



# **CRITICAL REVIEW ON LIFESTYLE DISORDERS AND ITS IMPACT ON MAHASTROTAS**

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## **ABSTRACT**

Lifestyle disorders are the disorders or disease that linked with the way people live their life. The common cause of lifestyle disorders are drinking alcohol, drug and smoking abuse as well as lack of physical activity and unhealthy diet . Diseases that impact on our lifestyle are heart disease, obesity , type 2 diabetes and thyroid diseases etc. The concept of mahastrotas described by charak can be correlated with whole gastrointestinal tract on body. So functionally the process of digestion is also depend on this. Lifestyle disorders are metabolic diseases in which metabolism of body normally disturbed. According to Ayurveda if Agni (Digestive metabolic activity) is disturbed (Vishma agni) whatever is eaten is not properly metabolized . This process ultimately leads to lifestyle disorders . lifestyle disorders such as busy Diabetes type 2, obesity , Hypothyroidism, Heart diseases and its impat on mahastrotas will be discussed in this paper.

**Keywords:** Lifestyle disorders, Mahastrotas , Agni.

## **INTRODUCTION**

In Ayurveda, Acharya has explained that the main cause of various diseases is mandagni. In Ayurvedic text Acharya has explained Dincharya and Rutucharya to maintain health, but in today's era faulty dietary habits, sedentary lifestyles, stress, tension etc. are main causative factors of agnimandya. Agnimandya is also main cause of annavaha strotodushti and purishvaha strotodushti which ultimately produces diseases of mahastrotas.

Due to sedentary lifestyle it is difficult for the people to follow Dincharya, Rutucharya as described in ayurvedic text. Thus , the change in lifestyle causes agnidushti and lead to annavaha strotas dushti and purishvaha strotodushti which ultimately lead to mahastrotas dushti. Thus, Lifestyle modification is the need of today's era

## AIM

To study the lifestyle disorders and its impact on Mahastrotas.

## OBJECTIVES

To study lifestyle disorders in modern and ayurvedic view.

To study lifestyle disorders and its impact on Mahastrotas.

## MATERIAL AND METHODS

**Table no. 1 Top Life Style Diseases<sup>[1]</sup>**

Name	Comments
<b>Alzheimer's Disease:</b> A form of brain disease.	In this a real breakdown of the cells of the brain occur. There is no treatment, but good nutrition may slow the progress of this lifestyle disease.
<b>Arteriosclerosis:</b> Atherosclerosis is the most common and serious vascular disease. A generic term for several diseases in which the arterial wall becomes thick and loses elasticity.	The atheromas deposited in the walls of arteries are the major causes of heart disease, chest pain, heart attacks, and other disorders of the circulation . Atherosclerosis usually occurs with aging. It is linked to overweight, diabetes and high blood pressure and diabetes.
<b>Cancer:</b> Diseases characterized by uncontrolled , abnormal growth of cells.	<b>Cancer</b> It is the number one Disease of Civilization. There are more than 150 different kinds of cancer and many different causes.
<b>Chronic Obstructive Pulmonary Disease (COPD):</b> A disease characterized by slowly progressing, irreversible airway obstruction.	Breathlessness while exercising , difficulty in breathing and sometimes long term cough. The condition may result from chronic bronchitis, asthma, or chronic bronchiolitis. Cigarette smoking and air pollution make it worse.

<b>Chronic Liver Disease/ Cirrhosis:</b> Any of a group of liver disorders.	Characteristics of liver disease are jaundice, liver enlargement, loss of appetite, fluid accumulation.
<b>Heart Disease:</b> any of several abnormalities that affect the heart muscle or the blood vessels of the heart.	Heart disease has been the number one cause of mortality. Heart disease and other forms of cardiovascular disease can lead to congestive heart failure.
<b>Diabetes:</b> a disease affecting sugars used by the body.	There are four main types of diabetes mellitus Type 1 diabetes is also called insulin –dependent diabetes. Type 2 diabetes is also called non-insulin –dependent diabetes. Type 3 gestational diabetes occurs in some women during pregnancy. Type 4 types of diabetes are linked to disease of pancreas, hormonal changes or genetic defects.
<b>Nephritis:</b> Any disease of the kidney marked by swelling and abnormal function.	Characteristic of kidney disease are persistent protein in urine, bloody urine, pus in urine, difficult urination.
<b>Stroke:</b> A condition due to the lack of oxygen to the brain that may lead to reversible or irreversible paralysis.	Stroke is linked to advanced age, cigarette smoking , diabetes mellitus, overweight.

Brihat-trayee with their commentaries, supportive text of contemporary science, reference from internet and journal were appraisal for the study.

To find out the impact of lifestyle disorders like Diabetes mellitus type 2, Hypothyroidism, Obesity, Heart diseases on mahastrotas this study was initiated.

