



Review Article

**A review on lifestyle disorders and strategies for prevention of health through Ayurveda**

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**ABSTRACT:**

Ayurveda is an ancient science of life since time immemorial. Ayurveda apart from providing various therapeutic measures for diseases emphasizes on maintenance, promotion of health and prevention of diseases through diet and lifestyle regimens. People due to their way of living and occupation, exposed to various lifestyle and occupational disorders. But they can be prevent or can be minimized their disorders with slightly changes in their diet, living style and environment. The onset of these disorders is very long duration takes years and years to develop and once happened not cure easily it takes lots of time and patience of patients. Theses disease contributing main factors are disturbed biological clock, bad food habits, wrong body posture, bad environment, physical inability. The present study to take efforts to enlighten on understanding the occupational disease and their causes. Also focus on to manage and prevent the diseases by giving health support

**KEY WORDS:** Lifestyle Disorders, Occupational disorders, Prevention

**INTRODUCTION:**

Ayurveda is an ancient science of life since time immemorial. Ayurveda apart from providing various therapeutic measures for diseases emphasizes on maintenance, promotion of health and prevention of diseases through diet and lifestyle regimens. As per Ayurveda, life is sustained by a tripod of mental, physical and spiritual factors constituted by body [Sharir], senses [Indriyas], mind [Satva] and spirit [Aatma].

*“Yat pinde tat Bramhande”*

**Whatever is in the Universe that's what is in the body.**

The physical world including the human body is derived from the specific combinations of five

fundamental entities viz. Aakash, Vayu, Teja, Jala and Prithvi which are known as Panchamahabhootas and the soul.

Panchamahabhootas form the Tridoshas viz. Vata, Pitta, Kapha Dosha, Dhatus [tissues] and Malas [Excretory product]. Tridoshas carries out the physiological activities and are responsible for the integrity of the human body. Ayurveda has two objects, preservation of the health in the healthy and treatment of disorders in the diseased. The multidimensional role of Ayurveda is clear from the title.

*“Swasthasya swasthya rakshanam, Aaturasya vikar prashamanam cha” [1]*

**In Sanskrit Swastha means healthy**

Thus the Ayurvedic definition of health by Sushruta, one whose Doshas are in balance, whose appetite is good, whose dhatus are functioning normally, whose malas are in balance and whose physiology, mind and senses are always full of bliss is called a Healthy person.

Health according to Ayurvedic theory is defined as uninterrupted physical, mental, spiritual happiness and fulfillment, a true balance of organs and system, psyche, spirit, balanced and harmony of the 3 doshas. The main Ayurvedic texts are the Bruhatrayi [Charak, Sushruta, and Vagbhat]. Acharya Charak has general physician and his treatise is about general medicine. These texts are thousands of years old and are still considered the most authorities original texts. According to the Acharya Charak well being is a disease free state to be pursued for the attainment of virtue, wealth and gratification. A person whose self, mind and senses are harmonious and cheerful is healthy.

### ***“Udyogam purusha Lakshanam”***

Occupation is the identity of an individual, which indicates the each person's life. In Ayurveda Purushartha's terminology also shows the importance of occupation.

#### **• Lifestyle Disorders:**

A lifestyle is the pattern of living that we follow how we work, what food we eat, how much quantity take and when we eat, when we sleep and wake up in morning, how much physical activity we do and whether we smoke or consume alcohol. The lifestyle factors associated with these diseases is of two types:

1. Modifiable lifestyle [those that can be changed] such as wake up time in early morning, sleep time in night, food habits, physical activity level, addiction [smoking and drinking] and stress level.
2. Non modifiable lifestyle [those that cannot be changed] such as age, gender and heredity.

Lifestyle of a person is a cumulative product of his physical capacity co-ordinated with psychological functioning, displayed in the form of habits, behavior, dietary and living pattern.

The advancement of our lifestyle with dependency on technology and gadgets directly has an impact on our health. Heavy computer, mobile phone use suspected glaucoma and short-sightedness appear to be interlinked. Research established a number of adverse effects of mobile phone radiation like low fertility, reduction in attention and memory, sleep disturbances, headache, ringing in the ears, hearing disturbances etc. When the control and co-ordination are disturbed, it leads to the derangement of lifestyle and results in any of the lifestyle diseases like Hypertension, Diabetes mellitus, Obesity and Cardiovascular diseases etc.

