

**AYURVEDA BASED DIET
AND LIFE STYLE GUIDELINES
FOR PREVENTION OF
CARDIAC DISORDERS**



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES

Ministry of AYUSH, Government of India

New Delhi

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Note: These are general guidelines & advocacies and should only be followed under supervision of qualified registered Ayurveda practitioner.

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Prologue

Ayurveda evolved as a comprehensive health care system through systematic experimentation by generating reproducible evidence. These evidences are further expanded and documented as classical texts of Ayurveda such as Charaka Samhita, Susrutha Samhita, Astanga Sangraha etc. Further in the medieval period, several new classics such as Bhavaprakasha, Sharngdhara Samhita, Chakradatta etc have expanded the scope, emphasizing on prevention and management of diseases through dietary and preventive interventions.

Ayurveda vividly describes the conducive and non-conductive substances including diet, medicines etc and has classified them into three major categories, viz, *Shamana* (palliative), *Kopana* (aggravating) and *Swastha Hita* (conductive to health). Ayurveda has also emphasized on three major factors responsible for causation of any illness such as *Asatmyendriyarthā Samyoga* (incompatible correlation of sense organs), *Prajnaparadha* (intellectual blasphemy) and *Parinama* (disharmony with rhythms and cycles of nature); avoidance of which is essential for maintenance of health and prevention of diseases.

Detailed description concerning functional anatomy and physiology of *Hridaya* and associated illnesses are available in Ayurvedic literature. *Hridaya* (heart) is the *mula* (main seat) of *Rasavaha Srotas* or circulatory system in the body. The vitiation of this system may lead to diseases such as *Sthoulya*, *Hridroga* etc. The role of *Vyana Vayu* and *Ojus* which are major functional attributes also contribute significantly to the health and disease of cardio-vascular system.

In recent times, there has been an emerging shift in epidemiologic and demographic pattern of diseases, and non-communicable diseases are emerging as a major share of disease burden in developing countries. Cardiovascular disorders and other allied conditions contributing to cardiac illness are also spreading in this pattern. Prevention and management of these conditions are pivotal to reduce the disease burden and also facilitate to cut the health costs grossly. Ayurveda offers a comprehensive and personalized approach for such conditions.

The council has taken initiatives to present a user friendly guidelines on prevention of cardio-vascular diseases through dietary and lifestyle advocacies based on principles of Ayurveda, meeting the contemporary requirements. These guidelines are certainly useful for physicians and health seekers alike, approaching Ayurveda healthcare set-ups.

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AYURVEDA BASED DIET & LIFE STYLE GUIDELINES FOR PREVENTION OF CARDIAC DISORDERS

1. Background

The incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia, and overweight/obesity associated with cardiovascular diseases is on the rise. Cardiovascular disorders continue to be the major cause of mortality representing about 30% of all deaths worldwide. With rapid economic development and increasing urbanization of lifestyle in the past few decades, prevalence of these diseases has reached alarming proportions among Indians in the recent years. As Ayurveda is recognized as foremost life science and describes ways to prevent and manage lifestyle disorders, the world is being attracted towards its potential. Ayurveda provides effective solutions in the forms of dietary regulation, lifestyle advisory, detoxification and bio-purification procedures like *Panchakarma*, since it targets preventive, palliative rejuvenative interventions and medicaments. The holistic approach of *Ayurveda*, treating the patient as a whole, meaning intervention targeted towards complete physical, psychological, and spiritual well-being makes this science a wonderful option in lifestyle disorders.

Basically in *Ayurveda*, promotion of health and prevention of diseases is given more importance than the treatment of the diseases. Health and diseases is dependent on three factors i.e. *Ahara* (Diet), *Vihara* (life style practices) & *Oushadha* (Drug & therapies). Among these, food (*Ahara*) is considered as most important one. *Pathya* is defined as the *ahara* (diet) which is congenial to a person according to his constitution, appetite & digestive capacity of the body. Most health problems develop due to the wrong eating and improper cooking. The planning of diet, based on certain principles mentioned in *Astavidhi vishesayatan* is very rational and scientific. Ayurveda emphasizes the characteristics of food in terms of quality, quantity and time which vary with age, constitution, habitat, digestive power, season, disease and also liking of the patient. One has to consume the diet, which is suitable to him in all aspects, and deviation from these may cause diseases. In addition to these, wrong cooking procedures, irregular timing, and consuming imbalanced and non-congenial food and not following the prescribed rules for preparing, preserving and eating food may also cause imbalance of health. The proper intake of diet not only can prevent many health disorders but also plays major role in the management of diseases. Therefore, due consideration should be given to all aspects of diet- planning for treatment of diseases and to maintain the health, according to *Ayurveda*.

The *Ayurvedic* regime of healthy life is designed for achievement of a long, healthy active life, providing relief from pain and disease allowing enjoyment of life with attainment of satisfaction & contentment. Elaborate description is available on personal hygiene encompassing diet and regimen during daily routine (*Dinacharya*), seasonal routine (*Ritucharya*) and behavioral and ethical principles (*Sadvritta*). Observance of certain rules regarding suppressible and non-suppressible urges also paves way towards positive health. Cardiac risk factors can be prevented or managed by lifestyle including principles of *Dinacharya*, *Ritucharya* and *sadvritta*.