## 1) Diabetes Mellitus type 2

Diabetes mellitus is a clinical syndrome that is characterized by hyperglycemia caused by absolute or relative deficiency of insulin<sup>[2]</sup>. Symptoms of high blood sugar includes frequent urination, increase thirst, increase hunger etc<sup>[3]</sup>

According to Ayurveda Diabetes mellitus type 2 can be correlate with prameha due to its maximum resemblance with it.

The symptoms of prameha which indicates Mahastrotas dushti are<sup>[4]</sup>

Prabhat mutrata ( More frequent urination , more in Quantity)

Avil mutrata (Turbid urine)

## 2) Obesity

Obesity is defined as abnormal excessive fat accumulation that presents a risk to health. A person with a BMI (Body mass index) of 30 or more than is considered as obese.<sup>[5]</sup>

There are no specific symptoms for obesity. The sign includes a high body mass index and unhealthy body fat distribution that can be estimated by measuring waist circumference.<sup>[6]</sup>

According to Ayurveda Obesity can be correlate with medoroga.

The symptoms of Medoroga which indicates mahastrotas dushti are<sup>[7]</sup>

- Kshudha –atimatra (excessive hunger)
- Pipasa atiyog (excessive thirst)

## 3) Hypothyroidism

Hypo means deficient or under active so , hypothyroidism is a condition in which the thyroid glands is under performing or producing too little thyroid hormone the symptoms includes fatigue, weakness, weight gain, Dry skin, Hair loss, Constipation, Abnormal menstrual cycle etc.<sup>[8]</sup>

According to Ayurveda Hypothyroidism can be correlate with kaphaj pandu.

The symptoms of Kaphaj pandu which indicates mahastrotas dushti are<sup>[9]</sup>

Chardi (vomiting)

Praseka (Excessive salivation)

Shwas (Dyspnoea)

Kasa (Cough)

Aruchi (Anorexia)

Wak-swargraha (obstruction in speech and voice)

#### 4) Heart Diseases

Heart diseases is any disorders that affects the heart . Cardiovascular diseases generally refer to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain or stroke. Symptoms include chest pain, shortness of breath, numbness or weakness in legs, fatigue, swelling in legs or around eyes.<sup>[10]</sup>

According to Ayurveda Heart Diseases can be correlate with Hridrog.

The symptoms of Hridrog which indicates Mahastrotas dushti are<sup>[11]</sup>

- Kasa (cough)
- Hikka (Hiccup)
- Shwas (Dyspnea)
- Utklesh (Excitement of kapha)
- Aasyavairasya (Distaste in mouth)
- Trushna (Thirst )
- Chhardi (Vomiting)

#### RESULT

Faulty diet habits, regular eating of fast food, junk food, continuous under stress, heavy night dinner, late to bed, lack of physical exercise, suppression of natural urges, different types of addictions such as frequent intake of tea coffee, tobacco, alcohol have huge impact on Mahastrotas<sup>[12]</sup> Sham prakapo Dosshanam Sarvesham Agni Sanshrito. Normal or abnormal state of Dosha is completely depends on state of Agni. Sedentary lifestyle leads to Agnimandya. Agnimandya is responsible for diseases of Mahastrotas and other strotas of the body. Roga Sarve Api Mandagnau. Various disease such as agnimandya, ajirna, amlapitta<sup>[13]</sup> sprue disease, irritable bowel syndrome, colitis, CA colon, constipation, hemorrhoids, hepatitis, pancreatitis, obesity, diabetes, heart disease, hypertension, IBS, endocrine disorders occur. All above said diseases are chiefly due to lifestyle disorders. Hence it is better to give up todays faulty lifestyle.

#### DISCUSSION

To prevent the effect of lifestyle on Mahastrotas, we have to change our present lifestyle . Accept dincharya. Follow aharvidhivishesayatan. Do regular yoga and pranayama<sup>[14]</sup>. We have to wake up at brahma muhurta early to bed early to rise were following our grandfather. They were hardworking in the farm . That why they

live long their life healthy. But due to lack of exercise, consumption of fast food, junk food, taking heavy meal at night, late walking etc are concerned with lifestyle disorders. Tea, coffee cold drink, Alcohol, drug abuser, tobacco hukka ganja also have major role in mahastrotas related disorders.

## CONCLUSION

Diabetes, obesity, Hypothyroidism, Heart diseases are major problems due to changing lifestyle. This changes in lifestyle shows significant impact on Gastro Intestinal tract. In ancient text book of Ayurveda, it is described that diseases like prameha, Hridroga, Kaphaj pandu, Medoroga are related with Agni Dushti and shows significant impact on mahastrotas. Lifestyle disorder has huge impact on mahastrotas. To achieve dharma, artha, kam and moksha is essential. To maintain healthy state of body we have to follow dincharya and do regular yoga, pranayama and other exercise such as cycling, walking, swimming etc. Then we may be able to prevent lifestyle [15] disorders such as Hridroga, pancreatitis, Amlapitta, Diabetes, Ca-colon and its impact on Mahastrotas<sup>[16]</sup>.

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