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Lifestyle disorders

When our life style gets disturbed , lifestyle disorders starts to appear .



Obesity -

Obesity is a complex disease that involves an excessive amount of body fat. Apart from being a cosmetic issue ,It is a medical problem that increases the risk of other health problems, such as heart disease, diabetes, high blood pressure and certain cancers.

In Ayurveda, Atisthaulya (Obesity) is described as excessive accumulation of Meda (fat/adipose tissue) and Mamsa (flesh/muscle tissue) leading to flabbiness of hips, abdomen, and breast. It is considered as one of Santarpanottha Vikaras (disease due to consumption of excessive calories) in Ayurveda. Medodushti (disorders of fat metabolism) may be one of the risk factors for ischemic heart disease (IHD).



- Causes - Although there are genetic, behavioral, metabolic and hormonal influences on body weight, obesity occurs when one takes more calories than he actually burns with the daily activities and exercise.
- Lifestyle choices
 - Unhealthy diet. A diet high in calories, lacking in fruits and vegetables, full of fast food, and filled with high-calorie beverages and oversized portions.
 - Liquid calories. People drink many calories without feeling full, especially calories from alcohol & high-calorie beverages, such as sugared soft drinks, also contribute to significant weight gain.
 - Inactivity. In Sedentary lifestyle, one can easily take in more calories every day than they actually burn through exercise and routine daily activities. Looking at computer, tablet and phone screens is a sedentary activity. The number of hours you spend in front of a screen is highly associated with weight gain.
 - Overeating and Irregular food habits
 - Day – time sleeping



□ SYMPTOMS:

1. Breathlessness even on little exertion / physical activity.
2. Lack of interest in doing work.
3. Profuse sweating with foul body odor.
4. Excessive hunger.
5. Feeling of tiredness.
6. Excessive sleep.

□ DIAGNOSING OVERWEIGHT/OBESITY

Overweight and Obesity are assessed using Body Mass Index (BMI). It is defined as a person's weight in kilograms divided by the square of his / her height in meters (kg/m²).

- Healthy/Normal BMI - 18.5 - 24.9
- BMI of Overweight - 25 - 29.9kg/m²
- BMI of Obesity - $\geq 30\text{kg}/$



Waist circumference should also be used in addition to BMI to measure Central obesity and disease risk in individuals with a BMI less than 35 kg/m².

Normal range of Waist circumference: Men: 94–102 cm;

Women: 80-88 cm

Further, following Lab investigations are recommended to assess the risk of other related health problems

Lipid profile

Blood glucose (both Fasting and Post Lunch preferably fasting)

Blood pressure

AYURVEDIC MANAGEMENT LINE OF TREATMENT (Under strict supervision of Registered Ayurvedic Physician)

Shamana (Palliative) treatment:

1. Langhan (Fasting)
2. Ama pachan (oral use of digestives to augment the fat metabolism)
3. Ruksha Udwartan (Dry medicated powder massage)
4. Heavy and non-nourishing diet/items like Honey, salad etc are advised.
5. Physical exercises, mental work is also recommended.

Samshodhana Chikitsa (Purificatory procedures): Panchakarma □ Vaman (Therapeutic emesis), □ Virechan (Therapeutic purgation), □ Lekhan vasti (Medicated enema) are advised for the management of Sthaulya.



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2. Virechan (Therapeutic purgation)
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- Single drugs: Guduchi, Vidanga, Musta, Sunthi, Amla, Vaca, Daruharidra, Guggulu, etc.
- Compound Formulations: Trikatu, Navaka Guggulu, Triphala Guggulu, Vidangadi Churna, Takrarishta, Navayasa Iauha, Arogya Vardhini Vati, medohar guggul etc

□ **Lifestyle modifications such as**

1. Mild to Moderate exercise according to individual capacity.
2. Regular habit of Brisk morning walk for 30 minutes.
3. Avoid sedentary habits.
4. Avoid excessive sleep.
5. Avoid watching TV while having food.
6. Avoid Alcohol and Smoking
7. Avoid sleeping just after meals



