

A Review On Etiological Factors Responsible For Lifestyle Disorders

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ABSTRACT

Ayurveda has a holistic approach towards lifestyle disorders. In Ayurveda there are many diseases which are caused due to management of lifestyle. The burden of these lifestyle disorders is increasing day by day in the society. There are many etiological factors which cause lifestyle disorders. The life style disorders considered in Ayurveda are Sthaulya (obesity), Premeh (diabetes), Asthisandhigahtaroga (musculoskeletal disorders), Rakatgatavata (Hypertension), Hridayaroga (coronary artery diseases), cancer, psychosomatic disorders (Alzheimer's disease), Kalibhata, Bandya (infertility) etc. These all disease is having lifestyle management causes for which they are taken under lifestyle disorders. They are rising in the society due to modernization, affluence of science technological development which leads to more sedentary life styles, which disturb the physical, mental and social wellbeing of an individual. In Ayurveda the main cause of any disease is improper functioning of the Dosha and Dhatus. And they are disturbed by the etiological factors which influence them. Tridoshas are influenced by both AaharVihar etiological factors. In addition to these etiological factors there is a main factor which cause lifestyle disorders is stress. All these factors which are responsible for the disturbance of Tridoshas and Dhatus are the main cause for life style disorders.

Keywords: *Sthaulya, Prameh, Asthigahtaroga, Rakatgatavata, Tridoshas, Dhatus*

INTRODUCTION

Ayurveda is the ancient life science in this period of life on earth. In Ayurveda there are many ways to cure lifestyle disorders by avoiding etiological factors which cause them. As Ayurveda has mentioned in there text that it has two main aims that are “*SwasthyaSwathyaRakshana and AaturasyaVikaraPrashman*” that means Ayurveda has said that maintain the longevity of a person and provide shelter from the disease.¹⁻² There are many diseases which are considered under lifestyle disorders as they all are having etiological factors which are the reasons of changing day today life³. Ayurveda has many *Siddhantas* and one of them is *Trayopasathamba* in which *Aahar, Nidra, Brahamcharya* is considered.

Trayopasthambhasiddhant can be considered as important *siddhant* related to lifestyle disorders. These are as follows:⁴

1. *Aahar* is the diet taken by the person and *Aahar* is the main etiological factor for a disease especially for lifestyle disorder. If the diet is in *Samavastha* that is balanced diet is taken then

Agni (Jathaharagni) will work in appropriate manner. When unbalanced diet is taken by a human being they will suffer from lifestyle disorders.

2. *Nidra* is sleeping habit, sleep plays an important role in lifestyle disorders. Sleep must be taken in proper way to avoid stress and maintain the body functioning & types of *nidras* are mentioned in *Charak*.⁵
3. *Brahmacharya* (self-restraint) can avoid many lifestyle disorders. Health can be maintained, and disease can be avoided by maintaining a balance between *Dosha, Dhatu, Mala, Agni*.

In today's life bacteria, viruses, parasites are not main cause of any disease the man himself is the reason for disease as the lifestyle which is obtained by humans nowadays are the main reason for diseases. These lifestyle disorders can be avoided by taking healthy diet as fruits, vegetables avoiding junk foods, eating low calorie diet having unsaturated fat in their diet. The main diseases which can be taken under this group of life style disorders which are life threatening are *Sthaulya* (obesity), *Prameha* (Diabetes)⁶⁻⁷, *Asthisandhigataroga* (musculoskeletal disorders)⁸, *Rakatgatavata* (Hypertension)⁹, *Hridayaroga* (coronary artery diseases), cancer, psycho somatic disorders (Alzheimer's disease) etc.

Santarpanjanya Vyadhis mentioned by *Charak* are *Prameha, pandu, jwara, kushta, mutrakrycha, arochaka, sthaylya, klaibya* etc.¹⁰

So the causes of these lifestyle disorders which leads us to diseases can be seen as follows:

