

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

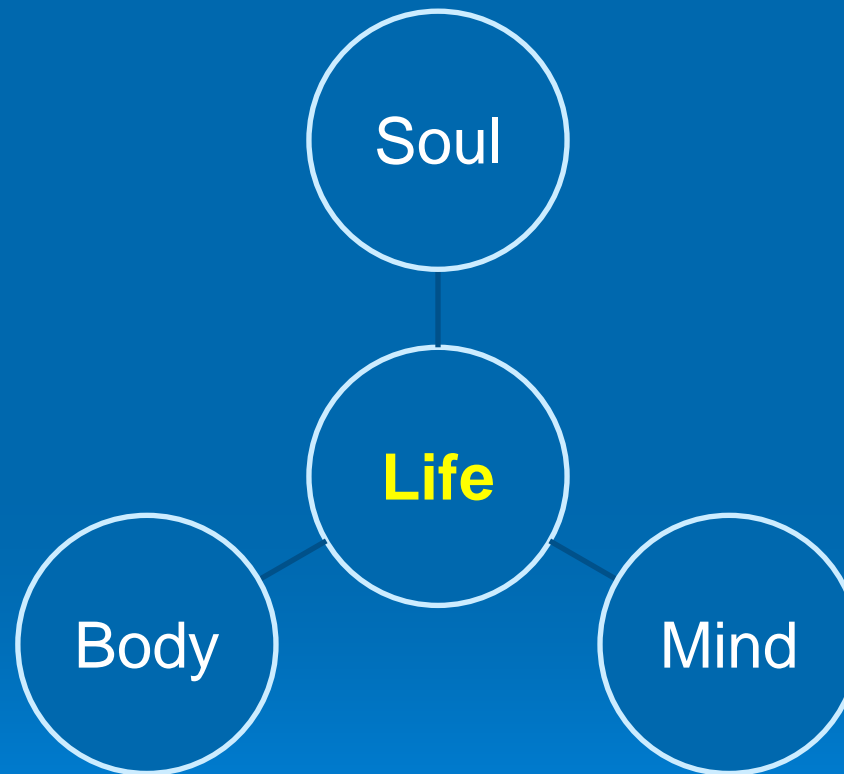
“Yat Brahmande Tat Pinde”

