



Review Article

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## CONCEPTUAL STUDY OF NON-COMMUNICABLE DISEASES IN AYURVEDA

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### Abstract

The main objective of Ayurveda is to “Maintain the health of an individual by prevention of disease and to cure the diseased ones”. Ayurveda, an ancient system of medicine, offers a comprehensive approach to addressing Non-Communicable Diseases through screening, prevention, control, and management. Initial screening can be done by preparing questioner on *ajira*, *udawarta* and *srotovaha* dushti. Prevention by following *ahar-vihar* according to *prakriti* and *vikriti* of individual, following *dincharya*, following *ritucharya*, *sadavritta* and *achara rasayana* are of utmost importance to maintain a healthy and happy socio-psychological well-being of a person. For Control herbal medication, *panchakarma* therapies, *rasayana* therapies, *yoga*, and *pranayama* etc. For Management complementary care, individualized care plans, Patient Education and Monitoring progress.

Ayurveda emphasizes the importance of patient empowerment and self-care. Patients are encouraged to take an active role in managing their health through lifestyle adjustments and adherence of Ayurvedic principles.

In conclusion, Ayurveda offers a holistic approach to screening, prevention, control, and management of Non-Communicable Diseases by considering an individual’s unique constitution and imbalances.

### Keywords

Non-communicable diseases, *Ajirna*, *Udawarta*, *Srotovaha dushti*, *Dincharya*, *Ritucharya*, *Sadavritta*, *Achara Rasayana*, *Yoga-pranayama*.

## INTRODUCTION

Non-communicable diseases (NCDs), also known as chronic diseases, do not spread from person to person. They are diseases of long duration targeting men, women and children and people in all income groups. People may look apparently healthy, but they may still have these diseases. They require treatment for several years, and some require life-long treatment. The main types of NCD are cardiovascular diseases (such as heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes. NCDs also included autoimmune diseases, strokes, most heart diseases, most cancers, diabetes, chronic kidney disease, osteoarthritis, osteoporosis, Alzheimer's disease, cataracts, Parkinson's disease and others.

One of the most serious concerns about Non-Communicable Diseases is that they affect people in the productive years of their life. Non-Communicable Diseases are a leading cause of premature mortality.

India is a populous country of about 1.3 billion. Non communicable diseases (NCDs) contribute to around 38 million (68%) of all the deaths globally and to about 5.87 million (60%) of all deaths in India.

Several factors can increase the number of opportunities to develop NCDs and can be classified in different ways. In one approach, risk factors are classified as modifiable or non-modifiable factors that can have changeable or non-changeable conditions, respectively. The modifiable risk factors involve high blood pressure, smoking, diabetes mellitus, physical inactivity, obesity, and high blood cholesterol, while the non-modifiable risk factors involve age, gender, genetic factors, race, and ethnicity

*Ayurveda* plays a great role in screening, prevention, control, and management of non-communicable diseases. It is not just a medical discipline but a comprehensive lifestyle that enhances overall well-being, balances the mind and body, and guides humanity towards a healthier future. By embracing Ayurvedic principles, individuals can understand their unique constitutions, known as doshas and tailor their diets, daily routines, and habits accordingly.

## SCREENING

For non-communicable diseases screening can be done by preparing questioner on

1. *Ajirna*

2. *Udawarta*

3. *Srotodushti*

In *Ayurveda*, decrease in the intensity of Agni termed as *Agnimandaya*. Whereas incomplete digestion and metabolism of food due to disturbed Agni leads to under processed state of food termed as *Ajirna*. This is the root of many diseases and causes many types of pain. According to Madhav Nidan, person who eat food in excessive quantities recklessly like “*pashu*” becomes prone for the development of *ajirna* which may lead to development of many diseases. *Ajirna* are of three types.

1 *Amajirna* (due to *kapha* vitiation),

2 *Vidagdhajirna* (due to *pitta* vitiation),

3 *Vishtabdhajirna* (due to *vata* vitiation).

