

AN OBSERVATIONAL STUDY ON THE CONCEPT OF SADAATURA IN RELATION WITH PRESENT OCCUPATIONAL LIFESTYLE

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ABSTRACT

The life would be best lived when the health is well maintained. But today the life style has become such that people are seldom healthy thus making life more of a burden without concentrating on their health status.¹ The occupational pattern is an integral part of individual's life style. In recent decades the occupational pattern has undergone a drastic change which gives more priority to work, earning money and modernization. Because of these, the individuals are bound to change their food habit and daily activities which have gradually paved the way for several occupational disorders.² In *Ayurveda*, *Sadaatura* is a unique concept explained by *Acharya Charaka*. *Ayurveda Shabdakosha* defines *Sadaatura* as *Nitya vyadhita*³ a person who is always suffering from ill health. In the *Phalamatra siddhi adhyaya* of *Charaka samhita*, various occupations prone to disorders due to disturbed life style which become the cause for *Sadaatura* are explained.⁴ *Sadaatura* is not equivalent to lifestyle disorder but certainly lifestyle disorders form a part of *Sadaatura* explained in classics.⁵ *Acharya* emphasizes "*Deha hitam na cheshtate*" which means *karma* which are *Hita* for *Deha*, are not being followed, as a major cause for being *Sadaatura*.⁶ Other than the 4 occupations enlisted in *Phalamatra siddhi adhyaya*, the individuals with different occupations who follow *Akala bhojana*, *Ahitakara vihara*, *Vegadharana* and *Vega udirana* are also said to be *Sadaatura*.⁷ Hence there is necessity to understand the concept of *Sadaatura* in the present occupational life style. So an observational study will be conducted to understand the health status of different occupations and to find the preventive and curative solution to stay healthy even in their busy professional schedule.

KEY WORDS: *Sadaatura*, Occupational lifestyle, Measures taken.

INTRODUCTION

Ayurveda has great contribution in treatment of diseases as well as prevention of diseases. *Ayurveda* gives equal importance to *Ahara* and *Vihara*.

The modern world is currently facing an epidemic of lifestyle related diseases as a result of stress, improper diet and irregular or sedentary lifestyle. Hence the person becomes

psychologically and physically ill and unable to enjoy full lifespan.

In the *Phalamatra siddhi adhyaya* of *Charaka Samhita*, 4 occupations which are prone to disorders are explained. They are *Rajasevaka*, *Veshye*, *Shrotriya bramhana* and *Vyapari*. Other than these 4 occupations enlisted in *Phalamatra siddhi adhyaya*, it is also told that, the individuals with different occupations who follow *Akala bhojana*, *Ahitakara vihara*, *Vegadharana* and *Vega udeerana* are also said to be *Sadaatura* and these are the 4 *Nidanas* explained for *Sadaatura*.

Even in present scenario different occupational people follows these *Nidanas* because of their busy working pattern and lifestyle modifications which they make due to their occupation which leads to diseases. So we can correlate these *Nidanas* for the causation of occupational diseases.

Occupation is the main determinant of health. Emerging occupational health problems are to be tackled along with the existing public health problems. Globalization and rapid industrial growth in the past few years have added further to complexities of occupational health related issues.⁸

Occupational health deals with all aspects of health and safety in the work place and has a strong focus on primary prevention of health hazards. The health of the working people has several determinants, including risk factors at the work place leading to respiratory diseases, circulatory diseases, musculoskeletal diseases, accidents, stress related disorders, communicable diseases and others.⁹

Even though they follow these *Nidanas* of *Sadaatura* in their daily occupational pattern, they can reduce the adverse effects on their health caused by these *Nidanas* by following the proper regimen told in *Ayurveda* to maintain their health even in their busy professional schedule.

Ayurveda has prescribed various factors responsible for *Hita*, *Ahita*, *Sukha* and *Dukha* types of *Ayu*. *Hita* for *Ayu* is in the form of well organized healthy lifestyle in all its components- *Ahara*, *Vihara* and *Achaara*. Various concepts like *Dinacharya*, *Rutucharya*, *Sadvrutta*, *Achara rasayana*, *Rutu Shodhana* etc have been explained for a healthy living.

