



Review Article

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A REVIEW ON ETIOLOGICAL FACTORS RESPONSIBLE FOR LIFESTYLE DISORDERS

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Received on: 12/09/18 Accepted on: 15/10/18

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DOI: 10.7897/2277-4343.095149

ABSTRACT

Ayurveda has a holistic approach towards lifestyle disorders. In Ayurveda there are many diseases which are caused due to management of lifestyle. The burden of these lifestyle disorders is increasing day by day in the society. There are many etiological factors which cause lifestyle disorders. The life style disorders considered in Ayurveda are Sthaulya (obesity), Premeh (diabetes), Asthisandhigahta roga (musculoskeletal disorders), Rakatgata vata (Hypertension), Hridyaroga (coronary artery diseases), cancer, physco somatic disorders (Alzheimer's disease), Kalibhata, Bandyā (infertility) etc. These all disease is having lifestyle management causes for which they are taken under lifestyle disorders. They are rising in the society due to modernization, affluence of science technological development which leads to more sedentary life styles, which disturb the physical, mental and social well being of an individual. In Ayurveda the main cause of any disease is improper functioning of the Dosha and Dhatus. And they are disturbed by the etiological factors which influence them. Tridoshas are influenced by both Aahar Vihar etiological factors. In addition to these etiological factors there is a main factor which cause lifestyle disorders is stress. All these factors which are responsible for the disturbance of Tridoshas and Dhatus are the main cause for life style disorders.

Keywords: Sthaulya, Premeh, Asthigahta roga, Rakatgata vata, Tridoshas, Dhatus

INTRODUCTION

Ayurveda is the ancient science in this period of life¹. In Ayurveda there are many ways to cure lifestyle disorders by avoiding etiological factors which cause them. As Ayurveda has mentioned in there text that it has two main aims that are "Swasthya Swathya Rakshana and Aaturasya Vikara Prashman" that means Ayurveda has said that maintain the longevity of a person and provide shelter from the disease². There are many diseases which are considered under lifestyle disorders as they all are having etiological factors which are the reasons of changing day today life. Ayurveda has many Siddhants and one of them is Trisathamba in which Aahar, Nidra, Brahamcharya is considered³. Aahar is the diet taken by the person and Aahar is the main etiological factor for a disease especially for lifestyle disorder. If the diet is in Samavastha that is balanced diet is taken then Agni (Jathaharagni) will work in Appropriate manner. When unbalanced diet is taken by a human being they will suffer from lifestyle disorders. Nidra is sleeping habit, sleep plays an important role in lifestyle disorders. Sleep must be taken in proper way to avoid stress and maintain the body functioning. Brahamcharya (self restraint) can avoid many lifestyle disorders. Health can be maintained, and disease can be avoided by maintain a balance between Dhosha, Dhatu, Mala, Agni⁴. In today's life bacteria, viruses, parasites are not main cause of any disease the man itself is the reason for disease as the lifestyle which is obtained by humans nowadays are the main reason for diseases. These lifestyle disorders can be avoided by taking healthy diet as fruits, vegetables avoiding junk foods, eating low calorie diet

having unsaturated fat in their diet⁵. The main diseases which can be taken under this group of life style disorders which are life threatening are Sthaulya (obesity), Premeh (Diabetes), Asthisandhigahta roga (musculoskeletal disorders), Rakatgata vata (Hypertension), Hridyaroga (coronary artery diseases), cancer, physco somatic disorders (Alzheimer's disease) etc. These all disease are having same etiological factors which cause them due to modernization of lifestyle people are avoiding the basics of lifestyle which are Dinacharya and Ritucharya. By following the standard of living which is given in Ayurveda this disease can be avoided. Imbalance of Ahar Vihār (diet), Dinacharya (daily routine), Ritucharya (seasonal routine), Sadhvriti (behavioral principles), Swasthvrit (personal hygiene) leads to many lifestyle disorders.

Ahar Vihār (diet) includes healthy diet which is easily to digest and provide essential nutrients to the body.

Dinacharya(daily routine) in Ayurveda includes raising in early morning, eliminating natural urges, brushing of teeth, cleaning of tongue, eye slaves, shower, exercise, massage etc.

