

An Appraisal on Life Style Disorders among Health Care Professionals with special reference to *Charakoktha Astamahadosha*

Dr Vijay Javagal, Dr Prakash L Hegde, Dr Keerthana J

Department of Dravyaguna, Sri Dharmastala Manjunatheshwara College of Ayurveda, Thaneerhalla, Hassan, Karnataka, India.

Corresponding Author: Dr Vijay Javagal

ABSTRACT

According to WHO, total population of the world is 7.6 billion; out of which 15 million belong to health care profession (2015). Health care professionals educate the society towards health, but on the contrary they are being victimized by the health hazards linked with their profession and Lifestyle knowingly or unknowingly. Lifestyle disorders in *Ayurveda* can be considered to be caused by *Astamahadosha* (*Mithya Ahara and Vihara*), explained under *Uttarabastisiddhi Adhyaya* of *Charaka Samhita*. Even though it is mentioned after *Panchakarma* based on *Yukthione* can link the effects in other individuals. Some of the *Astamahadosha* are *Ucchaih Bhaashya, Ratha Kshobha, Ati Chankramana* etc. Indulgence in these will lead to the manifestation of *Upadrava* (complications). A thorough literature search was done about life style disorders in health care professionals and relation of *Astamahadosha* to Lifestyle disorders and its interpretation. This paper aims to review the occurrence of Lifestyle disorders among health care professionals with special reference to *Charakoktha Astamahadosha*. Hence one has to give more priority towards the prevention and management in accordance with literature where the prime modality being *Nidana Parivarjana*

KEY Words: Lifestyle disorders, Health care professionals, *Astamahadosha*, *Nidana Parivarjana*, *Upadrava*

INTRODUCTION

People are predisposed to various diseases based on their way of living and occupational habits. They are preventable, and can be lowered with changes in diet, lifestyle, and environment.^[1-3] Lifestyle diseases characterize those diseases whose occurrence is primarily based on daily habits of people and are a result of an inappropriate relationship of people with their environment. Lifestyle disorders are not just limited to the general population but even the doctors and nurses who guide them on their prevention are also getting victimized.^[4] The main factors contributing

to the Lifestyle diseases include bad food habits, physical inactivity, wrong body posture, and disturbed biological clock. The onset of these Lifestyle diseases is insidious, they take years to develop, and once encountered do not lend themselves easily to cure.^[1-3] In *Ayurveda*, we can understand the causative factors and resultant effects of Lifestyle disease under the heading of *Astamahadosha*. The *Astamahadoshas* are *Ucchaih Bhashya* (loud speech), *Ratha Kshoba* (conveyance), *Ati Chankramana* (long wayfaring), *Ati Aasana* (constant sitting), *Ajirna* (indigestion), *Ahita Bhojana* (unwholesome food), *Divaswapna* (day

sleep) and *Maithuna* (sexual intercourse). They are mentioned as the eight impediments after *Panchakarma* (purification methods) but based on *Yukthi* it can be linked with the causes and effects of Lifestyle disorders. *Astamahadosha* are the eight factors which are extremely harmful towards an individual.^[5] Few among these *Astamahadosha* play a major role in the manifestation of Lifestyle disorders among health care professionals in a long run.

OBJECTIVES

1. To collect and analyse the literature review of *Astamahadosha* and Lifestyle disorders.
2. To analyse the management principles based on the classical literature.

To fulfil the aims and objectives of the study this work has been undertaken in the following phase wise manner.

1. Conceptual study
2. Discussion
3. Conclusion

CONCEPTUAL STUDY

Concept of Lifestyle disorders:

Lifestyle diseases are defined as the diseases that are primarily based on the day to day habits of people. Unhealthy eating, lack of diet, wrong body posture, alcohol, smoking and drug abuse is the most common cause for Lifestyle diseases.

