

ROLE OF AYURVEDA IN LIFESTYLE DISEASES OF FEMALE

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ABSTRACT

Ayurveda emphasizes importance to maintenance of health of a healthy person and curing the diseases of an ill. To maintain the health some activities are mentioned in Ayurveda under the term Dincharya, Rutucharya, Sadavrutta, Aharavidhividhana. In Present era, due to impact of undisciplined lifestyle, susceptibility of many lifestyle diseases increased. Now a days, it is observed that the lifestyle of female is significantly affected. Lifestyle diseases like PCOS, Infertility, various Menstrual disorders are common amongst

females. In order to maintain better life in today's era one should follow those golden rules and regulations which are mentioned in Ayurveda Granthas. So, this study is taken to elaborate the role of Ayurveda in lifestyle disorders of female.

KEY WORDS:

Lifestyle diseases, Ayurveda, Ahar, Vihar, Sadvrutta

INTRODUCTION :

WHO has coined cluster of non communicable disorders under the head of Metabolic Syndrome (MS). We are witnessing an increase in diseases like Hypertension, Obesity, Coronary heart disease, DM, PCOS, Infertility and various Menstrual disorders which are included under Metabolic Syndrome. Prevalence of MS in Males is 8 % and that of in females is 18 %. Ayurveda an ancient science of life has laid down golden rules of healthy living which are covered under Dincharya, Rutucharya, and Sadvrutta. These are foundation stones for leading a healthy and blissful life. As humans have achieved success in varied aspects of life many type of physical & time consuming works has are replaced by machines hence giving us an easier way of life. Although this revolutionary change has proven to be boon but, it has taken cost of health of masses at large. Metabolic syndrome or Non communicable diseases or diseases of lifestyle are none other than negligence of the rules laid down by our seers.

Females are also the part of this massive change in liberalization, modernization & cut throat competition for growth, prosperity. It is observed that there has been significant difference in lifestyle of the females compared to the traditional, rather "disciplined" thereby eventually getting prone to diseases called as Metabolic disorder Syndrome (MS). Adjunct to this, mental factors like stress, anxiety, fear, jealousy, depression on due cost to self driven competitions, target oriented & highly ambitious lifestyles

are playing pivotal role in causing diseases.

It is the need of hour to know where we are leading so that we can stop further deterioration of health of our society. If female is healthy then the next generation will also be healthy because various maternal factors play an important role in development of the foetus.

AIMS:

To Elaborate role of Ayurveda in undisciplined life style induce diseases in females

OBJECTIVES:

- ★ To develop an explanatory theory that associates Life style diseases with undisciplined lifestyle in females.
- ★ To focus the importance of *Dincharya*, *Rutucharya* & *Sadvritta* in preventing Life style diseases in women health.

MATERIAL & METHODOLOGY:

- ★ As this is purely Literary Study available literature was studied, analyzed & interpreted. For this study the literary material which includes conceptual & observational references of *Dincharya*, *Rutucharya*, *Sadvruttapalan*, *Aharvidhi vidhana*, *Matravat ahara*, etc are collected from our classic texts like *Charak Samhita*, *Sushrut Samhita*, *Ashtanga Hrudaya* & *Ashtanga Sangraha*.
- ★ Likewise various regimen which causes vitiation of doshas like *Viruddhaahaar*, *Avyayama* (lack of exercise), *Divaswapa* (sleep during daytime), *Ratraoujagrana*, *Vegavrodha* (suppression of natural urges), *Manasa hetu* (mental stress) and *Yonivyapat hetu*, mentioned for unhealthy condition are collected from Ayurved treatises.
- ★ Various references of *mithyahara - vihara* which causes Dushti of Dosha in females are compiled under the heading of *Yonivyapata* from Ayurveda treatises [Cha. Chi. 30/8]

OBSERVATIONS:

It is observed that there has been significant difference in lifestyle of the females compared to the traditional, rather “disciplined” in form of late night working, constantly engaged in monotonous & immobile practice of spending hours in front of computer or on mobile, smoking, consuming high calorie fast food, alcoholism, drug consumption etc. which eventually getting prone to diseases called as Metabolic disorder Syndrome (MS).