Ritucharya (seasonal routine) includes the importance of Bala of Agni in every Ritu that decided which food can be taken in that Ritu. In every Ritu there is different ways to maintain lifestyle. In Varsha Ritu (rainy season) Vata Vardak Aahar Vihār (diet increasing Vata Dosha) is contraindicated i.e. dry and cold food is avoided because in this season Vata dosha get accumulated which causes many Vata Vayadiya. In Basant Ritu(spring season)

Kapha Vardak Aahar Vihar(diet which increases Kapha Dosha) is contradicted i.e. the products which contains excessive amount of Madhura Rasa and day time sleeping habits must be avoided because they increase Kapha Vayadiya. In Sarada Ritu (autumn season) Pitta Vardak Aahar Vihar is contraindicated i.e. hot meals, excessive exercises, intake of alcohol because they increase the Pitta Dosha which causes Pittaja Vayadiya⁶.

Sadhyvrita (behavioral principles) includes many moral values of the person which help in maintain human being live a stable healthy and stress relief life. This help in maintaining social well being of life as definition of health describes Health is a state of physical, social, mental well being of human being. By following Sadhyvrita much disease can be avoided to manifest ate and avoiding it can be a cause of lifestyle disorders. It includes speaking of truth, talking politely, having self control, stop itself from saying lies, annoyance, and envious⁷.

Savasthvirit (personal hygiene)- It includes Anjana (eye slaves), Dhumpana (medicinal smoking), Nasaya, Dhantrapavana (toothbrush), Jiwanirokken (tongue cleaning), Gandhush ,Kaval, Sanana (bathing), Oiling, Shoorkarama, Padhatara Dharana etc⁸. These all help in avoiding lifestyle disorders but they can be major etiological factors for them if they are not used properly.

Etiological factors of Lifestyle disorders in modern science and Ayurveda are as-

1) **Sthaulyata** (obesity) – In Ayurveda it has been clearly described that Sthaulyata (obesity) is more harmful than Karshaya (weakness). Medha Dhatu is basic causative factor for Sthaulyata it affects Vata Dosha and gets vitiated in body. The etiological factors are overeating, excessive eating, stress, lack of exercise. In Ayurveda it can be cured by having Yava (barley),Mung Dal (green bean), Amalaki Rasayan, exercise, abstinent, waking⁹.

In modern the main etiological factors for obesity are- It is a result of genetic, behavioral, environmental, social, culture factors which results in imbalance of fat deposition in body. It can be of two type's central and peripheral obesity.

2) **Premeha (Diabetes)**- In Ayurveda the main etiological factors for Premeh are Nidana , Dosha, Dushaya ,Vikarvighatbhava and Vikaravighatabhava. The main Dosha is Khapha and Dhushya is Medha is responsible for forming disease¹⁰. And they both are accumulated by lifestyle dysfunction. As the etiological factors are explained in Ayurveda of Premeh are sitting in one position, having curd, sleeping for long, sugar products, Kaphavardak Aahar Vihar¹¹.

In modern it is of two types, in both of the common types of diabetes, environmental factors interact with genetic susceptibility. Type 1 is insulin dependent and type 2 is non insulin dependent¹². Its main causes are metabolic dysfunction which is due to life style changes,

3) **Asthisandhigata Roga (musculoskelton disorders)**- The etiological factors of Asthisandhigata Roga causes accumulation of Vata Dosha . The lifestyles which increase Vata Dosha will increase Asthisandigata Roga¹³. Eating dry, cold products, excessive exercises, weight bearing exercises can cause Asthisandigata Roga.

In modern age, sex, genetic factors, obesity, fracture, inflammation are the etiological factors for musculoskelton disorders. They are of two types primary and secondary. Primary is due to genetic factors and secondary due to lifestyle imbalance and injuries¹⁴.

4) **Rakttaghatavata (Hypertension)**- Ayurveda has no such explanation for this disease but the main etiological factors for

Rakttaghatavata are the disturbance in Rakta Dhatu and Vata Dosha. The lifestyle which create disturbance to these Dhatu and Dosha will be considered as etiological factors for them.

In modern it is of two types primary and secondary. Primary is essential hypertension which cause is unknown and secondary is caused due to higher intake of salt, obesity, disease of kidney¹⁵.