In *Ayurveda* *Sadaatura* is a unique concept explained and a part of it can be understood on similar lines as the

concept of lifestyle disorders in modern parlance. There is a need to know this concept so as to find preventive and curative solutions to get back to a healthy state, which is most desired

OBJECTIVES

- To understand the concept of *Sadaatura* with respect to occupational life style.
- To analyze the life style of individuals with respect to different occupation.
- To analyze the measure taken to maintain the health status of *Sadaatura*.

METHODOLOGY

➤ **Sample size**

In this observational study out of 10 different occupations, 50 volunteers from each occupation were randomly selected and in total 500 volunteers from Dakshina kannada district were taken in this study.

➤ **Sample source:-**

1. Teachers / Lecturers
2. Bank employees
3. Medical practitioners
4. Purohitas
5. Drivers
6. IT employees
7. Farmers
8. Labourers

9. Traffic police
10. Yakshagana artists

➤ **Study design**

- It was an observational study
- Data was collected by using questionnaires.
- Informed consent was taken.
- Printed documents were given to the subjects which were in both English and in participant's mother tongue for explaining about the study they were going through.
- The proforma was prepared to know to what extent these occupational people follows the *Nidana* of *Sadaatura* and to analyze the measures taken to maintain their health status and the related questions were asked to justify the same.
- The *Deha Prakruti* of each individual was analysed by standard self assessment *Prakruti* questionnaire of Dr.Kishor Patwardhan.
- Data collected was documented, analyzed and interpreted.

INCLUSION CRITERIA

- Medical practitioners, IT professionals, bus and lorry drivers, labourers, traffic police, farmers, yakshagana artists, purohitas, teachers/lecturers and bank employees, irrespective of their

religion, sex, marital status and socio economic status.

- In between the age group of 30-60 years.
- Volunteers who are working minimum of 5 years in the same profession.

EXCLUSION CRITERIA

- The person suffering from any of the congenital disorder, degenerative disorder, Malignancy.
- Pregnant and lactating women.
- Persons already suffered from any chronic illness, underwent major surgery and known case of Juvenile diabetes.

OBSERVATIONS

Age wise distribution of Volunteers

- In this observational study out of 500 volunteers 317(63.4%) volunteers were from the age group of 30-39 years, 126(25.2%) were from the age group of 40-49 years, 57(11.4%) volunteers were from the age group of 50-60 years.

Gender wise distribution of volunteers

- In this observational study, out of 500 volunteers 383(76.8%) were males and 112(23.4%) were females.

Religion wise distribution of volunteers

- In this observational study out of 500 volunteers 496(91.2%) were belongs to Hindu, 23(46%) belongs to Muslim, 21(42%) belongs to Christian.

Education wise distribution of volunteers.

- In this observational study out of 500 volunteers 121(24.2%) completed primary education, 102(20.4%) completed secondary education, 190(38%) completed graduation, 87(17.4%) completed post graduation.

Marital status wise distribution of volunteers

- In this observational study out of 500 volunteers 400(80%) were married and 100(20%) were unmarried.

Socio economic status wise distribution of volunteers

- In this observational study out of 500 volunteers 27(5.4) belongs to higher class, 325(65%) to middle class and 148(29.6) to lower class.

Habitat wise distribution of volunteers

- In this observational study out of 500 volunteers 287(57.4%) were from rural and 236(47.2%) were from urban.

Diet wise distribution of volunteers

- In this observational study out of 500 volunteers 262(52.4) were vegetarian

**AN OBSERVATIONAL STUDY ON THE CONCEPT OF SADAATURA IN RELATION WITH
PRESENT OCCUPATIONAL LIFESTYLE**

and 238(47.6) were consuming mixed diet.

Habit wise distribution of volunteers

- In this observational study out of 500 volunteers, 327(65.4%) were not having any habits, 95(19%) were Alcoholic, 60(12%) were smokers and 20(4%) were tobacco chewers.

RESULT

Occupation wise score

Table no:1

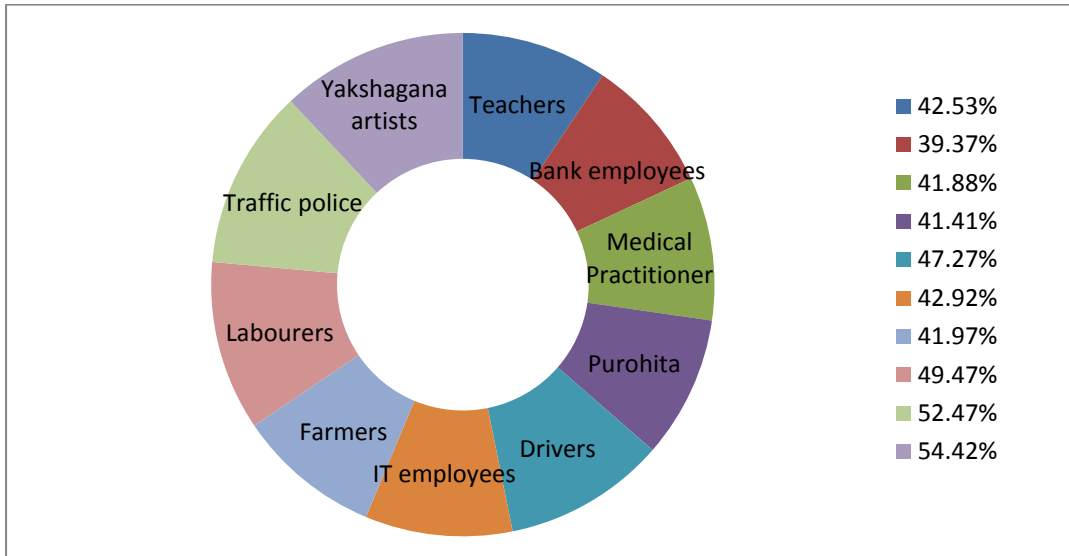
Occupation	Obtained Score	Percentage
Teachers	2892	42.52%
Bank employee	2671	39.27%
Medical practitioner	2848	41.88%
Purohita	2816	41.41%
Driver	3215	47.27%
IT employee	2919	42.92%
Farmers	2854	41.97%
Labourer	3364	49.47%
Traffic police	3568	52.47%
Yakshagana artists	3701	54.42%

Formula applied

$$\frac{\text{Obtained score in one occupation}}{\text{Total score in one occupation}} \times 100$$

Total score in one occupation= Total number of questions in questionnaire × Total score for each question × Total number of volunteers in each occupation

Chart no:1



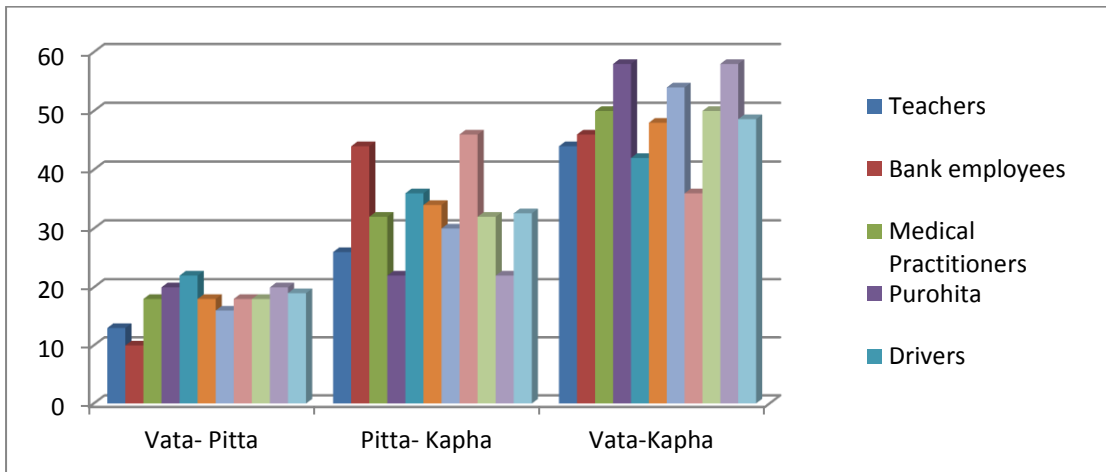
Prakruti wise distribution of volunteers

Table No: 2

Occupation	V-P	%	P-K	%	K-V	%
Teachers	15	30	13	26	22	44
Bank employee	5	10	22	44	23	46
Medical practitioner	9	18	16	32	25	50
Purohita	10	20	11	22	29	58
Driver	11	22	18	36	21	42
IT employee	9	18	17	34	24	48
Farmers	8	16	15	30	27	54
Labourer	9	18	23	46	18	36
Traffic police	9	18	16	32	25	50
Yakshagana artists	10	20	11	22	29	58
Total	95	19	162	32.6	243	48.6

- Out of 500 volunteers, 95(19%) were belonged to *Vata –Pitta Prakruti*, 162(32.6%) belonged to *Pitta- Kapha Prakruti* and 243(48.6%) were belonged to *Vata- Kapha Prakruti*.

Chart No: 2



DISCUSSION

Yakshagana artists

- Among 50 volunteers, **54.42%** of yakshagana artists follow *Nidanas* of *Sadaatura* this occupation people follow all *Nidana* i.e. *Ahitakara Vihara*, *Akala Bhojana*, *Vegadharana* and *Vega Udeerana*.
- The Yakshagana used to perform whole night time, by which they do *Dharana* of *Nidra*. It used to be a long duration act and they cannot leave it in between so that they have to do *Dharana* of *Mutra*, *Trushna* and *Kshuda*. As they do *Ratri Jagarana* and *Divaswapna*, their diet pattern was disturbed and their *Agni* was altered. During early morning they used to finish the act and they used to do *Akala Bhojana*. Due to the vitiation of *Vata* and *Kapha* they suffer with headache, body pain, improper bowel, digestive problems etc.
- Sometimes they used to do *Nidra*, *Mutra* and *Trishna Vegaudeerana*.
- The heavy makeup they used to put over their face most of the time contains lead in that, which leads to the skin rashes and darkening of the skin colour. Their eyes used to get strain due to continuous exposure to bright light and due to the makeup materials which were used. The costume they used to wear was too heavy weighing approximately 25-30kg that they have to carry, which will make them to get more strain after the performance.
- Bhagavathas are the people who used to give voice to the artists to enact on stage. These people used to get voice strain and hoarseness of voice,

dryness of mouth as it is *Uchha Bhashana* leads to increase in *Vata Dosh*. Due to their working pattern they were more prone to get varicose veins, back pain etc

2. Traffic police

- In this occupation of 50 volunteers, **52.47%** of traffic police follows all four *Nidanas* of *Sadaatura* and it stands in **2nd place** in following *Nidana* among 10 occupations.
- Most of their working time they used to stay at a designated place for prolonged period may lead to knee joint pain, varicosity of veins and they get dehydrated soon due to continuous exposure to temperature. It was observed that traffic police are the bad victims of pollution as they breathe in heavily polluted air for longer time by exposing to noisy environment, dust particles due to which they were more susceptible to lung and respiratory diseases like Chronic cough, shortness of breath and wheezing are the risk factors for lung cancer than other occupational people.
- Because of the daily work schedule they used to do *Mutra*, *Trishna* and *Kshuda Vegadharana* and does *Akala Bhojana* which leads to increase in

Vata dosha and may prone for *Mutra kruchra*, *Mutra ashmari*, *Mukhapaaka* and *Shirashoola* etc.

- In this study, as there were 22% of female traffic cops, they oftenly used to get skin rashes, tanning of skin and sunburns. To overcome this they used to wear hand gloves and socks. To avoid polluted air they used to wear masks. They used to get more strain after finishing work and it was difficult to continue with household works after this.
- In present study these occupational people got 1st place in intake of alcohol which adversely affects their health.