The diseases that appear to increase in frequency as countries become more industrialized and people live longer can include Alzheimer's disease, arthritis, atherosclerosis, asthma, cancer, chronic liver disease or cirrhosis, chronic obstructive pulmonary disease, type 2 diabetes, heart disease, metabolic syndrome, chronic renal failure, osteoporosis, stroke, depression, obesity and vascular dementia. Diet and Lifestyle are key factors thought to influence susceptibility to many diseases. Habits that undermine people from activity and push them towards a sedentary routine can cause a number of health issues that can lead to chronic non-communicable diseases

that can have near life-threatening consequences.^[6]

The causative factors of Lifestyle disorders can be grouped under three broad headings:^[7]

- *Modifiable behavioural risk factors:*
Factors such as alcohol abuse, inappropriate food habits, eating and smoking tobacco, wrong body posture, physical inactivity and disturbed biological clock increases the probability of Lifestyle disorders.
- *Non-modifiable risk factors:*
Risk factors that cannot be controlled or modified by the application of an intervention can be called non-modifiable risk factors and include: Age, Race, Gender and Genetics.
- *Metabolic risk factors:*
Metabolic risk factors lead to four major changes in the metabolic systems that increase the possibility of Lifestyle disorders: Increased blood pressure, Obesity, Increased blood glucose levels or Hyperglycemia, Increased levels of fat in the blood or Hyperlipidemia.

An imperative way of controlling the Lifestyle diseases is by controlling the risk factors associated with it, which includes behavioural or Lifestyle habits associated with those diseases. An inclusive approach is essential that includes all sectors including health, finance, education, planning and others, to minimise the impact of Lifestyle diseases on individuals and society. Early detection and proper management of Lifestyle diseases should be intervened by primary healthcare sector.^[6]

Concept of *Astamahadosha* (Eight Impediments):

The Concept of *Astamahadosha* has been explained under *Uttarabastisiddi Adhyaya* of *Charaka Samhita*. This concept is explained during the discussion of *Pathya-Apathya* after *Panchakarma* (purification methods) and it is mentioned that one should specially avoid these eight factors which exceedingly harmful. The

details of Astamahadoshas are listed in the below Table No-1.^[8]

Astamahadosha	Chakrapani
UcchaihBhashyaor loud speech	Causes pain in upper part of the body
RathaKshobaor conveyance	Cause pain all over the body
AtiChankramanaor long wayfaring	Cause pain in the lower part of the body
AtiAasanaor constant sitting	Causes pain in the middle part of the body
Ajeerna or indigestion	Gives rise to diseases caused by Ama(Metabolic impurities)
AhitaBhojanaor intake of unwholesome food	Gives rise to disease caused by different Doshas
Divaswapna or sleep during day time	Gives rise disease caused by Kapha
Maitihuna or sexualIntercourse	Give rise to disease caused by Kshaya

Lakshana of Astamahadosha^[9]

1. Ucchaih Bhashya and Ati Bhashya (#Loud and excessive speech):

Causes diseases like *Shirahstapa* (headache), *Shankha Karna Nistoda* (pricking pain in the temporal region and ears), *Shrotovarodha* (obstruction in channels/deafness), *Mukha Talu Kantha Shosha* (dryness of mouth and throat), *Timira* (black out), *Pipasa* (excessive thirst), *Jwara* (fever), *Tama* (feeling like entering into dark), *Hanugra hamanyastmbha* (spasticity of jaws, torticollis and ptyalism), *Nishthivan Urah Parshvashula* (excess sputum and pain in the chest and sides of the chest), *Swarabheda* (hoarseness of voice), *Hikka* and *Shwasa* (hiccup and dyspnea).

2. Ratha Kshoba (Conveyance):

Causes *Sandhiparva Shaithilya* (looseness of big and small joints) *Hanu Nasa Karnashirahshula-Toda* (pain and pricking in jaws, nose, ears and head), *KukshiKshobha* (pain the pelvic region), *Aatopa* (meteorism), *Antrakujana* (gurgling in intestines) and *Adhmana* (flatulence), *Hridayendriyoparodha* (congestion in heart region and senses), *Sphik*, *Parshva*, *Vankshana*, *Vrushana*, *Kati*, *PrishthaVedana* (pain in the hips, sides of the chest, groin, scrotum, waist and back) *Sandhi-Skandha-Greeva Dourbalya* (weakness of joints, shoulders and neck), *Angabhitapa* (burning sensation in limbs), *Pada Shotha*, *Praswapa*, *Harshabadaya* (edema, numbness and tingling sensation in feet).