Do's:

- Take low-fat and low-calorie food items.
- Take more proteins to stay longer without food.
- Steamed/ boiled and baked vegetables rather than fried.
- Take frequent small meals to avoid food cravings.
- Drink skimmed milk instead of whole milk.
- Take Healthy foods such as – oatmeal, walnuts, salads, bitter gourd (Karela), drumstick (Shigru), barley (Yava), wheat, Green gram (Moong dal), honey (Madhu), Indian Gooseberry (Amla), pomegranate (Anar) and snake gourd etc and skimmed Buttermilk.
- Include cabbage in daily meal. It will stop the conversion of sugars to fat.
- Use warm water for drinking.
- Include lemon in diet and drinks.

Don'ts:

- High carbohydrate vegetables like – potato, rice etc.
- More sugary or sweet products, more dairy products, fried and oily fast food
- Excessive salt intake



Hypertension - Hypertension (HTN or HT), also known as high blood pressure (HBP), is a long-term medical condition in which the blood pressure in the arteries is persistently elevated. High blood pressure is classified as primary (essential) hypertension or secondary hypertension .

About 90–95% of cases are primary, defined as high blood pressure due to nonspecific lifestyle and genetic factors. Lifestyle factors that increase the risk include excess salt in the diet, excess body weight, smoking, and alcohol use.

The remaining 5–10% of cases are categorized as secondary high blood pressure, defined as high blood pressure due to an identifiable cause, such as chronic kidney disease, narrowing of the kidney arteries, an endocrine disorder, or the use of birth control pills.

For most adults, normal blood pressure at rest is within the range of 100–130 millimeters mercury (mmHg) systolic and 60–80 mmHg diastolic. For most adults, high blood pressure is present if the resting blood pressure is persistently at or above 130/80 or 140/90 mmHg.