*Ama ajirna* features are *sharir Gaurav, praseka, gandakshikuta shotha, sadyobhukta udagaara, utklesh*. *Vidagdhajirna* features are *bhrama, daha, trushna, murcha, amlodgaara, sweda pravutii*. *Vistabdha ajirna* features are *aghman, vibandha, atopa, shola, angapidana, stambha*.

*Udawarta*, it means obstruction of normal path of *vata dosha* results into reverse movement. It is among the most common and neglected and misinterpreted clinical condition. This condition resulted due to the suppression of natural urges in other words *Vegadharana*, excessive consumption of tea/coffee, *Adhyasana, Viruddhasana* has become a routine, leading to disturbed *Agni* either in the form of *mandagni* or *vishamagni* and *prakupita Apana Vata* leads to disease of *Udawarta*.

According to *Ayurveda* when the *Srotas* remain their natural state, all the functions of body executed properly. *Srotas* circulate the essential elements for all the cells and excrete the unwanted material from the body in the form of *sweda, mootra, purisha* and gases. *Vata, Pitta, Kapha* three *doshas* make all *srotas* and *dhatu*s their shelter and flow in normal way for the regulation of normal biological functions without stopping anywhere and not produced any abnormalities or disease. If they get imbalance a disease is produced. *Acharya Charak* has described the causes of *srotodushti* as “*Aharascha Viharascha Yah Syaddoshagunaih Samah Dhatubhivigunashchaapi Srotosam Sa Pradooshakah*” *Ch. Vi 5/23*. It means those *ahar* and *vihar* which have similar properties of *Doshas* and are opposed to the *Dhatu*s, are responsible for *srotodushti*.

## PREVENTION

For prevention of non-communicable diseases, one can follow

*1 Ahar – Vihar according to prakriti vikriti of person*

*2 Dincharya*

*3 Ritucharya*

*4 Sadwritta and Acharya Rasayana*

*Ayurveda* text has given great importance to *Ahar* following *Vihar* for disease free life. *Maharshi Charak* has described body is product of food and disease occur as a faulty of food. Intake of pure or *hitkar ahar* gives *Arogya* and impure or *ahitkar ahar* gives *Roga*. It is described by *Pandit Lolimbaraj Vaidya* that if a patient follows the dietic regimen of a particular disease he does not need to take medicine, on the contrary, if he does not obey the same there is no sense of giving him treatment. For disease free condition or prevention from disease one should be focusing on *ahar-vihar* according their *prakriti* and *vikriti*.

In the prevention of non – communicable diseases, *Dincharya* (daily regimen) plays a very important role. There are various changes which have been occurred by the impact of time and later results in manifestation of various diseases. In the morning late awakening and at night late sleeping has become common. These faulty habits cause loss of concentration, mood disturbance, headache, and stress. Late night sleeping causes the release of hormone cortisol which is responsible for rise in blood pressure and reduction in cell regeneration activity. Late night sleeping causes late wake up in morning which again causes skipping breakfast and results more dependency on junk& fast food. These habits increase the risk of obesity, diabetes mellitus, hypertension, cardiovascular diseases etc. Lack of exercise and Yoga also result into NCDs. Drinking not enough water in a day is also a triggering factor for renal stones and constipation. Continuous sedentary jobs cause cervical and lumbar problems. Excessive work on computer results in dry eye or computer vision syndrome.

*Ritucharya*, which plays an important role in acclimatizing the seasonal enforcement easily without altering body homeostasis. *Ritu*, classified by variation of *Doshas* in the environment, expresses its effects on the body, hence disturbing its equilibrium (*Prakruthi-Purusha Samyata Siddantha*), this disequilibrium occurs due to failure in following the appropriate

rules which leads to imbalance among *Doshas* in the body and thereafter leading to disease manifestation.

*Ritucharya* including:

- 1) Scientific background of Ritu
- 2) Seasonal regimens and diet
- 3) Prevention of seasonal diseases through *Ritucharya*
- 4) Increased morbidity during *Ritusandi* and its prevention
- 5) *Ritu Vaiparyata* and corresponding modifications.