#### **• Occupational Disorders:**

Industrialization is a major factor for developing India. It has equal merits and demerits, though industrialization is going job opportunity to the youth of country but also causing environment pollution and occupational hazards. People depend on various professions for their livelihood. Working environment, Night duties, stress and tension taken during the work will definitely have some effect on the health and mind of a person leading occupational disorders.

Exposure to chemical, physical or biological hazards can cause occupational diseases. These are acute or chronic reactions and are very diverse. To avoid occupational diseases the exposure should be prohibited, regulated, restricted, limited or controlled by industrial hygiene practices and programs. Common occupational diseases are Respiratory diseases, Neurological disorders, Skin diseases, musculoskeletal disorders, and diseases of eye and ear. Sleep disorders, Psychological disorders, Cancers, Ulceration, Headache, Acidity etc. Understanding of occupational diseases is essential to manage the prevent the diseases by giving health support to the worker or making a modification in the work environment. The duty of medical system is also very important in developing industrial workers so as Ayurveda being a life science has role in improving health status of workers by giving preventive and curative therapeutics such as .Shodhan, Shaman, Rasayana Chikitsa and Yoga.

The common causes or etiologies that play a vital role in development of diseases are given below:

- Improper diet intake
- Disturb appetite.
- Bad dietary habits
- Excessive intake of similar quality foods [eat food only one rasa] in excessive quantity.
- Lack of proper relaxation
- Decreased sleep or Change the timing of sleep.
- Excessive stress
- Lack of exercise.
- Excessive use of senses and overwork beyond own capacities.
- External factors such as dust, bacteria or viruses
- Indigestion of some toxic substances.

Due to faulty diet and lifestyle normal level of the Tridoshas is disturbed and they aggravates in the body. Vitiated doshas disturb the normal level of Dhatus and Malas causing their vitiation which manifests as various diseases in the body, thus health of an individual's depends upon the normal functioning of the doshas, dhatus and malas.

#### Aim:

- Understanding various lifestyle disorders and occupational hazards.
- Different concept to managing lifestyle and occupational disorders through Ayurveda.

#### Objectives:

- To learn lifestyle disorders and occupational disorders.
- To learn causes and preventive, curative majors in Ayurveda treatises.

#### MATERIALS:

Great Ayurvedic literature Brihatrayi along with Medical textbook and Research papers

#### DISCUSSION:

The world is undergoing a rapid change in all spheres, the eco system, nature and living beings are under strong survival stress due to

severe pollution, climate change, population rise and other socioeconomic reasons. At this complex juncture, human beings are struggling to overcome these odds for survival, maintaining the integrity of nature and human health is a big challenge in front of the world and it cannot be ignored either. Since health is subjected to constant change under various influences it is equally important to maintain and promote health, as rightly told in Ayurveda.

#### *“Aarogyam mulamuttamam”*

*Ayurveda gives utmost important to Aarogya [Health].*

In Charak Samhita Sutrasthana mentioned 7 chatushka. second chatushka is Swastha chatushka contains four chapters including all information regarding maintain health; Matrashitiya [Aahar matra, Dinacharya], Tasyashitiya [Rutucharya], Navegannabharaaniya [Vegavarodha], Indriya - upakramaniya [Sadvrutta palan].

To maintain health Ayurveda offers various regimens including Dinacharya [Daily regimen], Ratricharya (Night regimen), Rutucharya [Seasonal regimen], Vyayama [Exercise] and Yoga, Panchakarma [Five detoxification and bio purification therapies], and Rasayana [Rejuvenation therapies]. The Sadvrutta [Ideal routines] and Aachar Rasayana [Code of conduct] are utmost important to maintain a healthy and happy psychological lifestyle. Ayurveda health care concentrates on the health and well being of the individual as a whole and as a member of society.

Trayoupasthambha designed as support of Tristhambha (Vata, Pitta, Kapha) of body, are an important factor for maintain health as well as for prevention of the disease and long life span. **Aahar, Nidra, Bramhacharya form the pillars of health as per Ayurveda.** Being supported by these 3 Upathambha, the body gets strength, complexion and grow up till the full life span. Health of an individual can be known by following aspects:

- Good appetite.
- Proper digestion of food ingested at proper time.
- Proper nourishment.

