



“Lifestyle disorder and its impact on *Mahasrotas*.”

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Abstract:

Background: *Ayurveda* is ancient system of Indian medicine based on certain fundamental principles, and one of them is ‘strotasa’^[1]. *Mahasrotas* is important concept describe in *Ayurveda*. The root of pranvaha strotas is hriday and *Mahasrotas*. *Mahasrotas* includes lungs, *hriday*, and alimentary system. Oxygen, food and water are utilized for the growth of the body. Also to maintain the healthy state of the body. It get disturbed due to changes in lifestyle. Lifestyle disorders are those disorders which occurs on daily habits of people. You may maintain healthy state by following dincharya. Everyone wants to live healthy forever. Health is essential to achieve dharma, *artha*, *Kama*, and *Moksha*^[2] According to *Ayurveda* when *dosha*, *dhatu* mala are in a state of equilibrium and *atma* *indriya* mana are satisfied then that state is called as healthy state^[3] But due to busy schedule and our lazy nature i.e. sedentary lifestyle, we do not do so. Faulty eating habits and lack of physical exercise have main effect on *Mahasrotas* especially on *Agni*^[4] Hence life style disorders plays an

important role in the pathogenesis of diseases of the *Mahasrotas*.

KEYWORDS: - Lifestyle disorder, *Mahasrotas*, *Ayurveda*

INTRODUCTION:-

LIFESTYLE DISORDERS

Lifestyle disorders are linked with the way the people live. Today most of the people have no time to talk, to eat to speak or to die. They are always under stress.

Considering lifestyle diet menu of most of the people is *poha*, *idali*- *sambhar*, *samosa*, *vadapav*, *kachori*, *aluvada*, *medovada*, *farshan* *pavbhaji*, *jilebi*, various packed, junk and fast food. Along with this, there is more percentage of taking frequently tea, tobacco, coffee at office or duty places. Smoking and alcohol has taken a sit of social status in present era. Computer and mobile over use also plays an important role in lifestyle disorder^[5]

We are taking heavy meal at night and go to bed late. Because of money oriented mentality and carrier we are always under stress. All above these way people life has huge impact on *Mahasrotas*. This is well described in *Ayurvedic samhita*.

Persistently taking heavy diet at improper time. Excessive liquid intake, suppression of natural urges, daytime sleep, consumption of poisonous substances, stress, ego, greed leads to *agnimandya*^[6]. It is responsible for local and systemic lifestyle disorders. Lifestyle disorders are considered to be metabolic disorders in which normal metabolism of food is disturbed. Due to all above lifestyle changes diseases like obesity, diabetes, heart disease, hypertension, IBS, endocrine disorders occur.

अतिमात्रेश्चअकालेश्चाहितश्चभोजनात्I

अन्नवाहीनिदुश्यंतिवैगुन्यात्पावकश्चII) चरकसंहिता

अत्याम्बुपानातविषमाश्रातसंधारणातस्वप्नविपर्यात्I

कालेअपिसात्स्यम्लघुश्चपिभुक्तमान्नपाकम्भजतेनरस्यII

इष्याभयक्रोधपरिप्लुतेन्नुभ्देन्नुगैर्ण्यनिपीडीतेन्I

प्रड्वेष्युक्तमसेव्यमान्नाअन्नपरिपाकमेति II

AIMS AND OBJECTIVE :-

- To study the impact of lifestyle disorders. on *Mahasrotas*.
- To study *dincharya* and its use in prevention for lifestyle disorders.

MATERIALS AND METHODS :-

Thorough review of literature related to *Mahasrotas*, *dincharya*^[7] lifestyle disorder and relevant topic was done through *Ayurveda samhitas* (*Charak samhita Sushrut samhita, Vagbhatta samhita and Madhav nidan*), *Ayurved* text books as well as modern books regarding this subject. Available literature from *Ayurveda samhitas* (*Charak samhita Sushrut samhita, Vagbhatta samhita and Madhav nidan*) studied and found that main cause of lifestyle disorder is *Asatmyaindrertha sanyog, pradnyaapraadha* and *parinam*. It results in *raj* and *tam guna prabalya* due to

which consumption of non-beneficial food, smell, scene, touch and hearing.

