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LIFE STYLE DISORDERS : DIETARY AND LIFE STYLE PATTERN PERSPECTIVE

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Abstract: In modern era, Life styles disorder also known as non-communicable disease are very major problem due to unhealthy dietary and life style choice. These disorders are often preventable through modifications in diet, physical activity and other life style factors in accordance of ayurveda. At present, Ayurveda emphasizes the importance of balanced dietary and life style patterns for maintaining health and preventing diseases. Healthy dietary & life style patterns can make the society diseases free. Ayurveda describes dietary and life style patterns, social and spiritual conducts as per different season as well as human body's constitution play a significant role in maintenance of total human health. This paper reveals the prevention of life style disorders through dietary and life style pattern in accordance to Ayurveda.

Key words: Ayurveda, Life style disorders, Dietary regimen, Physical activity, Healthy dietary life.

1. Introduction- In the modern era, a growing number of people are affected by lifestyle disorders such as diabetes, cardiovascular diseases, sleep disturbances, obesity, and certain forms of cancer. These conditions are largely the outcome of poor dietary practices and unhealthy lifestyle choices (Misra & Khurana, 2011; WHO, 2023). Ayurveda explains lifestyle disorders as manifestations of imbalances in the body's doshas (bio-energies) and disturbances in the srotas (bodily channels) (Sharma & Dash, 2015). Unhealthy dietary habits—such as irregular meal timings, consumption of processed or incompatible foods, and poor nutritional practices—combined with sedentary lifestyles, inadequate sleep, and excessive use of tobacco or alcohol contribute significantly to this rising health crisis (Patwardhan, 2014). Equally, negative behavioral and psychological patterns add to the burden of these disorders. A distinctive feature of Ayurveda is the concept of Prakriti (individual constitution), which encompasses both genetic and acquired dimensions. The genetic aspect is influenced by parental factors (sperm and ovum), while the acquired constitution is shaped by environmental influences such as climate, seasonal changes, age, race, and geographical conditions (Shilpa & Murthy, 2011). According to Ayurveda, individuals who align their diet and lifestyle with their Prakriti enjoy stronger health, enhanced vitality, and greater immunity (Patwardhan et al., 2015). Nature, through its seasonal rhythms, plays a vital role in shaping human health. Environmental factors like temperature and humidity influence the balance of the doshas. When these doshas are disturbed, the equilibrium of the body is disrupted, leading to illness (Sharma & Dash, 2015).

By following dietary and lifestyle guidelines that suit their unique constitution, individuals can maintain balance, prevent disease, and build resilience (Gupta et al., 2021). Therefore, to preserve health and prevent lifestyle disorders, Ayurveda emphasizes the importance of personalized regimens of diet and daily conduct based on one's constitution. This study attempts to revisit and analyze ancient Ayurvedic principles on diet and lifestyle, highlighting their enduring relevance in managing and preventing disorders across diverse body constitutions.

2. Preventive Measures for Lifestyle Disorders-

2.1 Adopt a Nutritious Diet: Prioritize whole and unprocessed foods, including fresh fruits, vegetables, whole grains, legumes, and fiber-rich options. A balanced diet not only provides essential nutrients but also supports digestion and enhances immunity.

2.2 Engage in Regular Physical Activity: Incorporating moderate-intensity exercise such as brisk walking, cycling, or swimming for at least 150 minutes per week helps maintain cardiovascular fitness, regulate metabolism, and strengthen the musculoskeletal system.

2.3 Practice Stress Management Techniques: Stress is a major contributor to lifestyle-related diseases. Techniques such as meditation, yoga, mindfulness, and deep-breathing exercises promote mental calmness, emotional stability, and overall well-being.

2.4 Maintain a Healthy Weight: Achieving and sustaining an appropriate body mass index (BMI) reduces the risk of obesity-related conditions such as diabetes, hypertension, and heart disease. A combination of proper diet and regular activity is essential for weight management.