- Proper strength.
- Sleep at proper time.
- Feeling of freshness after waking up in the morning.
- Proper evacuation of faces, urine and flatus at the proper time.
- Absence of any kind of pain.
- Proper functioning of all senses organs and also mental activity or work.

Nidra (Sleep) : It is a normal physiological process, necessary to provide rest and relaxation to the body, mind and senses which get tired and exhausted because of daily schedule. Nidra when taken properly in terms of quality and quantity gives Bala, Sukha, Pushti, Gyana, Jivan. On the other hand abnormal, improper sleep means inadequate quantity and quality sleep exactly opposite effects that are Balahrassa, Dukha, Agyana, Ayushyahrassa.

In Brihatrayi mentioned important of proper sleep are-

- Increase in agni, digestive power
- Dhatusamyata
- Nourishing body tissue
- Increase of strength
- Equilibrium of Tridosha
- Bring happiness
- Evacuation of the bowel and emptying of urinary bladder
- Stability of Ayu.

Ayurveda the science of life is based on Trisutra. The entire system of Ayurveda stands on three basics on which the ancient medical system works and operates are called Trisutra. Sutra means thread. Success of Ayurveda depends on these three threads which keeps operation of entire system properly held and suspended in its place.

**Trisutra are Hetu** [Causative factors of diseases], **Linga** [Sign and symptoms of diseases and **Aushadhi** [Treatments of diseases]. But all three threads of Ayurveda are related to knowledge of 3 Doshas [Vata dosha, Pitta dosha, Kapha dosha]. This means to tell that a comprehensive knowledge of Tridosha theory is very much essential to understand these 3 threads of Ayurveda.

**Hetu or etiological factors-** These factors are those which cause diseases. They may be in form of incompatible foods or disturb lifestyle practices, climate variations, effect of bad conduct and behavior or stress. When one consumes etiological factors or get exposed to them, they cause vitiation of doshas. These vitiated doshas get lodged in weak and susceptible tissues and damage them to causes different disorders.

**Linga** –When disease is formed it is formed with its sign and symptoms, it helps in identification of a given diseases. e.g. Rise in temperature in jwara is due to Pitta dosha, but yawning in some fever is due to Vata dosha.

**Aushadha**-Treatment for any diseases in Ayurveda are either dosha specific or disease specific. Diet, and Lifestyle modifications are change according to aggravation of specific dosha in specific diseases of condition. Even if diseases are not diagnosed, physician may give the treatment according to specific sign and symptoms of Dosha. Analyzed strength of doshas in a given diseases will curing that diseases effectively.

Disease is a state of discomfort in which the normal functioning of the body is affected. There are various references in the vast Ayurvedic texts about Lifestyle disorders and Occupational disorders. Some of those are considered here:

**“Rogaha sarve api jayante vegoudiran dharanat” [2]**

Most of the diseases caused due to Suppression of natural urges which causes Vata dosha dushti and different diseases such as Shwas, Headache, Pain at different sites etc.

**“Sada aaturaha shrotriya rajasevakaha tathav veshya sah panyajivibhihi” [3]**

This is the verse from the 12<sup>th</sup> chapter of Charak Samhita Siddhithana, which indicate that the above 4 types of people are always prone to ill health by virtue of their professions. They are:

**Shrotriya**-Vedic priests, ever busy in chanting holy hymns fail to attend the regimens good for their health; because they always suppress the

natural urges, never take food on time, never take care of them.

**Rajasevak-** They are always busy in their work of providing protection to the king so forgive to take care of her health.

**Veshya-** To complete the wishes of men and their entertainment, they fails to take care of her health.

**Panyajivi-** Because of their profession, Merchants lead a very sedentary lifestyle and prone to diseases.

**“Dukha shayya aasanat” [4]**

Improper sitting or sitting arrangement at the work place leads to Vata dosha prakopa, thereby leading to many diseases related to Vata dosha.

**“Gaja-Ushtra-Ashwa Shighra yanapatan-sanat” [5]**

Occupational involving travelling excessively like drivers or when they fall from height from fast moving vehicles will be victims of many Vata dosha janya vyadhis.