2. Concept of *Ahara* (Diet)

Any material in the universe, according to Ayurveda is composed of five basic elements, the *Pancha Mahabhootas*, namely Earth (*Prithvi*), Water (*Ap*), Fire (*Teja*), Air (*Vayu*) and Ether (*Akasha*) including human body and the food. *Tridoshas* i.e. *Vata*, *Pitta* & *Kapha* which constitutes the body is also made up of *Panchamahabhootas* viz *Vata* is made up of *Vayu* and



Akasha mahabhoota, *Pitta* is made up of *Agni* and *Jala mahabhoota* and *Kapha* is made up of *Jala* and *Prithvi mahabhoota*. Planning and indulging in the diet balancing these elements maintain the homoeostasis of the body.

Each dietary item may have dosha aggravating, dosha pacifying or dosha balancing actions in the body. Specific diet has been mentioned in Ayurveda to maintain the balance of *Doshas* disturbed due to various factors like season, age etc. The food contains six basic tastes and each taste has pre-dominance of particular elements of *Pancha mahabhoota* which exerts specific effect on the *Tridoshas & Dhatus*. The *Madhura* (Sweet) *rasa* has predominance of *Prithvi & Aap* elements, *Amla* (Sour) *rasa* has predominance of *Prithvi & Agni*, *Lavana* (Salt) *rasa* has predominance of *Aap & Agni*, *Katu* (Pungent) *rasa* has predominance of *Agni & Vayu*, *Thikta* (Bitter) *rasa* has predominance of *Vayu & Akash* and *Kashaya* (Astringent) *rasa* has predominance of *Prithvi & Vayu*. It is mentioned that, drugs having sweet, sour and salty taste alleviate *Vata*, those having astringent, sweet and bitter tastes alleviate *Pitta* and those having astringent, pungent and bitter tastes alleviate *Kapha dosha*.

In *Ayurveda* specific principles are described for consuming diet. It is not possible to derive the entire benefit out of food, simply on the basis of quantity of intake, without considering the eight factors like *Prakrti* (Qualitative characteristics of the food), *Karana* (Processing of food), *Samyoga* (combination of food), *Rashi* (The quantity of food), *Desha* (Habitat of the person), *Kala* (Time & seasonal variation), *Upayoga Samstha* (Variable digestibility of various food articles) and *Upayokta* (The person who consumes the food).

Fat rich diet harms the body in the long run and very low fat diet is also unhealthy in that it could result in fatty acid deficiency syndromes. Regular physical exercise, not heavy exercise, keeps the body healthy, both by suppressing appetite after a while and burning extra calories if needed.

2.1 *Viruddhahara* (Dietetic Incompatibility)

The food with incompatible or contradictory qualities has poisonous effect on the body that aggravates *Tridoshas* in turn leading to various disorders viz: *Gulma* (Lump), Allergies and Skin diseases. It also destroys strength, vigour, memory, immunity etc. The dietary incompatibility is due to *Desha* (climate), *Kala* (season), *Agni* (digestive power), *Matra* (quantity), *Satmya* (adaptability/customization), *Doshas* (*tridosha*), *Samskara* (mode of processing), *Aharavirya* (potency of food), *Kostha* (bowel habits), *Avastha* (state of health), *Krama* (order of food intake), *Parihara* (restriction), *Upachara* (prescription), *Sanyoga* (combination), *Hridya* (delicious), *Sampad* (richness of quality) and *Vidhi* (rules of eating). Few contradictory combinations mentioned in the classics are fish or its soup along with milk, milk or milk products with alcoholic beverages, radish consumed with milk and lotus stem with honey etc.

3. Concept of *Vihara* (Lifestyle)

The *Dinacharya*, *Ritucharya* and *Sadvritta* are parts of correct/ideal Lifestyle measures mentioned in *Ayurvedic* classics for maintenance of health and also to achieve a long, healthy active life, providing relief from pain and disease. Detailed description of personal hygiene encompass diet and regimen during daily routine (*Dinacharya*), seasonal routine (*Ritucharya*) and behavioral, rules of good conduct (*Sadvritta*) and description of suppressible (*Dharniya vega*) & non suppressible (*Adharniya vega*) urges is available in Ayurveda.



Abstain from those factors which cause mental agony:-It is not what you eat that kills you; it is what eats you (negative thoughts) that kills you. (Hipsley-Cox J, Fielding K, and Pringle M. Depression as a risk factor for IHD in men). There are a host of scientific studies, both prospective and retrospective, that have shown a very close cause-effect relationship between negative thoughts like anger, pride, hostility, and depression and vascular diseases and, even, cancer!.

