



Review Article

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IMPACT OF LIFESTYLE ON HEALTH AND ITS MANAGEMENT: A REVIEW

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ABSTRACT

“Lifestyle disorder” is a broad term used to describe health conditions or diseases primarily caused or influenced by an individual's lifestyle choices and habits. These choices can include diet, physical activity, smoking, alcohol consumption, stress levels, and sleep patterns. Some common lifestyle disorders include obesity, type 2 diabetes, cardiovascular diseases, hypertension, and certain types of cancer, chronic obstructive pulmonary disease (COPD). The objective was to find out the level of understanding of lifestyle disease patients regarding lifestyle modifications, their level of application in their daily activities, and their effects on managing diseases. It's important to note that lifestyle disorders often interact with one another. For example, obesity can increase the risk of type 2 diabetes and cardiovascular diseases, while smoking and excessive alcohol consumption can exacerbate these risks. Lifestyle modifications, including adopting a balanced diet, regular physical activity, stress management, and avoiding harmful habits like smoking, can significantly reduce the risk and progression of lifestyle disorders. Early detection and appropriate medical care are also crucial for managing these conditions effectively. People should be aware of their lifestyle and think about how a lousy lifestyle can turn their life into a serious case. Making positive changes to one's lifestyle, such as adopting a balanced diet and regular exercise, can help prevent and manage these disorders.

Keywords: Lifestyle, Cardiovascular, COPD, Obesity

INTRODUCTION

Lifestyle disorders, also referred to as non-communicable diseases, are becoming more prevalent among adults in both industrialised and developing countries. In 2016, the global population witnessed a cumulative loss of 57 million lives. According to WHO, Non-communicable diseases, of which lifestyle diseases are a part, claim 41 million lives annually.¹ With rapid economic development and increasing westernisation of lifestyle in the past few decades, the prevalence of lifestyle diseases has reached alarming proportions among Indians in recent years. Lifestyle disorders originate due to poor lifestyles like poor diet, diet incompatibility, smoking, excess alcohol, disturbed sleep, etc. World Health Organisation intends India to have a 35 million diabetic population, which will be 57.2 million by 2025 and 79.4 million by 2030. Hypertension is the greatest risk factor for stroke, coronary heart disease, heart failure and kidney failure.² This is one of the ten leading risk factors influencing the global disease burden. Fatty liver is one of the most common liver disorders worldwide. It is estimated to affect around 25% of the global population.³

Chronic Obstructive Pulmonary Disease is the fourth leading cause of death. Its prevalence has been increasing steadily over the past 20 years. The main reason may be rapid socio-economic development, which resulted in a lifestyle transition from traditional to modern. Conventional systems of medicine have always played a vital role in meeting global healthcare needs in the past, continuing at present and playing a crucial role in the future. Stress management techniques such as meditation and relaxation techniques may help patients manage stress and anxiety. Herbal remedies may be used to manage the symptoms. Recommended lifestyle modifications include dietary

approaches, moderation of alcohol consumption and regular exercise.

ETIOLOGICAL FACTORS OF LIFESTYLE DISORDER

The pathogenesis, or development, of lifestyle disorders, is complex and can vary depending on the specific disorder. However, some common underlying mechanisms and factors contribute to the development of these conditions:⁴

Diet and Nutrition

Poor dietary choices, such as excessive consumption of high-calorie, low-nutrient foods, can lead to obesity and related disorders. Diets high in sugar, saturated fats, and processed foods are linked to conditions like type 2 diabetes and cardiovascular diseases.

Physical Inactivity

Lack of regular physical activity can lead to weight gain and reduced insulin sensitivity, increasing the risk of type 2 diabetes and cardiovascular diseases.

Obesity

Excess body fat, especially around the abdomen, is a major risk factor for lifestyle disorders. It can lead to chronic inflammation, insulin resistance, and altered hormone levels.

Smoking

Smoking is a significant risk factor for various lifestyle disorders, including lung cancer, cardiovascular diseases, and respiratory conditions. The harmful chemicals in tobacco can damage organs and tissues.

