as management of lifestyle disorders. Panchakarma is claimed for its preventive, promotive, prophylactic and rejuvenative properties. Panchakarma places equal focus on preventive and curative measures. Both physical and emotional wellness are addressed by *Shirodhara* and *Nasya*. Additional Panchakarma treatments also improve mental health, lower stress, and avoid lifestyle disorders.

Rasayana therapy:

Rasayana therapy is a specialized Ayurvedic rejuvenation treatment designed to promote longevity, enhance immunity, improve mental function, and delay aging. It acts by nourishing tissues (*Dhatu*s) and enhancing the quality of *Rasa* (nutrient plasma). It is used to manage chronic conditions, improve memory, treat neurological issues, enhance immunity, and potentially support cancer survivorship. In this therapy common herbs include *Amalaki* (*Amla*), *shatavari*, *Ashwagandha*, *Guduchi*, *Haritaki*, *Arjuna*, *Bhallatak*, *Madukparni*, *Yashtimadhu* and specific formulations like *Brahma rasayana*, *Amalaka rasayana*, *Chyavanprash*, *Medhya rasayana* etc. *Rasayanas* can be used as nutritional supplements as well as medicine depending upon its various types. Most *Rasayanas* produce their nourishing and rejuvenating effect by promoting the *Agni bala*, acting as direct nutrients and by way of *srotoprasadana* resulting in an improved nutritional status which further leads to an improved quality of *Dhatu*s or body tissues. Although the *Rasayanas* are a generic class of

restorative and rejuvenative supplements, many *Rasayanas* could be tissue and organ specific such as *Medhya rasayana* for the brain, *Hridya rasayana* for the heart, *Twachya rasayana* for the skin.

Various studies on *Rasayana* drugs suggest their action as immunomodulator, adaptogenic, antioxidant, nootropic, antistress, anticancer, psychoneuro stability. Hence *rasayana* therapy also plays a very important role to prevent and treat life style disorders with their different qualities and action.

Yoga:

Yoga, which has been practiced for thousands of years in India, can be very beneficial in both preventing and managing non-communicable diseases. *Yoga* is not just a physical practice but also a comprehensive way of life that is constantly at the forefront in the fight against non-communicable diseases and other illnesses. Performing *Yoga* on daily basis leads to better sleep, less stress and enhanced cognitive performance. *Yoga* therapy program on patients suffering from Parkinson's disease indicated significant reduction in systolic and diastolic blood pressure, respiratory rate and significant improvement was seen in their breath holding time. Major disorders of the heart, lungs, kidneys and other essential organs are less common when all of the vital organs receive enough oxygen and blood and this is possible only through *yoga*. Thus Physical, moral, social, mental, and spiritual well-being is all embraced by the atomistic science of *Yoga*.

DISCUSSION:

Lifestyle diseases known widely as non-communicable diseases or Chronic diseases of lifestyle produced from inappropriate relationship of people with their environment. These are a group of diseases that share similar risk factors, which may be due to exposure over many decades,

unhealthy diets, smoking, lack of exercise and stress. Ayurveda not only have potential to treat diseases but helpful to eradicate it completely which does not revert it and also help full to prevent one from causing disease condition. Ayurveda has proven its role and importance in this area. The other systems do not have any other answers than the supply of nutritional food and physical activities in this respect. Also, as the nutritional food and physical activity are well defined in Ayurvedic system, it can be upon its various types. Most *Rasayanas* produce their nourishing and rejuvenating effect by promoting the Agni bala, acting as direct nutrients and by way of *Srotoprasadana* (purification of body channels), resulting in an improved nutritional status which further leads to an improved quality of *Dhatus* or body tissues. Ayurveda offers some code of good conducts under the heading of *Sadvritta* and *Achara Rasayana*. Hence, 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.

CONCLUSION:

Humans of present era living a lifestyle that has disturbed many aspects of their biological systems. Due to this, majority of the people in the world suffer from various lifestyle disorders, for which Ayurveda is the only treatment that can benefit humanity. Ayurveda has proven its role and importance in the area of lifestyle disorders. Also, the nutritional food and physical activity are well defined in Ayurvedic system. *Aachara Rasayana* and *Sadvritta* have gradual impacts of psychological and emotional conduct. Thus, by adhering to the *Dinacharya*, *Rutucharya*, *Panchakarma* and *Rasayana* treatment, we can prevent lifestyle

problems and much more help full to attained happy, healthy and prosperous life.

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