

Effect of sedentary life style on cardiac health Ayurvedic perspective

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Abstract:

Now a days as well as aware that Hridrog is a very common fatal disease seen in India. Every year 55% deaths among all deaths due to various causes takes place are due to Hridrog. Also we all know that there is no definite treatment for the disease. Here Hridrog means all cardiac diseases investigations, causes & treatment and the treatment available now is very expensive. It also affects our National health budget. In ayurveda Hridrog is termed as Atidarun, marmashrit Vyadhi. Hriday is a Marmashthana (sadyapranahar marma) so any structural & functional pathology of Hriday can lead to death.

Keyword: Sedentary life style, samprati, Hridroga

Introduction :-

Now a days as well as aware that Hridrog is a very common fatal disease seen in India. Every year 55% deaths among all deaths due to various causes takes place are due to Hridrog. Also we all know that there is no definite

treatment for the disease. Here Hridrog means all cardiac diseases investigations, causes & treatment and the treatment available now is very expensive. It also affects our National health budget. In ayurveda Hridrog is termed as Atidarun, marmashrit Vyadhi. Hriday is a Marmashthana (sadyapranahar marma) so any structural & functional pathology of Hriday can lead to death.

Aims :-

To study the effect of sedentary life style on cardiac health.

Objectives :-

- I) To achieve mental & physical well being
- II) Improve the quality of life.

Materials & Methods :-

- i) Dietary habits of peoples
- ii) General life style of peoples

Observation :-

If we consider today's life style & dietary habits then we definitely realize that we

are far away from our ancient life style & dietary habits.

- A) Dietary Habits :- Most of people in our country eat Dal, Roti, Rice, some vegetables for their lunch and Khichadi, Roti, Curry or some vegetable for dinner. Most people do their breakfast with Bread, Vada-pav, idali like fermented food etc. most Non vegetarian people eat Non Veg food either Mutton or Chicken twice a week.

We people use so many spicy (Ushna - Tikshna) masala, lot of chilli, Extra use of oil, reuse of oil, overuse of sugar for preparation of food. Also tea, coffee like drinks are extra sweeter than normal and we drink such sweet drinks 3-4 times a day. Also grains are Hybrid in variety. We discover so many Hybrid varieties which give lot of yield but we compromise some quality over use of chemical fertilizers and pesticides are polluting our grains. Because of this digestion affects which gives rise to formation of "Aama" if we consider fruits then at many places they use artificial sweetener for the taste which is nothing but chemical glucose. Over use of chemical sugar in tea, coffee, sweet mithai can create Hyperglycaemia.

Also we do adhyashana, anashana, we eat lot of viruddhanna leads to agnimandya and formation of "Aama" Consumption of alcohol in our day to day life is increasing which

can give vidagdhavastha which gives vikrut formation of Rasa & Rakta dhatu. Use of butter, chees, chocklates, bakery products, fast food, chines food, semi cooked meat, ice-creams, cold drinks, food preserved for many months with use of chemical preservative etc. leads to agnimandya, vikrut dhatvagni & excess adipose tissue formation which when use for energy production creats ketosis.

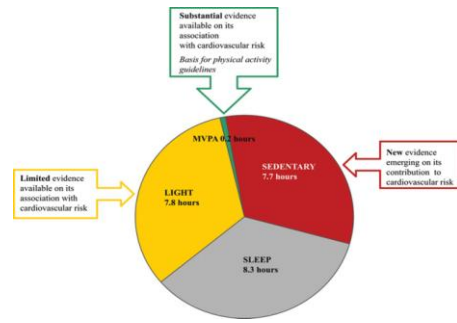
- B) Lack of exercise :- Our Ancistors used to do lack of exercise while they were living in forests & got little food after so long traveling. So it is in our genes to do lot of exercise & have low carbohydrate diet. Now a days revolutionary changes tool place in our life style due to inventions in every field. As we know exercising muscle can take glucose from blood in absence of insulin & can control Hyperglycemia. Also lack of exercise can create formation of excess adipose tissue. We use vehicles for traveling, lifts for staircase, agricultural weapons for cultivation etc. so almost every field of our life depends on machine & we are not doing exercise.

- C) Mental Stress :- There is competition in every field of life so to win the race every person is in hurry. Ultimately mental stress increases. Our fore fathers do yoga for mental & physical relaxation. But we have no so called time for yoga and meditation. Mental stress can increase secretions of nor

epinephrine, corticosteroids like hormones which can act as completion of insulin and increases blood glucose level. Accordingly to ayurved “Mana” is situated at “Hridaya” so any harmful effects on “Mana” can create sthanvaigunya at Hridaya which is basic of “Hridroga”.

D) Sleeping Disorder :- According to ayurved aahar, nidra & brahmachyarya are three basics of life. So at least 8 hrs sound sleep is very important for normal life. Now a days we sleep at around 12.00 M.N., or in case of 2nd, 3rd shift duty we get sleep in day time, due to lot of traveling we adjust sleep hrs. actually from 8.00pm to next day 4.00am is ideal sleeping time, but due to our life style we are not able to manage it. Mental stress can give insomnia or adhyashana, no exercise, guru, snigdha ahar can given rise to excess sleep.

E) Brahmacharya :- In ayurveda Dinacharya, Rutucharya, Vajikaran Chikitsa guides us about maithun karma. But in modern life style people either do atimaithuna or amaithuna. Continuous visual effect of porn & vikrut maithuna on social media, T.V. channels, pictures can give unhealthy Brahmachyarya. This all events affects “Oja” which is called sara of saptadhatu & mainly situated at Hridaya. Any Vikriti in oja can give sthanvaigunya at Hridaya.



MVPA – Moderate to Vigorous Physical Activity.

Discussion :-

According to ayurveda if we see the hetu of Hridrog.

Ati ushna, guru, kashay, tikta ahar, adhyashana, vegvidharan, atishram, abhighat, ati chinta, bhaya, tras, avyayam are the main causes of Hridroga. We see above, the modern life style & diet is just like hetus of Hridrog, in pregnancy our Aacharya said masanumasik garbhini paricharya. In modern life style we people don't apply this which can lead to Vikriti in Hridaya or mansa dhatu.

- 1) Samprapti of Hridrog :- There are two main things 1) Sthanvaigunya 2) Doshprakop. When these two things unite together then & then only Hridrog taken place.
 - a) Sthanvaigunya :- Due to apathy done in pregnancy or due to some genetic factors or due to sever mental stress or due to ojovikriti there is Vikriti in mansa dhatu or Hridaya as a organ.
 - b) Doshaprakopa :- Due to modern dietary habits, modern life style, vegvidharan, unhealthy aahar, nidra & Brahmachyarya all tridosha

will get prakopavastha. That prakupit doshas will contaminate rasa dhatu. When such vikrut rasa dhatu goes at Vikrit Hridaya then there will be some local symptoms which we called as Hridrog.

Conclusion :-

Thus modern Sedentary life style & dietary habits complete whole samprati of Hridroga and we can say that these are the main causes of Hridrog.

The evidences to date is suggestive that sedentary behavior contribute to Hridrog & other Metabolic disorders & with the help of Ayurvedic perspective we

prevent Hridrog & other metabolic disorders.

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