

ROLE OF AYURVEDA MEDICINE IN THE MANAGEMENT OF LIFE STYLE DISORDERS

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ABSTRACT

Non communicable disorders are increasing day by day in modern India. Either due to altered life style, unwholesome dietary habits, lack of exercise and repeated mental stress the incidence of life style disorders has raised. Neurological disorders, degenerative disorders, psychosomatic diseases, and metabolic diseases are few types of non communicable disorders. Ayurveda advocates that Dinacharya, Rutucharya , Sadvritta, Achara rasayana and practice of yoga and pranayama are helpful in the prevention of life style diseases. According to Ayurveda, intake of Ayurveda medicine, following pathyapathya, Vyadhipratyanika Chikitsa, and practice of yoga and pranayama along with diet therapy have definite role in the management of the life style disorders. Ayurveda helps not only prevention of disorders but also alliviating the diseases. Diabetes mellitus, Allergic asthma, Hypertension, Osteoarthritis, Ischaemic heart disease, Hypothyroidism, Eczyma, Thyrotoxicosis, are few examples of life style disorders. These disorders are of chronic nature and require prolonged treatment. Ayurveda medicine are being safe, affordable and cost effective are most suitable in the management of the life style disorders.

The present paper highlights the role of ayurveda medicine in the management of the life style disorders in detail.

INTRODUCTION

Life style disorders are increasing in incidence in the whole world. Due to altered life style, faulty food habits and mental stress these diseases occur.

These can be classified as follows

1. Neurological disorders
2. Metabolic diseases
3. Psychosomatic diseases
4. Musculoskeletal diseases

Neurological disorders

1. Parkinson's disease
2. Dementia
3. Alzeimer s disease

4. Gullain Barre syndrome
5. Hemiplegia

Metabolic diseases

1. Diabetes mellitus
2. Obesity
3. Metabolic syndrome
4. Gout

Psychosomatic disorders

1. Bronchial asthma
2. Hypertension
3. Hypothyroidism
4. Eczema
5. Thyrotoxicosis
6. Diabetes mellitus
7. Obesity
8. Peptic ulcer
9. Rheumatoid arthritis

Degenerative disorders

1. Osteoarthritis
2. Dementia
3. Alzheimer s disease
4. Paraplegia
5. Sciatica syndrome

Musculoskeletal diseases

1. Sciatica syndrome
2. Osteoarthritis
3. Motor neurone disease
4. Gout
5. Rheumatoid arthritis

Management of Diabetes

- Nidana parivarjana
- Practice of Pathyapathya
- Vyadhipratyanika Christmas
- Practice of Yoga and Pranayama
- Panchakarma therapy - Virechana and Abhyanga
- Rasayana chikitsa
- Prevention of complications of DM

- Correction of complications of DM
- Dos and don't s

Management of Ischaemic heart disease

- Nidana parivarjana
- Adequate rest and precaution measures
- Following Pathyapathya
- Fat free low fat diet
- Stress Free life and life style modifications
- Antistress adaptogenic antioxidant drugs
- Vyadhipratyanika aushadhis
- Coronary vasodilators
- Blood thinners and anticoagulants
- Rasayana drugs
- Daily walking
- Meditation and Pranayama
- Practice of Yoga therapy
- Sadvritta and Achara Rasayana

Management of Hypertension

- Nidana parivarjana
- Low salt diet
- Use of Pathyapathya
- Vyadhipratyanika aushadhis
- Practice of Yoga and Pranayama
- CNS depressant drugs
- Vasodilators
- Drugs acting on blood vessels
- Diuretics
- Dos and Don't s

Management of Hypothyroidism

- Langhan Chikitsa
- Ruksha laghu Ahara
- practice of Pathyapathya
- Panchakarma therapy - Vamana Virechana
- Hypolipidaemic drugs
- Antiatherogenic drugs
- Weight reducing measures

Management of Eczema

- Nidana parivarjana
- Raktashuddhikara aushadhis

- Anurjatahara drugs
- Raktaprasadaka aushadhis
- Kandughna Kushthaghna aushadhis
- Pittakaphahara aushadhis
- Practice of Pathyapathya
- Meditation and Pranayama
- Yoga therapy and Panchakarma therapy - Virechana Raktamokshana
- Dos and don't s

Management of Thyrotoxicosis

- Indulging in Vatapittahara Ahara vihara
- Brimhama therapy
- Snehana
- CNSdepressants whenever necessary
- Poshaka - Nutritive drugs.