So is there in the body as is in the universe

Macrocosm-Microcosm Relation

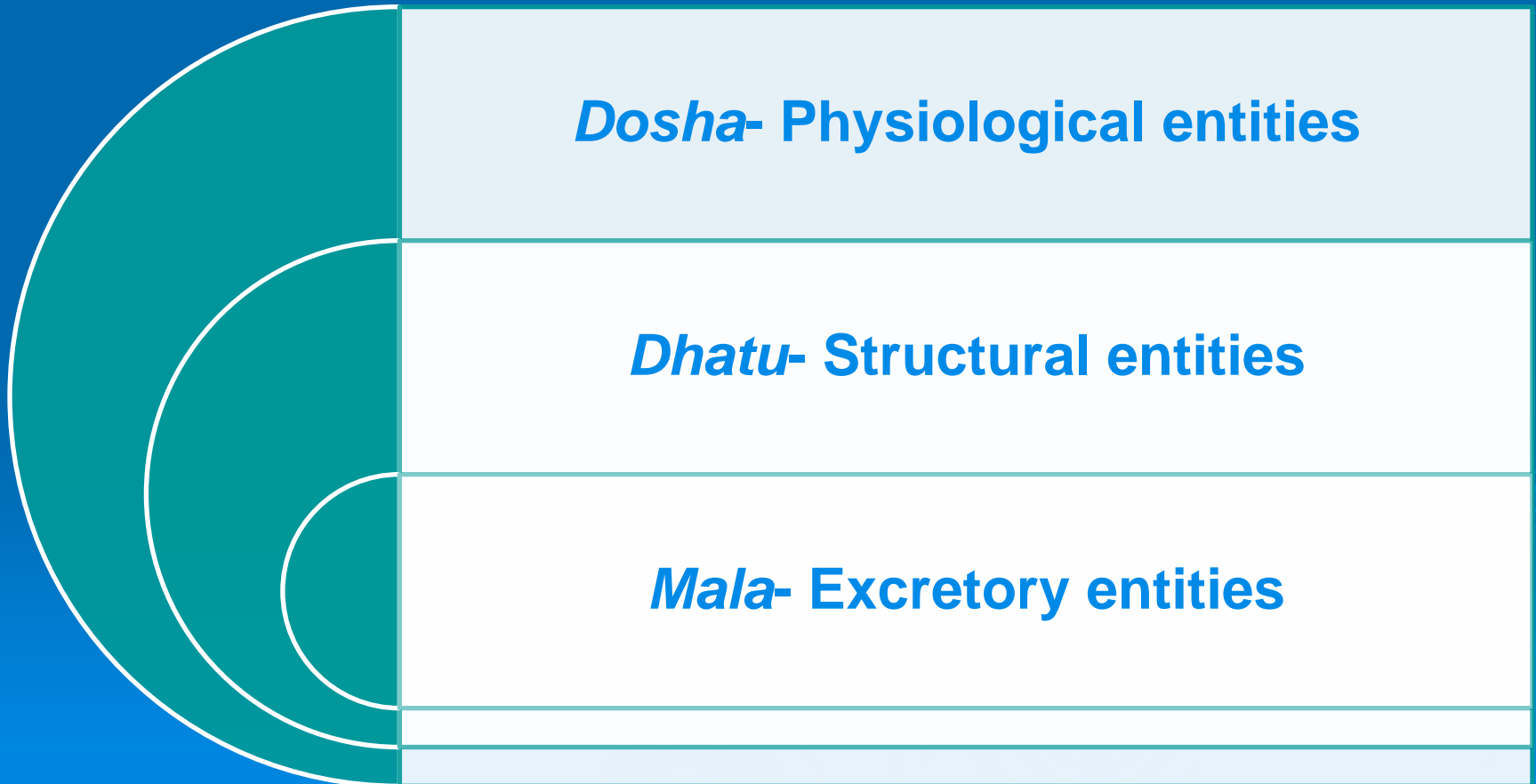


Triad of Life



Health is Balance in System Biology

“Dosh-Dhatu-Mala Moolam Hi Shariram”



