

Roleo Pathya – Apathya’s in the Management of Lifestyle Disorder

Dr. Pramod U. Raut¹ and Dr. Shilpa P. Raut²

M.S.(Ayu), Professor, Prasuti & Striroga¹

M.D.(Kriya), Professor & HOD Kriyasharir²

Chhattisgarh Ayurved Medical College Manki, Rajnandgaon, Chhattisgarh, India

Abstract: *Ayurveda is the science which not only deals with treating the diseases but also aims to prevention of the various diseases. Curing a diseased person and redefining his healthy status, is an primary goal of a physician. Ayurveda advice to lead good life and avoid bad lifestyle is read whereas diagnosis and treatment of diseases is well proposed in science of Ayurveda. Ayurveda described various principles and modalities like Dinacharya, Ritucharya, proper Aahara and Vihara etc for the proper Health. Nidana Parivarjana is the primary mode of treatment for every disorders. Now a day's due to lifestyle changes, diet habits there are various lifestyle disorders developed. In which, Sthoulya, Prameha, etc diseases are commonly found in today's era. Pathya and Apathya which includes Aahara and Vihara it helps to maintain the proper Health. So, the importance of Proper Aahara and Vihara [Diet and lifestyle management] are important for the prevention of various Lifestyle disorders and also helps to maintain the Health of an Healthy individuals.*

Keywords: Pathya, Apathya, Lifestyle diseases