**‘Rajasa dhoom vatabhyam sheetasthan ambusevanat’**

**‘Vyayamad Gramya dharma adhwa rukshanna Vishamashana’ [6]**

In Charak Samhita Chikitsa sthan Chapter 17<sup>th</sup> mentioned etiological factors –Raja [Pollutant], Sheeta sthan [Cold], Vyayama [Over exercise], and Adhwa [more Walking] causes different Respiratory diseases.

**“Tadyatha Sahasam sandharanam kshayo vishamashanam eti” [7]**

In Charak Samhita Nidan sthana chapter 6 Shosha nidanam also mentioned the etiological factors-Sahasa, Sandharan, Kshaya, and Vishamashana related to decrease Rasa dhatu and causes lifestyle disorders.

Preventive measures encompass a broad variety of regimens;

**A. Swastavritta is a personal hygiene, it consists of;**

◆ **Aahar [Diet and Nutrition]:** Diet plays very important role in our physical and mental health status. Many common health problems can be prevented or treated by consumption of good diet.

- Increases locally available seasonal fruits and green leafy vegetables in the diet.
- Use boiling, steaming, grilling etc. as methods of cooking.
- It is desirable to take 50- 100 gm/day fiber, when whole grain cereals, pulses and vegetables are consumed daily.
- Whole wheat flour may be prepared for making roti. Roti made out of Jawar, Bajara, Ragi, Maize are also having high fiber content.
- As far as possible eat freshly prepared food. Reheating and refrigerating trends to lose the taste and nourishment.
- Do eat when you feel hungry i.e. don't avoid meal times. Develop the habit of taking meals at regular intervals.
- Avoids over eating.
- Avoid eating too fast or too slow. Foods eaten hurriedly does not get digested properly, it does not give a sense of fulfillment.
- Don't drink too much or too little water, since both hamper the digestion.
- Drinking of luke warm water helps easy passage of motion and urine, enhance digestive power, minimize the diseases related to digestive system and delayed ageing.
- Don't eat when the mind is unstable because you may eat less or in excess.
- Dinner should be taken small quantity, light to digest and at least 2 hr before sleep.
- Avoid heavy tasks immediately after meals since the blood circulation is divided towards the site of action rather than towards digestion of food. It also creates pressure on the heart.
- After meals don't sleep immediately.
- Reduce salt and sugar intake.
- Avoid junk and preservatives food.
- Avoid fried foods, restrict intake of ghee, oil.
- Increase intake of milk, butter milk, lassi, coconut water etc.

According to Ayurveda the diet is one of the most important factors which have direct impact on three doshas. To keep these doshas balanced, our diet should contain all tasks in a balance way.

**“All food is considered to have medicinal value.”**

A nourishing diet is considered preventive of disease and therefore a substitute for stronger medicines, by changing dietary habits the diseases may be cured without using any medicines while with hundreds of good medicines cannot be cured if the food is wrong.

- **Dinacharya [Daily routine]:** Ayurvedic Dinacharya means the daily regimen how to live a healthier, happier and longer life and avoid all diseases. The good things that should be done daily are a part of Dinacharya. It includes Shauch vidhi, Dantadhavanvidhi, Kaval, Gandoosh, Abhyang, Shirobhyanga, Anjan, Nasya, Karnapuram, Snan vidhi and so on.
- **Ratricharya(Night regimen):** Nidra is one of the part of lifestyle and may cause many diseases if it is not take properly. Nidra is very important for physical health, a sleep is involved in repairing and healing of body tissues. According to Acharya by proper and adequate sleep, the person will be free from diseases, will have pleasure in mind enclosed with strength, complexion so adequate nidra should be taken.
- **Rutucharya [Seasonal routine]:** Rutucharya are the regimens and diet which are to be followed in the different seasons of the year.
- **Yoga:** It is Sanskrit word which comes from yug, to join or to unite. Yoga thus means union in the spiritual senses of joining the individual spirit with the universal spirit and joining mind, body and spirit.
- **Rasayana and Vajeekaran dravyas or kalpas:** Theses are use of rejuvenating agents to prevent ageing; they impact longevity, immunity against diseases and assist in improving mental faculties.