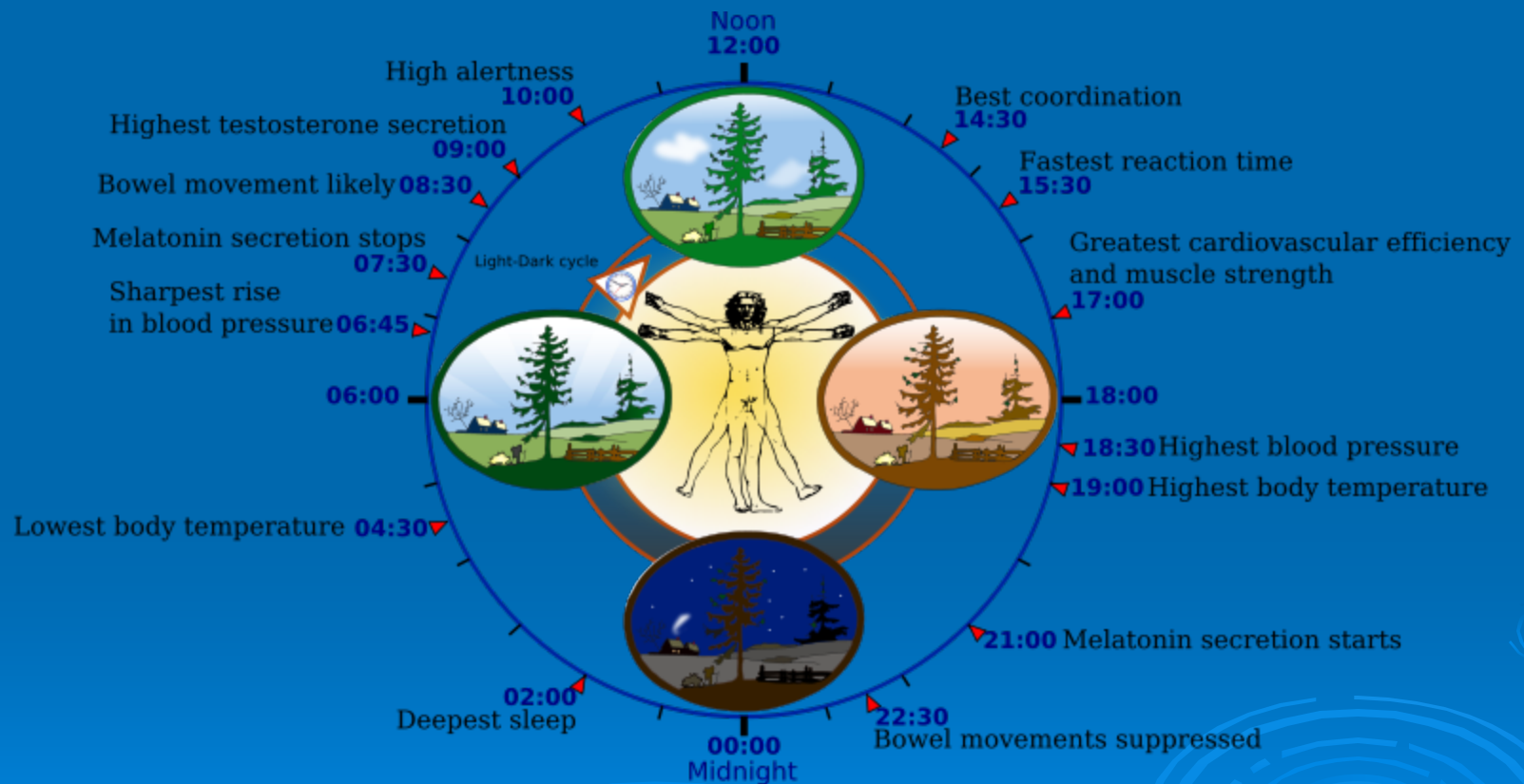
Who is Healthy

A person in sustainable equilibrium with –

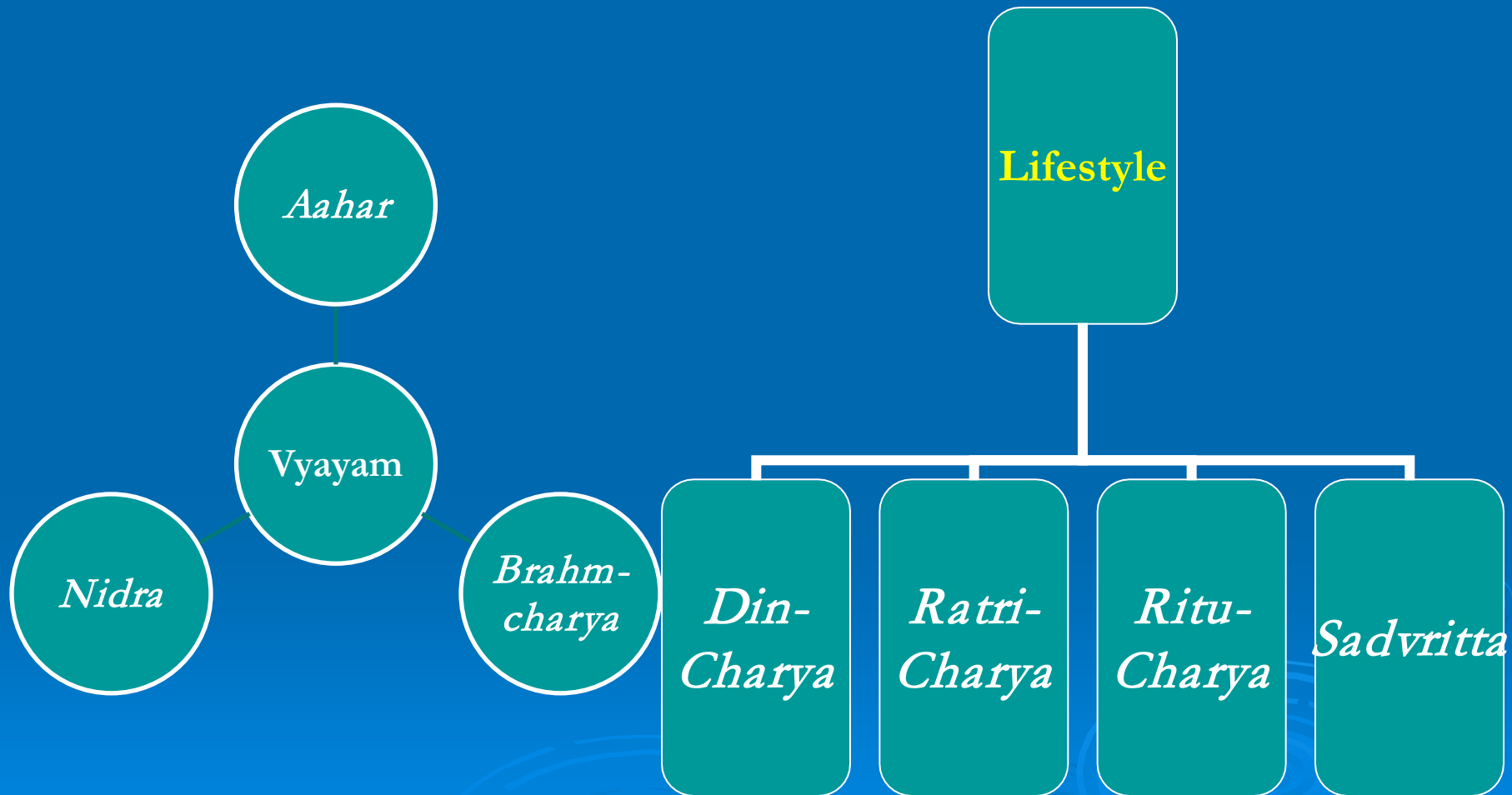
- Balanced humoral functions
- Balanced bio-fire i.e. enzymatic functions
- Balanced tissue /metabolic functions
- Balanced excretory functions
- Happiness of soul, sense organs and mind.



