



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Management Of Lifestyle Disorders Through Dietary Principles In *Ayurveda* : Review Article.

Dr. Roshani P. Lanjewar¹, Dr. Sapana A. Ukey², Dr. Archana R. Belge³

¹P.G Scholar, Department of Swasthavritta & Yoga, Shri Ayurved Mahavidyalaya, Nagpur.

²Associate Professor, Department of Swasthavritta & Yoga, Shri Ayurved Mahavidyalaya, Nagpur.

³Professor & H.O.D, Department of Swasthavritta & Yoga, Shri Ayurved Mahavidyalaya, Nagpur

Abstract

The modern lifestyle has led to a rise in various lifestyle disorders such as obesity, hypertension, diabetes, and heart diseases. *Ayurveda*, the ancient Indian system of medicine, offers a holistic approach to managing these conditions through dietary principles. This article reviews the key *Ayurvedic* dietary guidelines and their application in preventing and managing lifestyle disorders. Lifestyle disorders globally killing 38 millions of people every year whereas In India, one out of four is at risk of dying from lifestyle disorder. The treatment for lifestyle disorder management in *Ayurveda* is given as per individual bodily constitutions depending on their medical history, current conditions and previous treatment so that it best suits the patients. All regimens of *Ayurveda* aim not only to counter the specific symptoms of the body but also to achieve proper balance. *Ayurvedic* lifestyle promotes physical, mental as well as social health and ultimately leads to symptomatic improvement.

Key words: Lifestyle Disorders, *Aahar*, *Vihar*.

Introduction

Lifestyle disorders are health issues primarily related to the way individuals live their life, often rooted in poor dietary choices, lack of physical activity, and psychological stress. *Ayurveda*, which emphasizes balance between body, mind, and spirit, offers dietary recommendations aimed at restoring that balance. *Ayurveda's* main aim "*Swasthyasya Swastha Rakshanam Aturasya Vikara Prashmnam Cha*" can be achieved by *Traya-Upastambha* i.e., *Aahar*, *Nidra* and *Brahmacharya*. Among *Traya-Upastambha*, *Aahar* has been enumerated first one which shows its importance for healthy life of individual. Type of *Aahar* and *Aahar Matra* that we consume in proper or in improper way and *Dincharya*, *Ritucharya* and *Sadvritta* is

responsible for the formation of body or cause of various lifestyle disorders. Lifestyle disorders are often linked to unhealthy eating patterns, physical inactivity, and chronic stress. *Ayurveda* offers a comprehensive framework for understanding individual health imbalances and provides dietary guidelines to promote well-being. By aligning dietary choices with one's unique constitution and the natural rhythms of life, *Ayurvedic* principles can effectively manage and prevent lifestyle disorders

Key Dietary Principles in Ayurveda

1. Sattvic Diet:

A *Sattvic* diet, consisting of fresh, wholesome, and minimally processed foods, is believed to promote clarity, energy, and health. It includes foods such as fruits, vegetables, whole grains, nuts, and dairy products. This diet is particularly beneficial for those experiencing stress and anxiety.

The *sattvic* diet is rooted in *Ayurveda* and emphasizes the consumption of foods that are pure, fresh, and wholesome. It is designed to promote overall health and well-being by harnessing the energy from foods that are considered "sattvic," or pure, vital, and harmonious. Here are some key aspects of the *sattvic* diet:

- Whole, Natural Foods:** The diet focuses on whole, unprocessed foods, such as fruits, vegetables, whole grains, nuts, and seeds. These foods are typically rich in nutrients and help to maintain energy levels.
- Plant-Based:** The *sattvic* diet is mostly vegetarian or vegan, avoiding meat, fish, and eggs. Dairy is sometimes included, particularly fresh, organic, and non-homogenized sources.
- Freshness:** Emphasis is placed on consuming fresh, seasonal, and ideally locally sourced foods. Cooking meals from scratch with fresh ingredients is encouraged.

2. Guna (Qualities) of Food:

Ayurveda categorizes food based on its qualities—*Sattva* (purity), *Rajas* (activity), and *Tamas* (inertia). Emphasizing *Sattvic* qualities, individuals can foster mental clarity and physical well-being, which is crucial for managing lifestyle disorders. *Ayurveda* categorizes foods into three *Gunas*—*Sattva* (pure), *Rajas* (active), and *Tamas* (inert). *Sattvic* foods, which are fresh, wholesome, and nutrient-dense, support optimal health. Incorporating *Sattvic* foods into the diet can help manage lifestyle disorders by enhancing vitality and promoting mental clarity.

