

Role of Diet and Lifestyle Modification in the Prevention of Cardiovascular Disease: A Review Study

Dr. Dharmendra Mishra¹, Dr. Shalinee K Mishra²

¹MD, PhD Rachana Sharir, Associate Professor,

Indian Institute of Ayurved Research & Hospital, Rajkot, Gujarat, India

²MD, PhD Swasthavritta, Assistant Professor, Institute of Teaching and Research in

Ayurveda (ITRA), Institute of National Importance, Govt. of India, Jamnagar, Gujarat, India

ABSTRACT

Introduction: Some common factors like Smoking, Insufficient physical activity, alcohol, inadequate consumption of fruits and vegetables, more use of fatty and salty food (“lag time effect”), obesity and overweight, occupational hazards etc. are work as risk factors for cardiovascular disease. **Material and Methods:** The present study referred various Ayurvedic texts, modern medical science books, and Indian mythological literature as well as the available internet data and journals. **AIMS AND OBJECTIVE:** To evaluate the concept and importance of diet and life style modification in prevention of cardiovascular disease. **Conclusion:** Dietary and life style modification in the form of *Pathya – Apathya* like to use *Laghu purana anna, Yava & Godhum, Dugdha etc* and avoid the *Ushna Amla Lavana Kshara Katu, Guru Snigdha etc.* decreases the chance of vitiation of *Dosa of Pranava* and *Rasavaha Srotas* and have less chance of cardiovascular disease.

Keywords: Cardiovascular disease, Diet, Life style, Pathya- Apathya, Pranava shrotas

INTRODUCTION

Chronic non-communicable diseases are assuming increasing importance among the adult population in both developed and developing countries. Chronic non-communicable diseases are assuming increasing importance among the adult population in both developed and developing countries. Cardiovascular diseases is at present the leading causes of death in developed and developing countries. Life expectancy is increasing in most countries and a greater number of people are living to older ages, and are at greater risk to chronic diseases of various kinds. The life-styles and behavioural patterns of people are changing rapidly, these being favourable to the onset of chronic diseases. The worldwide cardiovascular death in 2020 in 17.9 million and nearly 32 % of total NCD deaths was reported.^[1]

India is experiencing a rapid health transition with a rising burden of NCDs causing significant morbidity and mortality, both in urban and rural population,

How to cite this paper: Dr. Dharmendra Mishra | Dr. Shalinee K Mishra "Role of Diet and Lifestyle Modification in the Prevention of Cardiovascular Disease: A Review Study" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-5 | Issue-6, October 2021, pp.1310-1312,

URL:
www.ijtsrd.com/papers/ijtsrd47605.pdf

Copyright © 2021 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



with considerable loss in potentially productive years (age 35-64) of life. Out of 4 main NCD, death due to CVD (27%) 2.59 million, is maximum.

Some common factors like Smoking, Insufficient physical activity, alcohol, inadequate consumption of fruits and vegetables, more use of fatty and salty food (“lag time effect”), obesity and overweight, occupational hazards etc. are work as risk factors for cardiovascular disease.

There are also a number of underlying determinants of CVD or “the causes of the causes.”^[2]

Ayurveda explain very well of its causes of the causes (*Apathya* and *Pathya*) and also specifies the main vitiating channels (*Srotodusti*) like *Rasavaha* and *Pranavaha Srotas* are vitiated by Common causative factors like Excessive intake of heavy, cold, excessively unctuous food and over worry, Wasting,

suppression of natural urges, indulgence in ununctuous things, exercise in hungry state etc. [3]

Material and Methods:

The present study referred various Ayurvedic texts, modern medical science books, and Indian mythological literature as well as the available internet data and journals.

AIMS AND OBJECTIVE

To evaluate the concept and importance of diet and life style modification in prevention of cardiovascular disease.

