

DISEASE'S OF CIVILIZATION AND PREVENTION BY AYURVEDA

***¹Dr. Rajveer Gupta, ¹Dr. Mona Singh Sikarwar, ²Dr. S. N. Tiwari and ³Dr. Pawan Kumar Kirar**

¹M.D. Scholar, ²M.D.PhD Associate Professor, ³M.D Assistant Professor
Department of Samhita Siddhantaayurveda College Rewa(M.P).

Article Received on
02 August 2017,
Revised on 22 August 2017,
Accepted on 13 Sept. 2017
DOI: 10.20959/wjpr201711-9658

Corresponding Author*Dr. Rajveer Gupta**

M.D. Scholar, Department of
Samhita Siddhantaayurveda
College Rewa(m.p).

ABSTRACT

Apart from economic advancements and the ability to trade worldwide, the world has come along way in science and more specifically medicine, economic development has led to a high rate of lifestyle changes comes a crop of Diseases. These Diseases have been dubbed lifestyle Diseases or Diseases of civilization or Diseases of longevity. The changes in lifestyle and dietary choices greatly increases the risk for non-communicable Diseases (NCDs) such as obesity, type II diabetes, Hypertension, dyslipidemia, sleep-apnea, osteo-arthritis and some type of cancer. Almost to third deaths were

because of NCDs. A healthy lifestyle promotes building and maintaining healthy bones, muscles and joints as well as help in controlling weight. It increases self esteem reduces stress and promotes social well being. Ayurveda has great potential In preventing lifestyle Disorders.

KEYWORDS: Lifestyle Diseases, NCDS, Hypertension, dyslipidemia, Ayurveda, civilization.

INTRODUCTION

Life style may be defined as a way of civilization of peoples families and societies civilization disorder includes cardiovascular diseases [CVD] Hypertension, Stroke, Irritable bowle Syndrome Coronary heart disease, Cancers [skin cancer & lung cancer etc.] Swimer's disorder, DM-II type, obesity, osteoarthritis, osteoporosis etc. Disease of civilization are going to take the form of epidemic in the 21st century.

Ayurveda denoted the components of life style measures in the forms of proper dietary and behavioral management (ritucharya) and dinacharya) Panchakarma procedures, medicaments and rejuvenation therapies. The five therapies which are used for purification treatment. The Ayurvedic therapies which are used for pacification of the disease and purification of the body. Ayurvedic therapy is, in brief of two kinds shodhana and shamana, sodhana is the procedure of eliminating the aggravated morbid factors (dosha) from the body forcibly, and shaman on the work morbid element (Tridosha) is aggravated dosha within the human body itself. Charaka Samhita, Sushruta Samhita, Sarangdhara and Bhavmishra are describe the many Treatment procedure for diseases due to lifestyle like Vamana, Virechana, Asthapana, Anuvasana, Shiro Verechana, Rakta Mokshana etc.

How the defective civilization leads to disorders

We can understand that almost all the disease are caused by the Mithya ahara vihara or improper diet & life style. Which we follow e.g. overeating of proceed food, high coloric food, irregular timings of food etc. peoples are leading a mechanical life without considering their physical, mental, spiritual social well being i.e. lack of physical activities, Addiction of smoking, tobacco, alcohol intake, suppression of natural urges vegadharana.

In fast developing countries increasing globalization brings nothing but the changing lifestyle ignorance of health by sticking to the strict pattern of jobs. the arousal of such crisis is just because of inappropriate relationship of people with the environment.

Improper changes in civilization and related disorders

The occurrence of civilization diseases like diabetes mellitus cardio-vascular disease Stroke, coronary Heart Disease, Hypertension, Cancer Osteoporosis, Obesity are high on the rise cardiovascular disorder continues to be the major cause of mortality about 30% of all death of world wide.

Cardiovascular disorders

Many diseases includes in the CVD like High Blood pressure coronary Heart Disease, Stroke, Rheumatic fever/heard disease etc. more than 1 in 5 male and females have some Form of CVD since 1900, CVD has been the No. 1 killer in US 36% of.

Diabetes mellitus (Madhumeha)

Two factors i.e. hereditary and dietetic are generally responsible for causing the disease Prameha and the patients are classified accordingly as apathyanimitaja (related to dietary and lifestyle factors) pramehi.