## **B. Four healing factors of diseases includes;**

- **Sanshaman:** Pacification of the deranged or agitated bodily humors giving rise to diseases.
- **Sanshodhan:** Cleaning internally of body by using Vaman, Virechana, Nasya, etc..
- **Sadvrutta:** Conduct mental and bodily acts speech.
- **Pathyapathya-**Regimen of diet, using food as medicines.

## **C. Nidan Parivarjan ltd[Avoiding causative factors]:**

It was the first line of precautionary method used to keep the diseases away which is explained in Ayurveda classics briefly and which is quite suitable for current lifestyle disorders and occupational disorders.

There could be numerous hazards pertaining to various occupations. Here mentions occupational hazards, their symptoms and different treatments and prevention of diseases.

### • **Physical Hazards-**

**Heat:** It will be happen in Foundries, glass and steel industries, mines, cotton and jute industries. Work continuous in excessive hot environment show following Physiological changes;

**Burn on skin-**Involving epidermis, and muscles rapid shift of bodily fluids into the interstitial compartments;

**Heat cramps-** Loss of electrolytes and voluntary muscle cramps.

**Heat exhaustion-** Hypovolemia following water loss.

**Heat stroke-** Generalized vasodilatation and peripheral pooling of blood.

People working in high temperatures faces problems related to BP, Metabolism and organ failure due to shock. Sheeta pralepa, Sheeta parisheka, Use internally dahashamak dravyas like Chandan, Ushir, Vala, Ghruta,. Sheeta panak, Mantha.

For preventing the effect of heat a person working in hot temperatures should take cold diets [Onion, Coconut, Water, Mango, Tamarind, Coriander] means which have a cooling effects on body, live in cold environment. Applying Aloe vera gel on whole body to decrease intensity of heat.

**COLD:** It will happen with homeless people, Soldiers. Extreme cold working conditions causes hypothermia and shock, Frost bite, Hypoxic changes. Application of Sheeta prashamanam lepa, enhancing oxygenation in the body.

- **Eyes Affected By Light:**

The eye is an important sense organ of our body that allows us to see our surrounding. Any acute or chronic disorders affecting the eyes can affect the vision. The field where excessive use of computers causes Eye strain, headache, lacrymation, eye fatigue, Congestion around the cornea, pacifying dryness of eyes. Akshitarpan, Putapaka, Seka, Bidalaka, Parisheka, Padabhyanga, Shirodhara, Nasya and also eye exercises along with all therapy used to improve the vision and relieve the symptoms of the eye diseases. It is also known as Netra tarpan is an Ayurvedic procedure in which medicated ghee is retained over the eyes for a specified duration of time. Gental massage of the structures surrounding the eyes such as the head and the face. This should be done regularly to the persons working in such occupations which affects eyes like welding, excessive use of mobile phone, computers

- **Respiratory Diseases:**

These are the diseases differ from rhinitis, bronchitis, laryngitis. Inhalation and deposition of silica-free coal dust particles in the coal workers causes pneumoconiosis that induce the formation of coal macules, once they reach the alveoli.

Group of interstitial lung diseases caused by the inhalation of certain dusts such as silicosis, asbestosis, aluminum, barium, mica, talc, antimony and the lung tissue's reaction to the dust.

The workers work in cotton factory cotton fiber

dust causes chronic cough and progressive dyspnoea, bronchitis, emphysema.

The workers work in sugar cane farm and industries, sugar cane dust causes cough, breathlessness, cough, and haemoptysis.

Farmer's lung causes pulmonary fibrosis due to grain dust.

Asthma can occur when workers are exposed to certain airborne toxins during the course of their workday. Often workers who lay cement or frequent construction sites might be harmed by breathing Potassium Dichromate.

**Treatment** principles for respiratory disorders as per Ayurveda is to balance both Vata and kapha. Shodhana procedures may also be prescribed before administration these drugs as per the strength of patients. Ayurveda has potent single drugs and compound formulations for breaking the pathology of these respiratory ailments. Scientifically proven Ayurvedic herbs to treat respiratory diseases are Kantakari, Pippali, Vasa, Haridra, Pushkarmool, Bharangi, Tulasi, and Shati. Turmeric milk is very effective for Asthma due to its Anti allergic action.