3.1 *Dinacharya* (Daily regimen)

- It is advisable to wake up during *Brahma Muhurta* (preferably between 4.00 a.m. to 5.30 a.m.).
- One should attend the nature's calls.
- The soft brushes made out of twigs of *Khadira*, *Karanja*, *Apamarga* etc. should be used for brushing the teeth.
- Tongue should be cleaned by a long flexible strip of metal or plant twig. It not only cleanses the tongue but also stimulates digestion. Mouth should also be cleaned properly.
- Chewing of betel leaves with small pieces of Areca nut (*Khadira*) and fragrant substances like cardamom, cloves, refreshes the mouth and enhance digestion.
- It is necessary to massage (*Abhyanga*) whole body with oil every day. Oil massage ensures softness and unctuousness of skin, free movement of joints and muscles, peripheral circulation and elimination of metabolic wastes.
- Regular exercise (*Vyayama*) is essential for perfect health. It builds up stamina and resistance against disease, clears the channels of body (*Srotas*) and increases the blood circulation. It enhances efficiency of body organs, promotes appetite and digestion and prevents obesity.
- Whole body massage with dry powders of *yava, kola & kulath* (*Udvardana*) every day.
- Bathing (*Snana*) improves enthusiasm, strength, sexual vigour, appetite, span of life and removes sweat and other impurities from the body. After bath one should wear clean clothes and smear the body with perfume.
- One should have regular shaving, haircut (*Kshaura Karma*), cutting of nails (*Nakh apkartana*) etc.

3.2 *Rithucharya* (Seasonal regimen)

In *Ayurvedic* classics, there has been a thorough consideration for seasons, besides the dietetic regimens for days and nights. Whole year is divided into six seasons and detailed dietetic regimen for these seasons is prescribed. In spring season, bitter, hot and astringent diet is advised while salty, sour and sweet food should be avoided. Wheat, barley, honey syrup, fruits like mango, jack fruit-etc. and meat of forest animals is advised. In summer season due to hot climate, aggravation of *pitta* occurs. Hence *pitta* pacifying cold, liquid, sweet and oily diet is advised. Excessive hot, spicy, sour salty diet should be avoided. Intake of rice, milk, ghee, sugar, grapes, coconut water, meat of forest animals are advised. In rainy season aggravation of *vata* occurs, hence *vata shamaka* sweet, sour and salty food and drinks are preferred. The food should be hot, dry, fatty and easily digestible.



Preserved rice, wheat, barley and mutton soups are advised. In pre winter and winter season *Vatadosha* aggravates due to cold, dry, chilly atmosphere in this season hence *vataghna*, *pittavardhaka* diet is recommended. Hot, sweet, sour and salty food, milk, sugarcane, rice, oils and fats are advised and in autumn season aggravation of *Pitta dosha* occurs. Therefore, it is ideal to take ghee processed with bitter drugs; purgation, bloodletting, coolant, and light diet are advised. Diets dominant in Bitter, sweet, pungent diets are advised ideal in this season.

3.3 *Sadvritta* (Rules of good conduct)

Ayurveda prescribes certain rules for maintaining healthy mind. These are principles of right conduct that are applicable to all people at all times and places. Practicing them gives balance and harmony to the mind. These are

- Whenever possible, devote your services to God, to the wise and to respectable or elderly individuals.
- Always speak the truth
- Do not lose your temper under any circumstances
- Do not get addicted to sensory pleasures.
- Do not harm anyone.
- As far as possible, do not expose yourself to hardships.
- Try to control your passions.
- Endeavor to speak pleasant and sweet words.
- Meditate every day for tranquility of mind.
- Observe cleanliness in all things.
- Be patient
- Observe self-control
- Try to distribute knowledge, good advice and help to others.
- Be straightforward and kind.
- Avoid irregularity in daily activities.
- Avoid over eating, overdrinking, too much sexual activity, too much or too little sleep.
- Behave according to the time and place where you are residing.
- Act always in a courteous and polite manner.
- Control your sense organs.
- Make a habit of doing all that is good and avoiding all that is bad.

3.4 *Dharniya & Adharniyavega* (Preventive Regimens)

Observations of certain prescriptions and prohibitions given by *Ayurveda* ensure physical, mental and spiritual well-being.



Non-Suppressible Urges

There are thirteen natural urges. Suppression of which leads to many diseases as given below:

- Suppression of urge for urination leads to difficulty in passing urine, urinary stone, atony of bladder and inflammation of urinary tract.
- Suppression of urge for passing stool leads to pain in abdomen, indigestion, gas in abdomen, headache.
- Suppression of flatus leads to pain in abdomen, indigestion, heart diseases, constipation or diarrhea.
- Suppression of ejaculation of semen may produce a stone (Spermato-lith), pain in testis and difficulty in intercourse.
- Suppression of vomiting produces different types of diseases like urticaria, giddiness, anaemia, hyperacidity, skin diseases and fever.
- Suppression of sneezing may produce rhinitis and chronic cold, headache, sinusitis and diseases of respiratory system.
- Suppression of eructation leads to hiccough, pain in chest, cough and loss of appetite.
- Suppression of yawning leads to diseases of the eyes, throat, ear and nose.
- Suppression of hunger and thirst may lead to nutritional disorders and debility.
- Suppression of tears leads to mental disorders, pain in chest, giddiness and digestive disorders.
- Suppression of respiration may cause suffocation, respiratory disorders, heart diseases and even death.
- Suppression of sleep causes the diseases like insomnia, mental disorders, digestive disorders and diseases of sense organs.

Suppressible Urges

One should suppress urges of greed, grief, fear, fury, pride, shamelessness, envy and excessive passion. Observe self-control and always speak truth. One should not harm others and should always act in a courteous and polite manner.

