Ayurveda Perspective on Healthy Living and Management of Lifestyle Diseases

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Backdrop: Facts in Health Care

- Every medical system has something to offer in health care: **Harness that strength for the health benefit of people.**

- No system can tackle all health concerns: **Encourage the use of best of different systems for the benefit of patients.**

- Every system can tackle certain health problems effectively: **Encourage integration in health care delivery giving public an option to avail treatment of their choice.**

- Several diseases don’t need any medication: **Educate public about healthy lifestyle.**
Ayurveda

✓ Knowledge system that imbibes what are the dynamics of life; what is beneficial for life and what is detrimental for life; what is happy life; and what is unhappy life in physical, psychological, social and spiritual terms.

✓ Underlines the importance of lifecycle approach on the basis of health and disease determinants.
Basic Philosophy

“Yat Brahmande Tat Pinde”

So is there in the body as is in the universe

Macrocospm-Microcosm Relation
Triad of Life

- Soul
- Life
- Body
- Mind
Health is Balance in System Biology

“Dosh-Dhatu-Mala Moolam Hi Shariram”

- **Dosha** - Physiological entities
- **Dhatu** - Structural entities
- **Mala** - Excretory entities
Who is Healthy

A person in sustainable equilibrium with –

- Balanced humoral functions
- Balanced bio-fire i.e. enzymatic functions
- Balanced tissue /metabolic functions
- Balanced excretory functions
- Happiness of soul, sense organs and mind.
Circadian Rhythm: Biological Clock

- Highest testosterone secretion: 10:00
- Bowel movement likely: 08:30
- Melatonin secretion stops: 07:30
- Sharpest rise in blood pressure: 06:45
- Lowest body temperature: 04:30
- Deepest sleep: 02:00
- Noon: 12:00
- Best coordination: 14:30
- Fastest reaction time: 15:30
- Greatest cardiovascular efficiency and muscle strength: 17:00
- 18:00: Highest blood pressure
- 19:00: Highest body temperature
- 21:00: Melatonin secretion starts
- 22:30: Bowel movements suppressed
Lifestyle: Ayurveda way

- Aahar
- Vyayam
- Nidra
- Brahmacharya

Lifestyle:
- Din-Charya
- Ratri-Charya
- Ritu-Charya
- Sadvritta
## Components of Lifestyle

<table>
<thead>
<tr>
<th>Aahaar</th>
<th>Aachaar</th>
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<tbody>
<tr>
<td>(Food)</td>
<td>(Conduct)</td>
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<thead>
<tr>
<th>Vihaar</th>
<th>Vichaar</th>
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<td>(Behaviour)</td>
<td>(Thinking)</td>
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Attributes of Healthy Living

- **H**: Holistic and wholesome food
- **E**: Eating habits
- **A**: Appropriate lifestyle as per *Prakriti*
- **L**: Living with disciplined behavior
- **T**: Tranquility in life: *Mano Shanti*
- **H**: Harmonious interaction
- **Y**: Yes attitude, yearly assessment
Disease in Ayurveda

Dis – Ease: Disruption of balance leading to disturbance in ease/equilibrium.

<p>| Physiological deviation | Patho-physiological condition | Pathological state |</p>
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<thead>
<tr>
<th>Stage-I</th>
<th>Stage-II</th>
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<tbody>
<tr>
<td>• Abnormal host-environment interaction leading to imbalance <strong>(Sanchaye)</strong></td>
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<tr>
<td>• Patho-physiological disturbance <strong>(Prakopa)</strong></td>
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<th>Stage-III</th>
<th>Stage-IV</th>
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<tr>
<td>• Earliest morbidity <strong>(Prasara)</strong></td>
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<td>• Pre-clinical ill health <strong>(Sthansashraya)</strong></td>
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<th>Stage-V</th>
<th>Stage-VI</th>
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<tr>
<td>• Clinical manifestation <strong>(Vyaktavastha)</strong></td>
<td></td>
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<tr>
<td>• Complications <strong>(Bhedavastha)</strong></td>
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Lifestyle Diseases

- Lifestyle diseases (LDs) are the outcome of the way we lead our lives.