REVIEW OF LITERATURE

First to define the life style as per Ayurveda science which can affect the health status, like food intake and drinks, place of food intake, walk, sleeping

pattern, sedentary work quantity, food quantity, application of hygiene methods for body like application of *Anjana, Dhum, Nasya, Abhyanga, Pramajana, Vega Dharana* and *Vidharana*, regular practice of exercise, *Ahara vidi*, follow the *Satmendriya Sanyoga* and *Sadvritta*, all these are responsible for maintenance of health. [4]

Regular practices of *Gramyaahara* commonly causes the all types of non-communicable diseases (NCD) like cardiovascular disorder, musculo-skeleton disorder, infertility, mental disorders and ultimately decreases the life span. [5] Out of common causative factors some specific factors are described by Acharya for particular vitiation and cardiovascular disorder as in table 1.

Table: 1 Specific Causative Factors and Preventive Factors of the Cardiovascular Disease

S. N.	Apathya ^{[6],[7]} (Specific Causative Factor)	Pathya ^{[8],[9]} Bhaishaya 33/78-81 (Preventive Factors)
1	<i>Shushka Ruksha</i>	<i>Laghu purana anna Yava & Godhum</i>
2	<i>Ushna amla lavana kshara katu</i>	<i>Dugdha</i>
3	<i>Guru snigdha</i>	<i>Ghee</i>
4	<i>Pishtanna</i>	<i>Madhu</i>
5	<i>Til ksheer gudadi</i>	<i>Amlaphala (Dadima, Amala)</i>
6	<i>Ajeerana Bhojana</i>	<i>Hingu</i>
7	<i>Madya</i>	<i>Yusha (Kulattha, Aadhaki, Mudga Yusha)</i>
8	<i>Aatapa</i>	<i>Ragashadava</i>
9	<i>Vyayama (in excessive)</i>	<i>Use of sauviraka, Tushodaka</i>
10	<i>Acheshta</i>	<i>Meat soup of birds, chicken, goat and Jangala meat soup</i>
11	<i>Sandharana</i>	<i>Vartaka (Solanum melongena)</i>
12	<i>Chinta Bhaya shoka trasa</i>	<i>Patola (Trichosanthes dioica)</i>
13	<i>Achintanam</i>	<i>Lukewarm water</i>
14	<i>Atikarshana</i>	<i>Rock salt</i>
15	<i>Abhighata</i>	<i>Black salt</i>
16		<i>Pushkarmula (Iris germanica)</i>
17		<i>Regular Exercise</i>

Vitiated *Dosha* reaches the heart and pervert the *Rasa Dhatu* and generates the cardiac diseases.

Prevention

Prevention is a complex mix of interventions. Primordial and primary prevention are more effective in the prevention of CVD. Like prevention of smoking, alcohol and restricting access to retail, reduce salt and fat and processed food intake and promote physical activity. [9]

Discussion

Apathya:

Intake of dry and rough food aggravate *Vata Dosha*, *Ushna, Amla, Lavana, Kshara* and *Katu rasa* dominant food aggravate *Pitta* and *Vata Dosha*. *Guru Snigdha, Pishtanna, Tila, milk*, and jaggery aggravate the *Kapha* and *Meda*. It also initiates the formation of *Granthi* (nodule) in *Rasavaha* channels and obstructs

the normal flow. *Ajeerna Bhojana, Ama* and *Vidagdha Ahara* vitiate *Rasavaha* and *Pranavaha Srotasa*. Exercise, suppression of natural urges (*Ashru, Shramjanya Nishwasha and Shukravega*), fear, anger and mental torture vitiate the *Pranavaha Srotasa* and aggravate *Vata Dosha*. Excessive mental relaxation, sedentary life and day time sleep aggravate the accumulation of fat in small channels and obstruct the flow of nutrients to target organs. Fasting causes *Oja Kshaya* and increases the *Tama Dosha* in heart. [10] Accidents some time vitiate the *Pranavaha Srotasa* due to *Aghata*.

Pathya:

Old cereals (*Shali, Shashtika, Yava and Godhuma*) have *Madhura, Kashaya, Laghu Anabhishtyandi* and

Jeevaniye Guna. It alleviates *Vata* and *Pitta Dosha*. *Yava* have some *Lekhana Guna*, it remove accumulated *Kapha* and *Meda* from small channels and prevent the accumulation of *Dosha*. Soup of *Adhaki*, *Kulatha* and *Mudga* it remove accumulated *Kapha* and *Meda*, by its *Kashaya* and *Lekhana Guna*. Green vegetables (*Patola*, *Vrintaka* and *Jeevanti*) reduce the *Meda* from small channels. Milk, *Ghee*, and meat (*Ena*, *Aja*, *Kukkuta*, *Prasaha*, *Vileshaya*) soup have *Hridya Guna*, it alleviate the *Vata Dosha*.

