



## AN AYURVEDIC VIEW OF DIETETIC RULES AS A PREVENTIVE AND CURATIVE ASPECT TO MANAGE THE LIFESTYLE DISORDER.

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### ABSTRACT

Lifestyle is nothing but the our style of living means in which way we are living and Lifestyle disorders are the outcomes of our own wrong lifestyle means not following the proper lifestyle. Ayurveda is a holistic scripture which tells about how to achieve a “Golden Life” through following an Ideal Lifestyle and as well as considered as the oldest ancient medical science which has explained how to live in a scientific ways. For living an Ideal life our *Acharyas* has explained many concepts out of that *Sadvritta* (code of conducts) is one of the most important concept. *Sadvritta* explanations “How to live an Ideal lifestyle” and it has given importance on *Ahara* (diet) as well as *Vihara* (regimen.). Ayurveda has explained about *trayoupastamha* i.e *Ahara, Nidra, Brahmacharya* and with a proper skilful and optimum use of this Triad one can get a healthy life as well as manage and prevent the life style disorder. Out of that *Ahara* (diet) is the prime one and Ayurveda has given importance on both diet as well as its intake. Proper diet taking in proper way leads health and improper diet taking in improper way leads disease. Now in this present era because of the modern lifestyle and busy schedule peoples are not following the proper dietic rules for intake of diet, so it leads to many life style disorders like obesity, diabetes, hypertension, anorexia, gastritis, acidity, constipation, haemorrhoids, skin disease etc . Now peoples are very much conscious about the quality, nutritional value, wholesome, unwholesome...etc of the diet, so it indicates only “what to eat” but not “how to eat”. Acharya Charaka has explained about “*ahara upayoga niyama*”(dietetic rules) under *astha ahara vidhivisheshayatana* in *rasavimana adhyaya* (cha.vi.1/24) which tells about mainly the rules for intake of diet. Diet intake with following dietic rules has a vital role to prevent and manage the life style disorder. So the *ahara upayoga niyama* act as a both preventive and curative aspect in management of lifestyle disorder

**Key word-** *Ahara upayoga niyama*, lifestyle disorders, *sadvritta*.

### INTRODUCTION

Human being is the supreme creation among all living creature and to survive in this world Food, Cloth and Shelter are three basic necessities for them. Among these three, Food is the prime one in life, because from the intra-uterine period to death Food is needed. Ayurveda has also given importance on Food (*Ahara*)<sup>1</sup> and considered as a component of *trayoupastamha*<sup>2</sup>. *Trayoupastamha* i.e *Ahara, Nidra, Brahmacharya* are three pillars which sustain the life. A proper skilful and optimum use of this Triad one can get a healthy life as well as manage and prevent the life style disorder. *Ahara* has occupied a vast field in Ayurveda and it has given

importance on both *Ahara* as well as how to take the *Ahara*. Acharya Charaka has explained about *asta ahara vidhi vishesayatana* in *vimana sthana* in which both *Ahara* as well as its Rule of intake has explained and in that the 7<sup>th</sup> point '*ahara upayoga niyama*'<sup>3</sup> mainly indicates the "rules for the intake of diet". Then Acharya has described elaborately all the *Niyamas* as "*ahara vidhividhana*"<sup>4</sup> (Dietic rules) and it has told for both healthy as well as diseased person. Not following the proper 'Dietic rules' is one of the most privileging factor for the manifestation of Lifestyle Disorders. Diet intake with following dietic rules has a vital role to prevent and manage the life style disorder. So the *ahara upayoga niyama* act as a both preventive and curative aspect in management of lifestyle disorder.

#### **IMPORTANCE OF SADVRITTA IN HEALTHY LIVING**

a) **Sadvritta**- Ayurveda is a holistic scripture which tells about how to achieve a "Golden Life" through following an Ideal Lifestyle. It is also considered as the oldest ancient medical science and in that Acharyas has explained all the *Ayurvedic Paricharyas* which has scientifically proved. It has designed a well planned Lifestyle in that Daily regimen, Seasonal regimen, Concept of well balanced diet, Sufficient sleep, Exercise, *Pranayam*, *Yoga*, Mediation, Regular attend natural urges, *Rasayan* therapy, Purification, *Achararasayana* etc are coming. *Acharya Charaka* has explained about "*Sadvritta*"<sup>5</sup> which deals with the 'Complete description of right conducts'. *Sadvritta* give the knowledge about "What to do, What should not to do and also "How to live". To live an 'Ideal Lifestyle' in physically, mentally, spiritually and socially and for that how to prevent Psychic disturbances as well as psychosomatic disturbances by practise regarding code general ethics, practise regarding taking diet, practise regarding natural urges, practices regarding self-control, practises regarding social relations etc one can learn from *Sadvritta*. Out of that '*Sadvritta* regarding taking diet' has played an important role for getting healthy life.

