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## ALTERED DAILY ROUTINE: FOREMOST CAUSE OF COMMON LIFE STYLE DISORDERS

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### ABSTRACT

*Aahara, Nidra and Bramhacharya are the 3 important pillars of life as described in ayurveda. It means the life is fully dependent on these 3 factors, among them if any one disturbed or absent no one can live for any moment. These 3 always constitute daily regimen i.e. there sufficient rules and regulations are mentioned to apply them in any one's life. Regarding aahara everybody talks about its quality and quantity but here we also consider the manners to cook the food, proper etiquettes to take and timings of different meals. Even there is specific sequence has been described to take different tastes like sweet, salt, sour etc. Exact body posture, simultaneous activities during taking meals and the particular hours for it are described very scientifically and authentically in ayurveda. Similarly regarding nidra i.e. sleeping habits lot of description is available in ayurveda. Who should take how much sleep according to age and nature as well as amount of physical works has been suggested well. Justified indications for sleeping during night and day hours have been given. At one side day time sleep is said to be harmful for most of the people whereas at other side it is advised to be beneficial in some specific conditions. Brahmacharya i.e. disciplined sexual activity is very important for human beings. As we know very well that man is the only living one in this creation that performs sexual activities for purposes other than producing child. Therefore it is important to perform sexual acts in much disciplined way as; man and woman practice sex whole life as far as they are able to this. In ayurveda detailed description regarding this part of human life is given in different contexts.*

**KEY WORDS:** Aahara, Nidra, Bramhacharya, vyayam, ailments, mandagni, kapha prakopa, srotavarodha, Charaka Samhita, Sushrut samhita.

## INTRODUCTION

Life style disorders may be resulted due to faulty daily routine, improper food habits, over or under intake of required calories, un recommended sleeps, addiction, anxiety, stress, suboptimal physical activities and very important abnormal body postures during working, driving, sitting, sleeping or reading etc. The above 3 considerations in addition to certain other measures of daily regimens like daily hygiene works, clothing styles, hair, tooth, foot care, avoidable and unavoidable urges, walking and talking precautions, moral etiquettes etc are very important for healthy life. If anyone, among them is disobeyed will cause definitely some sort of minor or major illness. Starting from simple indigestion and constipation to many chronic and life threatening problems like Diabetes, heart disorders, liver troubles, renal problems, joint disorders, respiratory diseases etc is long list of such ailments. We can discuss them one by one in detail:-

**1. Nidra (Sleeping habits):-** This is most important part of our daily routine as everyday's life begins after it and also ends before it. Therefore its proper timing, amount requirements, environment etc. should be followed. All these vary from person to person as well as in relation to physical and mental work done by any person. Detailed description regarding sleep discipline is given in many Ayurvedic classics such as *Charaka Samhita-sutra sthanam*, chapter-21, *Sushrut samhita-sharir sthanam*, chapter-4 etc. If somebody practices irregularities of norms than many common to serious ailments may arise. Few of them are:-

**a) Constipation:-** Regular bowel habits are very necessary to keep someone healthy. But if people go to bed late night; according to ayurveda, *rukshata* due to vitiation of *vata dosha* takes place<sup>1</sup>. *Vata dosha* is responsible for all kinds of bodily movement either macro or micro. For proper digestion process normal movement of intestinal tracts is necessary, but when *vata* gets vitiated then intestinal movements will definitely not be in normal condition. It will lead to indigestion and constipation. On other hand aggravated or vitiated *vata* gets accumulated in intestine especially in large bowel that will excessively absorb water content of stool resulting into drying and hardening of it. This hard stool is difficult to expel from body. The resultant is constipation which is root cause of many chronic diseases like Piles, Prolepses, Acid peptic diseases, gastric upsets, central obesity, fatty liver etc.

**b) Hypertension:-** Irregular and untimely sleeping habits doesn't gives complete relaxation to neither body nor mind; which is compulsory for health. Such regular practices give rise to multiple psycho and somatic illnesses among them

hypertension is very common and serious problem. "*Raktagata vata*" or "*Vyanbal vaishamyā*" i.e. derangements in functioning of vyan *vayu* are the conditions to which we correlates nearly with hypertension<sup>2</sup>. Both of them are resultants of aggravated or vitiated *vata dosha*. *Ratri jagaran* or late night sleeping habits are important causes for *vata* vitiation.

In addition to this such habits may also result in to sad fullness, emaciation, body weakness, impotence, reduced life span.<sup>3</sup> Whereas unwanted sleeping during day hours may cause jaundice, headache, lethargies, edemas, anorexia, nausea, sinusitis, different skin disease, cough and other throat problems, impaired memory, fever and very important *mandagni*, *kapha prakopa* along with *srotavarodha* etc<sup>4</sup>.

**2. Aahar (Dietary habits):-** Balanced diet is the intake of appropriate components and adequate amounts of foods items to supply nutrition and energy for the maintenance of body cells, tissue and organs as well as to support normal growth and development. In a single line we can say that "A balanced diet is that contains the proper amounts of each nutrient." In general people take 3 meals in a day i.e. breakfast, lunch and dinner. There shouldn't be gap of more than 6 hours between two meals in day time. In comparison to breakfast and lunch; dinner should be lighter. One should take all meals in relax mood, with full attention in it; not in hurry and worry. You should not sleep immediately after any meal. Food items shouldn't be too hot or too cold, never take junk or spoiled food. Minimum water should be taken with meal; instead it can be taken in larger amount after or before meals.