Alcohol Consumption

Excessive alcohol intake can contribute to liver diseases, cardiovascular diseases, and certain cancers. It can also disrupt normal metabolic processes.

Stress

Chronic stress can lead to unhealthy coping behaviours such as overeating, smoking, or excessive alcohol consumption. It also triggers physiological responses that can contribute to disorders like hypertension and depression.

Sleep Patterns

Poor sleep quality or insufficient sleep can disrupt metabolic processes, hormonal regulation, and appetite control, potentially leading to obesity and metabolic disorders.

Genetics

Genetic factors can affect a person's susceptibility to lifestyle disorders. Some individuals may be more genetically predisposed to conditions like diabetes or heart disease.

Environmental Factors

Environmental factors like exposure to air pollution or certain toxins can contribute to developing lifestyle disorders.

Psychosocial Factors

Social and economic factors, including access to healthcare, education, and socio-economic status, can influence lifestyle choices and access to resources for disease prevention and management.

DIAGNOSTIC TEST

The specific diagnostic tests for a lifestyle disorder depend on the particular condition. Here are some standard diagnostic tests for several lifestyle-related disorders:

Type 2 Diabetes

Fasting Blood Sugar Test

Measures blood glucose levels after fasting for at least 8 hours.

Oral Glucose Tolerance Test (OGTT)

Evaluate how your body processes glucose after fasting and then drinking a sugary solution.

Haemoglobin A1C Test

Provides an average blood sugar levels over the past 2-3 months.

Hypertension (High Blood Pressure)

Blood Pressure Measurement

Regular blood pressure checks to determine if your blood pressure is consistently high.

Ambulatory Blood Pressure Monitoring (ABPM)

Continuous blood pressure monitoring over 24 hours to assess fluctuations.

Obesity

Body Mass Index (BMI)

Calculates your body mass based on height and weight.

Waist Circumference Measurement

Measures abdominal fat, a risk factor for obesity-related conditions.

Cardiovascular Disease

Cholesterol Profile

Measures LDL (low-density lipoprotein), HDL (high-density lipoprotein), and total cholesterol in the blood.

Electrocardiogram (ECG or EKG)

Records the heart's electrical activity.

Stress Test

Measures the heart's response to exercise or medication.

Lung Cancer (Related to Smoking)

Chest X-ray

Detects abnormalities in the lungs.

CT Scan of the Chest

Provides detailed images to evaluate lung health.

Liver Disease (Related to Alcohol Consumption)

Liver Function Tests

Measure the levels of liver enzymes and other substances in the blood.

Imaging Studies

Ultrasound, CT, or MRI scans may be used to assess liver damage.

Sleep Disorders (Related to Poor Sleep Habits)

Polysomnography

Records various body functions during sleep to diagnose sleep disorders like sleep apnoea.

Actigraphy

Uses a wrist-worn device to track sleep patterns and movements.

Stress-Related Disorders

Clinical Assessment

Through interviews and questionnaires, healthcare providers evaluate your symptoms, medical history, and stress levels.

Counselling or Psychological Testing

Assessing mental health and stress-related conditions may be recommended.

It's important to note that lifestyle disorders often have multiple risk factors and may require a combination of diagnostic tests. Additionally, the diagnosis and management of lifestyle disorders should involve collaboration with healthcare professionals who can provide guidance tailored to your specific health needs and conditions. Regular check-ups and screenings are essential for early detection and effective management of lifestyle-related health issues.

MANAGEMENT OF LIFESTYLE DISORDER

Managing lifestyle disorders involves a multifaceted approach tailored to the specific condition, but here are some general strategies:

Medical Evaluation

Start by consulting a healthcare professional for a comprehensive evaluation. They can diagnose the specific lifestyle disorder, assess its severity, and provide guidance on treatment options.

Lifestyle Modifications

Implement healthy lifestyle changes, including:

Avoidance of etiological factors

Avoid factors which disturb our health functions. Causative factors for COPD in individuals: stopping smoking, occupational environment, exposure to cold-heat and high altitudes, environmental irritants, and day sleep.