Labourers

- In this occupation of 50 volunteers, **49.47%** of labourers follow *Nidanas* of *Sadaatura* and more of *Ahitakara Vihara*, sometimes *Vegadharana* and it stands in **3rd place** in following *Nidanas* among 10 occupations.
- They used to do *Mutra Vegadharana* as there may not be proper place for urination at their work place. As they expose to dust particles, they were having respiratory diseases and their eyes used to get strain and redness of eyes was there. They may not properly maintain hygiene while having food and drinking good water in their

working place may leads to acute infections. As they expose more to temperature they easily become dehydrated and due to intake of less water they were prone to get *Shirashoola* and *Mukhapaaka, Mutrakruchra* etc

- The low educational status and poor socio economic condition also impacts. As in present study around 78% of volunteers completed only primary education for which they could not afford good job so even though they had more physical work in this, they prefer to it.
- Due to their work pattern they may prone to get Lumbar spondylosis, cervical spondylosis, sun stroke, electrolyte imbalance, Cracking of Heals etc. They were more prone to get traumatic injuries due to their work with loads of cement, gravel stones and iron rods etc.
- In present study these occupational people got 3rd place in intake of alcohol and 2nd place in smoking which adversely affect their health along with following of *Sadaatura Nidana*. Most of the labourers were not cautious about their health

4. Drivers

- In this occupation of 50 volunteers, **47.27%** of drivers follow more of *Ahitakara Vihara* and *Akala Bhojana* and it stands in **4th place** in following *Nidana* among 10 occupations.
- They used to expose more to the dust particles, temperature and wind due to which they used to get respiratory diseases and ear problems. The long route journey drivers had to sit for longer duration which may lead to back pain, stiffness of back and even constipation as continuously sitting, exposure to temperature, less intake of water during driving and more of dehydration. Most of the time they used to have light food even though they were hungry because to avoid sleep during driving. They do *Nidra* and *Kshudha Vegadharana*. Due to concentrating continuously on road along with dust their eyes used to get more strain, headache and redness of eyes.
- They used to compromise with the food. Most of the times they used to have food from outside, eat road side food and in lunch or dinner time if there was unavailability of meals thereby does *Akala Bhojana*. Due to their irregular food pattern and due to

drinking of more tea, coffee to avoid sleep they used to get gastritis. Due to their work pattern these occupation people may prone for diseases like piles, Fistula, Obesity, Fungal infections etc. Very few drivers were cautious about their *Ahara* and *Vihara*

- These occupation people got 3rd place in smoking and 2nd place in tobacco chewing among 10 occupations, which adversely affect their health.

5. IT employee

- In this occupation of 50 volunteers, 42.92% of IT employees follow more of *Ahitakara Vihara* and *Ahara* among four *Nidanas* of *Sadaatura*. And it stands 5th place in following *Nidana* among 10 occupations.
- They used to sit for long time during their work leads to Obesity, back pain, stiffness of back and neck pain and they used to have shift duties due to which their biological cycle varies oftenly. They used to sit and work in front of computers which become strain full for their eyes and get headache, blurred vision and they are prone to develop Computer vision syndrome.
- There were proper rooms for excretion in their working place so hardly they used to do *Mala*, *Mootra Vegadharana*.

- They will be having anxiety and stress due to their work pressure which may leads to insomnia. As most of the volunteers were having habit of eating junk food, having carbonated drinks etc and used to follow modern lifestyle which leads to gradual deterioration of their health and in present study these occupational people got 2nd place in intake of alcohol which adversely affects their health. Some of the volunteers were more cautious about their health and diet pattern by doing regular exercise and Yoga.

6. Teachers/Lecturer

- In this occupation out of 50 volunteers, **42.52%** of teachers/lecturers follow *Nidanas* of *Sadaatura* more of *Vegadharana* due to their busy scheduled class hours and stands in **6th place** among the 10 occupations.
- When it comes to *Akala Bhojana* and *Ahitakara Vihara* they were not more affected by this *Nidana* as they were having scheduled time for having food.
- The female volunteers were more in this study, they were having stress and it was difficult for them to do household works after this official time schedule.

- As they stand for long time while teaching and they used to teach and talk more which increases *Vata Dosha* and used to get hoarseness of voice. They may prone for getting varicose veins, osteoarthritis, back pain and due to usage of chalk and duster they may prone for dust allergy.

7. Farmers

- In this occupation of 50 volunteers, **41.97%** of farmers follow more of *Akala Bhojana* among *Nidanas* of *Sadaatura* as it varies according to their work and it stands **7th place** in following *Nidana* among 10 occupations.
- As they use agricultural pesticides in their field they were more prone for skin diseases. This use of pesticides ranges from short term impacts such as headache and nausea to chronic impacts like cancer, reproductive harm and endocrine disruption.
- Due to their work pattern they may prone to get Sunstroke, Headache etc.
- They were having more physical work and as they were present in rural area they might not expose to more polluted environment which may keep them healthy.