2.5 Undergo Regular Health Check-ups: Periodic monitoring of key health indicators like blood pressure, cholesterol, and blood sugar levels allows early detection and timely management of potential health risks. Preventive screenings play a vital role in reducing complications.



2.6 Limit or Eliminate Harmful Substances: Reducing or completely avoiding tobacco and alcohol consumption minimizes the risk of chronic diseases, including cancer, liver disorders, and cardiovascular complications. Adopting healthier alternatives supports long-term wellness.

3. Promotive Measures- In Ayurveda, the preservation and promotion of health hold the highest priority. This is achieved by following an ideal lifestyle regimen that harmonizes the body, mind, and environment. Such a regimen is guided by three essential frameworks:

3.1 Daily Regimen (Dinacharya): Incorporating healthy practices into daily life such as waking up early, practicing oral and personal hygiene, regular exercise (vyayama), balanced diet (ahara), meditation, and proper rest helps maintain dosha balance and supports overall vitality.

3.2 Night Regimen (Ratricharya): Ensuring adequate and quality sleep, consuming a light and easily digestible evening meal, and adopting relaxation practices before bedtime contribute to proper restoration of the body and mind. Following a disciplined night routine prevents sleep-related disorders and improves mental clarity.

3.3 Seasonal Regimen (Ritucharya): Adapting diet and lifestyle according to seasonal variations strengthens the body's adaptability and immunity. For instance, consuming cooling foods in summer, warming foods in winter, and detoxifying regimens during seasonal transitions help maintain equilibrium of the doshas and prevent seasonal illnesses.

By aligning with these regimens, individuals can not only preserve health but also enhance longevity, resilience, and quality of life. Ayurveda emphasizes that prevention through balanced living is the most effective approach to maintaining well-being.

4. Daily Routine Work- Daily conduct described in ayurvedic classics, should consume approx 85 mins and can be done by all person who are engaged in their daily life for all human body's constitution. All these guidelines are narrated ayurveda text under the umbrella of swasthavritta

Daily regimen	Body part	Tridosh status	Approximate Proposed Time
Teeth brushing	Teeth	Kapha, Pitta	03minuts
Tongue scraping	Tongue	Kapha, Pitta	03 minuts
Gargelling	Oral cavity	Kapha, Pitta	02 minuts
Collyriym	Eye	Kapha	30 second
Nasal instillation	Nose	Pitta and Kapha	02 minuts
Herbal smoking	Mouth	Pitta, Kapha	02 minuts
Massage	Body	Vata	05 minuts
Tambul sevan	Oral cavity	Kaph & Pitta	03 minuts
Uction	Body	Vata	10 minuts
Exercise	Body	Vata& Kapha	20 minuts
Bathing	Body	Vata	10 minuts
Clothing	Body	-	05 minuts
Gandha mala, Ratna- dharan	Body	-	05 minuts
Shoes(Padatra)	Leg	-	05 minuts
Umbrella(Chatra- dharan)	Head	-	01 minuts

4.1 Dietatics Guidelines: According to Ayurveda, food should be consumed in a proper quantity that aligns with an individual's digestive capacity (Agni) and metabolic strength (Lad,2002;Sharma & Dash, 2015). The quantity of food is not determined merely by its type but by how well the body can digest and assimilate it.

- For heavy-to-digest foods, such as rich or oily preparations, only half to three-fourths of the stomach should be filled, leaving space for proper digestion (Sharma & Dash, 2015).
- For light foods, even though they are easier to digest, overconsumption is discouraged, as it can weaken digestive power and disturb metabolic balance (Gupta et al., 2021).

When food is taken in the right amount, it nourishes the body, promotes strength, vitality, clear complexion, happiness, and longevity (Tripathi et al., 2014). Conversely, both overeating and undereating disturb digestion, leading to the accumulation of toxins (ama) and eventually causing disorders (Patwardhan, 2014). Thus, moderation, awareness of digestive capacity, and mindful eating form the cornerstone of Ayurvedic dietary principles.