- Dietetic and behavioural bad habits should be given up and good things should be taken up gradually. An intelligent person who seeks happiness should make a great effort to make good company and avoid the bad one.

4. Preventive Cardiology-An overview

More than 50% of the deaths and disability from heart disease and strokes, which together kill more than 12 million people each year, can be cut down by a combination of simple and cost effective national efforts and individual attentions to reduce major risk factors. 80% of all CVD deaths worldwide occur in developing, low and middle income countries. CVD has become one of the major leading causes of deaths in developing countries. It is estimated that 90% of CVD is preventable. Prevention of CVD involves improving risk factors through: healthy eating, exercise, avoidance of tobacco smoke and limiting alcohol intake.



As per Ayurveda, the food consumed by an individual is transformed in the intestinal tract by the action of *koshtagni* i.e, digestive fire. Production of *ahararasa*, which is normal in quality and quantity, depends upon the normalcy of *koshtagni*. The *Rasa Dhatu* is the first *Dhatu* which gets formed from the *Ahara Rasa* i.e. nutrient portion of food after proper digestion of food and is circulated by the action of *vyana vayu* throughout the body providing nutrition to seven *dhatu*s, viz, *Rasa, Rakta, Mamsa, Medas, Asthi, Majja and Sukra*. The organs and channels through which this *Rasa Samvahana* (circulation) takes place are collectively termed as *Rasavaha Srotas* and *Hridaya* along with the ten *Mula Dhamanis* (great vessels) are considered as *Mula* (main organ) of this *Srotas*. In contrast, if the quality and quantity of *Ahara* and /or *Kostagni* are not in appropriate condition, it leads to improper digestion of food and subsequent formation of abnormal *Rasa dhatu* which has direct impact on *Hridaya*, the seat of *Rasavaha srotas*. In other words, the indiscretions followed by human beings in terms of *Ahara* (diet) and *Vihara* (lifestyle) can directly cause impairment of *Agni* and thus leads to formation of vitiated *rasa dhatu*. This vitiated *rasadhatu* is not capable of performing its normal functions of providing proper nutrition to seven *dhatu*s in human body.

According to Ayurveda, excessive consumption of food which is heavy to digest, dry, cold and with bitter or astringent qualities, excessive physical exertion, altered patterns of sleep including day sleep, forceful withholding of urges or initiation of urges, excessive indulgence in purgation, emesis or enema procedures, mental stress, excessive fear, over thinking, anxiety and indulgences in medications to counteract these things can be broadly classified into *Aharaja, Viharaja* and *Manasika* factors which in turn vitiate the *agni* and subsequently the *rasadhatu*. The impaired *rasadhatu* in circulation, in presence of impaired *agni* at the levels of *koshta* and *dhatu*s and vitiated *vyana vayu*, eventually paves the way for metabolic disorders such as *medoroga, sthoulya, prameha* etc which are milestones in the pathogenesis of *hrid-vikara*.

The **common causative/predisposing factors for *hridrogas*** as described in authoritative texts of Ayurveda are enumerated below so that these can be prevented for a healthy heart.

1. Excessive use of hot (*Ushna*), oily (*Snigdha*), spicy (*Tikta*) and fried food items.
2. Excessive use of astringent (*Kashaya rasa*) and irritant (*Tikshna*) food items.
3. Use of incompatible diet (*viruddhaahara*).
4. Excessive physical exercise or lack of exercise.
5. Excessive stress, fear and anger.
6. Retention of natural urges (*Adharniya Vega*).
7. Excessive fasting (*Ati-karshan*).
8. Over eating and irregular food habits.
9. Improper application of *vasti* and drastic purgatives.
10. Excessive consumption of alcohol/tobacco/cigarette etc.
11. Injury over chest (*Vaksha pradesh*).



Common Symptoms of *Hridroga*

1. Anorexia (Aruchi)
2. Dis-taste of mouth (Mukhavairasya)
3. Nausea (Kaphotklesh)
4. Increased thirst(Trishna)
5. Dyspnoea (Shwas)
6. Fainting (Murchha)
7. Hiccough(Hikka)
8. Chest pain (UrahShool)
9. Cough (Kasa)
10. Vomiting (Chhardi)
11. Pallor/Cyanosis (Vivarnata)
12. Stupor (Pramoh)
13. Coating inside throat (Galoplepa)
14. Fever (Jwar)
15. Productive Cough (KaphaSthivan)

Food articles to be consumed /not to be consumed regularly

Ayurveda prescribes specific diet patterns in the diseased conditions. According to the principles of Ayurveda, derangement of the digestive power occurs in many diseases and hence it is important to restore normalcy of the digestive power.