Management of Osteoarthritis

- Nidana parivarjana
- Rasayana Christma
- Vatahara Ahara vihara
- Practice of Pathyapathya
- Snehana Swedana Basti
- Matra Basti, Yapana Basti, Anuvasa a Basti.
- Vedana sthapanana drugs
- Antistress adaptogenic antioxidant drugs
- Brimhama or Langan Christmas depending on body nourishment.
- Katibasti
- Dos and Don't s

Management of Rheumatoiid arthritis

- Nidana parivarjana
- Dipana Pachana aushadhis
- Vedana sthapanana drugs
- Pancha Karma Virechana Kshara Basti.
- Swedana - Ruksha valuka sweda, Patrapinda sweda.
- Rasaushadhis - Amavateshwara rasa, Amavatari rasa, Hinguleshwara rasa, Mrityunjaya rasa.Simhanada Guggulu.
- Pathyapathya prayoga
- Dos and don't s

Management of Bronchial asthma

- Nidana parivarjana

- Use of Pathyapathya
- Vatakaphahara Ahara vihara
- Vyadhipratyanika aushadhis
- Ushna and Tikshna Aushadhis
- Bronchodilators
- Decongestants
- Mucolytic and expectorants
- Antitussives
- Adrenergic drugs
- Anurjatahara and. Antiallergic drugs
- Antiinfective and antibacterials
- Immunomodulator drugs
- Rasayana drugs
- Moderate daily exercise
- Avoid cold breeze, water and rain
- Dos and Don't s

Management of Peptic ulcer

Nidana parivarjana

- Timely intake of Ahara
- Following Ahara vidhi visheshayatana.
- Vyadhipratyanika aushadhis
- Bland diet
- Following Pathyapathya
- Avoiding pungent and sour food
- Pittahara Ahara vihara
- Dos and don't s

Management of Hemiplegia

- Nidana parivarjana
- Vatahara Ahara vihara
- Snehana, Swedana, Basti
- Rehabilitation therapy
- Physiotherapy
- CNS stimulants, depressants, nervine tonics, Nadi balya drugs
- Brimhama therapy
- Agnilepanam
- Shashtika shall pinda sweda, Anna lepa.
- Rasayana chikitsa
- Control of DM, Hypertension, IHD.
- Dos and Don't s

Management of Sciatica syndrome

- Nidana parivarjana
- Vatahara chikitsa
- Panchakarma therapy - Swedana, Yavana Basti Matra Basti
- Vyadhipratyanika aushadhis
- Pathyapathya prayoga
- Dos and don't s

Management of Paraplegia

Treatment of causative factor

- Nidana parivarjana
- Snehana Swedana Basti.
- Nadi balya CNS stimulants nueroregenerative medicine
 - MedhyaRasayana, memory boosters
 - Brimhama balya drugs
- Pathyapathya prayoga
- Dos and Don't s

Management of Motor neuron disease

- Nidana parivarjana
- Vatahara ahara vihara
- Use of Pathyapathya
- Panchakarma - Abhyanga Swedana Yavana Basti Anuvasa na Basti
- Nadi balya Medhya Rasayana drugs CNS stimulants nervine tonics
 - Brimhana balya therapy
- Rehabilitation therapy
- Dos and don't s

DISCUSSION

Life style disorders are caused due to deranged life style, altered food habits , lack of exercise and chronic mental stress. Due to hurried life style, competition in life and mental conflicts the occurrence of diseases has been raised. Ayurveda along with Yoga therapy is a useful remedy for life style diseases. Ayurveda advocates Vyadhipratyanika aushadhis , Rasayana, antistress , adaptogenic, antioxidant, and immunomodulator drugs in the management of the lifestyle disorders. Vayasthapana, medhyarasayana and buddhivardhaka drugs are used in these disorders.

The following actions are seen in the drugs used in these diseases.

1. Rasayana - Triphala, Giduchi
2. Antistress - Ashwagandha, Bala.
3. Adaptogenic - Giduchi, Jyotisati, Mandukaparni.

4. Antioxident - Haritaki, Haridrs.
5. Immunomodulator- Giduchi, Amalaki
6. Immunity boosters - Shatavari, Ashwagandha.
7. Medhyarasayana - Brahmi, Mandukaparni.
8. Buddhivardhaka - Ghrita, Brahmi.
9. Smriti vardhaka - Ghrita, Swarna.
10. Raktashuddhikara- Sariva, Chandana.
11. Vedanasthapana - Guggulu, Rasna, Eranda.
12. Poshaka - Nutritive - Shatavari, Dugdha.
13. Anti atherogenic - Guggulu, Lashuna.
14. Hypolipidaemic - Guggulu, Lashuna, Maricha.
15. Cardiotonic - Arjuna, Mriga shringa.
16. Respiratory and cardio stimulants - Makaradhwaja, Rasasindura

CONCLUSION

Ayurveda system of medicine has a better role in the management of life style disorders. Vyadhipratyanika drugs, following Pathyapathya, use of Rasayana drugs following Sadvritta and Achara Rasayana, practice of Pranayama and Yoga, Panchakarma and daily walking are effective in the management of life style disorders.

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