Prevention of life style disorder through Ayurveda

(Nidan Parivarjan, Rasayan)

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ABSTRACT

To live a long and healthy life is every individual’s wish. Due to changing lifestyle and thus not able to follow the rules of dietetics human beings are forced to age prematurely with many psychological and physical illnesses. Diet and life style are major factor thought influence susceptibility to many diseases. Disease can be caused by the way a person or group of people lives. Poor lifestyle choices, such as smoking, overuse of alcohol, poor diet, lack of physical activity, stress, working conditions can change a person’s lifestyle to increase their risk of imbalance of dosha and dhatu in body causes developing many of these diseases. Above said are key contributors in the development and progression of chronic diseases, including obesity, type 2 diabetes mellitus, hypertension, cardiovascular disease, Stroke. In this condition Ayurveda advocates maintaining health through nidanparivarjan, and rasayana.

KEYWORDS: Lifestyle disease, rasayana\(^1\), nidanparivarjan\(^2\)

INTRODUCTION

In today’s world, people are suffering from various diseases based on many life style factors. The onset of these life style diseases is insidious, they take year to develop, and once encountered do not lend themselves easily to cure. Ayurveda have a well organised system of traditional health care, both in preventive as well as curative spheres. Here we cure the life style disease through nidanparivarjan and rasayan. It is a treatment in complete alignment with the Ayurvedic philosophy of “Prevention is better than cure”. With life style habits the body undergo many changes. Nidanaparivarjana in ayurveda is the main line of treatment, as it becomes easy to treat the disease once the root
cause is avoided. Rasayan is also known as apurnabhav chikitsa. This refers to the treatments that are able to curb the recurrence of the disease Rasayana Chikitsa aims at improving the health and the longevity of people by enhancing their metabolism, repairing the wear and tear of the body due to aging or diseases, removing waste products and toxins, improving the immunity and increasing tissue turn over. It boosts the ‘Ojas’ (vital force of life) and improves the ‘Sattva’ (mental clarity). [3]

**AIMS/OBJECTIVES:**

**LIFESTYLE DISORDER AND ITS CAUSES:**

<table>
<thead>
<tr>
<th>Sr. no</th>
<th>Life style disorders</th>
<th>Causes/ Risk factor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Heart diseases like Arteriosclerosis etc</td>
<td>Smoking, high BP, elevated cholesterol, diabetes, Obesity, Physical activity</td>
</tr>
<tr>
<td>2</td>
<td>Cancer</td>
<td>Smoking, Alcohol, Solar radiation, ionizing radiation, Work side hazardous, environmental pollution, Pollution, Medication, infectious agent, dietary factors.</td>
</tr>
<tr>
<td>3</td>
<td>Chronic liver disease /cirrhosis</td>
<td>Alcohol</td>
</tr>
<tr>
<td>4</td>
<td>Chronic obstructive pulmonary disease (COPD)</td>
<td>Long term cigarette smoking, Occupational dust and chemical exposure, Air pollution, Genetics.</td>
</tr>
<tr>
<td>5</td>
<td>Diabetes</td>
<td>Obesity, Diet, Sedentary life style</td>
</tr>
<tr>
<td>6</td>
<td>Stroke</td>
<td>High BP, Elevated cholesterol, Smoking.</td>
</tr>
<tr>
<td>7</td>
<td>Nephritis/CRF</td>
<td>cholesterol, Smoking, overweight or obese, Diabetes, hypertension</td>
</tr>
<tr>
<td>8</td>
<td>Essential hypertension</td>
<td>Genetic variation, Ageing, obesity, Salt, Alcohol, Rennin, Diabetes, Smoking, Vitamin Deficiency, Lack of physical exercise.</td>
</tr>
</tbody>
</table>

**MATERIALS & METHODS:**

This conceptual study based on literary review collected from classical ayurveda texts, modern literature and journals, articles pertaining to nidanparivarjan and rasayana lifestyle disorder.
PREVENTIVE TREATMENT THROUGH AYURVEDA (NIDANPARIVARJAN, RASAYANA)

NIDANPARIVARJAN:

In Ayurveda the best medicine is that which makes good health and the best physician is one who cures the patient from diseases. Treatment of diseases will be effective only with good knowledge of Nidan (diagnosis). The term Nidan stands for both Vyadhijanak (cause of disease) and Vyadhibodhak (knowledge of disease). Vyadhijanak nidan is called as Hetu and Vyadhibodhak nidan comprises of Nidan, Purvarup, rup, Upashay and Samprapti. Ayurveda has identified three main etiological factors as being responsible for all sorts of diseases and ill health. They are:

1. Dosha hetu
2. Vyadhi hetu
3. Ubhaya hetu

Ayurveda has mentioned various types of chikitsa. Nidanparivarjan is Ekvidha Chikitsa or single chikitsa. The chikitsa mainly consist of Nidanparivarjan along with other chikitsa, it is not the complete stoppage of all hetus but it is very important to consume hetus limited as per only need, the excess must cause harm. It is useful to guide about pathyapthya to the patients as hetu becomes apathyya in vyadhi.

Nidan

It refers to the factors or the causes of the disease that promote the disequilibrium between the dosha, dhatu & mala, eventually leading to samprapti (pathogenesis) of the disease.

