

Prevention of life style disorder through *Ayurveda*

(*Nidan Parivarjan, Rasayan*)

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ABSTRACT

To live a long and healthy life is every individual's wish. Due to changing lifestyle and thus not able to follow the rules of dietetics human beings are forced to age prematurely with many psychological and physical illnesses. Diet and life style are major factor thought influence susceptibility to many diseases. Disease can be caused by the way a person or group of people lives. Poor lifestyle choices, such as smoking, overuse of alcohol, poor diet, lack of physical activity, stress, working conditions can change a person's lifestyle to increase their risk of imbalance of *dosha* and *dhatu* in body causes developing many of these diseases. Above said are key contributors in the development and progression of chronic diseases, including obesity, type 2 diabetes mellitus, hypertension, cardiovascular disease, Stroke. In this condition *Ayurveda* advocates

maintaining health through *nidanparivarjan*, and *rasayana*.

KEYWORDS: Lifestyle disease, *rasayana*^[1], *nidanparivarjan*^[2]

INTRODUCTION

In today's world, people are suffering from various diseases based on many life style factors. The onset of these life style diseases is insidious, they take year to develop, and once encountered do not lend themselves easily to cure. *Ayurveda* have a well organised system of traditional health care, both in preventive as well as curative spheres. Here we cure the life style disease through *nidanparivarjan* and *rasayan*. It is a treatment in complete alignment with the *Ayurvedic* philosophy of "Prevention is better than cure". With life style habits the body undergo many changes. *Nidanaparivarjana* in *ayurveda* is the main line of treatment, as it becomes easy to treat the disease once the root

cause is avoided. *Rasayan* is also known as *apurnabhav chikitsa*. This refers to the treatments that are able to curb the recurrence of the disease *Rasayana Chikitsa* aims at improving the health and the longevity of people by enhancing their metabolism, repairing the wear and tear of the body due to aging or diseases, removing waste products and toxins, improving the immunity and increasing tissue turn over. It boosts the 'Ojas' (vital force of life) and improves the 'Sattva' (mental clarity).^[3]

AIMS/OBJECTIVES:

LIFESTYLE DISORDER AND ^[4] ITS CAUSES:

- To study, evaluate lifestyle disorders and its causes.
- Preventive treatment through Ayurveda(*nidanparivarjan, rasayana,*)

MATERIALS & METHODS:

This conceptual study based on literary review collected from classical *ayurveda* texts, modern literature and journals, articles pertaining to *nidanparivarjan* and *rasayana* lifestyle disorder.

Sr. no	Life style disorders	Causes/ Risk factor
1	Heart diseases like Arteriosclerosis etc	Smoking, high BP, elevated cholesterol, diabetes, Obesity, Physical activity
2	Cancer	Smoking, Alcohol, Solar radiation, ionizing radiation, Work side hazardous, environmental pollution, Pollution, Medication, infectious agent, dietary factors.
3	Chronic liver disease /cirrhosis	Alcohol
4	Chronic obstructive pulmonary disease (COPD)	Long term cigarette smoking, Occupational dust and chemical exposure, Air pollution, Genetics. ^[5]
5	Diabetes	Obesity , Diet, Sedentary life style
6	Stroke	High BP, Elevated cholesterol, Smoking.
7	Nephritis/CRF	cholesterol, Smoking, overweight or obese, Diabetes, hypertension ^[6]
8	Essential hypertension	Genetic variation, Ageing, obesity, Salt, Alcohol, Rennin, Diabetes, Smoking, Vitamin Deficiency, Lack of physical exercise. ^[7]

PREVENTIVE TREATMENT THROUGH AYURVEDA (NIDANPARIVARJAN, RASAYANA)

NIDANPARIVARJAN:

In Ayurveda the best medicine is that which makes good health and the best physician is one who cures the patient from diseases.^[8] Treatment of diseases will be effective only with good knowledge of *Nidan* (diagnosis). The term *Nidan* stands for both *Vyadhijanak* (cause of disease) and *Vyadhibodhak* (knowledge of disease). *Vyadhijanak nidan* is called as *Hetu* and *Vyadhibodhak nidan* comprises of *Nidan*, *Purvarup*, *rup*, *Upashay* and *Samprapti*^[9]. Ayurveda has identified three main etiological factors as being responsible for all sorts of diseases and ill health. They are:

1. Dosha *hetu*
2. Vyadhi *hetu*
3. Ubhaya *hetu*

Ayurveda has mentioned various types of *chikitsa*. *Nidanparivarjan* is *Ekvidha Chikitsa* or single *chikitsa*.^[10] The *chikitsa* mainly consist of *Nidanparivarjan* along with other *chikitsa*, it is not the complete stoppage of all *hetus* but it is very important to consume *hetus* limited as per only need, the excess must cause harm. It is useful to guide about *pathyapthya* to the patients as *hetu* becomes *apathy* in *vyadhi*.

Nidan

It refers to the factors or the causes of the disease that promote the disequilibrium between the *dosha*, *dhatu* & *mala*, eventually leading to *samprapti*

(pathogenesis) of the disease.^[11]

Parivarjan

It refers to the factors that must be left as they cause disequilibrium and disharmony among the *dosha*, *dhatu* & *mala*. Example: *dadhi* i.e. curd (yogurt) excessive consumption of curd leads to vitiation of *Kapha* dosha causing Diabetes mellitus. Hence to quit (stop eating yogurts i.e. excessive consumption of the same)^[12]

Nidanparivarajan is to avoid the known disease causing factors in diet and lifestyle of the patient. It also encompasses the idea to refrain from precipitating or aggravating factors of the disease.^[13] Through falling *dinacharya*, *rutucharya*, *ratricharya*, *Annpavidhi* mentioned in classical text.

