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REVIEW OF LIFESTYLE MODIFICATION IN SPECIAL REFERANCES WITH VATAYYADHI

A) Abstract =

The incidences of illness raises with advancing age ; at the same time, Life expectancy decreases. Ayurveda has got the potential for prevention of diseases by health promotion & management of diseases occurring in old age. Now-a-days, people used to move towards urbanization, utilised technology which instead of making like comfortable develops a busy life & people are away from maintaining the Dinacharya, Ritucharya, Sadavritta, etc. which increases the prevalence of Vatavyadhi. Here, we discuss lifestyle recommendations such as smoking cessation, exercise, yoga, Rasayana therapy good nutrition.

keywords: Lifestyle modification, Vatavyadhi, Ayurveda.

B) Introduction =

The main motto of Ayurveda is -

स्वस्थस्यस्वास्थ्यरक्षणम्|अनुरस्यविकारप्रशमनमच||

[Meaning = Normal maintenance of health, prevention & curing of disease through systematic follow up of regimens]

According to this, we want to manage our quality as well-as quantity of human life. Human health is totally based on equilibrium of Tridoshas ,Trimala & Saptadhatus. In Ayurveda, our ancient aacharya give prime importance to Vata dasha among Tridosha. **Referances - (A.hri.su.)**

Pitta dosha, kaph dosha ,Trimata & Sapidhatus are unable to perform their work without having presence of vata-dosha.

Also there are 80 types of Nanatmaja vatavyadhi mentioned in Ancient Ayurvedic Samhitas. As-well-as, there are numerous vatavyadhi according to sthana. That's why deep study & research over vatavyadhi is a need of present era. The signs & symptoms of vatavyadhi are still same in present era. But, etiology factors which are described in ancient ayurvedic samhitas are totally different from today's factors. So, we have to study recent etiological factors which are responsible for vatavyadhi to get the proper idea about etiopathology [previously called as samprapti] of disease.

The focused branch Rasayana (Rejuvenation) or Jara-chikitsa promotes healthy longevity. It is the demand of an hour to develop an effective holistic protocol for vatavyadhi care by combining Rasayana, Panchkarma, Dietetics, Ayurvedic medicines, lifestyle & yoga is timely.

C) Etiology =

As said in Ayurveda, that Pradnyaparadha ,Asatmya Indriya Artha Samyogam & Parinama are 3 main causative factor for the diseases.

* **Dietary factors/Aaharaj Hetu** =

- 1) Asatmyaj / Virudha aahar seven.
- 2) Over-eating
- 3) Over dependance on processed food.
- 4) Energy drinks / carbonated drinks.
- 5) Artificial sweeteners.
- 6) Alcohol consumption.
- 7) Tobacco chewing.

* **Behavioural factor/ Viharaj Hetu** =

- 1) Ati-vyayam.
- 2) Cheshta-dveshi / less sport activities.
- 3) Diva-swapn.
- 4) Constant work with improper sittingposture infront of computer.
- 5) Prolonged travelling by riding bike.
- 6) Drug addiction like smoking ,alcohol, etc.

* **Material factors** =

- 1) Dushana of Vayu - Bhumi - Jala- kala.
- 2) Radiation.
- 3) Mis-use of technology.
- 4) Worksite hazards.

* **Psychological factor/ Mansik Hetu** =

- 1) Control of A-dharniya vega.
- 2) Stress.
- 3) Depression.
- 4) Anxiety.

D) Symptoms of Vatavyadhi =

Vatavriddhi & kshaya lakshanas (A.hri.su.11)

Symptoms similar to premonitory symptoms are manifested in vatavyadhi. The same symptoms are manifested in bigger form. The symptoms are variable & are in accordance with hetu(Causative factors) & sthana(Place of manifestation of disease). **Ch.chi.28**

E) Incidences =

A survey study was done on 500 patients of Vatavyadhi, in National Institute of Ayurveda Jaipur, India & in some yoga kendras in Jaipur (in 2015). Among 500 patients, in following ways diseases were found. Disease out of 500 patients surveyed;

- 1) 20.2 % = Were found Sandhivata.
- 2) 18.6 % = Were found Avabahuka.
- 3) 11.4 % = Were found katigraha.
- 4) 09.2% = Were found Gridhrasi.
- 5) 08.4 % = Were found Pakshaghata.
- 6) 06.8 % = Were found Vatakantaka.
- 7) 5.6 % = Were found Grivastambha.
- 8) 4.4 % = Were found Ardita.
- 9) 4.4 % = were found koushtukshirsha.
- 10) 3.8 % = Were found Ardhang vata
- 11) 3.2 % = Were found Vishwachi.
- 12) 02 % = kampavata.