A disease can be prevented by intervention in its cycle of pathogenesis or early as possible beginning from the avoidance of predisposing/risk factors of the disease Ayurveda has great potential in preventing life style disorders measures for prevention of DM-II.

Cancer

Cancer is the second leading cause of death may signs to early diagnose the cancer like change in bowel or bladder habits, A sore throat that does not heal, unusual bleeding or discharge many life style factors responsible for cancer like nutrition as high fat, low vegetables & fruits (anti-oxidants, fibers), smoking sedentary life, sunburn (Acute overexposure) 1 in 7 will develop some form of skin cancer in their lifetime.

Cancer is predicted to be become the most lethal in the next few decades causing highest morbidity and mortality across the world with the advancement in medical oncology the challenges of diagnosing and curing Cancer still remain enormous. The WHO reported 12.7 million new Cancer cases reported in the year 2008. While lung and colorectal Cancer is the second most common Cancer respectively.

Prevention of civilization disorder by Ayurveda

The specially of the Life Style disease or diseases of civilization is that, it takes years to develop and if occurred one, is not easy to cure. Here we can understand the importance of preventive measures. So one who like to maintain good health should be aware of his life style & should follow following rules:-

(A) AHAR: - Rules of diet in Ayurvedic classics states as quality & quantity of food both should be balanced. Excess of food & low calorie diet leading to starvation both are not good freshly prepared food should be taken in proper time, at a proper place in good company, after diagestion of previous food & in appropriate amount. According to Achar-Rasayana uses of Ghee should be required daily because Ghee is the rich source of omega-3 fatty acids, it also reduces atherogenic lipids in the serum. Help in enteric

coating of molecules to help drug delivery system essential for brain development should take vegetarian diet delivery system, mineralization of bones.

(B) VIHAR:- Some important and Easy changes that can impart in our life style are follow the Dinacharya and ritucharya also adopt which are possible in today's lifestyle. Daily practices of some Yogas like Surya Namaskaram, Pranayama, Asana, daily Changing of some manthras. For all these measures, there is necessity of awareness programs to make rural and urban people aware. But, that should contain the methods which help them on the basis of their life style.

(C) AUSHADA:- There are 2 types Dravya Bhuta & Adravya Bhuta.

Adravya Bhuta

Langhana is main treatment advised in metabolic disorders also important and treatment in santarpanjanya diseases.

Dravya Bhuta

In treatments there are various forms of herbal, and herbo-miniral drugs are available as per disease treatment Panchakarma chikitsa like vamana, virechana, Basti, Ratamokshna, Snehana, Swedana, Nasya practice of Rasayana Chikitsa as a Rejuvenation therapy is the treatment by which one gets the excellence of immunity which nourishes body tissue as well as mind also.

CONCLUSION

The root cause as all human sufferings is ignorance, while that of all progress & happiness is unclouded knowledge naturally, everybody has to die of something at sometime. But life style attention to our body or leave it as a machine itself. Which mean we must avoid the factors which cause imbalance and there must be regular use of factors maintain balance of our body it is said that by observance of this rule unbalanced condition of doshas, dhato's does not pursue and balance is restored. The approach of Ayurveda treating the patient as a whole meaning intervention targeted toward complete physical, psychological and spiritual well being makes this science a wonderful option in lifestyle disorders or diseases of civilization.

REFERANCES

1. H.M. chandola, lifestyle disorders Ayurveda with lots of potential for prevention, Ayu, 2012 JUL-SEP; 33(3): 327.
2. Charakasamhita, Sutrasthan 1/23, English translated by R.K. Sharma and Bhagawan Das, Choukhamba Sanskrit Sansthan, Varanasi, edition 2010.
3. Dr. Athavale, basic principals of Ayurveda, Choukhambha Sanskrit prathisthan, New Delhi 1st Revised Edition, 2004.
4. Scientific foundation of Ayurveda, Choukhambha Sanskrit prathisthan, by Dr. H.S. Palep, New Delhi, 1st Edition, 2004.
5. Vagbhata, Ashtangahridaya, Sutra-Sthana 14/5,6 in pt. Harisadasivasatri (ed.) Chowkambha orientalia, 2005; 346.