3. Ati Chankramana (Long wayfaring):

Causes *Shula* (pain in the feet, calf regions, thighs, knees, groins, waist and back), *Sakthi Sada Nistoda* (asthenia and pricking pain in legs), *Pidikodveshtana* (cramps in the calf muscles) *Angamarda* (malaise), *Amsabhitapa* (burning sensation in the shoulders), *Siradhamniharsha* (swelling of the veins and arteries) *Shwasa*, *Kasa* (dyspnea and cough) and such other complications.

4. AtiAasana(Constant sitting):

Causes *Sphik*, *Parshva*, *Vankshana*, *Vrihana*, *Kati*, *PrushthaVedana* (pain in the hips, sides of the chest, groins, scrotum, waist and back) and diseases that are described earlier in case of jolting.

5. Ajeernaand Adhyashana(Indigestion and excessive eating):

Causes *Mukhshosha* (dryness of the mouth), *Adhmana* (flatulence), *Shula nistoda* (colicky and pricking pain), *Pipasa* (thirst), *Gatrasada* (bodyache), *Chhardi* (vomiting), *Atisara* (diarrhea), *Murchha* (fainting), *Jwara* (fever), *Pravahana* (gripping pain) and *Ama-Visha* (food poisoning due to ama) and such other complications.

6. Vishamaand Ahitbhojana(Unwholesome food):

Causes *Aruchi* (lack of desire for taking food), *Durbalta* (weakness), *Vaivarnya* (discoloration of the skin), *Kandu* (itching), *Pama* (scabies) and *Gatrasada* (prostration of the body) and *Grahani* (sprue like disease), *Arsha* (piles) and other diseases caused due to the vitiation and aggravation of *vata*.

7. Divaswapna(Day sleep):

Causes disorders like *Arochaka* (anorexia), *Avipaka* (indigestion) and *Agninasha* (suppression of the power of digestion), *Staimitya* (feeling like body is covered with wet cloths), *Pandu* (anaemia), *Kandu* (itching), *Pama* and *Daha* (scabies and burning sensation), *Chhardi* (vomiting) *Angamarda* (malaise), *Hridsthambh* (impairment of the cardiac function), *Jadya* (stiffness), *Tandra* (drowsiness) *Nidra* (sleep), *Prasanga Granthi* (appearance of nodular swelling), *Dourbalya* (weakness), *Raktamutrakshi* (red coloration of urine and eyes), *Talulepa* (coating of the palate).

8. *Vyavaya* (Sexual intercourse):

Causes *Urusada* (prostration of thighs), headache, pain in the region of urinary bladder, anus, phallus, groins, thighs, knees, calf muscles and feet), *Hridayaspandan* (palpitation), *Netrapeeda* (pain in the eyes), *Angashethilya* (asthenia), *Shukra Marga Shonita Gaman* (bleeding through the seminal rout), *Kasa* (cough), *Shwas* (dyspnoea), *Shonita Shthivan* (hemoptysis) and *Swaravsada* (asthenia of the voice), *Katidourbalya* (weakness of lumbosacral region), *Ekanga Sarvanga* (paralysis of part or the whole body), *Muskshvayatu* (edema in the scrotum/hydrocele), *Vata-Varchas-Mutra Sanga* (retention of flatus, stool and urine), *Sukravisarga* (excessive discharge of semen), *Jadya-Vepathu-Badhirya-Vishada* (numbness, trembling, deafness and depression etc.), *Avalupyata Iva Guda* (piercing pain in anus), *Tadyata Iva Medhram* (cutting pain in the phallus), *Avaseedat Iva Mana* (feeling like mind is shrinking), *Veptehridyam* (trembling of the heart), *Peedyante Sandhi* (pain in joints), *Tamapravesha* (feeling like entering into the darkness.)

Chikitsa of astamahadosha^[10]

1. *UcchaihBhashya* and *Atibhashya*:

Vata Shamaka (vayu-alleviating) measures along with the methods like

Abhyanga (massage), *Sweda* (fomentation), *Upanaha* (application of hot poultices), *Dhuma* (smoking therapy), *Nasya* (inhalation therapy), *Upari-Bhakta Sneha-Pana* (intake of medicated ghee after the meal), *Ksheera* (intake of milk), and *Mouna* (maintenance of silence).