13) 02% = sarvang vata.

Incidences according to age =

NUMBER OF CASES	AGE GROUP (IN YRS)
65.5 %	51 – 70
30 %	30 - 50
4.5 %	21 - 30

Incidences according to gender =

INCEDENCES (IN %)	GENDER
49	Female
51	Male

Incidences according to residence (desha) =

INCEDENCES (IN %)	RESIDENCE
89.2	Urban habitat
10.8	Rural habitat

The disease is maximum in house wife. Because spending time in front of Television, lack of physical activity leads to obesity (sthoulya) & due to thoulyas, other dhatus do not get nutrition & asthi is the next dhatu of meda (which is the main dhatu involved in sthoulya). So causes diseases like Sandhivata (osteoarthritis). It also leads to Promeha (Diabetes Mellitus) which leads disease like Avbhahuka(frozen shoulder).

There is excessive sitting, driving, cooking, standing, walking in other occupations. It gives improper movement of body & leads to various types of vatavyadhi. In these cases, Vayu doesn't get the proper movement & get logged in different site according to posture & make samprapti of various vatavyadhis.

In ancient era, there was injury from elephant, horse riding, etc. But, now-a-days, there is increase of accidents due to increasing number of vehicles, which leads to vatavyadhi like Pakshaghata (Paralysis), Gridhrasi (Sciatica), kampavata (Parkinsonism), Ardhang vata etc.

Incidences according to habit of Diva-swapn =

INCEDENCES (IN %)	TYPE OF SLEEP
24	Day sleep
76	Not taken day sleep

Incidences according to vega-vidharana =

INCEDENCES (IN %)	VEGA – VIDHARANA
56.4	Vega dharan- regularly
27.8	Vega dharan- never

15.8	Vega dharan- some times
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Incidences according to behavioral factors =

INCEDENCES (IN %)	BEHAVIORAL FACTOR – CHINTA / STRESS
42.4	Had stress
57.6	Had not

F) List of life-style modification disorder w.r.t. vatavyadhi =

a) Physics Problems -

1. Akshepata = convulsions
 2. Dhanurvata (Dhanustambha) = Tetanus
 3. Aptanaka = Tetani
 4. Apatantraka = hysteria.
 5. Abhyantara Ayama = Emprosthotonos
 6. Baahya Ayama = Opisthotonos
 7. Pakshavadha = Hemiplegia, paralysis
 8. Ardita = facial paralysis
 9. Hanu-graham = lack jaw
 10. Manya stambham = Torticollis or wry neck
 11. Jivha-stambha = Glossal palsy or tongue paralysis
 12. Gridhrasi = Sciatica.
 13. Vishwachi , Apabahuka = Radial neuritis, Ulnar neuritis, radio-ulnar paralysis.
 14. Kroshtu sheersha = Sino-arthritis of knee joint, inflamed knee
 15. Khanja = limp, monoplegia
 16. Pangu = lame, paraplegia
 17. Vata-kantaka = Ankle arthritis
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18. Pada-daha = Peripheral neuritis

19. Amsa shosha = emaciation of scapular region following paralysis

20. Kampa vata = shaking palsy, paralysis agitans

21. Khalli = muscle champs

b) Psychological problems -

1. Alzheimer’s disease

2. Insomnia

3. Dementia

4. Depression

G) Life style modification steps =

Etiology	Modification steps
Behavioral factors	<p><i>* Sadavritta – Ch.su.8/17</i></p> <p>Which includes behavioral do’s and don’ts,ethics of eating,ethics of malamutra visarjana, ethics of social conducts, ethics of behaving with ledies, ethics of learning, ethics of teaching, ethics of work place, etc.</p> <p><i>* Dharniya vegas of mana – Ch.su. 7/27.</i></p> <p><i>* Dharniya vegas of vani – Ch.su.7/28.</i></p> <p><i>* Dharniya vegas of sharira – Ch.su.7/29.</i></p> <p><i>* Importance of dharniya vegas – Ch.su.7/30.</i></p> <p><i>*Adharniya vegas – Ch.su.7/3-4.</i></p>
Behavioral + Psychological factors	<i>Aachar rasayana – Ch.chi.1(1)/30-35</i>

	Aacharya charaka explains in rasayana adhyaya about aachar rasayana , the physical & behavioral conducts for the purpose of ethical way of leading the life which includes improving the health status, social behaviors & self behavior.
Dietary factors	* Dincharya – Matrashitiyadhyaya (Ch.su.5) Waking in Brahma – muhurta, voiding of metabolic waste, oral hygiene by-means-of Dantadhavan, cleaning of tongue(Jivha-nirlekhana),flushing of oral cavity by Kaval – Gandusha dharana, vyayama, snana, etc.
Material factors	* Ritucharya – Ch.su.6/3. Seasonal evacuation of doshas, various do’s & don’ts in the form of Aahara, vihara.

