

CONCEPT OF LIFESTYLE IN AYURVEDA CLASSICS

Dr. Anirudha Pathak¹ Dr Shivangi Choube² Amit J Upasani³ Dr. Haresh Soni⁴

1. PG.Scholar, Department of Kayachikitsa, Parul Institute of Ayurveda, Parul University, Vadodara Gujarat- India.
2. PG.Scholar, Department of Basic Principles, Parul Institute of Ayurveda, Parul University, Vadodara Gujarat- India.
3. Associate Professor, Department of Basic Principles, Parul Institute of Ayurveda, Parul University, Vadodara Gujarat- India.
4. Principal & HOD, Department of Kayachikitsa, Manjushree Research Institute of Ayurvedic Science, Piplaj, Gandhinagar.

ABSTRACT:

Increased number of deaths due to non-communicable diseases has been proved to be because of lifestyle related factors like physical inactivity etc. It is a responsibility to focus on lifestyle modifications in the 21st century. Ayurveda has great contribution in treatment of diseases as well as prevention of diseases. Conducts like Dinacharya (conducts in daytime), Ratricharya (conducts in night), Ritucharya (seasonal conducts), Ahara Vidhi (diet rules), Sadvritta (good conducts) etc. are described in detail in Ayurveda, can be included under the heading healthy lifestyle. It has a tremendous role in prevention of diseases. Present article aims to elaborate the concept of Lifestyle in Ayurveda classics.

KEY WORDS: Lifestyle, Ayurveda, Dinacharya, Ahara Vidhi.

[For Full Article Click Here](#)

INTRODUCTION: