

## **LIFE STYLE DISORDERS IN WORKING WOMEN**

### **AYURVEDA PERSPECTIVE**

**DR MANE ANIL B<sup>1</sup>. DR. YERME SHILPA P<sup>2</sup>. DR.JADHAV KIRAN S.<sup>3</sup>**

<sup>1</sup>Professor & HoD Dept of Shalyatantra , <sup>2</sup>Associate professor & HoD Kriyasharir SGR Ayurved college Sholapur, <sup>3</sup>Assistant Professor, Dept. of Shalakyatantra, Krishna Ayurved Medical College & Research Centre, Sankeshwar, Belagavi

#### **ABSTRACT**

Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment.. According to various survey 68% of working women in the age bracket of 21-52 years were found to be afflicted with lifestyle ailments such as obesity, depression, chronic backache, DIABETES and hypertension. The study 'Preventive Healthcare and Corporate Female Workforce' also said that long hours and working under strict deadlines cause up to 75% of working women to suffer from depression or general anxiety disorder. Literature relate to the title is searched from all authentic Ayurved journals and internet. Data evaluation is done Ayurved emphasizes the importance of dinacharya (daily regime), ratricharya (night regime) and ritucharya (seasonal routine), mental health (yoga, pranayama). These both are important in the prevention of disease and promotion of ideal health. Everyone should follow a daily routine mentioned in Ayurved texts, which can prevent lifestyle disorders, improve quality of life.

**Key Words** – lifestyle, Ayurved, Ashtang yoga , daily regimen

#### **INTRODUCTION**

Working women's are attracted towards "new generation" life style as a socio-economic status .women play multiple roles- specially working

women who have to balance between work and home which results in negligence of her own health. Tight deadlines, work pressure, travelling, office politics, high ambitions are some

of the common reasons of diseases like obesity, depression and anxiety, polycystic ovarian syndrome, metabolic syndrome, chronic backache, infertility, breast cancer, irregular bowel habits, insomnia, menstrual irregularities, hairfall (baldness) etc. Ayurveda provides better solution in the forms of proper dietary management, lifestyle advises, Panchakarma like detoxification - purification procedures, medicaments, and rejuvenation, therapies. The diseases in working women are primarily based on the daily habits of the people because of inappropriate relationship with the environment are called as life style diseases (LDs) or non-communicable diseases (NCDs).

**Common Causes –**

Sedentary schedule, stress, lack of physical activity, lack of sleep, unhealthy eating habits, unfollow dincharya, daily regime are the main cause for metabolic imbalance leads to this group of diseases. Therefore life style disorders are the disease that is not transmitted by another person, it is disease caused our own mistakes . Along with that there are certain other factors such as heredity, age and

gender which cannot be avoided or controlled. some other factors that can be avoided or controlled are drug abuse, tobacco smoking and alcohol drinking.

**AIM AND OBJECTIVE**

1. To understand life style diseases in working women, by analysing with critical review on working women life style
2. To study role of Ayurved in preventing lifestyle disorders specially in women
3. To prevent recurrence and complications by restore normal life, screening, proper diet and treatment.

**Result** - According to a survey conducted by the Associated Chamber of Commerce and Industry (ASSOC-HAM), 68% of working women in the age bracket of 21-52 years were found to be afflicted with lifestyle ailments such as obesity, depression, chronic backache, diabetes and hypertension.<sup>2</sup> Three out of four Indian working women above 30 years are at risk of dying due to life style diseases; WHO In 2005, 60% of deaths all over the world (35 million) resulting from non-communicable disease of which 40% accounted for premature deaths.<sup>3</sup>

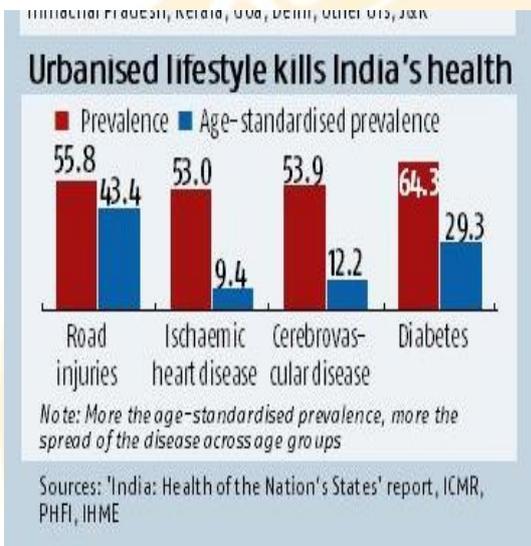


**LIST OF LIFE STYLE DISEASE IN WORKING WOMEN <sup>5</sup> –**

1. **Obesity** - Work pressures, emotions lead women to eat more food specially junk food leading to obesity. Obesity develops gradually from poor diet and lifestyle choices.

Eating unhealthy food, fast food of high fat, hormonal causes are some common causes in women.

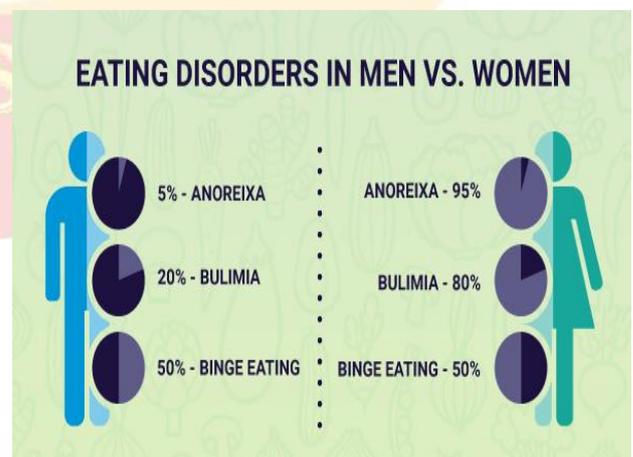
2. **Chronic Backache/spondylosis** - According to the research study bad public transportation and faulty office postures rides for quite a long time can lead to a chronic back pain. Research also shows that most of the (41%) working women suffering from backache are users of public transport, in India driving on roads with two wheelers is a hectic job, long hours of static posture at work, inappropriate /no back support sitting.

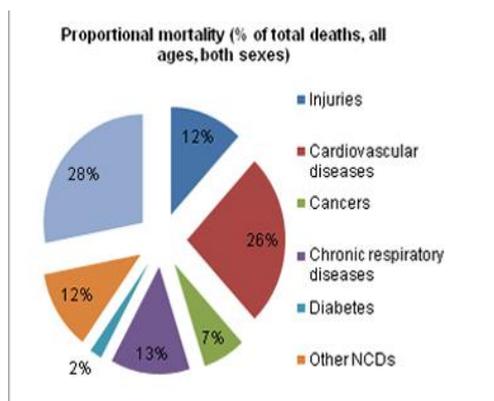


In 2015 jointly published report by the WHO and the world economic forum, revealed that, India would account for a loss of \$236.6 billion. <sup>4</sup>

80% urban Indian working women in the age group 25 - 45 years were overweight and 75% of working women are known to suffer from depression /general anxiety disorder

As many as 61% deaths in India in 2016 were caused due to NCDs, according to a 2016 study.





**3 . Metabolic Syndrome** - It can be linked to obesity, cardiovascular system diseases, high cholesterol levels and fasting glucose levels in the blood. This can be due to stress, poor eating patterns or lack of physical activity. Stress is known to be a contributing factor. Some women work in late night to them leading insomnia, indigestion, acidity, loss of appetite, headache, irritability, hypertension, mood fluctuations and body pain.

**4. Depression/Anxiety disorder** - The study 'Preventive Healthcare and Corporate Female Workforce also said that long hours and working under strict deadlines. Factors such a lack of sleep, exercise, dead line of work, office politics, stress, addiction to alcohol ,drug can lead to 75% of working women to suffer from depression or general anxiety disorder.

**5. Infertility** – in recent year's incidence of infertility is increasing day

by day in women due to stress, delay in conception, obesity, condition like PCOS or diabetes. PCOS most commonly noticed in young reproductive aged women. It's a hormonal disorder leading to menstrual irregularities, obesity, and infertility. Lifestyle diseases are also complicating pregnancies, affecting both the mother and baby.

**6. Cancer** - the incidence of cancer is increasing in the younger women mainly due to unhealthy lifestyle. In 5% women, it could be genetic therefore; the testing has to be done at an early age. Prevention through Ayurved - Ayurved the ancient system of medicine has a great potential in preventing lifestyle disorders.

**7. Insomnia** – due to stress, poor eating, night working schedule women are suffering from insomnia. nidra is one amongst tryoupstambha. Good sleep restores health.

**8. Irregular bowel syndrome-** due to stress, lack of healthy food, stress, inadequate sleep many of women are having irregular bowel syndrome.

**9. Hair fall /baldness** – hair is the main contributing factor in women beauty. Proper diet, cleanliness,

lifestyle maintains hair health. But due to work pattern, lack of time to take proper care, stress, hormonal imbalance, bad food habits, rate of female baldness is increasing day by day.

### **PREVENTATIVE MEASURES**

**1. Hetu Parivarjan** – to avoid faulty lifestyle is the first line of treatment . Effective treatments include lifestyle modification, weight loss, proper diet and exercise and the appropriate use of pharmacological agents to reduce specific risk factors. In the management of lifestyle diseases, Ayurveda offers various regimens including Dinracharya (daily regimen), Ritucharya (seasonal regimen), Panchakarma (five detoxification and bio -purification therapies) and Rasayana (rejuvenation) therapies. Aachara Rasayana (code of conduct ), Sadvritta (ideal routines) are most important to maintain a healthy and happy life <sup>6</sup>

**2. Daily Regimen** - Dincharya the first choice of life rule as per Ayurved. It includes daily routine right from waking up in the morning until sleeping at night. It recommends that in order to be optimally healthy Everyday two

cycles of change pass through Vata, each bringing Pitta, Kapha predominance or us. The approximate times of these Ayurved contends that routines help establish balance. Ayurved has also suggested avoiding late night sleep, good bad food habits .Therefore, one has to stay aware about this daily regimen for day to day promotion of health, boost immunity and prevention from life style disorders.<sup>7</sup>

**3. Seasonal regimen** -The human lives are ruled by the seasons, as per the season strength and temperature of human automatically changes. By being the time cycles, seasons bring birth, life sustaining, aging and death. Ayurved emphasis on Ritucharya (seasonal regimen) <sup>8</sup>, if one follows diet ,daily regimen, life style as per season it will definitely beneficial to avoid lifestyle disorders. Specific regimen is advised in specific season ex. Vaman in vasant , virechan in sharad which restores health. <sup>9</sup>

**4. Diet therapy** - Ahara has described as one of the Trayopastambha (three subsidiary pillars) of life which are Ahara, Nidra (sleep) and Brahmacharaya (celibacy) <sup>10</sup>. Diet is

given maximum importance in healthy as well as in diseased status. An ancient Indian literature says that if dietetics is followed, medicine is not needed and if dietetics is ignored, even medicines are not useful. Hita-ahara , ahit-ahar are concepts which tells us what to eat exactly. Food is composed of panchmahabhuta, triguna whatever we eat it affects our mind. Therefore, our diet should be satvik which keeps our mind and body stable, balanced. Rajas,tamo ahara are causative factors for disease. Acharya Charaka advised to take food which are wholesome to the body like Shaali, Mudga, Yava, Saindhava, Jangala Mamsa etc. They should be consumed regularly for the health maintenance. Ayurved described eighteen types of dietary incompatibilities (Viruddha Aharha) <sup>11</sup> which should be avoided to maintain health and longevity. In this way Ayurved offers different Pathayapathya (do's & don'ts) regarding diet /dietary supplementations which definitely help in the prevention and management of a wide range of lifestyle disorders.

**5. Exercise** - the combination of dietary modification and exercise is the

most effective approach for the treatment. Regular light exercises help the body to shape up, increase muscle strength, improve appetite, digestion and restores health. It gives body the ability to fight against any condition, increases immunity.

**5. Drug therapy** - In Ayurved treatment is plant based these drugs are advised for the prevention and management of obesity, chronic Backache, depression/ anxiety, metabolic syndrome, infertility etc.

**6. sadvritta palan-** mental health is main motto of human's life. Ayurved explained importance of sadvritta (code of conduct, rules for social personal behavior. Mental health is main component of human health. To overbid influence of raja, tama guna one should follow these rules <sup>12</sup>.

**7. Ashtang yoga** – now a day's humans are living in pressure of maintaining status. Humans are bearing a burden of acquiring more money, position but losing healthy mind. So ashtang yoga like yam ,niyam, pranayam, dhyan plays a vital role in restoring mental health <sup>13</sup>.

## DISCUSSION

The Motto of Ayurveda is "**swasthasya swaashya rakshanam, aaturasya vikaara prashamanam**" <sup>14</sup> i.e., Ayurveda aims to maintain the health of the healthy person and to restore the health of diseased. It is the state of equilibrium of the three principles of the body, vata, pitta and kapha , mind and soul. The main components of a person's daily life are Ahara(food), Achara (conduct), Vihara (behavior, thoughts) , nidra ( sleep) , bramhacharya .When any of these components is, unhealthy there is imbalance in the Tridhosa, which generates disease.

## CONCLUSION

Ayurved prove to be most powerful system in the treatment and prevention from life style diseases. The wrong regimen we follow earlier, will affect our health later in life. The other systems do not have any guideline other than the supply of nutritional food and physical Activities . Ayurved provided guidelines on ideal daily and seasonal routines, diet and behavior in the management of life style disorders in working women. Health is defined as the balanced and dynamic integration

between our environment, body, mind, and spirit.

## REFERENCES

1. life style disorders , indus health plus
2. ASSOCHAM Study on Preventive Health care. 2009
3. Economictimes.indiatime.com News Politics and Nation
4. Preventing non-communicable diseases in the workplace through diet and physical activity: WHO/World Economic Forum report of a joint event. 2008. ISBN
5. <http://naturalhealthperspective.com/home/civilization.html>
6. Caraka Samhita By R.K Sharma, Vol I, Bhagavan Dash, Choukhambha Sanskrit Series Office, Varanasi, 2nd Edition, (2003).
7. Ashtang hridayam by brahmanand tripathi , Choukhambha Sanskrit Series Office , edition. 2007
8. Ashtang hridayam by brahmanand tripathi , Choukhambha Sanskrit Series Office , edition. 2007
9. Ashtang hridayam by brahmanand tripathi , Choukhambha Sanskrit Series Office, edition. 2007
10. Ashtang hridayam by brahmanand tripathi , Choukhambha Sanskrit Series Office, edition. 2007

11. Charak Samhita by Rajeshwar datta shashtri, Chaukhambha Bhaarti Academy; Varanasi: 2005.

12. Ashtang hridayam by brahmanand tripathi, Chaukhambha Sanskrit Series Office, edition. 2007

13. patanjali yoga sutra by dr siddeshwar shastri chitrav, bhartiya charitra kosh mandal, pune

14. Charaka samhita by Chakrapanidatta, edited by Acharya

yadavji Trikamji.: choukhambha orientalia Varanasi, reprint edition 2006.

15. Occupational lifestyle diseases: An emerging issue Article Indian journal of occupational and environmental medicine 13(3):109-12 · December 2009

16. LIFE STYLE DISEASES IN WORKING WOMEN- a review study

**Corresponding author:**

**DR MANE ANIL B.**

PROFESSOR & HOD Dept of shalyatantra

S.G.R. AYURVED COLLEGE, SHOLAPUR

Email: [anilbmane@gmail.com](mailto:anilbmane@gmail.com)

**Source of Support: NIL**  
**Conflict of Interest : None declared**

**Published BY:**  
**Shri Prasanna Vitthala Education**  
**and Charitable Trust (Reg)**