Wholesome food articles in accordance to Human Body's Constitution

Food articles	Indication of food for daily use	Contraindication of Food
Grains	Rakta- Sali (Shastika rice)	Yava
Pulses	Moong	Urad
Salts	Saindhav salt	Usara salt
Vegitables oil	Til	Kusumbh
Ghrita	Cow ghee	Sheep ghee
Milk	Cow milk	Sheep milk
Fruits	Grape	Nikucha
Bulbs	Ginger	Aluka
Herbs	Jivanti, Amalak	Musterd
Product of Suger cane	Sugar	Phanita
Meat of Animal, birds & animals living in holes	Ena, Lava, Godha, Hen, Goat	Beaf, Frog
Fish, Aquatic birds,	Rohitfish, Gangetic dolphin (Chuluki), white swan (Pak hansa)	Chilchim, Buffalo, Crocodile, Elephant, water fowl, Sparrow
Other	Honey	After taking food articles avoid pastries, rice, boiled and flattened rice

4.2 Seasonal Recommendations as Per Body's Constitution:

- **Ritucharya – Seasonal Regimen:** Ritucharya refers to the seasonal dietary regimen and lifestyle practices that should be adopted in accordance with nature's cyclical changes. Ayurveda emphasizes that adapting food and lifestyle to seasonal variations helps maintain hormonal balance, strengthens immunity, and prevents lifestyle disorders.

The year, based on the movement of the sun, is divided into two major phases (Kaals):

1. Aadaan Kaal (Uttarayana) – This period includes the seasons of Shishira (late winter), Vasanta (spring), and Grishma (summer). During this phase, the sun and wind are powerful, drawing away the body's strength and the earth's natural cooling properties. As a result, individuals may experience dryness, debility, and reduced vitality (Sharma & Dash, 2015; Tripathi et al., 2014).

2. Visarga Kaal (Dakshinayana) – This period includes the seasons of Varsha (monsoon), Sharad (autumn), and Hemanta (early winter). In this phase, the sun releases its strength, the moon becomes dominant, and the earth regains coolness through rains, winds, and cloud cover. This seasonal shift generally enhances bodily strength and vitality (Gupta et al., 2021; Lad, 2002).

Ayurveda prescribes specific seasonal regimens in diet and lifestyle, which must also be customized according to an individual's Prakriti (body constitution):

- **Kaphaja Prakriti (Kapha-dominant)**– Individuals of Kapha constitution should follow the regimens of Shishira (late winter) and Hemanta (early winter) in a mild manner, as excess cold, heaviness, and dampness may aggravate Kapha, leading to sluggishness, congestion, and weight gain (Lad, 2002; Sharma & Dash, 2015).

- **Pittaja Prakriti (Pitta-dominant)**– Individuals with a Pitta constitution should adopt the regimens of these seasons in a moderate way, as they are more prone to inflammatory, heat-related, and digestive imbalances. Moderation in pungent, sour, salty foods and exposure to excessive heat is especially important (Gupta et al., 2021; Tripathi et al., 2014).

- **Vataja Prakriti (Vata-dominant)**– Individuals of Vata constitution should follow seasonal guidelines more strictly and comprehensively, as Vata is highly sensitive to environmental changes like cold, dryness, and wind, and is easily vitiated, causing issues such as joint pain, anxiety, or irregular digestion (Patwardhan, 2014; Shilpa & Murthy, 2011).

By observing **Ritucharya**, one can maintain internal equilibrium with external nature, preventing dosha imbalances and safeguarding long-term health.

4.3 Dietary Regimen and Lifestyle Pattern: The adoption of dietary and lifestyle practices in harmony with the seasons and an individual's body constitution (Prakriti) plays a pivotal role in the prevention of lifestyle disorders. Ayurveda provides detailed recommendations regarding the use and avoidance of specific food items in daily routine, along with guidelines for seasonal adaptation (Ritucharya) (Lad, 2002; Sharma & Dash, 2015). A key principle of Ayurveda emphasizes that food should be consumed in proper quantity,



which is determined not by the nature of the food itself but by the individual's digestive power (Agni) and metabolic capacity (Tripathi et al., 2014). Even in the case of light and easily digestible foods, overconsumption is discouraged, as it hampers digestion, weakens metabolism, and leads to the accumulation of toxins (Ama) (Gupta et al., 2021).