RASAYANA:

Rasayan chikitsa is one of the important branches of Ayurveda helps to maintain healthy life style. As per Ayurveda, *Rasayana* improve immunity and perform many vital functions of human body. Many herbs and dietary material can act as *rasayan*. Here we mentioned *naimittik rasayan* and *achara rasayan*. *Naimittik rasayan* is the type of *rasayan* therapy utilized for specific curative purpose. It hastens the recovery from prevailing diseases.

RASAYAN DRUG ACCORDING TO DHATU^[14]

Rasa -Draksh, Khajura, Kashmari
Rakta- Aamlaki, Palandu, Lauha
Mansa -Ashwagandha, Bala

Meda- Haritaki, Guggulu, Amrita, Shilajatu

Asthi -Laksha, Shukti, Shankha

Majja -Lauha, Majja, Vasa

Shukra- Aatmagupta, Pippali, Nagbala

RASAYAN DRUG ACCORDING TO STROTAS ^[15]

Pranvaha strotas: - Pippli, Bhallatak, Amalaki, Marich, Kasturi

Udakavaha strotas: - Sarva Jaliya Padartha

Annavaaha strotas: - Panchkola, Kapardika, Shankh Bhasm, Hing, Nagkeshar

Rasavaha strotas: - Kharrjur, Manth, Laja Manda, Guduchi

Raktavaha strotas:-Loha Bhasm, Ghrit, Gorochana, Kushthaghana Dravyas

Mansavaha strotas: - Karaskar, Suvarna, Kumbha

Medovaha strotas:-Guggulu, Shilajatu, Kumbha

Asthivaha strotas: - Abha

Majjavaha strotas:-Vacha, Bringraj, Roupya, Bhasma

Sukravaha strotas: - Vang bhasma, koncha

Mutravaha strotas: - Shilajatu, Gokshura, Punarnava

Purishavaha strotas: - Kutaj, Bilwa, Haritaki

Swedavaha strotas: - Vang bhasm

RASAYAN DRUG ACCORDING TO DISEASE ^[16]

Prameha: - Shilajatu, Haridra, Amalaki

Amavat: - Amrita, Bhallatak

Hridaroga: - Shalparni, Arjuna

Medorog: - Guggulu, Haritaki

Shwas: - Bhallatak

Kushta: - Tuvarak

Pandu: - Lauha

Mansaroga: - Medhya rasayana

ACHAR RASAYANA ^[17]:-

Achara rasayan is described in various texts. It means good conduct

- A Person must be truthful
- Free from Anger, which avoid alcohol,
- A person must not be indulge in violence ,
- A person regularly offer prayer to gods, teachers, old people
- A person must be free from harbours act,
- Must take milk and ghee regularly,
- Should be free from ego,
- Should have love for spiritual knowledge,
- Must have excellent Sense organ,
- Should have self control.

DISCUSSION:

Basic principle of ayurveda is to maintenance of health of healthy person and is to cure diseases. According ayurveda *tridosha*, *sapta dhatu*, *malas*, and *panchmahabhut* is basic element of our body which maintain health naturally. Under normal condition the *doshas*, *dhatu*s, *malas* correspond to certain standards regarding their quantity, quality and functions. However this situation not static and due to several endogenous and erogenous factors, the *dosha* become unbalanced, resulting in disease ^[18]. Ayurveda has some special treatment options for many classified diseases like; *Rasayan chikitsa*, *Nidanparivarjan*. The ultimate aim of *nidanparivarjan* is to avoid the causative factors, which correcting the imbalance of *Tridosha* & improve *Agni* and *dhatu* function. As per

traditional *ayurvedic* text *Rasayana* improve growth and *Vaya Sthapana*, *Ayushkara*, *Medhakara*, *Balakara* and *Jara Vyadhi Nashana* effects^[19]. Rasayan therapy performs work like rejuvenation and promotes healthy life by preventing the diseases. Prevention of lifestyle disorders through *ayurveda* is remedies or activities that aim to reduce the likelihood of a disease or disorder affecting people.

RESULT /CONCLUSION:

This review articles provide significant information regarding various options of *Rasayana Chikitsa and nidan parivarjan*. *Rasayana* and *nidan parivarjan* contribute significantly as the treatment component of *ayurveda* for curing various diseases; prevent occurrence of disease and maintaining healthy life style.

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जपशौचपरं धीरं दाननित्यं तपस्विनम्
देवगोब्राह्मणाचार्यगुरुवृद्धारचने रतम्॥३१॥
आनृशंस्यपरं नित्यं नित्यं करुणवेदिनम् [१] ।

समजागरणस्वप्नं नित्यं
 क्षीरघृताशिनम्॥३२॥
 देशकालप्रमाणं युक्तिज्ञमनहङ्कृतम्
 शस्ताचारमसङ्कीर्णमध्यात्मप्रवर्णेन्द्रिय
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 उपासितारं वृद्धानामास्तिकानां
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 नित्यरसायनम्॥३४॥

गुणैरेतैः समुदितैः प्रयुङ्क्ते यो रसायनम्
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