b) **Lifestyle disorders**- Health is the supreme foundation of life and remain healthy in physically, mentally, spiritually and socially one can get the complete Health. Lifestyle is nothing but our style of living means in which way we are living which is the consistent pattern of attitude, customs, habits, possession. Lifestyle disorders are the outcomes of our own wrong lifestyle means not following the proper lifestyle. In this modern era because of technological advancement, more urbanization, rapid industrialization and very fast life peoples are not following the proper lifestyle. Now a days there is increased prevalence of lifestyle disorders in which faulty dietary habits play an important role. Intake of diet with proper dietetic rule has a vital role in life. Unwholesome diet as well as intake of diet against the dietetic rules leads many common lifestyle disorders in our day to day life like-constipation, indigestion, acidic problem, gastritis, anorexia, irritable bowel syndrome, diarrhoea, dysentery, haemorrhoid, obesity, hypertension, liver disorder, anaemia, cardiac discomfort, sensory organ debility, skin diseases etc. After a long period as a complication it leads major lifestyle disorders.

#### **AHARA VIDHI VIDHANA (RULES FOR INTAKE OF THE DIET)**

Regarding *Ahara Niyamas* (intake of diet) our *Acharyas* has explained many scientific concepts like-*Ahara vidhi*<sup>6</sup>, *Ahara vidhividhana*, *Bhojana vidhi*<sup>7</sup>. Out of that '*ahara upayoga niyama*' has explained by *Charaka Acharya* is very unique. It has explained in *Vimana Sthana*, *Rasa vimana Adhyaya* under '*asta ahara vidhi visheshayatana*' for each and every person. '*Asta ahara vidhi visheshayatana*' determines how to select the wholesome food which depends upon eight factors like -1.*prakrit* (nature of substance), 2.*karana* (method of processing), 3.*samyoga* (combination), 4.*rasi* (quantity), 5.*desa* (habitat of substance), 6.*kala* (time), 7.*upayogasamtha* (directions of use), 8.*upayokta* (user). Among the eight the 7<sup>th</sup> point *upayogasamtha* is nothing but *upayoga niyamas* means the 'Dietetic Rules' which tells about

‘what, when, where, why, which and how to eat the diet. Then *Acharya* has elaborated broadly all the *niyamas* (rules) as *ahara vidhi vidhana* mainly gives the knowledge about “How to Eat” which has scientifically proved. *Ahara vidhi vidhana* is a method, code, rule, law, way, which indicates how to intake the diet for both healthy (*swastha*) as well as diseased (*atura*) person. It includes codes like- a. *Ushnamashniyat*, b. *Shigdhamaashniyat*, c. *Matravatashniyat*, d. *Jirneashniyat*, e. *Aviruddhaashniyat*, f. *Naatidritamaashniyat*, g. *Naatibilambitamashniyat*, h. *Istedese, istesarvopakaraneashniyat*, i. *Ajalpan, ahasan, tanmanabhunjitamaashniyat*, j. *Atmanamabhisamikshyamaashniyat*. Here *Acharya* has mentioned a word “*ashniyat*” which is very specific and scientific. This word justify as “that should be optimum”. Optimum means not less not more, be appropriate but we can not measure it by any objective parameter, it is only subjective.

### SCIENTIFIC VALUE OF AHARA VIDHI VIDHANA

Now peoples are very much conscious about the quality, nutritional value, wholesome, unwholesome etc. of the diet, so it indicates only “what to eat” but not “how to eat”. *Ahara* considered as for the cause of both cure and create the diseases, means if we are taking food properly in proper quality, proper quantity, with proper rules it cure diseases and taking improperly create diseases. The *Ahara Vidhi Vidhana* deals with the following scientific concepts.