Table : Dietary Regimen and Life Style Pattern in Accordance to Human Body's Constitution as per season

Seasons	Diet and life style adaptation		
	Mild adaptation	Moderate adaptation	Full adaptation
Shishira	For kaphaj type	For pittaj type	For vataj type
Vasanta	For vataj type	For vata - pittaj type	For kaphaj type
Grishma	For kaphaj type	For pittaj type	For vataj type
Varsha	---	---	For all type
Sharada	For vataj type	For kaphaj type	For pittaj type
Hemant	For kaphaj type	For pittaj type	For vataj type

As a general rule, only half to three-fourths of the stomach capacity should be filled during meals, leaving space for the movement of food and digestive processes (Sharma & Dash, 2015). This moderation ensures that digestion remains efficient and unburdened. When food is consumed in the right quantity and appropriate manner, it enhances strength, vitality, complexion, happiness, and longevity (Patwardhan, 2014). Conversely, improper eating habits and neglect of seasonal or constitutional guidelines contribute significantly to the rise of lifestyle-related disorders (WHO, 2023). Thus, Ayurveda advocates a dynamic and individualized dietary regimen, adjusted not only to the type of food but also to factors such as season, age, and constitution, in order to sustain health, prevent disease, and promote overall well-being (Shilpa & Murthy, 2011).

Table :Ayurvedic dietetics pattern for human body's constitution)

Rules for taking food	Applicable for Body's Constitution
Food should be warm	Vataj& kaphaj type
Food should be unctuous	Vataj& Pittaj type
Food intake not too hurry	Vataj type
Food intake not too slow	Kaphaj type
Food intake without laughing and talking	Vataj type
Food intake with concentration	All types
Food intake of food having no contradictory potencies	All types
Food intake after digestion of previous food	All types
Food intake in proper quantity	All types
Food intake with self consciousness	All types
Food intake in proper place and with all accessories	All types

5. Principle of Adopting Wholesome Practices- The transition to a health-promoting lifestyle is best achieved through a gradual and sustained process of substitution. This involves the incremental introduction of beneficial (hitkara) practices while concurrently and systematically reducing detrimental (ahitkara) ones. This methodical approach ensures the permanent eradication of unwholesome habits and the firm, holistic establishment of wholesome routines, thereby supporting long-term well-being.

5.1 Dietary and Lifestyle Modifications for Specific Constitutional Types: Ayurvedic prescriptive science dictates that dietary regimen (aharavidhi) and lifestyle patterns (vihara) must be tailored to an individual's unique prakriti. The core principle involves recommending substances and practices that possess qualities opposite to those of the predominant dosha responsible for the individual's constitution. This antagonistic approach is essential for the maintenance of positive health (swasthavritta).

For an individual in a state of doshic equipoise, a balanced diet incorporating all six tastes (shad rasa) in proportionate quantities is advised. The classical texts assert that a life dedicated to righteous conduct (sadvritta) and the consistent use of wholesome foods and lifestyle patterns is akin to nectar, promoting longevity and a natural death. Conversely, adherence to unhealthy practices is directly linked to morbidity and untimely death (akala mrttyu).