Food articles to be consumed regularly

Sr. No.	Aahara Dravyas	
1.	Sastika(type of Rice)	A kind of rice harvested in sixty days
2.	Shali (type of Rice)	<i>Oryza sativum</i> Linn
3.	Mudga (Pulse)	<i>Phaseolus mungo</i> Linn.
4.	Saindhava (type of salt)	Rock salt
5.	Amalaka(fruit)	<i>Emblica officinalis</i> Gaertn.
6.	Antarika Jala	Rain water
7.	Ghrita	Ghee
8.	Jangala Masa (meat)	Meat of animals dwelling in arid climate
9.	Madhu	Honey



Food articles not to be consumed regularly

Sr.No.	Aahara Dravyas	
1.	Dadhi	Curd
2.	Kūrcikā	If milk cooked with curd or butter milk it will separate into liquid and solid portion called as Kūrcikā
3.	Kīlāta	The solid part separated form kūrcikā
4.	Kshara	Alkaline preparations
5.	Shukta	Mixing mastu(whey) with honey, jiggery, Kāñji etc. and keep for three days- the fermented preparation called as Śukta
6.	Aamamulaka	Uncooked radish
7.	Krishā Aamisha	Meat of emaciated animals
8.	Shuska Aamisha	Dried meat
9.	Varaha Aamisha	Pork
10.	Avi Aamisha	Meat of sheep
11.	Go- Aamisha	Beaf meat
12.	Matsya	Fish
13.	Mahish Aamisha	Meat of buffalo
14.	Masha	Black gram
15.	Nishpava	Bean
16.	Shaluka	Tuberous root
17.	Bisa	The fiber of lotus
18.	Payasa	Sweets prepared by grinding cereals
19.	Virudha	Sprouted seeds
20.	Shuska Shaka	Dried leaves
21.	Yavaka	Rice of Yavaka variety of paddy
22.	Phanita	Molasses

The unwholesome form of vegetables and fruits

- Vegetables infested with insects, exposed to wind and sun for long time, dried up, old (*Puraana*) and unseasonal (*Anartavam*) are unwholesome. When they are cooked without adding fat (*Nisneha-Siddham*) and residual water after boiling as not filtered out (*Aparisṭtam*), vegetables becomes unwholesome for use.
- Fruits which are old, unripe, afflicted by insects and serpents, exposed to snow or sun for long time, growing in the land and season other than the normal habitat and time and putrefied are unwholesome.

5. Preventive / Therapeutic dietary and lifestyle measures as per Ayurveda

Aharaja pathya (Dietary factors)

Shuka Dhanya (Cereals)

- ✓ Yava (Barley) (*Hordeum vulgare L.*)
- ✓ Godhuma (wheat) (*Triticum vulgare Vill.*)
- ✓ Kodrava (grain variety) (*Paspalum scrobiculatum*)
- ✓ Uddalaka (forest variety of kodrava)
- ✓ Kangu (*Seteria italica*)
- ✓ Madhulika (*Eleusine coracana*)
- ✓ Jurnahva (*Sorghum vulgare*)
- ✓ Shyamaka (*Echinochloa frumentacea*)
- ✓ Puranashali (old rice more than one year after harvesting)



Yava

Godhuma

Kodrava



Uddalaka

Kangu

Madhulika



Jurnahva

Shyamaka

Puranashali

Shami Dhanya (Pulses)

- ✓ Adhaki (red gram-*Cajanuscajan*),
- ✓ Kulattha (horse gram) (*Dolichos biflorus Linn.*) should be taken with bitter and astringent leafy vegetables.
- ✓ Mudga (green gram) (*Vigna radiata*) should be taken with bitter and astringent leafy vegetables.
- ✓ Makushtha (*Vigna aconitifolia*)
- ✓ Chanaka (*Cicer arietinum*)



Adhaki

Kulattha

Mudga



Makushtha



Chanaka



Phala Varga (Fruits)

- ✓ *Amalaki (Phyllanthus emblica)*
- ✓ *Kapitha (Feronia limonia)*
- ✓ *Parushaka (Grewia asiatica)*
- ✓ *Vrikshamla (Garcenia morella)*
- ✓ *Bilva (Aegle marmelos)*
- ✓ *Naranga (Oranges)*
- ✓ *Jambeera (Citrus Lemon)*
- ✓ *Dadima (Punica granatum)*
- ✓ *Amra (Mangifera indica)*
- ✓ *Badara (Ziziphus jujuba)*



Amalaki



Kapitha



Parushaka



Bilva



Naranga



Jambeera



Dadima



Amra



Badara

Oils

- ✓ *Atasi (Linum usitatissimum)*
- ✓ *Sarshapa (mustard)*



Atasi



Sarshapa

Milk & milk products

- ✓ *Go Dugdha (Cow's Milk) treated with turmeric*
- ✓ *Takra (defatted-Butter milk)*



Cow's Milk) treated with turmeric



Butter milk

<p>Spices</p> <ul style="list-style-type: none"> ✓ <i>Haridra (Turmeric)</i> ✓ <i>Maricha (black Pepper)</i> ✓ <i>Tvak (Cinnamon)</i> ✓ <i>Lashuna (Garlic)</i> ✓ <i>Shunthi (Dry Ginger)</i> ✓ <i>Dhanyaka (Coriandrum)</i> ✓ <i>Jeeraka (Cumin seeds)</i> ✓ <i>Methika (Fenugreek)</i> 	    <p><i>Haridra</i> <i>Maricha</i> <i>Tvak</i> <i>Lashuna</i></p>     <p><i>Dhanyaka</i> <i>Shunthi</i> <i>Jeeraka</i> <i>Methika</i></p>
<ul style="list-style-type: none"> ✓ <i>Udvardan (Dry Massage with Powder)</i> ✓ <i>Snana (Bath)</i> ✓ <i>Chankramana (Walking)</i> ✓ <i>Exercise</i> ✓ <i>Yoga</i> ✓ <i>Optimum activity</i> 	  <p><i>Udvardan(Dry Massage with Powder)</i> <i>Chankramana (Walking)</i></p>   <p><i>Exercise</i> <i>Yoga</i></p>