2. *Ratha Kshoba*, *AtiChankramana* and *Ati Aasana*:

Vata Shamaka (Vayu-alleviating), *Ahara* (diet), *Vihara* (lifestyle), *Aushadha* therapies like *Snehana* (oleation), *Swedana* (fomentation), etc. The patient should avoid *Vata* vitiating factors

3. *Ajeerna* and *Adhyashana*:

Vamana (emesis), *Ruksha-Sweda* (dry fomentation), use of drugs which produce *Langhaniya* (lightening effect), *Pachaniya* (which digest *Ama*/ undigested food materials) and *Dipaniya* (stimulant of digestive power) effect.

4. *Vishama* and *Ahitshana*:

Pacifying respective vitiated *Doshaby* respective diet drug and lifestyle.

5. *Divaswapna*:

Kapha-alleviating measures including the diet drug and lifestyle by the following methods like *Dhuma-Pana* (medicated smoking), *Langhana* (fasting or taking liquid diet), *Vamana* (emesis), *Shiro-Virechana* (therapy of elimination of *Dosha* from the head), *Vyayama* (exercise), *Ruksha-Asana* (taking of dry diet), *Arishta* (fermented syrup like preparations), *Dipaniya* (intake digestive stimulant), and *Pragharshana* (friction massage), *Unmardana* (kneading the body) *Parisechana* (hot liquid fomentation).

6. *Maithuna*:

Administration of milk and ghee cooked by adding drugs belonging to *Jivaniya* group, i.e., *Jivaka*, *Rishabhaka*, *Meda*, *Maha-Meda*, *Kakoli*, *Kshira-Kakoli*, *Mudga-Parni*, *Masha-Parni*, *Jivanti* and *Madhuka*, fomentation, massage and *Upanaha* (application of hot poultice) which pacify the *VataDosha* (taking food which promote virility like milk, intake

of unctuous food and application of unctuous therapies), *Yapana* and *Anuvasana Basti* (medicated enema which pacify *Vata*). If there are urinary morbidities, and pain in the region of urinary bladder, then *Uttara-Basti* (urethral douche) should be given with oil cooked by adding milk boiled with *Vidari-Gandhadi* and *Jivaniya*.

DISCUSSION

Lifestyle disorders can be controlled by an imperative way of avoiding the major

risk factors such as modifiable risk factors and metabolic risk factors. Based on this concept we can understand the modifiable risk factors under *Astamahadosha* in *Ayurveda*. Health care professionals are exposed to a range of work related risk factors that may result in various occupational diseases; this can be grouped under modifiable risk factors. Hence the role of *Astamahadosha* in the manifestation of lifestyle disorders in health care professionals can be analysed under modifiable risk factors as follows.^[11-12]

<i>Astamahadosha</i>	<i>Modifiable risk factors</i>	<i>Effects</i>
<i>UcchaihBhashya</i>	Excessive speech	Headache, hoarseness of voice
<i>RathaKshoba</i>	Excessive physical activity	Work related musculoskeletal disorders
<i>AtiChankramana</i>		
<i>AtiAasana</i>	Prolonged static posture or poor positioning	Hypertension, Diabetes, Heart disease
<i>Ajeerna</i>	Inappropriate food habits and lifestyle	
<i>AhitaBhojana</i>		
<i>Divaswapna</i>		

The above risk factors in terms of *Astamahadosha* are invariably indulged by health care professional leads to the manifestation of life style disorders. Hence avoiding the modifiable risk factors and following the treatment protocols related to *Astamahadosha* prevents the manifestation of lifestyle disorders among health care professionals.

CONCLUSION

Ayurveda being a holistic science highlights prevention of the disease rather than its treatment i. e. *Nidana Parivarjana*. Hence avoiding or reducing the indulgence in *Astamahadosha* (modifiable risk factors) by health care professionals will lead to the attainment of healthy lifestyle devoid of diseases. Even though the concept of *Astamahadosha* is mentioned after *Panchakarma* (Detoxification methods) it has a wide application in day to day life and health care professionals invariably intend to follow them with or without their knowledge leading to a series of life style disorders. Hence health care professionals with a thorough knowledge of *Astamahadosha* can attain a healthy life and serve the society to the fullest.

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