Uses of protection cloth, gloves, aprons, mask, goggle, application of oil.

**Preventive principles:** The classical Shodhan or Ritu shodhan like Vaman karma, Virechana karma to detoxify the body which is being exposed to dust, fumes etc.in daily routine. The person can undergo Rasayana therapy such as Aamalaki rasayana, Vardhaman Pippali Rasayana, Agastya Rasayana etc.to boost the immunity and improve efficacy of lungs.

**Dietary and lifestyle modification.**

Smoking, exposure of dust, cold and humid atmosphere, fumes, pollutants, chilled water, curd and curd preparations should be avoided and intake of lukewarm water may be preferred.

**Yoga-** Pranayama is one of the eight limbs or branch of Ashtang yoga. It is an art of controlling the life force of breath. Practice of Pranayama is also found to be effective managing respiratory diseases. Nadi shodhan Pranayama leads to marked improvement in the

lungs function by strengthening the respiratory muscles and decreasing the resistance to the air flow in the lungs.

- **Ear Problems By Noises:**

Noise is a type of sound which is random and carries no information. It is generally described as undesirable or unwanted sound. Loud noise due to machineries in the factory damages or destroys the nerves in the inner ear; another effect can be Tinnitus or permanent ringing in the ear. The workers show auditory effects such as temporary or permanent hearing loss. Second Non-auditory effects such as nervousness, fatigue and reduces work efficiency, impaired communication of speech and concentration.

**Prevention-** Karnapuram, Shirobhyanga, Sarvanga Abhyang.

**Hearing protectors-** Ear plugs or soundproof ear phones should be used.

- **Musculoskeletal Problems:**

These problems occur due to excessive load on the muscles, ligaments, tendons and bone. Insufficient circulation to the musculoskeletal system. Also working for long hours in non – physiological postures is the cause of fatigue, backache, disease of joints and muscles. Regular spending a lot of time in front of computer may lead to neck and back pain. The stiffening of neck also is a common problem along with headache, fatigue and exhaustion. Wrong sitting or standing posture while working gives strain to the backbone and gives a chronic back pain. Ayurveda is very helpful in musculoskeletal problems. Routine massage with Mahanarayan tail is beneficial when painful condition present. Exercise, massage, dietary advice with medicines is helpful in musculoskeletal problems.

- **Neurological Disorders:**

The nervous system is often a frequent target of toxins and can cause serious issues if one is exposed to harmful contaminants. Frequent headaches, fatigue and lightheadedness are common symptoms of nerve damage and can also illustrate themselves as numbness and loss of control in the limbs. Stress can also be due to neurological disorders.

### **Psychosocial Hazards:**

The psychological hazards arise from the workers failure to adapt to an alien psychological environment. Frustration, lack of job satisfaction, insecurity and poor human relationships, emotional tensions are some of the psychosocial factors which may affect both physical and mental health of the workers.

For preventing neurological effects routinely applied Massage, Shirodhara, and Shiro abhyang. Shirodhara is explained earlier is very helpful in treating stress related hazards.

Many plants Bramhi, Guduchi, Shankhapushpi, Yashtimadhu are available in Ayurveda which are very good brain tonics are helpful in stress related disorders without any side effect. Diet like Pumpkin, Ghruta etc. are very good for brain. So by doing these minor modifications occupational hazards can be decreased upto some extent.

- **Night Shift of Job And Health Problems:**

Working till late at night or in night shifts can bring in a lot of change to your life in many ways. Our body is designed to work in the day and rest at night. However, when we work at night, which is against our natural body rhythms; it results in special set of challenges, including weight gain and over stress. If we are working in a night shift, then it is important to pay more attention to sleep, diet and the time when we eat food.

In modern era of civilization due to growing use of technologies and increasing competition, changing lifestyle especially sleeping patterns such as Divaswap, Ratrijagaran, Alpanidra, Atinidra has become a leading cause for many diseases like, karimi, prameha, visaarp, shirashul, Migraine Sthaulya, Medovaha srotasa dushti, Kaphaprakopjanya vyadhi, Pratishtyay, Hypertension.

As sleep plays vital role in maintaining health of an individual, several strategies should be made for getting enough sleep like-

1. Go to sleep and wake up at the same time every day.
2. Try to keep same sleep schedule every day.
3. Avoid nicotine and caffeine before bedtime.



4. Avoid heavy meal before sleeping time.
5. Avoid use of mobile and other applications.

**Start your day:** Normally we start our day in early morning 4 am to 5 am but in night shift workers they start their day in afternoon 4 pm to 5 pm both are the duration of Vata dosha kala.

1. **Have a light dinner:** Normally, we begin our day with a wholesome breakfast, but for the ones who have a night shift [11 pm-6 am] or [3 pm-12 am] their day starts with dinner. So, if you begin your day at around 4pm to 5 pm so, then you have dinner around 7pm-8 pm. There are many people who feel sleepy after having dinner. In such cases, it is important to have a light dinner like one roti, chapatti and dal rice. Grilled chicken. Go for foods that are rich in protein and fiber. Protein and fiber can keep you full for a longer time, without making you feel sleepy.
2. **Avoid having too much caffeine:** In order to remain active and focused, night shift workers tend to consume a countless number of cups of coffee or tea, which does not good to their health. If you feel sleepy or inactive at work, then you must keep your body hydrated by drinking water in small quantity and frequently or fresh juices every half an hour.
3. **Have a teaspoon of Goghruta:** According to Ayurveda, waking up at night increases dryness in body. Therefore, have a one teaspoon of Goghruta before you leave for work, as it will balance the dryness in the body causes due to Vata dosha.
4. **Skip oily and heavy foods:** Our digestive system is inactive at night; it becomes difficult for the body to digest heavy, oily and spicy food. Eating unhealthy foods will lead to acidity and gastric problems. So choose the option of Veg Sandwich for snacks. Eat nuts like almonds.
5. **End the day:** Normally we end our day at 9pm-10 pm at night but in night shift workers it ends in 8am to 9 am in the morning in Kapha dosha kala. The rest is must to gain the energy and relax the body. The day must be end by taking very light food for stay healthy.

#### Some healthy options for night shift workers:

- Take balanced diet at proper meal times.
- Avoid processed and packaged foods.
- Fresh fruit and vegetable juices.
- Seasonal fruits and vegetables.
- Wholegrain breads.
- Dry cereals and grain salads such as green grams.
- Dry roasted nuts.
- Boiled eggs.
- Salads with vegetables, cucumber, tomato etc.
- Sandwiches made with low-fat meats like chicken and fish with vegetables, Beans and sprouts.
- Shift workers should try to have their evening meal maximum by 8 pm.
- Go for foods that are rich in protein and fibre it keeps you full for a longer time without making feel sleepy.
- Avoid drinking tea or coffee at work; instead drink water or fresh juices every half an hour to stay focused at work.
- Use stair-case instead of lift.
- Practice yoga or medication to avoid stress in life.
- Keep away from smoking and drinking alcohol.

Increasing sedentary lifestyles due to growing use of new technologies in daily life causes higher levels of physical inactivity, disturbed sleep patterns like night shift duty one has been work in night shift duty then one should cover their sleep in day time avoid the health issues due to incomplete sleep.

In this revolutionized era, we cannot stop doing the development work, but we can certainly reduce our ailments with simple and effective measures in our lives as suggested in Ayurveda, the science of life. Ayurveda provides better solution in the guidelines of proper dietary management, lifestyle advises, Panchakarma procedures like detoxification and bio-purification procedures medicaments and rejuvenation therapies. Healthy lifestyle methods are now easily achievable with nutritional counseling, exercise training, de-addiction programmes, regular medical check-up and stress management techniques.

## CONCLUSION:

During ancient period there were proper lifestyle of people according to mention in our Acharyas, in ancient time no civilization so there should not caused these type of hazards but still our Acharyas mentions different protocols and medicines explained in Ayurveda which are more effective in various disorders. Due to civilization changes in lifestyle and causes different lifestyle and occupational hazards. People ignore their health and first priority to their work so causes different health issues. It is a need that people must understand to value of their health and importance of life style measures mentioned in Ayurveda texts to combat these Lifestyle disorders. Nidan parivarjan is the best line of treatment to keep diseases away hence follow the Ayurveda to live long life.

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