Restricted Use

Aharaja Apathya (Dietary factors to be avoided in excess)

<ul style="list-style-type: none">✓ Shuka Dhanya(Cereals)✓ White Newly harvested Rice (within One year) & its preparations, Aromatic Rice (Basmati)✓ Maida & its preparations✓ Bread, Noodles, Pasta, Maida biscuits, Maida✓ Maida Chapati, Maida Barfi, Puri	   <p>Newly Harvested Rice Bread</p>    <p>Noodles Pasta Maida Biscuits</p>    <p>Maida Chapati Maida Barfi Puri</p>
<ul style="list-style-type: none">✓ Shami Dhanya (Pulses)✓ Black <i>Tila</i>(Sesame),<i>Masha</i> (Udad/ black gram & its preparations✓ Rajamasha (Cow pea), Matara (Pea)	  <p>Black <i>Tila</i> <i>Masha</i></p>  <p><i>Rajamasha</i></p>
<ul style="list-style-type: none">✓ Mamsa Varga (Non-veg)✓ <i>Gramyaudakanuparasa</i>✓ (meat soup of the domestic, aquatic and marshy animals)✓ Meat soup of pork, buffalo, fish etc.	   <p><i>Gramya udaka nupa rasa</i> pork fish</p>

<ul style="list-style-type: none"> ✓ <i>Shaka Varga: Kanda (tubers)</i> ✓ Potato, sweet potato, beetroot, cabbage and its preparations ✓ French fries, Chips, Alutikki 	 <p style="text-align: center;"> Potato sweet potato beetroot French fries Chips Alutikki </p>
<p><i>MadyaVarga (Drink)</i></p> <ul style="list-style-type: none"> ✓ <i>Navamadyapana</i>(freshly brewed alcoholic drinks) Sweet alcoholic drinks -Red wine is suggested to be good for heart ✓ Better to avoid all kinds of alcohol 	 <p style="text-align: center;"><i>Navamadyapana</i></p>
<p><i>Pana (Water)</i></p> <ul style="list-style-type: none"> ✓ <i>Varsha Ritu Jala</i>, Soft drinks, Soda, Cold drinks ✓ Sweet fruit juices 	 <p style="text-align: center;">Soft drinks, Soda, Cold drinks</p> <p style="text-align: center;">Sweet fruit juices</p>



Lifestyle factors to be avoided in excess

<i>Viharaja Apathya</i> (Lifestyle factors to be avoided in excess)	
✓ <i>Atimatrasevana</i> (excessive eating)	
✓ <i>Aasyasukham</i> (enjoying the pleasure of continuous sitting)	
✓ <i>Swapnasukham</i> (enjoying the pleasure of excessive sleeping)	
✓ <i>Avyayam</i> (lack of exercise and physical activity)	
✓ <i>Diwaswapa</i> (sleeping in the daytime/ afternoon) ✓ <i>Aalasya</i> (laziness) ✓ <i>Tobacco smoking</i>	



6. Cardiac Risk Factors –Preventive Cardiology

Non modifiable risk factors

1. Advancing age.
2. Genetic predisposition.

Modifiable risk factors

1. Sedentary life style.
2. Hypertension.
3. Type-II Diabetes mellitus.
4. Dyslipidemia / Lipid disorders.
5. Overweight/Obesity.
6. Metabolic syndrome.
7. Smoking/alcohol consumption.

Emerging risk factors

1. Infections due to helicobacter pylori and Chlamydia pneumonia.
2. Calcium supplementation.
3. Vitamin D deficiency.
4. Anti-phospholipids Syndrome.
5. Premature Births/Low Birth weight.

The Ayurvedic guidelines for modifiable risk factors i.e. *Madhumeha*(Diabetes), *Sthaulya* (Obesity), *Uchcharaktachap*(Hypertension) and *Medoroga* (Dyslipidaemia) are given below.



6.1 Madhumeha (Diabetes)

A condition characterised by excess (prabhut) elimination of turbid (avil) mutra(urine) is termed as prameha. Prameha is mentioned as *Santarpanjanyavyadhi* i.e. disease caused by over eating and sedentary lifestyle. *Madhumeha* (Diabetes mellitus) is mentioned as a special variety of *Vataja Prameha*. *Acharya Sushruta* and *Vagbhatta* mentioned that if all pramehas when left untreated/not treated properly may eventually get converted to Madhumeha. *Madhumeha* is also termed as *Ojomeha & Kshaudrameha*.

Causes

1. Excessive sleeping (*Swapnasukham*), lack of physical activity or exercise (*Aasyasukham*).
2. Excessive intake of sweet, sugar (*Gudavaikrit*), milk (*payah*), dairy products (*Dadhi*).
3. Excessive intake of carbohydrate rich diet especially newly harvested e.g. rice, *maida* etc (*Nava annapana*).
4. Excessive or regular intake of fried or oily food items.
5. Psychological factors like fear, grief, anger etc.
6. Children of parents suffering from *Madhumeha* are more likely to have this disease.