H) Preventive & curative measures in vatavyadhi =

Aacharya charak say’s “ he, who treats the disease before its commencement, experiences long – lasting happiness.”Hence, by adopting a healthier lifestyle, the risk of various diseases can be reduced. These factors are diet & nutrition, exercise, weight, smoking & alcohol quitting & social activities,etc.

Aaharaj vichar (Diet & nutrition) =

Ashtau-aahar-vidhi-visheshayatana

(Ch.vi.1/21)

1. Diet should be taken w.r.t. persons habitat, seasons, age & its digestive power
(**Agni** - means fire.fire is a basic essential of life & has been a proof of our evolution & a source of lot of innovations through ages. Even today much of our life activities depends on fire & its utility in one or other form. human body too needs fire for the mechanisam of life to keep going & the life element depends on the quality and quantity of fire located in the system. There is an activity in each and every cell& according to ayurveda, this activity is more or les dependent on fir, its quality & quantity in each of these cells.)

2.Food should be fresh.

3. Food must contain shadrasas.
4. Food should neither be very hot nor be very cold.
5. Mind should be peaceful while eating.
6. Eating only whenever hungry & avoidance of overeating.
7. Heavy physical work should avoid after meal.
8. Heavy food should not be given at night.
9. Proper time for dinner is 2-3 hrs. before going to bed & after dinner, it is better to advise for a short walk (Shatpavali).

Shodhana = *Vatasypakrama A.hri.su.13/1 to 3.*

It aims removing the vitiated doshas, so that the pathology would be reversed or disease would be prevented.

Rasayana =

1. Rasayana has broad meaning indicating qualitative & quantitative improvement of Dhatus.
2. Vayasthapana are specialised Rasayana – drugs that reverse degenerative changes, increase life – span with quality health.
3. Rasayana is the only solution from the point-of-view of effective management in any system of medicine.
4. Rasayana becomes more effective, if it is preceded with suitable Panchkarma.
- 5.

Some evidence based Research –

- i. *Buteamonosperma (root) = management of age related immature cataract.*
- ii. *Tinospora cordifolia (guduchi) = immuno-modulatory agent.*
- iii. *Boswellia serrata (shallaki) = in rheumatoid arthritis.*
- iv. *Commiphora wightii (guggulu) = in hyperlipidemia.*
- v. *Withania somnifera (ashwagandha) = as an anti-aging.*
- vi. *Centell asiatica (manduk parni) = as an anti-anxiety drug.*
- vii. *Glycyrrhiza glabra (yashtimadhu) = as an anti-anxiety drug.*
- viii. *Nordostachys jatamansi (jatamansi) = as an anti-anxiety drug* Etc.

Yoga =

1. Yoga is a combination of body & mind with spirit.
2. There is a harmony between body, mind & spirit. Which results in improved fitness, flexibility, stress management, relaxation, mental clarity & overall well-being which are the ways for prevention of life style diseases.
3. The following longivity promoting yogik practices-aasan, surya-namaskara, pavan muktasana, bhujangasana, etc.
4. Pranayam = nadi-shodhan, kapal – bhati, tratak, etc.
5. Mudras = khechari mudra removes diseases.

Cutting down Alcohol & smoking

Social activities =

Mixing with other people having similar stage of life or perhaps similar health concern can help people realise that they are not alone.

I) Conclusion =

This study reveals that, vatavyadhi increases with increasing urbanisation. Due to rising technology, people thought that, their life is getting more comfortable. But, reality shows that according to increasing population & technology, there are also increased variety of occupations. That's why, competition in every level also gets increases which results into mental stress to people. People are running after money that's why they forget to follow Dincharya, Ritucharya, etc. Different types of continuous wrong posture's develops, which ultimately leads to various vatavyadhis.

So, to prevent such vatavyadhis in future, we have to follow life style modification changes, which will surely prevent vatavyadhis. Our ancient Aacharyas mentioned in samhitas, the real lifestyle of human being like Dincharya, Ritucharya, Aachar rasayana, Sadavritta, Vatasypokarama, etc.

By following these golden rules, we live life delightfully.....

J) Referances =

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