Circadian Rhythm: Biological Clock



Lifestyle: Ayurveda way



Components of Lifestyle

Aahaar
(Food)

Aachaar
(Conduct)

Vihaar
(Behaviour)

Vichaar
(Thinking)

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.

**Physiological
deviation**

**Patho-
physiological
condition**

**Pathological
state**

Disease Genesis and Progression

Stage-I
Stage-II

- Abnormal host-environment interaction leading to imbalance (**Sanchaye**)
- Patho-physiological disturbance (**Prakopa**)

Stage-III
Stage-IV

- Earliest morbidity (**Prasara**)
- Pre-clinical ill health (**Sthansashraya**)

Stage-V
State-VI

- Clinical manifestation (**Vyaktavastha**)
- Complications (**Bhedavastha**)

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 ?**

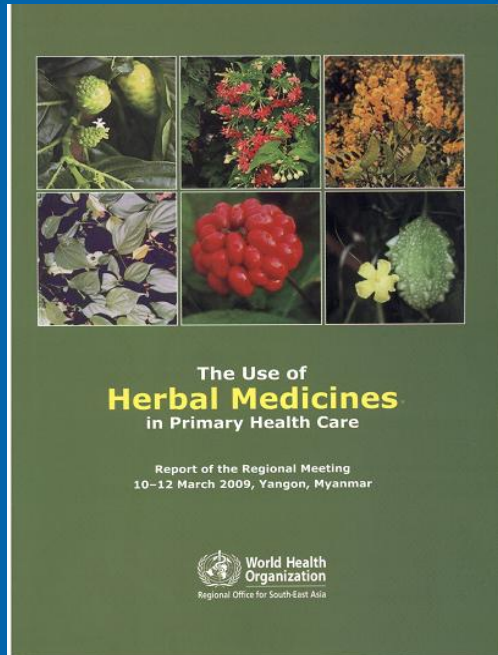
Because

- ✓ 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



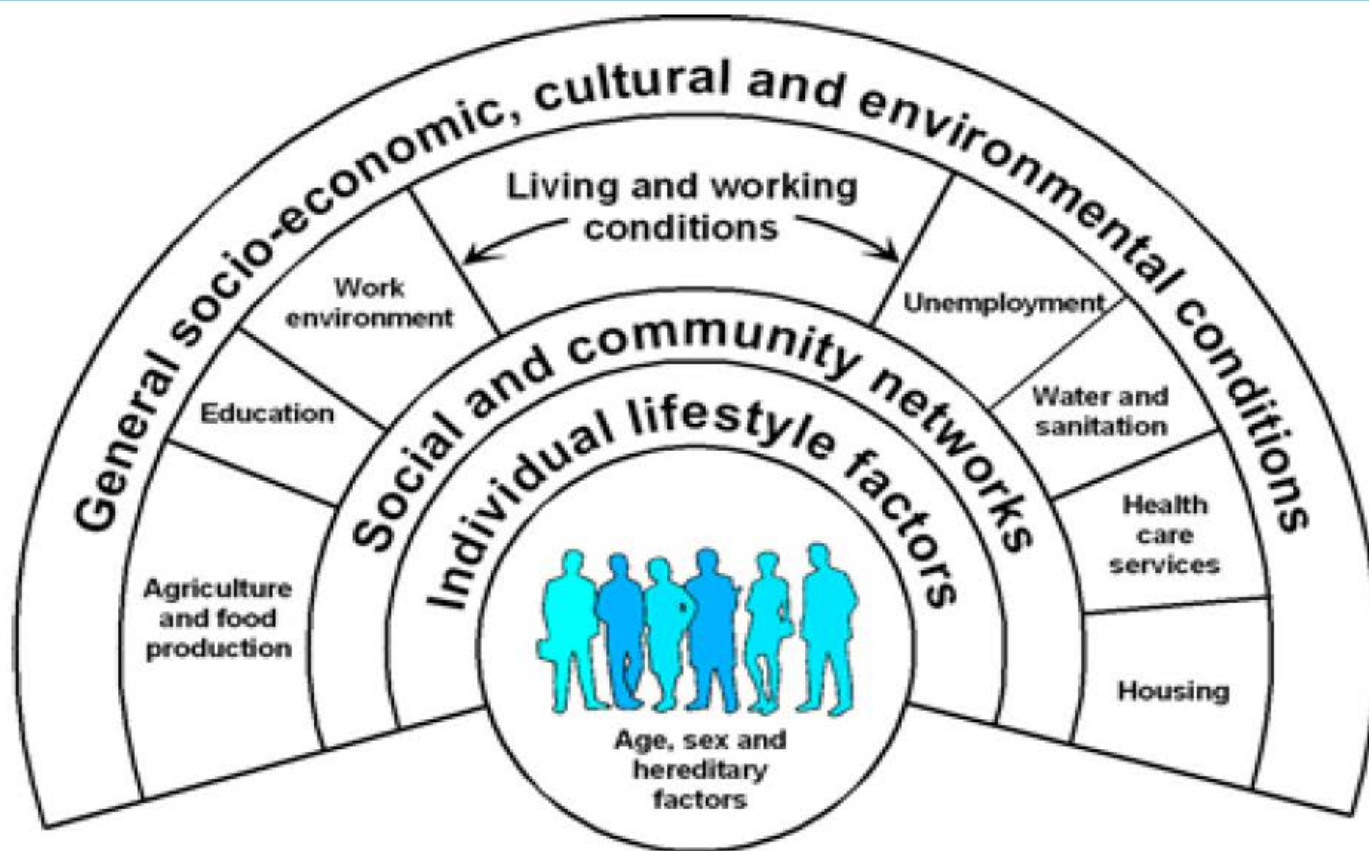
Promote:

- ✓ 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.