Parivarjan

It refers to the factors that must be left as they cause disequilibrium and disharmony among the dosha, dhatu & mala. Example: dadhi i.e. curd (yogurt) excessive consumption of curd leads to vitiation of Kapha dosha causing Diabetes mellitus. Hence to quit (stop eating yogurts i.e. excessive consumption of the same)

Nidanparivararajan is to avoid the known disease causing factors in diet and lifestyle of the patient. It also encompasses the idea to refrain from precipitating or aggravating factors of the disease. Through falling dinacharya, rutucharya, ratricharya, Annpanvidhi mentioned in classical text.

RASAYANA:

Rasayan chikitsa is one of the important branches of Ayurveda helps to maintain healthy life style. As per Ayurveda, Rasayana improve immunity and perform many vital functions of human body. Many herbs and dietary material can act as rasayan. Here we mentioned naimattik rasayan and achara rasayan. Naimittik rasayan is the type of rasayan therapy utilized for specific curative purpose. It hastens the recovery from prevailing diseases.

RASAYAN DRUG ACCORDING TO DHATU

Rasa -Draksh. Khajura, Kashmari
Rakta- Aamlaki, Palandu, Lauha
Mansa -Ashwagandha, Bala
Meda- Haritaki, Guggulu, Amrita, Shilajatu  
Asthi -Laksha, Shukti, Shankha  
Majja -Lauha, Majja, Vasa  
Shukra- Aatmagupta, Pippali, Nagbala  

RASAYAN DRUG ACCORDING TO STROTAS [15]  
Pranvaha strotas: - Pippli, Bhallatak, Amalaki, Marich, Kasturi  
Udakavaha strotas: - Sarva Jaliya Padartha  
Annavaha strotas: - Panchkola, Kapardika, Shankh Bhasm, Hing, Nagkeshar  
Rasavaha strotas: - Kharrjur, Manth, Laja Manda, Guduchi  
Raktavaha strotas:-Loha Bhasm, Ghrit, Gorochana, Kushthaghana Dravyas  
Mansavaha strotas: - Karaskar, Suwarna, Kumbha  
Medovaha strotas:-Guggulu, Shilajatu, Kumbha  
Asthivaha strotas: - Abha  
Majjavaha strotas:-Vacha, Bringraj, Roupya, Bhasma  
Sukravaha strotas: - Vang bhasma, koncha  
Mutravaha strotas: - Shilajatu, Gokshura, Punarnava  
Purishavaha strotas: - Kutaj, Bilwa, Haritaki  
Swedavaha strotas: - Vang bhasma  

RASAYAN DRUG ACCORDING TO DISEASE [16]  
Prameha: - Shilajatu, Haridra, Amalaki  
Amavat: - Amrita, Bhallatak  
Hridaroga: - Shalparni, Arjuna  
Medorog: - Guggulu, Harritaki  
Shwas: - Bhallatak  
Kushta: - Tuvarak  
Pandu: - Lauha  
Mansaroga: - Medhya rasayana

ACHAR RASAYANA [17]:-  
Achara rasayan is described in various texts. It means good conduct  
- A Person must be truthful  
- Free from Anger, which avoid alcohol,  
- A person must not be indulge in violence ,  
- A person regularly offer prayer to gods, teachers, old people  
- A person must be free from harbours act,  
- Must take milk and ghee regularly,  
- Should be free from ego,  
- Should have love for spiritual knowledge,  
- Must have excellent Sense organ,  
- Should have self control.

DISCUSSION:  
Basic principle of ayurveda is to maintenance of health of healthy person and is to cure diseases. According ayurveda tridosh, sapta dhatu, malas, and panchmahabhut is basic element of our body which maintain health naturally. Under normal condition the doshas, dhatus, malas correspond to certain standards regarding their quantity, quality and functions. However this situation not static and due to several endogenous and erogenous factors, the dosha become unbalanced, resulting in disease [18]. Ayurveda has some special treatment options for many classified diseases like; Rasayan chikitsa, Nidanparivarjan. The ultimate aim of nidanparivarjan is to avoid the causative factors, which correcting the imbalance of Tridosha & improve Agni and dhatu function. As per
traditional *ayurvedic* text Rasayana improve growth and Vaya Sthapana, Ayushkara, Medhakara, Balakara and Jara Vyadhi Nushana effects\[^{19}\]. Rasayan therapy performs work like rejuvenation and promotes healthy life by preventing the diseases. Prevention of lifestyle disorders through *ayurveda* is remedies or activities that aim to reduce the likelihood of a disease or disorder affecting people.

**RESULT /CONCLUSION:**
This review articles provide significant information regarding various options of Rasayana Chikitsa and nidan parivarjan. Rasayana and nidan parivarjan contribute significantly as the treatment component of ayurveda for curing various diseases; prevent occurance of disease and maintaining healthy life style.

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11. निदाि नु आदि कारण | ………………………..अमरकोश १४/२८
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   निदाि कारणे …………….
   शब्दरत्नसमन्तव्यकोश:
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Conflict of Interest: Non

Source of funding: Nil

Cite this article:
"Prevention of life style disorder through Ayurveda (Nidan Parivarjan, Rasayan).”
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