8. Medical Practitioners

- In this occupation of 50 volunteers, **41.88%** of medical practitioners follow more of *Akala Bhojana* and *Vegadharana* among *Nidanas* of *Sadaatura* and stands in **8th place** in following *Nidanas* among 10 occupations.
- This was because there was no particular time schedule for the doctors to have their food as it depends on the patients thereby does *Akala Bhojana, Mutra, Trishna, Kshudha Vegadharana*. They were having night duties and if emergency cases come at night then their sleep used to get disturb and does *Nidra Vegadharana*. Hence they used to have gastritis, digestive problems and improper bowel.
- They used to get the infections soon if they do not follow proper hygienic measures during examining patients and during medical procedures.
- They used to have healthy, homely food and eat fresh vegetables available in fields which majorly contribute to maintain their health.
- As they are aware of the importance of health it will be easy for them to take care of health by intake light food and more of liquid diet, fruits and physical

workout which helps to maintain their imbalances.

9. Purohita

- In this occupation of 50 volunteers, **41.41%** of purohitas follow more *Vegadharana*. Among *Nidanas* of *Sadaatura* and stands in **9th place** in following *Nidanas* among 10 occupations.
- They follow more *Vegadharana*, this may be because during *Pooja*, *Homa* and chanting of *Mantras* they had to sit for long time, in between that they were not used to drink water or eat food or fruits even though they were thirsty and hungry thereby doing *Trushna* and *Kshuda Vegadharana* which leads to vitiation of *Vata*.
- During *Pooja*, *Homa* they were not used to go for urination which leads to *Vata Prakopa* by *Mutra Vegadharana*.
- The routines which will avoid them from becoming *Sadaatura* were, they used to get up in *Brahmi Muhurtha*, used to do their *Dinacharya* and start offering *pooja* which keeps them physically and mentally healthy. They were not used to take outside food, carbonated drinks and junk food thereby they maintain their health. As they strongly believe in *Daiva* they

may have more *Satva Guna* and less commission of *Prajnaparadha*.

10. Bank employees

- In this occupation of 50 volunteers, **39.27%** of bank employees follow *Nidanas* of *Sadaatura* and stands in **last place** in following *Nidana* among the 10 occupations.
- Among the 4 *Nidanas* explained for *Sadaatura*, these occupation people were not used to follow any of the *Nidana* in larger way because they were having scheduled time for having food and there were proper rooms for excretion so hardly they used to do *Mala*, *Mootra Vegadharana*.
- These people were having more work stress due to which they had disturbed sleep. They were negligible towards drinking sufficient amount of water.
- One *Vihara* they used to follow was that they used to sit always in a single place that may leads to obesity, back pain, stiffness of back and neck pain etc.
- As their work was mental strenuous and due to long standing watching computers and small letters on papers they used to get eye strain. To overcome the strain to eyes and mind they were having habit of doing

**AN OBSERVATIONAL STUDY ON THE CONCEPT OF SADAATURA IN RELATION WITH
PRESENT OCCUPATIONAL LIFESTYLE**

Pranayama and they avoid watching TV in their homes.

CONCLUSION.

- From this study we can conclude that there is a relation between *Nidanās* of *Sadaatura* explained in classics and the present occupational lifestyle. As there were no *EkaDoshaja Prakruti* people found in study of 500 volunteers, so there is no relation between the concept of *Sadaatura* explained for occupations and the *Sadaatura* explained in the context of *Ekadoshaja Prakruti*.
- This study can be used as the preventive and curative purpose during clinical practice, as the lifestyle of people from 10 occupation were known and the people who follow more *Nidana* of *Sadaatura* are also known.
- Some of the occupational people were cautious about their health, food habit and do regular exercise, *Yoga*, *Pranayama*, avoids junk food, etc to maintain their health in their professional schedule.

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**AN OBSERVATIONAL STUDY ON THE CONCEPT OF SADAATURA IN RELATION WITH
PRESENT OCCUPATIONAL LIFESTYLE**

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