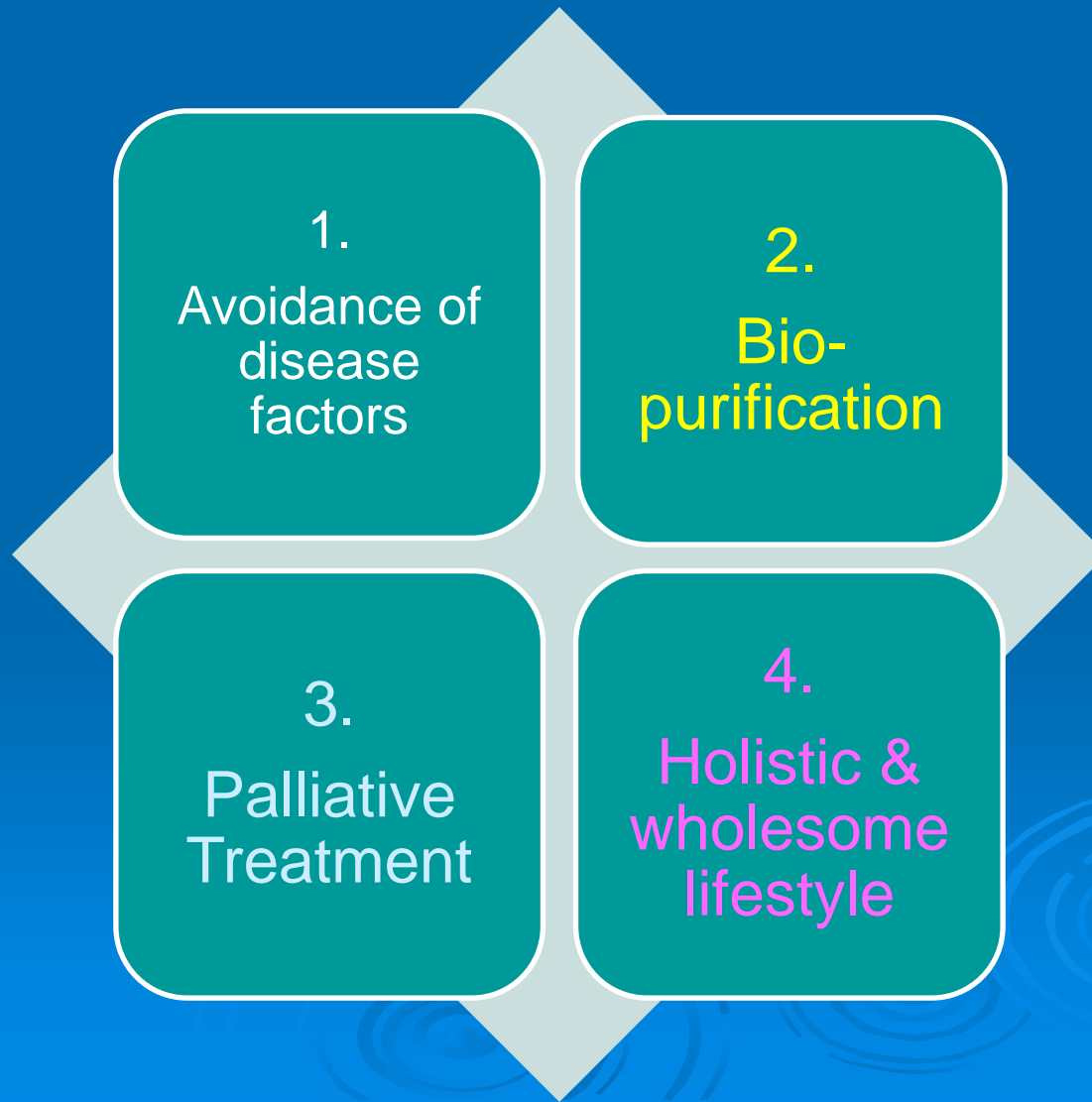
What are the social determinants of health?



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.