Symptoms

- Excessive and frequent urination (*Prabhuta mutrata*)
- Passing of turbid urine (*Avila mutrata*)
- Excessive thirst (*Pipasa – Trishna*) and hunger
- Burning/Tingling/Pricking sensation in the hands or feet (*Hasta padasuptata*)
- Feeling of tiredness (*Alasya*)

Preventive Measures as per Ayurveda

Pathya (Do's)

- Timely intake of diet.
- Intake of old harvested cereals, barley (*Yava*), Sorghum (*Jowar*), whole wheat atta, bitter melon (*Karela*), green leafy vegetables; garlic (*Lasuna*), turmeric (*Haridra*), aloe (*Kumari*) among vegetables and fruits like Guava, Oranges, Indian Blackberry (*Jamun*) etc. may be useful.
- Reduce intake of rice, food rich in carbohydrate and fried or processed food.
- Regular exercise especially walking
- Regular practice of Yoga, Meditation etc. under the supervision of Yoga specialist is suggested.

Apathya (Don'ts)

- Sugarcane juice, jaggery, sugar and milk products.
- Sedentary lifestyle.
- Sleeping in the day time and excessive sleeping



- Alcohol consumption
- Prolonged fasting
- Cold drinks, Ice cream, burger- pizza and other fast foods etc.

The role of *ahara* (dietary regimen) & *vihara* (lifestyle) are equally important in diabetes to control blood sugar level as well as to prevent complications of this disease.



6.2 Uchcharaktachapa (Hypertension)

As per *Ayurveda*, the disease is supposed to be *Vataja* probably due to *Vaishamya* (imbalance) of *Vyanavayu*. Cardiac functions (*Hridayadharan*) are regulated mainly by *Vata* particularly *Vyana* (responsible for *Praspandana*, *Asriksravana*) and *Prana* (responsible for *Raktaanudhavana*). Associated conditions like Palpitation (*Hridrava*), Headache (*Shirahashula*), Vertigo (*Bhrama*), Insomnia (*Nidranasha*), Tinnitus (*Karna nada*) are described as *Vataja Vikara* in *Ayurveda*.

Some similar situations are described in *Ayurvedic* texts under *Raktagatavata*, *Raktavritavata*, *Pittavritavata*.

Causes

1. Obesity.
2. Sedentary lifestyle and lack of physical exercise.
3. Excessive intake of oily, salty, sour and spicy food items.
4. Excessive alcohol consumption and smoking.
5. Psychological factors such as stress, anxiety, anger etc.

Symptoms

Any of the following symptom/s may be present -

- Headache, Vertigo
- Breathlessness
- Discomfort/Pain in chest
- Irritability
- Nausea, vomiting
- Loss of appetite
- Bleeding from nose
- Haziness of vision
- Swelling in legs and under eyes
- Feeling of burning sensation and/or numbness in hands and feet.
- Feeling of tiredness, restlessness

Preventive Measures as per Ayurveda

Pathya(Do's)

- Barley(*Yava*), sorghum(*Jowar*), wheat, green gram(*Mudga/Moong dal*), horse gram, moringa (*Shigru*), Bitter gourd (*karela*), bottle gourd(*Ghia/ Lauki*), turnip(*Shalgam*), carrot(*Gajar*), radish(*Muli*), Indian gooseberry (*Amla*), cucumber(*Khira*), black grapes(*Draksha*), pomegranate(*Anar*), apple, pineapple, cold milk etc.
- Reduce intake of oily, salty, sour and spicy food items.



- Timely intake of balanced diet and increase the quantity of fruit and vegetable intake .
- Weight reduction
- Timely sleeping and awakening.
- Regular blood pressure check-up.
- Regular physical exercise.
- Daily brisk walking for half an hour.
- Regular practice of Yoga, Meditation etc. under the supervision of Yoga expert.

Apathya(Don'ts)

- Excessive intake of salt (sprinkling over salad, curd etc.)
- Excessive use of butter, ghee, chilies (red-green), pickles, bengal gram, sour fruits, curd, tea, coffee etc.
- Intake of animal fat, processed/oily food items.
- Alcohol consumption and smoking.
- Practice of day sleeping and awakening at night.



6.3 *Sthaulya* (Obesity)

Atisthauilya (Obesity) is considered and described as one of the Ashta ninditiya purusha (eight despicable conditions) by *Charaka* [28]. A person with excessive accumulation of *Meda* (fat/adipose tissue) and *Mamsa* (flesh/muscle tissue) leading to flabbiness of hips, abdomen, and breast has been categorized as *Atisthula*. It is considered as one of the *Santarpanottha Vikaras* (disease due to over calories) in Ayurveda. *Medodushti* (disorders of fat metabolism) may be one of the risk factors for Ischemic Heart Disease (IHD).

Causes

1. Sedentary lifestyle
2. Excessive and frequent intake of food.
3. Excessive intake of oily, sweet, cold, heavy food items.
4. Lack of physical activity / exercise.
5. Day sleeping.
6. Children of obese parents are likely to be obese.
7. Mental worries and exhaustive mental activities.

Symptoms

1. Breathlessness even on little exertion / physical activity.
2. Lack of interest in doing work.
3. Profuse sweating with foul body odor.
4. Excessive hunger.
5. Feeling of tiredness.
6. Excessive sleep.