- Shadbindu tail in each nostril.
- Remove allergens from the home, including dust, dust mites, cleaning chemicals, pets and carpets.
- Wash all linens, blankets, etc., at least once a week in hot water.
- Use only allergen-proof pillows and blankets.
- Clean the home thoroughly.
- Establish a no-smoking policy in the home and avoid second-hand smoke.
- Investigate neighbourhoods thoroughly before you move to avoid Environmental pollution.
- Investigate the workplace environment to avoid exposure to fumes, molds or dust.
- Advice to maintain the hygiene of patients and caretakers.
- In daily routine, drink plenty of fluids and consume a healthy and nutritious diet.
- Immunisation for flu and pneumonia.
- Cardio-vascular and other suggestive exercises.

Diet

Follow a balanced diet based on your body type or dosha (Vata, Pitta, Kapha). Avoid processed foods, excess sugar, and fried foods. Emphasise fresh, whole foods, and include fruits and vegetables.

Meal Timing

Eat regular meals at consistent times each day. Avoid skipping meals, and have your largest meal at lunch when your digestive fire (Agni) is strongest.

Adopt a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit sugar, saturated fats, and processed foods.

Grain- Yava, Shasthika and Shali

Pulses- Mudga

Vegetables- Patola, Karvellaka, Lauki

Oils- Mustard

Physical Activity

Incorporate regular exercise into your routine. Aim for at least 150 minutes of moderate-intensity aerobic activity per week.

Smoking Cessation

If you smoke, seek support to quit smoking. There are various smoking cessation programs and medications available.

Alcohol Moderation

If applicable, limit alcohol consumption to moderate levels or consider abstaining.

Stress Management

Practice stress-reduction techniques like mindfulness, meditation, or yoga.

Sleep

Prioritise good sleep hygiene by maintaining a consistent sleep schedule and creating a comfortable sleep environment.

Medications

Sometimes, healthcare providers may prescribe medications to manage lifestyle disorders, for example, antihypertensive drugs for high blood pressure or insulin for diabetes.

Regular Monitoring

Attend follow-up appointments with your healthcare provider to track your progress and adjust your treatment plan.

Support Networks

Seek support from friends, family, or support groups. They can provide encouragement and motivation during your journey.

Education

Educate yourself about your condition and the importance of adhering to your treatment plan. Knowledge empowers you to make informed decisions.

Routine Check-ups

Even when your condition is under control, schedule regular check-ups with your healthcare provider for preventive care and to catch any potential issues early.

Behavioural Therapy

Consider therapy or counselling to address any emotional or psychological factors contributing to your lifestyle disorder.

Health Apps and Technology

Use health-related apps or wearable devices to track progress, monitor vital signs, and stay motivated.

Goal Setting

Set achievable goals for managing your condition and improving your overall health. Celebrate your successes along the way.

Environmental Support

Create a supportive environment at home and work. Remove or reduce triggers that may lead to unhealthy behaviours.

Holistic Approaches

Explore complementary therapies like acupuncture, chiropractic care, or herbal remedies, but always consult your healthcare provider before trying new treatments.

Remember that managing lifestyle disorders is a long-term commitment. It's essential to work closely with your healthcare team, follow their recommendations, and stay motivated to make positive changes in your life. Over time, these efforts can lead to better health and a reduced risk of complications associated with lifestyle disorders.

AYURVEDIC DRUGS

Table 1: Drugs for Diabetes

Gudmar	Methi	Chandraprabha Vati
Vijaysaar	Babool	Basant Kusumakar Rasa
Karvellaka	Curry patta	Swarn Makshik Bhasm
Amalaki	Shilajit	Madhumehari Churna
Daruharidra	Palasa	BGR-34
Rasona	Nimba	Phalatrikadi Kwatha
Patola		Gokshuradi Guggulu

Table 2: Drugs for Hypertension

Gokshura	Brahmi
Punarnava	Vacha
Jatamansi	Rasna
Sarpagandha	Eranda
Sankhapushpi	Arjuna

Table 3: Drugs for Liver Disease ⁶

Kalmegha	Karanja	
Kakmachi	Parijata	Arogyavardhini Vati
Punarnava	Daruharidra	Jaloudarari Rasa
Kirattikta	Guduchi	
Chitraka	Bhringraj	
Haridra	Mulethi	