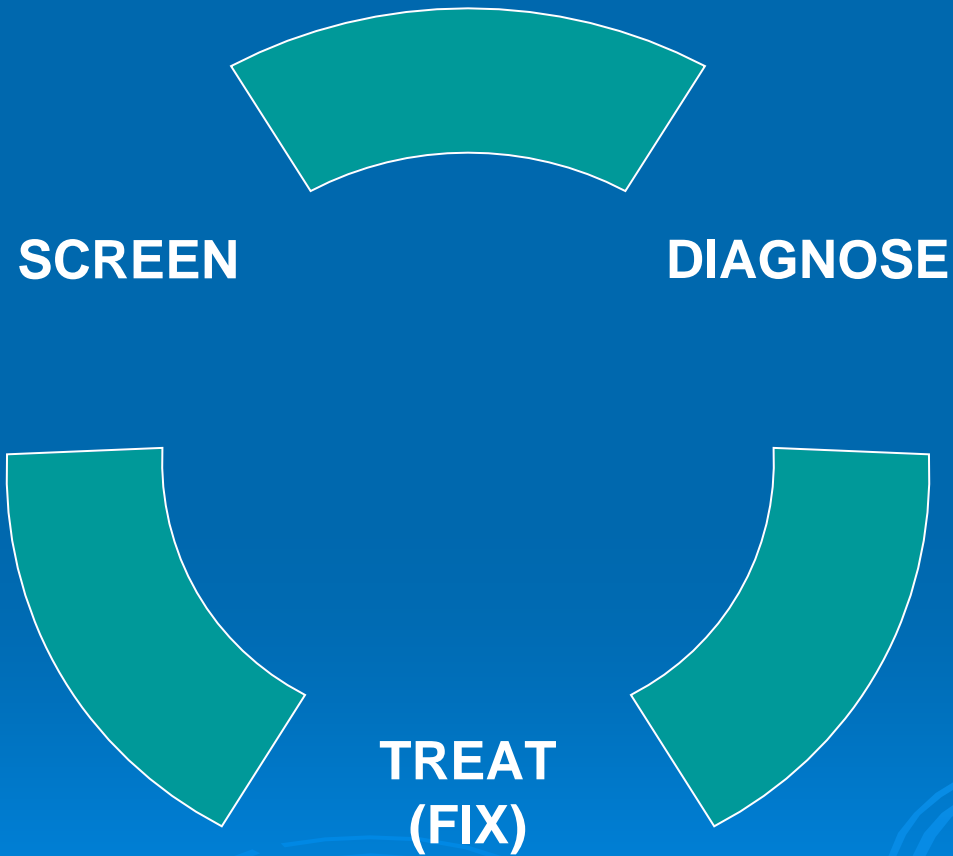
Treatment Approach of Ayurveda



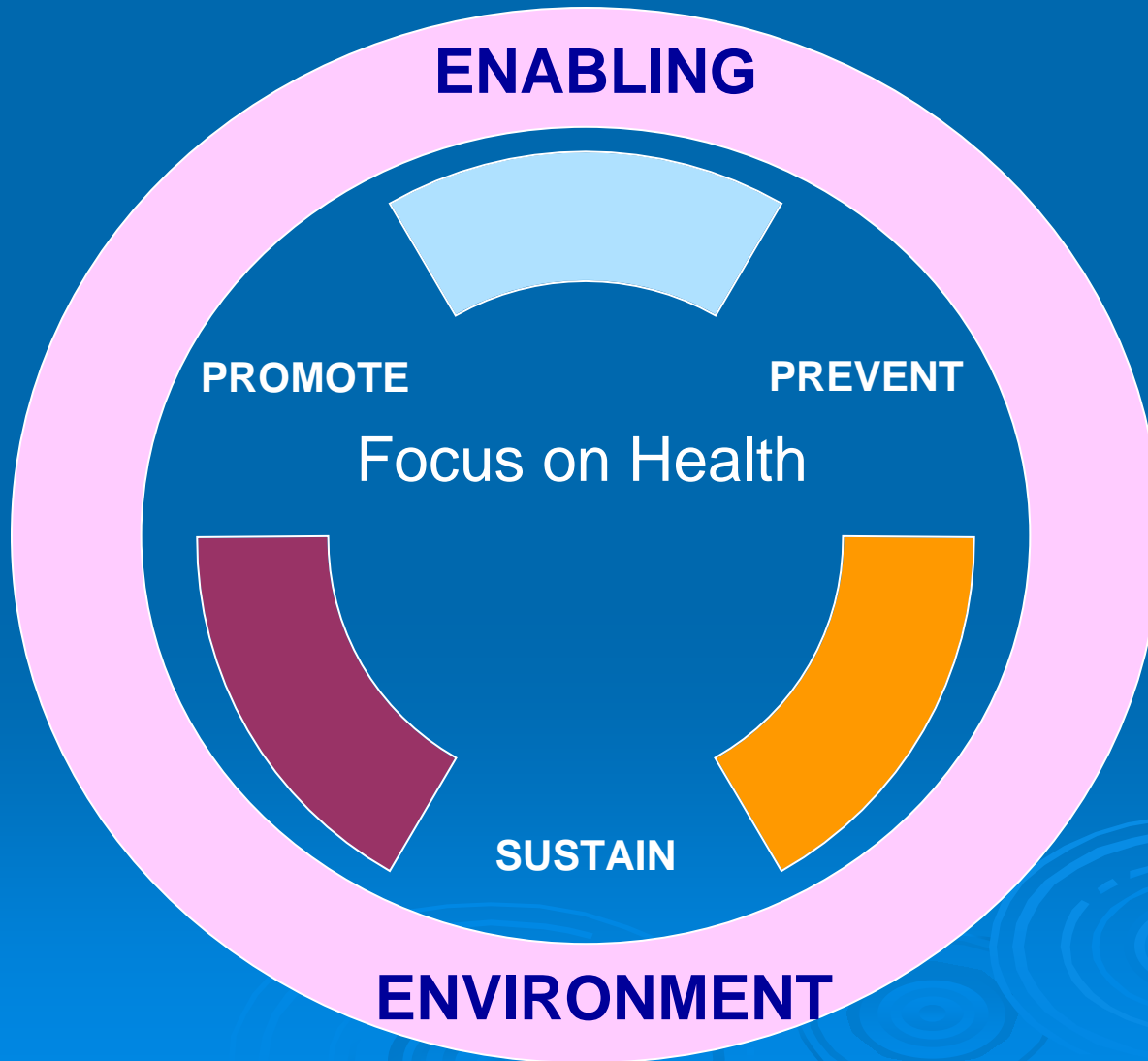
Objectives of Treatment

- 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



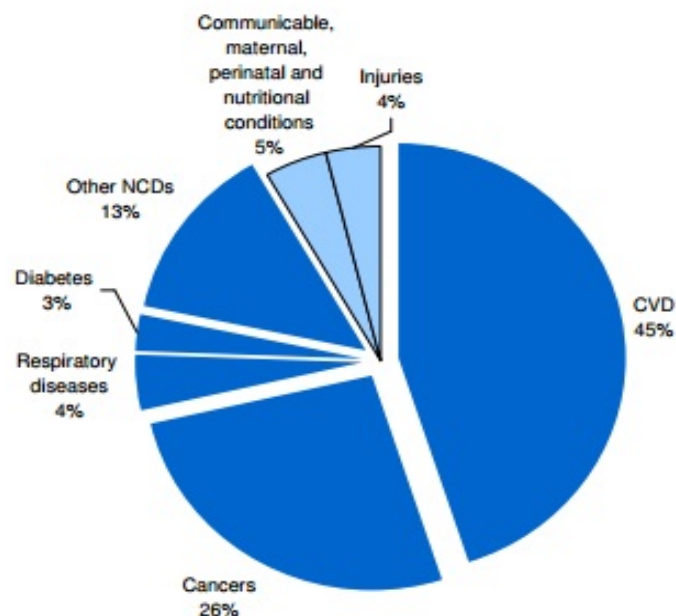
Health Promotion Model



Comparative mortality rates

Germany