Acidic fruits (*Dadima*, *Amlaka*, *Badara*, *Matulunga* and *Jambeera*) have *Hridya Guna* (cardio protective), it protect the heart. Honey have *Lekhana Guna*, it remove accumulated *Kapha* and *Meda* from small channels. Old alcohol (formed by Honey, *Dhataki* flower) have *Hridya*, *Deepana* and *Rochana Guna*, it stimulate the *Jatharagni* and alleviate the *Vata Dosha* and *Ama*. *Hingu*, *Saunchara Lavana* (black salt), *Pushkaramool*, *Raga Shadava*, *Sauviraka* and *Tushodaka* have *Hridya Guna*, it subside the *Vata* and *Kapha Dosha* in the channels, because have *Ushana*, *Tikshana* and *Suksham Guna* it enters in to small channels and removes the accumulated *Kapha* and *Meda*. *Ushnodaka* digest the *Ama Dosha* of channels and alleviated the *Vata Dosha*. Pleasant environment, *Achintana* and comfortable bed, have heart protective property.

Conclusion:

Dietary and life style modification in the form of *Pathya – Aphy* like to use *Laghu purana anna*, *Yava* & *Godhum*, *Dugdha*, *Ghee*, regular prescribed exercise etc, and avoid *Ushna amla lavana kshara katu*, *Guru snigdha*, *Pishtanna*, *Til ksheer gudadi*, *Ajeerana Bhojana*, *Madya*, etc. decreases the chance of vitiation of *Dosa* of *Pranvaha* and *Rasavaha Srotas* and have less chance of cardiovascular disease.

Reference:

[1] K. Park, Preventive and Social Medicine, 25th edition, Banarsidas Bhanot publisher Jabalpur edition 2019, P 391-392

- [2] K. Park, Preventive and Social Medicine, 25th edition, Banarsidas Bhanot publisher Jabalpur edition 2019, P 395-400.
- [3] Charak Samhita, Cakrapanidatta Ayurveda Deepika commentary, Edited by Yadavji Trikamji Acharya, Chaukhambha Subharti Prakasana, edition 2008, Vimana Sthana, chapter 5, verse 10, 13, Chaukhambha Subharti Prakasana, edition 2008, p 251
- [4] Charak Samhita, Cakrapanidatta Ayurveda Deepika commentary, Edited by Yadavji Trikamji Acharya, Sutra Sthana, chapter 29, verse 7, Chaukhambha Subharti Prakasana, edition 2008, p 182
- [5] Charak Samhita, Cakrapanidatta Ayurveda Deepika commentary, Edited by Yadavji Trikamji Acharya, Chikitsa Sthana, chapter 1-2, verse 3, Chaukhambha Subharti Prakasana, edition 2008, p 381
- [6] Charak Samhita, Cakrapanidatta Ayurveda Deepika commentary, Edited by Yadavji Trikamji Acharya, Chikitsa Sthana, chapter 26, verse 77, Chaukhambha Subharti Prakasana, edition 2008, p 602
- [7] Sushruta, Sushruta Samhita, Nibandhasamgraha commentary of Sri Dalhanacharya, Edited by Jadavaji Trikamji Acharya, Uttar Tantra, chapter 43, verse 3, Chaukhamba Surbharati Prakashana Varanasi edition 2019, Page 727
- [8] Sushruta, Sushruta Samhita, Nibandhasamgraha commentary of Sri Dalhanacharya, Edited by Jadavaji Trikamji Acharya, Uttar Tantra, chapter 43, verse 14, 22 Chaukhamba Surbharati Prakashana Varanasi 2019, Page 727-728
- [9] Shri Govind Das, Bhaishjyarnavali, Vidyotini Hindi Commentary, Edited by Brahmshankar Mishra, Rajeshwardatta Shastri, chapter 33, verse 78-81, Chaukhamba Prakashan, Varanasi, edition 2010