These all disease are having same etiological factors which cause them due to modernization of lifestyle people are avoiding the basics of lifestyle which are *Dincharya* and *Ritucharya*. By following the standard of living which is given in Ayurveda this disease can be avoided. Imbalance of *AharVihar* (diet), *Dincharya* (daily routine), *Ritucharya* (seasonal routine) *Sadhvrita* (behavioral principles), *Swasthvrta* (personal hygiene) leads to many lifestyle disorders. *AharVihar* (diet) includes healthy diet which is easily to digest and provide essential nutrients to the body. *Dincharya* (daily routine) in Ayurveda includes raising in early morning, eliminating natural urges, brushing of teeth, cleaning of tongue, eye slaves, shower, exercise, massage etc. *Ritucharya* (seasonal routine) includes the importance of *Bala* of *Agni* in every *Ritu* that decided which food can be taken in that *Ritu*. In every *Ritu* there is different ways to maintain lifestyle. In *VarshaRitu* (rainy season) *VataVardakAaharVihar* (diet increasing *VataDosha*) is contraindicated i.e. dry and cold food is avoided because in this season *Vatadosha* get accumulated which causes many *VataVayadiya*. In *BasantRitu* (spring season) *KaphaVardakAaharVihar* (diet which increases *KaphaDosha*) is contradicted i.e. the products which contains excessive amount of *MadhuraRasa* and day time sleeping habits must be avoided because they increase *KaphaVayadiya*. In *SaradaRitu* (autumn season) *Pitta VardakAaharVihar* is contraindicated i.e. hot meals, excessive exercises, intake of alcohol because they increase the *Pitta Dosha* which causes *PittajaVayadiya*. *Sadhvrita* (behavioural principles) includes many moral values of the person which help in maintain human being live a stable healthy and stress relief life. This help in maintain social wellbeing of life as definition of health describes Health is a state of physical, social, mental wellbeing of human being. By following *Sadhvrita* much disease can be avoided to manifest at and avoiding it can be a cause of lifestyle disorders. It includes speaking of truth, talking politely, having self-control, stop itself from saying lies, annoyance, and envious. *Swasthvrta* (personal hygiene)-It includes *Anjana* (eye slaves), *Dhumpana* (medicinal smoking), *Nasaya*, *Dhantpavana* (toothbrush), *Jiwanirlekhen* (tongue cleaning), *Gandhush, Kaval, Sanana* (bathing), Oiling, *Shoorkarama, PadhataraDharana* etc. These all help in avoiding lifestyle disorders but they can be major etiological factors for them if they are not used properly.

Table no 1- Showing Related disorders of dosha, Dhatu, mala & updhatu with management¹¹

Dhatu	Functions	Updhatu	Dosha & Dhatu mala	Related life style disease	Ayurvedic management
Ras (plasma & lymphatic)	nourishment	Breastmilk menstrual blood	Kapha Sweat, tears, saliva	Hypothyroidism, diabetes, hair fall	Langhan, pachanvaman, rasayansevan
Rakta (blood)	life	Blood vessels Tendons	Pitta	Skin disease Hypertension CVS disease	Raktamokshansiravadh, jalaukavcharan, virechan
Mansa (muscular tissue)	strength	Muscles Fat Skin	Kapha Ear wax, nosy crusts	Goiter, lipoma Arbud, granthi	Vaman, virechan Sastraksharagnikarma
Meda (adipose tissue)	lubrication	Joints Ligaments	Kapha Sweat smegma	Obesity, dandruff Acne, lipoma	Shodhan, vaman, langhan, pachan, exercise,
Asthi (bony & skeletal tissue)	support	Teeth	Vata Hair, nail	Osteoarthritis Teeth, nails, hair disorders	Shodhan, niruhanuvasan, tiktsheerbasti
Majja (bone marrow nerve tissue)	Generation filling	-	Vata Secretion Sebaceous gland & eyes	Giddiness, spinal disorders	Shodhan, virechan Basti, exercise
Sukra (generative tissue)	reproduction	Ojas	Kapha smegma	Infertility Beejdosh	basti, virechan, rasayan, vajikaran

Etiological factors of Lifestyle disorders in modern science and Ayurveda are as follows:

1) *Sthaulyata* (obesity) – In Ayurveda it has been clearly described that *Sthaulyata* (obesity) is more harmful than *Karshaya* (weakness). *MedhaDhatu* is basic causative factor for *Sthaulyata* it affects *VataDosha* and gets vitiated in body. Obesity is described as *Sthaulya* in *charak*.¹² The etiological factors are overeating, excessive eating, stress, lack of exercise etc. In Ayurveda it can be cured by having *Yava* (barley), *Mung Dal* (green bean), *AmalakiRasayan*, exercise, abstinent, waking. In modern the main etiological factors for obesity are- It is a result of genetic, behavioural, environmental, social, culture factors which results in imbalance of fat deposition in body. It can be of two type's central and peripheral obesity.

2) *Prameha* (Diabetes)-In Ayurveda the main etiological factors for *Prameh* are *Nidana*, *Dosha*, *Dushaya*, *Vikarvighatbhava* and *Vikaravighatabhava*. The main *Dosha* is *Khapha* and *Dhushya* is *Medha* is responsible for forming disease. And they both are accumulated by lifestyle

dysfunction. As the etiological factors are explained in Ayurveda of *Prameh* are sitting in one position, having curd, sleeping for long, sugar products, *KaphavardakAaharvihar*. In modern it is of two types, in both of the common types of diabetes, environmental factors interact with genetic susceptibility. Type 1 is insulin dependent and type 2 is non-insulin dependent. Its main causes are metabolic dysfunction which is due to life style changes.