5.2 The Necessity of Constitution-Based Regimens in Contemporary Health: The critical importance of personalized dietary and lifestyle interventions is increasingly recognized by global health authorities. Organizations such as the World Health Organization (WHO) have issued recommendations that align with core Ayurvedic principles, including:

- Cessation of tobacco use



- Maintenance of a healthy body weight
- Moderate consumption of alcohol, or abstinence
- Reduction of dietary sodium intake
- Adoption of improved dietary habits (e.g., increased fruit and vegetable consumption)
- Regular engagement in physical activity

The promotion of such healthy lifestyles within the population is a strategic objective for reducing the high burden of non-communicable diseases (NCDs) in India. Concerted efforts from governmental and non-governmental agencies are required to achieve this goal (Ministry of Health and Family Welfare [MoHFW], 2022). Large-scale epidemiological studies have consistently demonstrated the definitive benefit of diet and lifestyle modifications in both the management and primary prevention of these diseases (Misra & Khurana, 2011; WHO, 2023). Integrating traditional health systems such as Ayurveda with modern preventive strategies can strengthen public health interventions, given Ayurveda's emphasis on diet, daily regimens (Dinacharya), and seasonal adaptation (Ritucharya) for sustaining health and preventing disorders (Patwardhan, 2014; Gupta et al., 2021).

5.3 The Ayurvedic Physiology of Sleep (Ratricharya): The classical Ayurvedic texts assign profound significance to sleep (nidra), attributing it as a fundamental pillar of life that governs a wide spectrum of human experience, including:

- Psychological states (happiness and sorrow)
- Physical development (growth and decay)
- Vitality (strength and weakness)
- Reproductive health (virility and importance)
- Cognitive function (knowledge and ignorance)
- Life itself and its cessation

Physiologically, sleep is described in Ayurveda as a state induced by the predominance of the tamas guna, which envelops the hridaya (heart). The heart is regarded as the seat of consciousness (chetas); when influenced by tamas, the channels of cognition are occluded, leading to the onset of sleep (Sharma & Dash, 2015). Both excessive (atiyoga) and insufficient (hiyoga) sleep are considered pathological and constitute forms of misuse, disturbing the equilibrium of the doshas and overall well-being (Gupta et al., 2021). Optimal sleep approximately six to eight hours for a healthy individual is regarded as essential for sustaining physical strength, happiness, proper growth, cognitive function, and overall vitality (Patwardhan, 2014; Tripathi et al., 2014). Thus, Ayurveda emphasizes balanced sleep (Nidra) as one of the three foundational pillars of health (Trayopasthambha), along with diet (Ahara) and regulated conduct (Brahmacharya).

Key Improvements-

- **Academic Tone:** Replaced informal phrasing with precise, formal terminology (e.g., "equipoise state" -> "doshic equilibrium," "wholesome" -> "beneficial/hitkara").
- **Structure:** Organized content into clear, logical sections with descriptive headings.
- **Clarity and Flow:** Improved sentence structure to enhance readability and argument progression.
- **Terminology:** Used and defined Sanskrit terms (dinacharya, prakriti, dosha, nidra) to ground the text in its academic tradition.
- **Integration:** Smoothly integrated the WHO recommendations into the broader Ayurvedic context, framing them as a modern validation of ancient principles.
- **Conceptual Depth:** Expanded on the physiological explanation of sleep, providing a more sophisticated academic discussion.

6. CONCLUSION- At present times, Life style disorders are the burning issue of modern world. Its main causes are unhealthy diet pattern and faulty life style choices. Life styles disorders can be prevented by ayurvedic guidelines as per environmental season and human body's constitution. In ayurvedic literature, a fruitful guideline for healthy life suggests the adaptation of diet and life style in accordance to human body's constitution. In ayurvedic dietetics and lifestyle pattern should be followed as per individual body's constitution properly and avoid lifestyle related disorders in this stressful and competitive era. Necessary change in this adaptation of diet regimen and lifestyle pattern as per the human body's constitution hopefully bring up solutions in these public health initiatives to boost health care delivery system in respective areas. This paper reveals that dietary regimen and life style patterns are playing a major role in predisposition to life style disorders. Pattern in accordance to ayurveda. WHO and some health agencies have issued recommendations include stop smoking, reduce body weight, reduce salt intake, improve dietary habits and



moderate alcohol intake, increased physical activity & proper sleeping pattern. Overall encouragement of healthy dietary regimens and life styles in the population should help to reduce the high burden of life style disorders in India.

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