#### A. USHNAMEASHNIYAT (Diet should be optimum warm)

1. Food should be taken in warm condition means freshly prepared which increases the deliciousness of the food.
2. Maintains the PH level of oral cavity which Provokes the secretion of the digestive juices as well as the certain enzymes those are responsible for digestion.
3. It helps to enhance the *jathara agni* for quickly digestion.
4. It helps in the downward passage of *Vata* and detachment of *Kapha* which has good impact on digestive system.

#### B. SNIGDHAMEASHNIYAT (Diet should be optimum unctuous)

1. One should take the *snigdha ahara* like *godhuma, Sali, sasthika* rice are having optimum *snigdhatwa*, so the food will become delicious.
2. It enhances the power of *jathara agni* which Provokes the power of digestion.
3. Food gets digested quickly.
4. Helps in the downward movement of *Vata*.
5. Increases the plumpness of the body and strengthens the sense faculties.
6. Promotes strength and brings out the brightness of complexion.

#### C. MATRAVATASHNIYAT (Diet should be in optimum quantity)-

1. Here *matra* indicates the quantity of food, proper quantity of food helps to promote the longevity without affecting *vata, pitta* and *kapha*.
2. After completing the process of digestion the waste part easily passes down the rectum.
3. *Jatharagni* does not impaired.
4. Without any obstruction the food gets properly digested.

#### D. JIRNEASHNIYAT (Intake of diet with optimum hunger)-

1. Food should be taken when you are feeling the proper hunger means when the previous food is completely digested.
2. It helps to remains the *doshas* in their proper places.
3. *Jatharagni* is provoked and appetite increases.
4. *Srotas* (channels) are clearly opened.
5. Belching (upward movement of air) is purified and normal cardiac functions are going on.
6. Downward movements of *apana vayu* as well as proper manifestation of the urges for voiding flatus, urine and stool occurs.
7. The digested food strengthens the *dhatu*s and promotes the longevity.

#### E. AVIRUDDHAMEASHNIYAT (Intake of diet with optimum combination)

1. One should take food having no contradictory potencies means combination of foods which are not complementary to each other.
2. By taking such type of food one prevent and cure the diseases which arises due to contradictory foods (*viruddha ahara*).

**F. ISTEDESHE, ISTESARVOPAKARANEASHNIYAT** (Intake of diet in proper place with proper accessories)

1. One should take food in proper comfortable place equipped with all the accessories.
2. Intake of diet in comfortable place can avoid the emotional strain.
3. With the availability of proper equipment the hygiene is maintained and not get afflicted with such of the factors which causes diseases.

**G .NAATIDRITAMASHNIYAT** (Intake of diet with optimum speed not too fast)

1. One should not take food too hurriedly then it to enter the right passage and reach in to the stomach properly.
2. If there may be any foreign bodies in the food one can detect that.
3. One can feel the proper taste of foods with complete perspicuity of *Indriyas*.
4. Digestion and downward passage of *Vata* occurs properly.

**H .NAATIBILAMBITAMASHNIYAT** (Intake of diet with optimum speed not too slow)

1. One should not take food very slowly then the food gives the proper satisfaction to the individuals.
2. One can avoid to take more food than what is required.
3. Food would not become cold then one can take in warm stage which brings regularity in digestion.

**I. AJALPAN, AHASAN, TANMANABHUNJITAMASHNIYAT** (Intake of diet without talking, with laughing with concentration)

1. One should take food without talking, without laughing and with concentration.
2. Food becomes wholesome for a person.

**J. ATMANAMABHISAMIKSHYAMASHNIYAT** (with self-estimation)

1. One should take food in a prescribed manner.
2. With due regards to his own self like considering own body constitution, which food is wholesome or unwholesome, which place that person belongs.
3. It helps the person should be able to decide usefulness or harmfulness of a substance.

## DISCUSSION

In this present Era because of modern lifestyle most of peoples are following the wrong dietic rules than the proper dietic rules which is the important causative factor for manifesting lifestyle disorders like this following ways-