3) *AsthisandhigataRoga* (musculoskeletal disorders)- The etiological factors of *AsthisandhigataRoga* causes accumulation of *VataDosha* . The lifestyles which increase *VataDosha* will increase *AsthisandhigataRoga*. Eating dry, cold products, excessive exercises, weight bearing exercises can cause *AsthisandhigataRoga*. In modern age, sex, genetic factors, obesity, fracture, inflammation are the etiological factors for musculoskeletal disorders. They are of two types primary and secondary. Primary is due to genetic factors and secondary due to lifestyle imbalance and injuries. *Raktagatavata* (Hypertension)- Ayurveda has no such explanation for this disease but the main etiological factors for *Raktaghatavata* are the disturbance in *RaktaDhatu* and *VataDosha*. The lifestyle which create disturbance to these *Dhatu* and *Dosha* will be considered as etiological factors for them.¹³In modern it is of two types primary and secondary. Primary is essential hypertension which cause is unknown and secondary is caused due to higher intake of salt, obesity, disease of kidney. *Hridayaroga* (coronary artery diseases) - In Ayurveda the etiological factors are explained as *Shok* (sorrow), *Upvasa* (fasting), excessive exercises, alcohol, intake of excessive salty diet, heavy food, depression, excessive sleeping. These all are the lifestyle changes causes which are responsible for the disease. In modern it is a disease in which heart is not working properly. It main etiological factor is increased blood pressure which will produce extra work load on heart and it is basically due to imbalance in day today lifestyle. Cancer- Every year there is new cases of cancer are recorded; most of these cases are recorded from upper class families due to their sedentary lifestyles. In females the most two common cancer are breast cancer and cervix cancer. In males prostate cancer is common. Due to lack of exercises, sedentary lifestyle, inadequate eating habits these disease which are dangerous for life can be seen. Psycho somatic disorders (Alzheimer's disease) - Alzheimer's disease is the most common cause of dementia in the elderly. It is caused by genetic, lifestyle and environmental factors. It is taken in lifestyle disorders because it can be stop progressing by life style changes as regular mediations, dietary habits changes like high calorie diet, by avoiding unhealthy beverages and physical activities. It can also be stop progressing by social engagement and intellectual stimulation. *Kalibhyta&Bandhya* (Infertility) - *Kalibhyta* is explained in Ayurvedic text and it has many causes which are showing imbalance in lifestyle behaviours. As it is described in *SushrutsamhitaKalibhyata* is of six types and each are having etiological factors which are depending on lifestyle management.¹⁴ The main causes explained are fear of indulging in sex activities, stress, injuries, eating of *Ushana, Amal, Lavana Rasa*.

In modern science the important etiological factors for infertility is stress, eating disorders, use of alcohols, drugs, obesity, intense exercises, pelvic inflammatory diseases. These all are the causes which can be cured by changing lifestyle of human being and infertility rate can be managed in society.

DISCUSSION

These all lifestyle disorders are due to sedentary lifestyle of humans, eating habits like junk foods, drinking beverages which are harmful for body, fewer exercises, less walking, late night waking¹⁵⁻¹⁹. Also metropolitanization is a very big cause for lifestyle disorders having each and every thing nearby no need to move anywhere, sitting habits in once place for too long, using cell phones, watching television can cause many lifestyle disorders like obesity and musculoskeletal diseases²⁰⁻²¹. There are many ill effects of using gadgets for too long as it can be a cause for infertility, decrease in vision, headache, exhaustion, tinnitus, auditory hallucinations and disturbance in sleep²². By working for too long in one portion or in wrong portion can lead to pain in neck, back. Late night working hours can disturb sleep produce insomnia, lethargy, dizziness, gastritis, constipation²³⁻²⁵. For curing these diseases many drugs in modern are available but they will produce many complications which in future lead to many other dangerous diseases. People who are working in cold stores and hot atmosphere can lead to many

other lifestyle disorders²⁶. Excessive work load can lead to stress and unhealthy dietary habits which cause hypertension²⁷ and diabetes²⁸⁻²⁹. Socialism cause addiction in young children's, they consume alcohol, drugs which lead to many non-curable diseases, there are many observations which proofs that unhealthy diet like junk food is more common in young children's than eating vegetables. Using personal vehicles over waking for shorter distance is common nowadays. These all are the etiological factors for lifestyle disorders which are due to sedentary lifestyle and metropolitanization in the society. Healthy life can be achieved by a human being by avoiding all these disturbing factors which cause lifestyle disorders.³⁰⁻³¹

CONCLUSION

These lifestyle disorders can be avoided by stop consuming these etiological factors. These diseases which are observed in this article can be cured and maintain in a certain level by avoiding these imbalances in lifestyles. Using proper aliments given in Ayurveda as *Dincharya*, *Ritucharya*, *Sadvrittac*an lead to healthy life and avoid lifestyle disorders for longer time. These shows curing etiological factors are very important for lifestyle disorders. If these etiological factors are not understand properly then these diseases will frequently originate. Hence, Ayurveda plays a vital and important role in curing these etiological factors of lifestyle disorders thus benefiting humans as well as whole mankind.

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