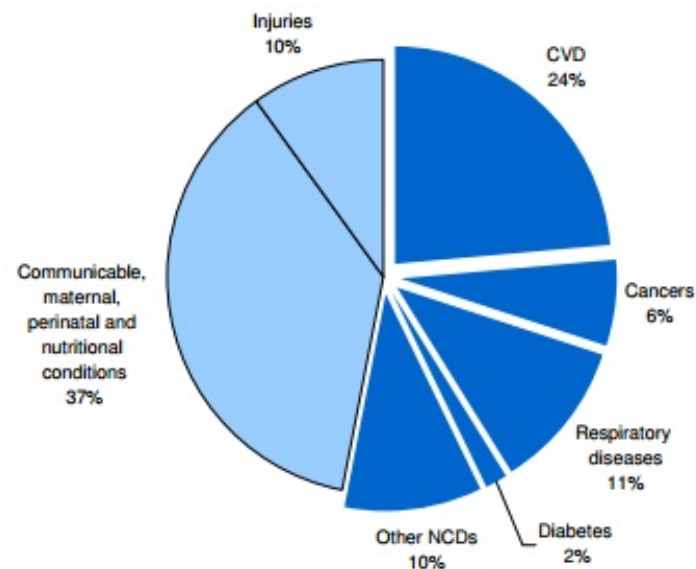
Proportional mortality (% of total deaths, all ages)



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

India

Proportional mortality (% of total deaths, all ages)



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

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.