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Editorial

Faith vs Fact: Adapting Lifestyle Modification Through Ayurveda

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Lifestyle is referred to the characteristics of inhabitants of a region in a special time and place.^[1] Lifestyle diseases are associated with the behavior of a person in a daily routine such as working place and environment, job pattern, routine diet, sleeping pattern, and routine activities. Cardiovascular diseases, stroke, obesity, atherosclerosis, type II diabetes, hypertension, joint and skeletal disorders, metabolic disorder, and diseases related to addiction to alcohol, smoking, and drugs occurred primarily as an outcome of an unhealthy lifestyle.^[2]

Many persons encountered diseases like cancer and some even with death due to the adaption of an unhealthy lifestyle. WHO reported that factors related to a person's health are 60% associated with the lifestyle of that person.^[1] Lifestyle diseases neither developed fast nor are cured easily. Thus, the association between health and lifestyle becomes a quite sensitive issue as far as health is concerned. Lack of exercise, unappropriated and unhealthy food habits, disturbed circadian cycle, incorrect body posture, and job stress are some major factors that lead to lifestyle disorders. Regular exercise, healthy food habits, respecting your natural circadian cycle, meditation, and yoga can offer the preventative aspect of lifestyle diseases.

As a physician of Ayurveda, we have deep faith that *Daiva vyapashraya*, *Yukti-vyapashraya*, and *Satvavajaya* three folds of Ayurveda medicine make this life science a unique option to combat lifestyle diseases. *Dinacharya*, *ritucharya*, *aahar kalpana*, *panchakarma*,^[3] *nidra*, *vyayaam*, *yoga*, *naisthiki chikita*, *rasayana*, *vajikarana*, etc, regimen and therapies can prove a better solution for physical as well as psychological well-being of a person. Health systems have solutions through Ayurveda, though lifestyle diseases increasing alarmingly throughout the world. This may cause changing lifestyle is not possible easily for a person. Changing lifestyle means behavioral

changes which is not an easy task. Behavior changing is a very complex process, a person needs to adopt a new set of actions while simultaneously disrupting the existing one. We can consider this period of adapting a new lifestyle as *aahar-vihar sandhikala*.

Throughout the process of *aahar-vihar sandhikala* self-belief of a person, awareness about the severity of lifestyle diseases, and motivation are needed to stick up to a hard regimen. Now, it's a need of the hour to implement strong policies and programs to create awareness about the severity and impact of an unhealthy lifestyle on the health of young India. Needs implementation of motivational programs, since school times which will enhance the importance of a healthy lifestyle in children. Then and then only it is possible to convert the faith of Ayurveda physicians into the fact, that *aahar-vihar sandhikala* is the ultimate solution to combat lifestyle diseases through Ayurveda.

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