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Easy Way to Avoid Lifestyle disorder by Ayurveda

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ABSTRACT:

Ayurveda, the ancient science of life, has gained global recognition not only for its therapeutic interventions but also for its emphasis on **health preservation and disease prevention**. Lifestyle diseases, which are largely the outcome of sedentary routines, improper diet, and harmful habits, are now among the leading causes of morbidity and mortality worldwide. These disorders are potentially preventable through timely modifications in daily habits and by adopting holistic practices. Ayurveda provides a comprehensive framework for maintaining health through its principles of **Dincharya (daily regimen)** and **Ritucharya (seasonal regimen)**, which guide individuals to live in harmony with natural cycles. The integration of **pathya ahara (wholesome diet)**, adequate **nidra (sleep)**, and stress management techniques such as **Yoga and Meditation** significantly contributes to the prevention and gradual recovery from lifestyle-induced disorders. Furthermore, the use of **herbal medicines and Rasayana therapy** offers rejuvenation and long-term protection against disease progression. By following these age-old guidelines, individuals can reduce the harmful effects of faulty lifestyle choices, restore balance of body and mind, and ensure sustainable well-being. Ayurveda thus serves as a **practical, preventive, and promotive healthcare system**, offering effective solutions for the modern epidemic of lifestyle diseases.

KEYWORDS: Viddha Karma, dry Needling technique , Cervical Spondylosis, Manyastambha, Avurveda. Neck Pain

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INTRODUCTION:

Lifestyle disorders, also known as non-communicable diseases (NCDs), are a growing global health concern. According to the World Health Organization (WHO), NCDs account for approximately 71% of global deaths [1]. Lifestyle originates due to poor, imbalanced diet, over diet, dietetic incompatibility, lack of exercise, Lack of sleep, bad habits like smoking, alcohol, tobacco caffeine, narcotics consumption promotes lifestyle diseases obesity, diabetes, heart disease, memory loss. It is really hard to recover from lifestyle disorder among other infected diseases. Ayurveda, an ancient Indian system of medicine, offers a holistic approach to managing lifestyle disorders. Ayurveda's emphasis on prevention, dietary modifications, and lifestyle changes aligns with the WHO's strategy for NCD prevention and control [2]. Ayurveda mentions healthy person including not only physically fitness but also mentally, emotionally happy wellbeing

Sama dosha sama agnishch sama dhatu mala kriya|

Prasanna atmendriya manah swastha ityabhidhiyate ||

Aim - To Assess Easy Way of Lifestyle Disorder with the help of Ayurveda

Objective - To explore the Ayurvedic management of lifestyle disorders and its potential benefits.

Material**Study Design**

This study is a review of existing literature on lifestyle disorders and Ayurvedic management.

Data Sources

The data sources reviewed for this study including Ayurvedic texts - Charaka Samhita, Sushruta Samhita, peer-reviewed journals- Journal of Ayurveda and Integrative

Medicine, and online databases-PubMed, Google Scholar.

Methods

Lifestyle disorders-WHO states 10 Lifestyle diseases in the world affecting as follows

Alzheimer's disease

Arteriosclerosis,

Cancer,

Chronic Liver disease

Chronic Obstructive Pulmonary diseases,

Diabetes

Heart disease,

Nephritis,

Stroke,

Obesity according to National Care for Health Statistics

Ayurvedic Approach to Lifestyle Diseases

Ayurveda offers a holistic approach to managing lifestyle diseases.

- Emphasis on prevention

- Dietary modifications

- Lifestyle changes

- Herbal remedies

- Yoga and meditation

Lifestyle diseases, also known as non-communicable diseases (NCDs), are a growing global health concern.

- Increasing prevalence of NCDs worldwide

- Major causes of morbidity and mortality

- Need for holistic approach to prevention and treatment

Lifestyle diseases include conditions such as:

- Diabetes

- Hypertension

- Obesity

- Cardiovascular diseases

- Certain types of cancer

Dietary modifications (e.g., increasing consumption of whole grains, fruits, and vegetables)

Diabetes

Symptoms-

- Bahudrav shleshma, recurring urine sensation

- Turbid urine
- Colour of Urine like Honey

Investigations

- Lipid profile
- Blood glucose
- Urine test

Ayurvedic management

| Aahar | Vihar | Aushadh | Yoga |
|--------------------|------------|----------|---------------------|
| Cereals, yav | walk | Shodhan | vakrasan |
| Pulses-mudga | stretching | virechan | Masyasan balasan |
| Vegetables-methika | running | basti | Bhastrika, pranayam |
| Fruit-jambu | | shaman | mandukasan |
| | | | ushtrasan |
| | | | shirshasan |
| | | | pashchimottasan |

- Protein uria

Benefits of Ayurvedic management for lifestyle diseases include:

- Reducing the risk of complications
- Improving quality of life
- Potentially reducing healthcare costs

Results

The global prevalence of lifestyle disorders, such as diabetes, hypertension, and obesity, is increasing. According to the International Diabetes Federation, the global prevalence of diabetes is expected to increase by 48% [3]. Ayurvedic management of lifestyle disorders involves dietary modifications (e.g., increasing consumption of whole grains, fruits, and vegetables), lifestyle changes (e.g., regular exercise, stress management), herbal remedies e.g., Turmeric, Guduchi, Ashwagandha, yoga, and meditation. Key Ayurvedic Herbs Several Ayurvedic herbs have potential benefits in managing lifestyle disorders, including: Turmeric (*Curcuma longa*):

anti-inflammatory properties [4] Guduchi (*Tinospora cordifolia*): adaptogenic and immunomodulatory effects [5] Ashwagandha (*Withania somnifera*): stress-reducing and adaptogenic properties [6]. Triphala digestive and detoxifying effects [7]

Case Studies

Several case studies have demonstrated the successful Ayurvedic management of lifestyle disorders, such as diabetes and hypertension [8, 9].

Ayurvedic management offers a promising approach to managing lifestyle diseases.

DISCUSSION:

Ayurveda's holistic approach addresses the root causes of lifestyle disorders, promoting overall well-being. This approach aligns with the WHO's strategy for NCD prevention and control [2]. Ayurvedic management of lifestyle disorders has several potential benefits, including reducing the risk of complications, improving quality of life, and potentially reducing healthcare costs. While the existing literature suggests that Ayurvedic management may be beneficial for lifestyle disorders, there is a need for more rigorous research to establish the efficacy and safety of Ayurvedic management. Future studies should focus on conducting high-quality randomized controlled trials to evaluate the effectiveness of Ayurvedic interventions.

CONCLUSION:

Ayurvedic management offers a promising approach to managing lifestyle disorders, emphasizing the importance of a holistic and personalized approach. Conclusion

- Holistic approach to prevention and treatment
 - Emphasis on dietary modifications, lifestyle changes, and herbal remedies
 - Potential benefits for reducing the risk of complications and improving quality of life
- Yoga could help for activation of beta cells of pancreas Abdominal stretching could help in increase production of insulin, utilization of glucose by muscular tissue.

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