Preventive Measures as per Ayurveda

Pathya (Do's)

1. Intake of regular and balanced diet.
2. Use of lukewarm water (*Ushnodaka*) for drinking.
3. Use of Barley (*Yava*), Sorghum (*Jowara*), Indian gooseberry (*Amla*), Old Honey (*Madhu*) and defatted Butter milk (*Takra*)
4. Use of Green gram (*Moong*), Horse gram (*Kulathi*), Bengal gram (*Chana*) and Spilt Red Gram (*Arhar*)
5. Plenty of green leafy vegetables and fruits
6. Fibrous food items
7. Brisk walking and jogging in fresh air every day in early morning



8. Regular exercise, physical activity
9. Worrying
10. Practice of Yoga & Naturopathy in consultation with a specialist

Apathya (Don'ts)

1. Frequent and excessive intake of oily / heavy food items(*Guru-snidhaatisevana*)
2. Sleeping in day time (*Diva-swapna*)
3. Sleeping immediately after taking meals
4. Canned food products
5. Sedentary lifestyle (*Asyasukham*).
6. Junk food like burger, pizza, cold drinks and fried food items



7. Diet Chart for *Vata Prakriti Purush*

Meal/ time	Menu	Quantity
Early morning	Nuts - Almond	6-7
	Walnuts	1-2
	Lemon tea / Green Tea/ Light tea with milk	1 cup (200 ml.approx.)
Breakfast	Fruits- Apple/Anar/ Banana	1 nos.
	Daliya /Cornflakes / poha / upma / oat meal	1 bowl
	Milk and milk products 250 ml	
	Idli / dosa	2-3 nos.
Lunch	Roti	2-3 nos
	Boiled Brown rice with starch	1 bowl
	Green vegetable (Lauki,Tinda, Torai, cabbage, Spinach etc.)	1 bowl
	Mudga Dal (Preferably whole legume)	
	Takra (Butter milk) or Skimmed Curd	1 bowl
Evening	Apple/Anar/ any citrus fruit	
	Fruits-,Papaya, Guava ,Pineapple	1nos./ bowl
	Roasted chana /Dhokala	1 Bowl
Dinner	Roti /Missi roti	1-2 nos
	Green vegetable (Lauki,Tinda, Torai, cabbage,Methi,Bathua ,Carrot,Spinach etc.)	1 bowl
	Paneer /Dal	
	Salad (Carrot, Tomato, cucumber, Ginger, <i>Amalaki</i> etc).	1 bowl
Bed Time	Milk	1-250 .



8. Diet Chart for *Pitta Prakriti Purush*

Meal/ time	Menu	Quantity
Early morning	Nuts - Almond	6-7 nos.
	Kharjura	1-2 nos.
	Milk /Coconut Water	1 cup (200-250 ml)
Breakfast	Fruit: Banana /Apple	1 bowl
	Daliya with milk/ 6poha/ upama	3 /1 nos
	Idali/dosa	
Lunch	Roti	2-3 nos
	Boiled Brown rice with starch	1 bowl
	Green vegetable (Lauki,Tinda, Torai, cabbage, cauliflower, broccoli ,Spinach etc.)	1 bowl
	Dal (Preferably whole legume)	
	Skimmed Curd	1 bowl
Evening	Fruits- Apple/Anar/ any citrus fruit ,Papaya, Guava ,Pineapple	1nos
	Roasted cereals - Roasted chana / corn etc.	1 Bowl
	Dhokala / murmurachat	2 nos/1 bowl
Dinner	Roti /Missi roti	1-2 nos
	Green vegetable (Lauki,Tinda, Torai, cabbage, Spinach etc.)	1 bowl
	Paneer /Dal	1 bowl
		1 bowl
Bed Time	Milk with Mishri / Khand	200-250 ml.



9 . Diet Chart for *Kapha Prakriti Purush*

Meal/ time	Menu	Quantity
Early morning	Nuts - Almonds	6-7 nos.
	Walnuts	1-2os.
	Honey Lemon with warm water / coffee / lemon tea	1 cup
Breakfast	Fruits- Apple/Anar/ any citrus fruit	1 nos.
	Besancheela / Vegetable stuffed Roti / Cornflakes with milk / poha/ upama	1 bowl
	Idali/ dosa	3/1nos.
Lunch	Roti / missi roti /multi grain roti	2-3 nos
	Boiled Brown rice with starch	1 bowl
	Green vegetable (Lauki, Tinda, Torai, cabbage, Methi, Bathua, Spinach etc.)	1 bowl
	Paneer /Dal - Chana and mudga dal (Preferably whole legume)	1 bowl
Evening	Fruits- Apple, Anar, any citrus fruit ,Papaya, Guava ,Pineapple	1nos./ bowl
	Roasted chana /Dhokala / murmura chat	1 Bowl / 2 nos.
	Tea / Coffee	1 cup
Dinner	Roti /Missi roti	1-2 nos
	Green vegetable (Lauki, Tinda, Torai, cabbage, Methi, Bathua, Spinach etc.)	1 bowl
	Paneer /Dal	1 bowl
Bed Time	Milk without sugar	200-250 ml.



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