Increasing habit of easier ways of cooking in form of junk foods, half cooked, frozen & ready to use food items, untimely food eating, late night parties, dieting, eating raw salads, drinking water & juices on empty stomach etc are causing serious issues like Hypertension, Obesity, Coronary heart disease, DM, PCOS, Infertility and various Menstrual disorders. The above mentioned diseases can be co- related with *Santarpanoth vyadhi*, *Prameha*, *Yonivyapat*, *Medorog* etc.

Like wise as mentioned in our Samhita during *Garbhawastha* if continuous deranged life style & other Hetu Sevana occurs it will cause vitiation of Doshas and further Garbh vikruti, Avayava Dushti. Nowadays we are commonly observing these findings in our clinical practices in form of abortions, neural tube defect, fetal anomalies & so on. Similarly if proper *Sutika Paricharya* (post delivery mother care) is followed one will be free from *Vataj Vikara* (diseases due to Vata Dosha). Also found causes of many Raja Vikruti, Asthi Dushti (pain, hairloss, joint problems) which are already mentioned in Ayurveda.

Also it is observed that constant increasing stress, anxiety, fear, jealousy, rivalry are those urges which needs to be suppressed but they are more projected nowadays eventually affecting en mass, as *Manasik Bhava* (psychic factors) plays an important role in etiopathogenesis of many diseases.

Psychic factors when present in body in their normal physiological limits are termed as 'Manasik Bhavas' and when they cross their physiological limit they are termed as 'Manasik Vikaras'. Ayurveda gives equal importance to mental health hence it is clearly understood that Ayurveda doesn't consider only physical disease but it also considers psychosomatic level also [Cha.Vi. 2/9].

Even if the wholesome food taken in proper quantity does not get digested due to anxiety, grief, fear, anger, uncomfortable bed & late sleep at night.

All above conceptual & observational studies are definitely indicative of future needs to live healthy & disease free life.

DISCUSSION :

Ayurveda's main objective is to achieve optimal health & well being through a comprehensive approach that addresses mind, body, behavior & environment. Ayurveda emphasizes more on prevention & health promotion.

Why do we need prevention?

- * Health is fundamental right of every individual.
- * To detect diseases at early stages
- * To improve quality of life.
- * To cut down cost of treatment.

Why Preventive Aspect in Females:-

- * During the growth period regular menstrual cycle, appropriate growth is required
- * Health of Female genital organs during reproduction
- * Regimen & diet followed during menstruation & pregnancy.
- * Mental health of mother during pregnancy.
- * Various conditions described under yonivyapata are showing similarity to today's problems faced by the female population
- * For proper conception it is necessary that the ovum, female genital organs and the mental state of female should be free from any morbidity, and they should be endowed with their natural attributes [Ch.Chi.30/125]

To prevent increasing trend of Lifestyle diseases, one should follow the guidelines mentioned in Ayurvedic texts. To lead a healthy and wealthy life one should resort to wholesome diet and regimens, every action should be based on proper observation [Cha. Sha. 2/46].

Charaka has mentioned rules for equilibrium of doshas. For maintenance of the equilibrium of Dasha - Dhatus which provides strength for positive health, one should resort to actions and food which are contrary to one's Desha, Ritu (season) and Prakruti (physical constitution). One should refrain from excessive utilization, wrong utilization of the time, intellect and object of senses. One should not suppress manifested urges; and one should refrain from exhibiting strength beyond ones real capacity [Cha. Sha. 6/8].

CONCLUSION :

Our finding supports the Ayurvedic way of preventive & health promotory rules suggested for all. Today's women are multitasker and bear equal burden of family, economic and social liabilities, hence it is essential that for the progress of one's own and society she should be strong and healthy. In today's busy lifestyle females are neglecting these regimens which were laid down for own good. As body and mind both are inter related any deviation from normalcy is going to affect both vice versa.

One desirous of well being in this world and the world beyond should try his/her best to follow the principles of health relating to diet, conduct and action.

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