3. Agni (Digestive Fire):

Proper digestion is central to *Ayurvedic* principles. Maintaining a strong *Agni* ensures optimal nutrient absorption and toxin elimination. Foods should be chosen based on their compatibility with individual *Prakriti* (body constitution) and current health status. *Agni*, or digestive fire, is a fundamental concept in *Ayurveda*. A strong *Agni* is essential for proper digestion and assimilation of nutrients. Dietary practices that enhance *Agni*, such as consuming warm, cooked foods and employing specific spices (like ginger and cumin), can aid in preventing various lifestyle disorders.

4. Seasonal Eating (*Ritucharya*):

Ayurveda promotes seasonal eating, which aligns food choices with the changes in nature. This practice helps in maintaining balance within the body and adapting to varying environmental conditions.

Here are some key concepts associated with seasonal eating in *Ayurveda*:

1. **Connection with Nature:** *Ayurveda* teaches that our bodies are influenced by the environment around us. Eating seasonal foods helps us stay in tune with nature and enhances our physical and emotional well-being.
2. **Balancing Doshas:** The *Ayurvedic* system recognizes three doshas: Vata, Pitta, and Kapha, each associated with specific qualities and elements. By eating foods that are in season, we can help balance these doshas according to the season's characteristics. For example:
 - **Winter (Kapha season):** Nourishing, warm foods like root vegetables, hearty grains, and warming spices are favored to counterbalance the cold, damp qualities of winter.
 - **Spring (Vata season):** Light and detoxifying foods such as greens, sprouts, and fresh fruits are recommended to help clear the body of winter's heaviness.
 - **Summer (Pitta season):** Cooling foods, including cucumbers, melons, and dairy products, are suggested to help manage the heat of summer.
3. **Freshness and Local Sourcing:** Seasonal eating encourages the consumption of fresh, locally sourced produce, which often has higher nutritional content and better flavor compared to out-of-season foods that may be stored for long periods or transported from afar.
4. **Digestive Health:** According to *Ayurveda*, the digestive system (*Agni*) is influenced by external factors, including the weather and seasonal changes. Eating in season helps maintain a strong digestive fire, as seasonal foods are often more aligned with what our bodies need during different times of the year.
5. **Support for Immunity:** Seasonal foods are believed to provide essential nutrients that support immunity and overall health, helping the body adapt to changes in temperature, humidity, and other environmental factors.
6. **Culinary Variety:** Embracing seasonal eating encourages a diverse diet throughout the year, as different fruits and vegetables come into season. This variety not only enhances the nutritional profile of meals but also makes eating more enjoyable and exciting.

5. Mindful Eating:

Ayurveda emphasizes the importance of being present during meals. Mindful eating contributes to better digestion and satisfaction, helping prevent overeating and poor food choices. *Ayurveda* promotes *Ahara Vidhi* (rules of eating), which include eating in a peaceful environment, chewing food thoroughly, and being attentive to hunger signals. Mindful eating practices can foster better digestion and reduce overeating or unhealthy food cravings.

Daily Regimen of *Aahar*

To maintain the health and prevent the unborn disorders the person should have to consume the following *Aahar* in their daily routine.

🌸 **Rakta Shali** : possess special nutrient properties.

- ✚ **Mudga:** protien part of food, best among all pulses.
- ✚ **Saindhav Lavana:** balance *Tridosha* in body.
- ✚ **Amlaka:** Vitamin content of balanced diet.
- ✚ **Dugdha:** Complete food.
- ✚ **Ghrita:** Promote memory, intelligence, vital fire, semen vital essence.
- ✚ **Madhu:** maintain equilibrium of *Tridosha*.
- ✚ **Yava:** Contains total tocopherol, selenium, molybdenum, manganese and Vitamin E are antioxidant act *Balya* and *Rasayana*

Application in Lifestyle Disorders

1. Obesity:

Adopting a *Sattvic* diet and focusing on foods with high *Pranic* value (life force) can aid in weight management. Incorporating spices like turmeric and ginger can also enhance metabolism. Focus on *Kapha*-pacifying diets rich in fiber (vegetables, legumes) and low in processed sugars and fats. Regular consumption of spices such as turmeric and fenugreek can enhance metabolism.

Dietary Changes

- **Balanced Nutrition:** Focus on a balanced diet rich in whole foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats. Reducing the intake of processed foods, sugary beverages, and high-calorie snacks is essential.
- **Portion Control:** Being mindful of portion sizes can help manage caloric intake. Using smaller plates and measuring serving sizes can promote better eating habits.

2. Diabetes:

Balancing *Kapha dosha* through dietary modifications is crucial. Emphasis on bitter and astringent tastes can help regulate blood sugar levels and reduce cravings for sweet foods. Emphasize low-GI foods, whole grains, and bitter vegetables. Incorporating herbs like bitter melon and *Ayurveda*-based supplements can support blood sugar regulation

Stress Management:

- **Stress Reduction Techniques:** Engaging in stress-relief practices, such as yoga, meditation, or deep breathing exercises, can help control emotional eating and improve overall well-being.
- **Adequate Sleep:** Prioritizing quality sleep is essential, as poor sleep can disrupt hormones related to appetite and contribute to weight gain.