Table 4: Drugs related to Cancer

Guduchi	Ashwagandha Rasayana
Pippli	Chyanprasha
Kalmegha	Brahmi Rasayana
Lakshman fal	Narasimha Rasayana
Vanyakarkati	Triphala Churna
Bhallataka	

Table 5: Respiratory disease related Drugs

Swasahara drug	Kasahara drug	Lavangadi Vati
Pushkarmool	Shirish	Vyoshadi Vati
Shati	Pippali	Swaskuthara Rasa
Bharangi	Kantkari	Kaphaketu Rasa
Karchoor	Brihati	Tribhuvnkirti Rasa
Ela	Karkatshringi	Lakshmililasa Rasa
Hingu	Kasmarda	Godanti Bhasma
Agar	Tamalaki	Tankan bhasma
Sursa	Haritaki	
Bhumyamalaki	Amalaki	

Yogic practices can be beneficial for managing lifestyle disorders like stress, obesity, and hypertension.

Stress Management

Through techniques like deep breathing and meditation, yoga can reduce stress hormones and promote relaxation.

Weight Management

Regular practice of yoga asanas (poses) and pranayama (breathing exercises) can aid in weight loss by increasing metabolism and promoting mindful eating. Weight reduction (maintain a BMI between 18.5 and 24.9).

Consume a diet rich in fruits and vegetables with reduced saturated fat and cholesterol.

Reduce salt intake.

Hypertension Control

Yoga's relaxation techniques, such as Savasana and meditation, can help lower blood pressure and improve cardiovascular health.

Diabetes Management

Certain yoga poses can stimulate the pancreas and improve insulin sensitivity, helping manage diabetes.⁷

Improved Sleep

Yoga can enhance the quality of sleep, which is crucial for managing various lifestyle disorders.⁸

Digestive Health

Specific yoga postures can aid digestion and alleviate digestive issues.

Mental Health

Yoga can enhance mental well-being, reduce symptoms of anxiety and depression, and improve overall psychological health.

Healthy Eating Habits

Practicing mindfulness through yoga can help individuals make healthier food choices.

It's essential to consult with a qualified yoga instructor or healthcare professional to create a personalised yoga routine tailored to your specific needs and condition. Yoga should complement other aspects of a healthy lifestyle, including a balanced diet and regular exercise.

Stress Management

Try practising "Savasana" (Corpse Pose) and "Nadi Shodhana" (Alternate Nostril Breathing) to reduce stress and promote relaxation.

Hypertension Control

"Viparita Karani" (Legs Up the Wall Pose) and "Shavasana" can help lower blood pressure and promote overall cardiovascular health.

Diabetes Management

"Ardha Matsyendrasana" (Half Lord of the Fishes Pose) and "Paschimottasana" (Seated Forward Bend) can help improve insulin sensitivity.⁶

Improved Sleep

Incorporate "Balasana" (Child's Pose) and "Supta Baddha Konasana" (Reclining Bound Angle Pose) into your routine to enhance sleep quality.⁷

Weight Management

"Surya Namaskar" (Sun Salutation) is a dynamic sequence of asanas that can aid in weight management by increasing metabolism and muscle tone.⁸

Digestive Health

"Pawanmuktasana" (Wind-Relieving Pose) and "Apanasana" (Knee-to-Chest Pose) can aid digestion and alleviate digestive discomfort.

Mental Health

Practicing meditation and mindfulness techniques like "Dhyana" (Meditation) and "Anulom Vilom" (Alternate Nostril Breathing) can improve mental well-being.

CONCLUSION

From the history of treatment and preventive measures given to people suffering from lifestyle diseases, significant lifestyle adjustments include altering eating habits, abstaining from

alcohol, managing weight, quitting smoking, and engaging in regular physical activity. Lifestyles are social practices individuals adopt to reflect personal, group and socio-economic identities. It is commonly said that your genetics load the gun. Our lifestyles reflect our health, and since the last decade, human beings have embraced certain habits which lead to newer disorders. Lifestyle changes in a well manner play a crucial role in preventing and managing lifestyle disorders.

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