- Lifestyle diseases can be barred and their influence weakened with lifestyle modulation, improving diet and making host-environment interaction healthier.

- Emerging spectrum of LDs is a big health challenge.
Critical Age for Lifestyle Disease

The most important period in life is between 40 to 50 years of age, when the impact of one’s lifestyle is visible and manifested as disease, **Why?**

**Because**

- System biology gradually gets deranged with the input of disease determinants causing sustained imbalance in metabolic modalities.
- Basis of imbalance is excessive and continuous exposure to lifestyle factors in contravention of Prakriti characteristics.
Dilemma with Lifestyle Diseases

- Insidious onset
- Longer span to become cause of death
- Different populations have different lifestyles
- Medicines not the effective answer
- Not easy to manage, forget about cure
- Enough money required to tackle LDs
Alma Ata Declaration: Health for All

Promote:

✓ Use of socially and culturally appropriate and acceptable health technologies, affordable to the communities.

✓ Primary prevention of diseases with public health initiatives focusing on management of health risks and health determinants.
Renewed Focus of WHO

- Health promotion and disease prevention with improved quality of life through:
  - Diet
  - Physical activity
  - Lifestyle interventions.

- Health is not the sole responsibility of health sector, healthy sectoral policies are required.
What are the social determinants of health?

- General socio-economic, cultural and environmental conditions
  - Work environment
  - Education
  - Agriculture and food production
- Living and working conditions
- Individual lifestyle factors
  - Age, sex and hereditary factors
- Social and community networks
  - Unemployment
  - Water and sanitation
  - Health care services
  - Housing

World Health Organization
Characteristics of Ayurveda Approach

- Customized strategies based on –
  - (i) Prevention of causative & precipitating factors
  - (ii) Bio-purification- *Panchakarma*
  - (iii) Palliative treatment
  - (iv) Lifestyle Interventions
  - (v) Rejuvenation therapies

- Restoration of systemic functioning and psycho-physical well being.

- Holistic treatment is designed to achieve homeostasis (equilibrium of *milieu interior*) rather than to counter the symptoms only.
Treatment Approach of Ayurveda

1. Avoidance of disease factors
2. Bio-purification
3. Palliative Treatment
4. Holistic & wholesome lifestyle
Objectives of Treatment

- To identify causative & aggravating factors of disease and check them.
- To provide symptomatic relief.
- To resolve disease process and prevent its progression.
- To prevent recurrence and complications.
- To restore normal life, psycho-physical capacity and
Medical Model

SCREEN

DIAGNOSE

TREAT
(FIX)
Health Promotion Model

Focus on Health

ENABLING

PREVENT

PROMOTE

SUSTAIN

ENVIRONMENT
Comparative mortality rates

Germany

- Communicable, maternal, perinatal and nutritional conditions: 5%
- Other NCDs: 13%
- Diabetes: 3%
- Respiratory diseases: 4%
- CVD: 45%
- Cancers: 26%

NCDs are estimated to account for 92% of all deaths.

Source: WHO 2011

India

- Communicable, maternal, perinatal and nutritional conditions: 37%
- Injuries: 10%
- CVD: 24%
- Respiratory diseases: 11%
- Other NCDs: 10%
- Diabetes: 2%
- Cancers: 6%

NCDs are estimated to account for 53% of all deaths.

Source: WHO 2011
Why Ayurveda?

- Conventional medicine does not have answers to all health care needs, particularly multidimensional lifestyle diseases.

- Ayurveda continues to contribute effectively to human health in 21st century, capable to respond to the expressed health needs of the community and emerging times when the prevalence of lifestyle diseases is increasingly on the rise.

- Ayurveda offers more personalized care and customized treatment options.
Contd....

- Ayurveda imbibes holistic approach of health care with wide range of treatment modalities.

- Culture friendly, socially acceptable and use of simple indigenous health technologies.

- Lifestyle correction in accordance with one’s Prakriti is the simplest and best way of self-healthcare for health promotion, disease prevention and management of chronic diseases.