3. Hypertension:

Reducing salt intake and incorporating potassium-rich foods such as bananas and leafy greens can mitigate high blood pressure. Also, adopting cooling foods can soothe *Pitta dosha*, which is often linked to hypertension. Adopt a *Pitta*-pacifying diet, low in salt and rich in potassium (fruits like bananas, leafy greens). Techniques such as stress reduction through *yoga* and meditation are recommended.

4. Stress and Anxiety:

A diet rich in *Sattvic* foods can alleviate stress levels. Additionally, herbal teas such as chamomile or *ashwagandha* can promote relaxation and mental clarity.

Conclusion

Ayurveda offers comprehensive dietary principles that can effectively manage and prevent lifestyle disorders. By integrating these ancient wisdoms into modern dietary practices, individuals can achieve better health outcomes and improve their overall quality of life. Further research on the efficacy of these dietary interventions in clinical settings can enhance our understanding and application of *Ayurveda* in contemporary health systems. All regimens of *Ayurveda* aim not only to counter the specific symptoms of the body but also to achieve proper balance. *Ayurvedic* lifestyle promotes physical, mental as well as social health and ultimately leads to symptomatic improvement. *Ayurveda* prescribes certain rules for maintaining a healthy mind. *Ayurvedic* dietary principles provide effective tools for managing lifestyle disorders through a holistic approach that considers individual constitution, the quality of food, and the importance of mindful eating. By integrating these principles into daily life, individuals can foster better health, prevent diseases, and achieve a balanced lifestyle. Further research is needed to explore the efficacy of specific *Ayurvedic* interventions in clinical settings.

References

1. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, Revised by Charak and Dridhabala, Part 1, Chaukhamba Bharati Academy. Varanasi, Reprint Vimana Sthana, 2020.
2. Shastri Kashinath, Chaturvedi Gorakhnath edited Charak Samhita of Agnivesha, Revised by Charak and Dridhabala, Part 2, Chaukhamba Bharati Academy. Varanasi, Reprint Vimana Sthana, 2020.
3. Priyavrat Sharma Charak Samhita (Text with English Translation) Volume-1, Chaukhambha Orientalia, Varanasi, Reprint 2017.

4. Priyavrat Sharma Carak Samhita (Text with English Translation) Volume-2, Chaukhambha Orientalia, Varanasi, Reprint 2017.
5. Shastri Ambikadutta Edited Sushruta Samhita of Sushruta with Ayurvedatva Sandipika commentary. Vol. 1. Chaukhamba Sanskrit Sansthan, Varanasi. Reprint edition 2020 Sutra Sthana, 2020.
6. Vāgbhatta, Astanga Hridaya Uttara Tantra, Rasayana Chapter, Choukhamba Publications, Varanasi.
7. Sharma, R. (2019). Ayurveda: A holistic approach to wellness. *Journal of Alternative and Complementary Medicine*, 25(4), 259-265.
8. Mishra, L. (2021). Integrating Ayurvedic practices into modern healthcare. *International Journal of Ayurveda*, 5(2), 104-110.
9. Vasant, P. (2009). *Ayurveda: The Science of Self-Healing*. Lotus Press.
10. Mishra, R. (2013). *The Ayurvedic Diet: The Complete Guide to Sattvic Eating*. Ayurveda Press
11. Kulkarni, K. (2011). *Traditional Wisdom: Ayurvedic Practices for Seasonal Changes*. Banaras Hindu University Press
12. Kulkarni, K. (2011). *Traditional Wisdom: Ayurvedic Practices for Seasonal Changes*. Banaras Hindu University Press.
13. Singh, J. (2021). "Mind-Body Interventions: The Impact of Sattvic Diet on Mental Health," *International Journal of Integrative Medicine*, 5(1), 22-29
14. Bhatia, R. (2012). The Role of Diet in Ayurveda: A Comprehensive Analysis. *Journal of Ayurvedic and Herbal Medicine*, 1(2), 45-50.
15. Mishra, S., & Singh, V. (2018). Seasonal Regimen (Rutucharya) and Its Role in Health Management in Ayurveda. *International Journal of Ayurveda and Pharma Research*, 6(5), 34-39.
16. . Sharma, H. (2016). Concept of Agni in Ayurveda: A Review. *Ancient Science of Life*, 35(3), 159-161.

17. . Gupta, A. (2015). Sattvic Diet: A Key to Mental Health and Clarity. *European Journal of Integrative Medicine,* 7(3), 49-55.