5) **Hridyaroga (coronary artery diseases)** - In Ayurveda the etiological factors are explained as Shok (sorrow), Upvasa (fasting), excessive exercises, alcohol, intake of excessive salty diet, heavy food, depression, excessive sleeping¹⁶. These all are the lifestyle changes causes which are responsible for the disease.

In modern it is a disease in which heart is not working properly. It main etiological factor is increased blood pressure which will produce extra work load on heart and it is basically due to imbalance in day today lifestyle.

6) **Cancer**- Every year there is new cases of cancer are recorded; most of these cases are recorded from upper class families due to their sedentary lifestyles. In females the most two common cancer are breast cancer and cervix cancer. In males prostate cancer is common. Due to lack of exercises, sedentary lifestyle, inadequate eating habits these disease which are dangerous for life can be seen¹⁷.

7) **Phsco somatic disorders (Alzheimer's disease)** - Alzheimer's disease is the most common cause of dementia in the elderly¹⁸. It is caused by genetic, lifestyle and environmental factors. It is taken in lifestyle disorders because it can be stop progressing by life style changes as regular mediations, dietary habits changes like high calorie diet, by avoiding unhealthy beverages and physical activities. It can also be stop progressing by social engagement and intellectual stimulation.

8) **Kalibhyta & Bandhya (Infertility)** - Kalibhyta is explained in Ayurvedic text and it has many causes which are showing imbalance in lifestyle behaviors. As it is described in Sushrut Kalibhyata is of six types and each are having etiological factors which are depending on lifestyle management. The main causes explained are fear of indulging in sex activities, stress, injuries, eating of Ushana, Amal, Lavana Rasa¹⁹.

In modern the important etiological factors for infertility is stress, eating disorders, use of alcohols, drugs, obesity, intense exercises, pelvic inflammatory diseases. These all are the causes which can be cured by changing lifestyle of human being and infertility rate can be managed in society.

DISCUSSION

These all lifestyle disorders are due to sedentary lifestyle of humans, eating habits like junk foods, drinking beverages which are harmful for body, fewer exercises, less walking, late night waking. Metropolitanization is a very big cause for lifestyle disorders having each and every thing nearby no need to move anywhere, sitting habits in once place for too long, using cell phones, watching television can cause many lifestyle disorders like obesity and musculoskeletal diseases. There are many ill effects of using gadgets for too long as it can be a cause for infertility, decrease in vision, headache, exhaustion, tinnitus, auditory hallucinations and disturbance in sleep.

By working for too long in one portion or in wrong portion can lead to pain in neck, back. Late night working hours can disturb sleep produce insomnia, lethargy, dizziness, gastritis, constipation. For curing these diseases many drugs in modern are available but they will produce many complications which in future lead to many other dangerous diseases. People who are

working in cold stores and hot atmosphere can lead to many other lifestyle disorders. Excessive work load can lead to stress and unhealthy dietary habits which cause hypertension and diabetes.

Socialism cause addiction in young children's, they consume alcohol, drugs which lead to many non curable diseases, there are many observations which proofs that unhealthy diet like junk food is more common in young children's than eating vegetables. Using personal vehicles over walking for shorter distance is common nowadays²⁰. This all are the etiological factors for lifestyle disorders which are due to sedentary lifestyle and metropolitanization in the society. Healthy life can be achieved by a human being by avoiding all these disturbing factors which cause lifestyle disorders.

CONCLUSION

These lifestyle disorders can be avoided by stop consuming these etiological factors. These diseases which are observed in this article can be cured and maintain in a certain level by avoiding these imbalances in lifestyles. Using proper aliments given in Ayurveda as Dincharya , Ritucharya, Sadhvrit can lead to healthy life and avoid lifestyle disorders for longer time. These shows curing etiological factors are very important for lifestyle disorders. If these etiological factors are not understand properly then these diseases will be frequently originate. Ayurveda plays an important role in curing these etiological factors of lifestyle disorders.

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Cite this article as:

Ankita Thakur et al. A review on etiological factors responsible for lifestyle disorders. Int. J. Res. Ayurveda Pharm. 2018;9(5):27-29 <http://dx.doi.org/10.7897/2277-4343.095149>

Source of support: Nil, Conflict of interest: None Declared

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