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

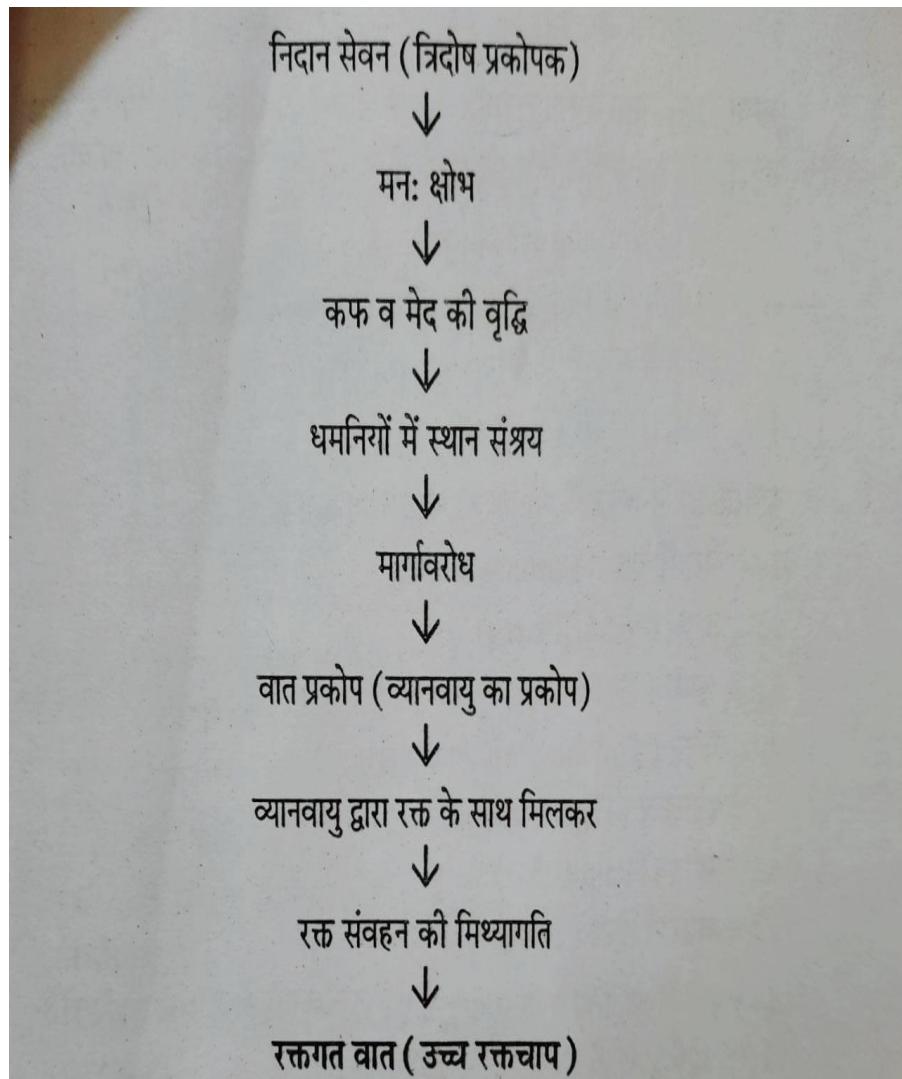


Acc. To Ayurveda ,
hypertension is
correlated with raktagat
vata .

Causes -

1. Heavy , oily , acidic , pungent tastes rich meals
2. Excessive eating
3. Alcohol intake
4. Acidic and hot potency food
5. Excessive sweet taste
6. Sedentary lifestyle
7. Day sleep
8. Smoking

Samprapti -





Treatment -

1. shodhan chikitsa –

- virechana karma (medicated purgation)
- Lekhan basti
- Rakta mokshan (bloodletting)

2. Shaman chikitsa –

Single herbs--arjuna, sarpagandha, bhringaraj, jatamansi, shankhapushpi, punarnava, lasun, rudraksha guduchi, shatavari.

Churna powder--sarpagandha churna, swirasta churna Vati pill -- sarpagandha, prabhakar, chandraprabha Asaba and Arista--Arjunarishta, punarnavasava Rasaudhi--Prabal pisti

Yoga asanas & pranayam :-

- Child pose / balasana
- Sukhasana / easy pose
- Shava asana
- Cobra pose
- Bridge pose
- Anulom vilom pranayama
- Bhramari pranayama
- Sheetali pranayama
- Sheetkari pranayama
- Om chanting



Diabetes - Diabetes mellitus, commonly known as diabetes, is a metabolic disease that causes high blood sugar. The hormone insulin moves sugar from the blood into your cells to be stored or used for energy. With diabetes, your body either doesn't make enough insulin or can't effectively use the insulin it does make. Untreated high blood sugar from diabetes can damage your nerves, eyes, kidneys, and other organs.

There are a few different types of diabetes:

- Type 1 diabetes is an autoimmune disease. The immune system attacks and destroys cells in the pancreas, where insulin is made. It's unclear what causes this attack. About 10 percent of people with diabetes have this type.
- Type 2 diabetes occurs when your body becomes resistant to insulin, and sugar builds up in your blood.
- Prediabetes occurs when your blood sugar is higher than normal, but it's not high enough for a diagnosis of type 2 diabetes.
- Gestational diabetes is high blood sugar during pregnancy. Insulin-blocking hormones produced by the placenta cause this type of diabetes.



Meaning of Blood Glucose Levels

Blood Glucose Levels (mg/dL)	Blood Glucose Levels (mmol/L)	Interpretation
< 53	< 3	Severe hypoglycemia
< 70	< 3.9	Hypoglycemia
< 125	< 7	Normal
< 200	< 10	High (Take action)
>200 - 500+	>10 - 27.7+	Metabolic Consequences (Take action)

eMediHealth

HbA1c Test Score

	HbA1c Test Score	Mean Blood mg/dL	Glucose mmol/L
Excellent	4.0	50	2.6
	5.0	80	4.7
	6.0	115	6.3
Good	7.0	150	8.2
	8.0	180	10.0
Poor	9.0	215	11.9
	10.0	250	13.7
	11.0	280	15.6
	12.0	315	17.4
	13.0	350	19.3
	14.0	380	21.1