*Acharya Charaka* has laid down the unique concept of *Achara Rasayana* which is the code of conduct which provides good mental, physical, social and spiritual health to the person who regularly follows it. While explaining about it, *Acharya Charaka* said that person consuming the *Rasayana* has to follow regimens explained under *Achara Rasayana* to get all the desired benefits of *Rasayana*. It increases the *Yuktikrut Bala*. It all together acts by improving the *Agni*, cleansing the *Srotas*, creating the highest qualities of *Dhatus*, and thus by creating the purest quality of *Ojas*. Since *Bala*, *Prakruti*, *Kapha* are synonyms of *Ojas*, which is responsible for maintaining mental, physical, spiritual strength and thus immunity. *Rasayana Chikitsa* which helps by preventing the premature wear and tear of the body tissues and thus promoting health. So, it is now evident that ancient techniques, therapeutics (*Rasayana*), *Panchakarma* and *Yoga* etc are being accepted to accomplish the following goals of treatment

1. Strengthen immune system.
2. Efficient detoxification system.
3. Responsive inflammatory system.
4. Optimal metabolic system.
5. Balanced regulatory system.
6. Enhanced regenerative system.
7. Harmonize the life force.
8. Free radical scavenging or anti-oxidant

## CONTROL

For control of non – communicable diseases Herbal medication and *Panchakarma* therapies are advised as per the condition. Timely *Panchakarma* procedures such as *Vamana*, *Virechana*, or *Nasya* along with *Rasayana* therapy may control the disease and prevent recurrences of the symptoms.

## MANAGEMENT

*Ayurveda* with its age- old principles is undoubtedly a boon to redress these problems. With the recent development of the National Rural Health Mission, some of the principles and remedies are being used very effectively to combat the public health problems. Although modern science has made remarkable success in understanding cancer and its molecular basis, the knowledge about how to prevent or treat cancer completely is still lagging behind. Diabetes and hypertension have emerged like an epidemic over last few decades. These are perceived lifestyle disorders and believed that once you get them you have to live with them. To overcome this scenario many such patients prefer alternative forms of therapies like *Ayurveda*. It is estimated that about 80% of Indian population use *Ayurveda* medicines for their healthcare needs. Also, use of *Ayurveda* in the Western countries is increasing.<sup>19</sup> So instead of just debating which healthcare system is better, a time has come to follow an integrative approach for the betterment of our patients. For the management of non-communicable disorders, non-communicable disease clinics can be started where patients can be educated about the role of lifestyle intervention and routine checkup with appropriate medicines can be provided. Individualized care plans for diseased patient should be provided with proper follow-up. This is also reflected during the COVID-19 pandemic in 2020, when government of India released various advisories concerning the principles of *Ayurveda* to address the problem and its management more effectively.

## CONCLUSION

*Ayurveda* have vividly described about many non – communicable diseases. The western system of medicine is looking towards Complementary and Alternative systems of medicine for the management of non – communicable diseases. If *Ayurveda* and modern medical world work hand in hand, many problems of health care can be solved and expenditure can be reduced to a large extent. In July 2020, Govt of India stating that healthcare education in the country needs to be re-envisioned, the new National Education Policy 2020 (NEP 2020) that

has been approved by the cabinet calls for a healthcare education system that must be integrative. Specifying on the word "integrative", the vision document that was recently released by the HRD ministry states that all students of allopathic medical education must have a basic understanding of Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy (AYUSH), and vice versa. GOVT. bodies, AYUSH and NMC (National Medical Commission) to follow an integrative approach, which will be based upon needs assessment, need aggressive efforts. The document besides this, stresses on greater knowledge and skills on primary as well as preventive healthcare for students. In this endeavour, Ayurveda, the age-old indigenous system of health care that primarily focuses on prevention of diseases through lifestyle modifications and interventions (based on the fundamental concepts) can play an important role in prevention, control, and treatment of non – communicable diseases and management of risk factors like High lipid levels etc. Moreover, *Ayurveda* can also provide cost-effective management of NCDs, as these conditions require lifelong management and strengthen the primary healthcare.

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