Likewise there are so many common regulations known to everyone. Few people follow them few don't. Knowingly negligence results into so many disorders. Much more than this described in Ayurvedic dietetics with the headings of "*Ashta āhārvidhivisheshayatana*" "*Dwādash aśan vichār*" "*Virudhāhāra*" in relation to this subject. *Ashta āhārvidhivisheshayatana* is the ruling given in *Charak samhita- viman sthan*; chapter-1, that describes eight fold discipline of dietary regimen. Here we consider the natural quality, preparations, combinations and quantum of foods along with habitat and climate where food is taken, time factor, rules of use and last very important the user. These have their more prophylactic importance. Concept of *Dwādash aśan vichār* is given in *Sushrut samhita-uttar tantra*; chapter-64. These are 12 qualities of food materials according to which we decide their indications and contraindications in different situations. All of them have their great importance in management of numerous ailments. Whereas

*Virudhāhāra*, are the 18 considerations given again in *Charak samhita-sutra sthan*; chapter-26, deals with detailed description of incompatibility of food items. Food being taken may be against climate, season, digestive power, measure, adaptability, body humors, preparations, potency, bowel habits, state of the patient, order of eating, things to be avoided, things to be observed, cooking, combination, palatability, richness of quality and rules of meal.

Concept of *Agni* and *Ama* is very popular and universally accepted. Agnis are very important to run all our body systems properly. The role of proper *ahara* i.e. dietary habits is very important to keep our all *agnis* in normal state especially the most important *jatharagni*. If any how they gets deranged causes formation of *ama* which is responsible for every disease such as simple indigestion, peptic ulcers, liver disorders, irregular bowel habits, colitis, food poisoning, joint disorders, certain cardio respiratory and neurological diseases.

In today's living people pay minimum attention to their feeding style. All the time they are busy in earning excess money, collecting unnecessary physical accessories. For which they utilizes their maximum hrs in working. In morning hrs they don't have enough time to take breakfast in proper way, many times they skip it. During day i.e. main working hrs if they will not take anything then it will cause nutritional deficiency leading to so many disorders or if takes some junk or fast food then it will again harm him in any other way causing other kind of illnesses. Similarly at evening hrs these people come back home generally in late hrs due to which they can't take their dinner at appropriate time. Instead of that, they take it during late evening or night hrs, we know very well that this meal will be not properly digested and not going to provide any optimal health benefits. And it may cause some ailments also.

**3. Vyayam (Physical Activities):-** In over engagement of job and works, people goes on working whole day and night which is almost not beneficial for health. The beneficial activities like physical exercises, yoga, morning walk, aerobics etc. are almost out from those busy people's daily routine. As they don't have enough time to morning walk and other activities. This lack and negligence of physical activities leads to many chronic and life threatening disorders such as Obesity, Diabetes, Hypertension, Heart diseases, Joint disorders etc. A number of studies have found that exercise helps depression. There are many views as to how exercise helps people with depression. Exercise may block negative thoughts or distract people from daily worries. Exercising with others provides an opportunity for increased social contact. Increased fitness may lift

your mood and improve sleep patterns. Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones. If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower the risk of osteoporosis
- lower your risk of falls
- recover better from period of hospitalization or bed rest
- Feel better – with more energy, a better mood, feel more relaxed and sleep better.

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days. According to some guideline we should accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week. And we should do muscle strengthening activities on at least two days each week.

**4. Brahmacharya (Sexual activities) :-** Sexual activities are an important aspect of everybody's personal life. This is not only important by the point of view of increasing progeny but to make individual physically and mentally healthy also. Researchers have proved it as one of best body exercise that keeps someone far away from many ailments such as heart diseases, diabetes, hypertension, insomnia etc. Very important it significantly reduces risk of benign prostatic hypertrophy in male of around 50 yrs of age. This faculty of mankind is also not untouched in ayurveda but it is described in very elaborative manner. Here eight types of sexual contacts have been mentioned in ayurveda. Beside it particular timings, suitable environment, suitable partner, frequency etc. like many important aspects has been described here<sup>5,6</sup>.

But in today's life sometimes it is excessively used, in some cases it is rarely used or in some instances it is improperly used. These all conditions lead to various psychophysical ailments. Ideally it is not advised to perform sexual intercourse just after taking meal. But people coming back home late in evening, taking meal again late that means they don't have time to wait for sleeping after taking meal and after going to bed if they wish to perform sex than further they don't have time to wait therefore they

perform sex immediately after meal. This kind of activity if practiced either occasionally or often will definitely result into many ailments right from indigestion to many other. Modern concepts say that in evening hrs person is tired so he or she cannot perform well this activity. Therefore it should be preferably done during morning hrs when you are fresh and full of energy. But we are either leaving bed late in morning or in hurry to go to our work place therefore we cannot do this in morning hrs.

These are few examples of altered daily regimens being frequently practiced and have great impact over health of individuals. In addition to these certain other notable activities are also there in modern living style that can be discussed in more elaborative way.

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