(*charak samhita sharirsthan 2/40*)

Present lifestyle and need of time to accept old lifestyle:

Late to bed late to rise makes the man unhealthy, psychic and lazy^[8]

Laziness is the main enemy of humans in the present era. To keep *srotasas* clean we should be in motion always. We should have to perform some exercise, do some hard work which will help us to clean our *srotasas*. From morning we are taking tea and tobacco so many times during the day. Due to tremendous development in last twenty years, there is no need to wake up early in the morning to grind, to fetch water from well, to cook on *chulla*. vacuum cleaner for house cleaning, Refrigerator, washing machine, home tiles, are the enemy of women's good health. Bike, four wheeler, AC, Alcohol, outside dinner at night with liquor are some faulty lifestyles have more impact on *Mahasrotas*.

There is great role of sedentary lifestyle on *Mahasrotas*. some of them are mentioned below.

Agnimandya:- Usually it takes place due to more quantity food intake at improper time, plenty of fluid intake, diseases like *grahani*, some psychic disorders like depression, stress. hypo or hyper function of Agni seen. This is the prime pathogenesis of *Mahasrotas* disorder.

Agnimandya - Ajirna – Aama –Amlapitta – Atisar- Grahani –Udar like diseases of *Mahasrotas* takes place.

Ajirna:- Occurs due to low digestive fire unable to digest entire food.

Amlapitta:- Excessive tea, coffee, tobacco, fried food, sour, salty packed food, *chillipanir*, alcohol consumption sedentary lifestyle is responsible for Amlapitta.

Atisar:- Contaminated food, water, milk, *panipuri*, psychosis, *krimi* are some faulty habits responsible for Atisar.

Constipation:- Due to suppression of natural urges, intake of blunt, fiber free diet and legumes, Lack of physical exercise.

Ca- colon:- Obese individuals having overeating habits, non- vegetarian diet and lack of physical exercise.

Hridroga:- More intake of fat- protein rich diet, smoking, alcohol consumption frequently in large quantity, lack of physical exercise are the main etiological factors of Hridroga.

Kas, shwas and hikka:- are the result of staying in cold area (A.C.) and drinking cold water.

Yakritplihodar seen due to persistent consumption of alcohol.

Due to all above lifestyle changes diseases like obesity, diabetes, heart disease, hypertension, IBS, endocrine disorders occur

RESULT:-

Faulty diet habits, , regular eating of fast food, junk food, continuous under stress, heavy night dinner, late to bed, lack of physical exercise, suppression of natural urges, different types of addictions such as frequent intake of tea coffee, tobacco, alcohol have huge impact on *Mahasrotas* [9]

Sham Prakopo Doshanam Sarvesham Agni Sanshrito ----Nidananicha Varjayet
(Ch. Chi. 5 /136)

Normal or abnormal state of *Dosha* is completely depends on state of *Agni*.

Sedentary lifestyle leads to *Agnimandya*. *Agnimandya* is responsible for the diseases of *Mahasrotas* and other *strotas* of the body.
Roga Sarve Api Mandagnau I (Ch. Chi. 13)

Various disease such as *agnimandya*, *ajirna*, *amlapitta* [10] *sprue* disease, irritable bowel syndrome, colitis, CA colon, constipation, hemorrhoids, hepatitis, pancreatitis, obesity, diabetes, heart disease, hypertension, IBS, endocrine disorders occur.

All above said diseases are chiefly due to lifestyle disorders. Hence it is better to give up today's faulty lifestyle.

Prevention is always better than cure.

DISCUSSION :-

To prevent the effect of life style on *Mahasrotas*, we have to change our present lifestyle. Accept *dincharya*. Follow *aharvidhivishesayatan*. Do regular yoga and *pranayam* [11]

सक्षेपताः क्रियायोगो निदानपरिवर्जनम् ।

We have to wake up at *brahma muhurta* early to bed early to rise were following our grandfather. They were hardworking in the farm. That why they live long their life healthy. But due to lack of exercise, consumption of fast food, junk food, taking heavy meal at night, late waking etc are concerned with life style disorders. Tea, coffee cold drinks, Alcohol, drug abuser, tobacco *hukka* ganja also have major role in *Mahasrotas* related diseases.

CONCLUSION:-

Lifestyle disorder has huge impact on *Mahasrotas*. To achieve *dharma*, *artha*, *kam* and *moksha* health is essential. To maintain healthy state of body we have to follow *dincharya* and do regular yoga, *pranayama*

and other exercise such as walking, cycling, swimming etc. Then we may be able to prevent lifestyle^[12] disorders such as *Hridroga*, *amlapitta*, pancreatitis, Diabetes, Ca -colon and its impact on *Mahasrotas*^[13]

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