- In this present era peoples are not that much aware, may be they are taking warm food but we can not say that is proper. Due to the busy schedule of life peoples are preparing food once and keeping in refrigerator heating again and again by oven and taking that food (*vidahi ahara* ). Peoples are taking the food which has prepared a long times ago that is the stale food (*paryusita ahara*). Peoples are also taking excessive cold foods like refrigerated food, water, drinks etc. So such type of foods are not wholesome and produces *ama* (undigted food article) which vitiates the *agni* and leads to many lifestyle disorders like –due to excessive cold it causes *stambhana*, *agnimandya*, *aruchi*, *hrillasa*, *vistambha*, *romaharsa* etc . Due to excessive hot it causes *mada*, *daha*, *trishna*, *balanasa*, *bhrama*, *raktapitta* etc.
- Now peoples are moving more towards the fast foods ,junk foods , which are excessive *snigdha* and *guru*, then also are taking more dry foods , fried items which are excessive dry .These foods are not maintaining the proper *snigdhatwa* and foods are not digested properly .It vitiates the *doshas* as well as impair the *agni* and leads many lifestyle

disorders like –due to *atisnigdha* causes *praseka*, *hrdgaurava*, *alasya*, *aruchi* and due to excessive dry causes *bala* and *varna nasa*, *twak rukshyata* and *sakrit nirodhata* (constipation) etc.

- Each individuals differs from each other with their physical and mental constitution. We cannot standardize a specific quantity of food for all. Food should be taken according to *prakiti*, *agnibala*, *kala* etc. *Acharya Charaka* has mentioned a good concept on that like one part should be fill with solid one part liquid and the third part remaining empty<sup>8</sup>. But now peoples are not giving attention on that, sometimes they are taking more quantity of heavy foods less quantity of light foods. So by knowingly they are following the *Vishamsana* which impaired the *agni* and leads *adhaman*, *atopa*, *shula*, *hrillasa* etc.
- Now in this fast forward life when peoples are felling hungry due to the work pressure they are supressing their hunger which having bad impact on health because *kshyudha* is a non-suppressible urges and when they are not having hunger they are eating food which is *atita kala bhojana*<sup>9</sup> also not good for health. Some peoples are doing *Adhyashana*<sup>10</sup> means taking excess food / over eating according to their capacity. Some are having *Ajirnashana* means intake of food when the previous food is not digested. So all the faulty food habits leads to lifestyle disordes like-*karsya*, *daurvalyata*, *aruchi*, *hrilaasa* etc.
- Now intake of contradictory food is increasing in this society. Peoples are knowingly or unknowingly are taking both wholesome and unwholesome simultaneously (*samashna*) like both hot and cold combination, non-veg foods with curd, fruits with milk ,honey in heated form etc. Ayurveda has explained many scientific explanations regarding *viruddha ahara* and their adverse effect on health. Contradictory foods leads many lifestyle disorders like *amavisa*, *grhani*, *amlapitta*, *kustha*, *pandu*, *sotha*, *jwara*, *indriyadaurvalya* and also death because of food poisoning.
- Now in present time it has become a big problem. Most of population are having their food in working place. Peoples are taking food when they are traveling by bus and trains. From outside food stuffs as well as in crowded area peoples are taking foods. Using use through utensils, low plastic vessels many improper equipment. For time consuming using less equipment like in a single plate are having all items, with one spoon bringing all items. So such types of ignorance leads digestive disturbances.
- Now peoples are always running behind the materialistic life, they have no time for taking food comfortably. When they are taking food always watching watch and taking food very speed which has bad impact on health. Such type of habits leads “*Hikka*” and other disorders.
- Some peoples are taking food very slowly, due to that the food becomes cold. Because of taking cold food the digestive juice and the enzymes not act properly and leads to irregularity in digestion.
- Now days this is the most common reason for lifestyle disorders. People do not concentrate on the food instead of that, they are busy in watching TV, phone calls, computer operations, chatting, talk and laugh and also taking food in standing posture with walking etc . Due to this, they can’t give proper attention in food. All the diseases are occurs due to psychosomatic causes and due to that it leads digestive disturbances.

- It has seen that knowingly peoples are taking food which are not suitable for them then it became unwholesome .So it vitiates *dohas* as well as *agni* and leads digestive disorders.

## CONCLUSION

Health is a precious treasure of our life. If we are completely healthy then only we can enjoy the real pleasure of our life. Following the dietetic rules describe in Ayurveda is highly effective in reducing the life style disorders and helps to live healthy life. The good quality, balanced and natural food not only treats the body in a better way but also helps to prevent several so called lifestyle disorders. Your food is your medicines the right kind of food said that “food is the only medicine”. Administration of diet without following proper dietetic rule is an etiological factor (*Hetu*) for the manifestation of lifestyle disorders and intake with following proper dietetic rule can prevent and manage the lifestyle disorders.

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