- In Ayurveda a condition in which a person passes honey like (sweet) urine is called Madhumeha(Hyperglycemia) Reduced insulin production and decreased insulin sensitivity are the contributing factors for hyperglycemia.
- It is one among 20 types of Prameha (urological disorder) described in various Ayurvedic classics i.e. Charaka samhita, Sushruta Samhita.
- Ancient seers have narrated that excess use of guru (heavy to digest), snigdha (unctuous), amla(Sour) and lavana(Salt) rasa, nav!nna (food prepared from newly harvested grains), new wine, Asya sukha (sedentary lifestyle), atinidra (excess sleep), vyayama (lack of exercise), achinta (lack of mental exercise), abstaining from samshodhana (purification) therapy are the causes of Madhumeha.



Clinical features

- 1. Increased frequency of urine(Polyuria)
- 2. Increased appetite (Polyphagia)
- 3. Excessive thirst (polydipsia)
- 4. Turbidity in urine
- 5. Debility/ tiredness
- 6. Weight loss
- 7. Non-healing ulcer
- 8. Visual disturbances
- 9. Inflammation of glans penis

In later stage of diabetes mellitus the following complications may appear

- 1. Burning sensation (neuropathy) over palmar and plantar region
- 2. Boils and carbuncles
- 3. Gangrene



4. General debility
5. Retinopathy
6. Renal tissue damage (nephropathy)
7. Cardiovascular diseases

Investigations

- Disease Specific
 - i. Measurement of the plasma glucose level
 - a. Random blood sugar (RBS)
 - b. Fasting blood sugar (FBS)
 - c. Post prandial blood sugar (PPBS)
 - ii. Urine routine and microscopic
 - iii. Glycosylated haemoglobin (HbA1c)
 - iv. Lipid Profile



Prevention

- 1. Use of various preparations made from yava (barley), mudga (green gram), old rice, bitter gourd, drum-stick, methi(fenugreek), patola (snake gourd), pumpkin, cucumber, bimbi, watermelon, buttermilk, triphala etc. are beneficial as preventive measures for borderline diabetic patients
- 2. Dinacharya (daily regimen) and ritucary! (seasonal regimen)
- 3. Regular exercise/ increase in calorie consuming activities (Brisk walking, swimming, etc.)
- 4. Regular use of rasayana drugs (Amalaki rasayana etc.)
- 5. Restriction in intake of sugar/ sugar products, fried food and dairy products
- 6. Restriction in the use of different types of wine, excess use of oil, clarified butter, milk, sugarcane products, cakes and the meat of domestic and aquatic animals
- 7. Avoidance of day sleep and laziness



Line of treatment

- 1. Nidana parivarjana (avoidance of aetiological factors) – Avoidance of Tubers, sweets, dairy products, soft drinks, fried foods and sweet fruits like mango, banana, custard apple and date..
- 2. If patient is obese then Samshodhana chikitsa (bio-cleansing therapies) in the form of vamana, virechana, vasti are to be performed, however this need to be decided by the qualified physician of Ayurveda. If patient is lean and thin then only Shamana chikitsa (Palliative therapy) is recommended.
- 3. Drug therapy - In Ayurveda most of the drugs indicated in diabetes mellitus may act on beta cell of pancreas thus improve insulin production/ increase insulin sensitivity. The following drugs/ formulations are useful to control type II diabetes mellitus. In case of type I diabetes mellitus, these drugs/ formulations may be used as a supportive therapy in addition to conventional insulin therapy to prevent long term complications.



AMLA / Phyllanthus emblica

- Turmeric
- Jambu / Syzygium cumini
- Mesh Rigi / Gymnema Sylvestre
- Methi / Trigonella Foenum graecum
- Vijaysar / Pterocarpus marsupium
- Karela / Momordica charantia

formulations :-

1. Nishamalaki churna
2. Triphala churna
3. Chandraprabha vati
4. Shuddha shilajit
5. Phal trik adi kwath



Thank You

Contact Us:

- **+91 9780577077**
- **contactarogyaminstitute@gmail.com**
- **www.arogyaminstitute.com**