

Editor Speak

Dear Readers,

Ayush Approach in Lifestyle Disorders

An International AYUSH Conference and Exhibition was held at Dubai on 9th to 11th November, 2017. This was organized with the support and patronage of Ministry of AYUSH, World Ayurveda Foundation, Science India Forum and Vijnana Bharati. The Global Homeopathy Foundation (GHF) was the Homeopathic partner and the Consulate General of India, Dubai facilitated the event. His Excellency Sheik Nahayan Mabark Al Nahayan, Cabinet Member and Minister of State for Tolerance, UAE and Shri Shripad Naik, Minister of AYUSH, Government of India were the Chief Patrons. Theme of the conference was Lifestyle diseases, prevention and management through AYUSH.

The health care system in every country is witnessing a transition in the epidemiology of illnesses. Large group of people, knowingly or unknowingly are becoming victim to new set of chronic health issues. These are associated or limited to people who adopt unhealthy and inappropriate lifestyles and therefore called lifestyle disorders. **The tragedy is that its impact in the society is colossal.**

Overindulgence on unhealthy processed foods, high calorie energy drinks, artificial sweeteners, addiction to alcohol, sedentary living, smoking, stress, sleep deprivation etc are becoming common now in the modern living. Inadequate exposure to sun light and lack of fresh air makes the problem worse. Industrialization, economic liberalization, invasion of international mass media, expansion of information & communication technology etc. are also altering the health status and contributing to drastic increase in the incidence of long term and chronic diseases. Thus, now **we have a society with more sick people than healthy ones.** The nature and duration of work, the amount of time devoted for exercise and recreation, the time spend with family, the stress factors, physical activity etc decide on how soon one is likely to land up in any one of the lifestyle disorders. Other contributing factors include sleep deprivation, obesity, poor posture, kind of foods you eat etc.

Though there are efforts for more health awareness, more than half of the people in major cities suffer from one or other form of long term diseases. The recent advance in health informatics and the pursuit for a better health is making the public conscious of their health. An over cautious society, on the other hand, often becoming victim of an overzealous medical *iatrogenesis*. Advances in diagnostics and more awareness on health are making people to adopt sophisticated health conscious practices. The hospitals enshrined to take care of the health of the people are making stiff competition as an industry that lands us sicker. Time has come to think **whether more health care is a better health care.** The recent American Heart Foundation's expanded guideline making the definition of high blood pressure to 130/80 mm making more than 100 million Americans in high blood pressure category is one such effort, to promote the interest of Pharama conglomerates.

Lifestyle disorders are slow in onset and progression; it may not be possible to detect them early. But the best part is that most of its associate causes are reversible by fine tuning the style of living.

Homeopathy gives importance to the individual constitution. There are certain type who are inherently lethargic, avoid exercise, prone to addictions, obesity

etc. If their constitutional traits are identified early and given constitutional remedies, these people would escape from the burden of serious illness to a great extent. There are diseases like Diabetes, which has traits of family inheritance. Homeopathy is great benefit to the children of the parents with such diseases provided remedies for the constitutional corrections are taken and moderation in lifestyle is adopted. Practice of yoga, meditation and spiritual pursuits are found to enhance positive health. Ayurveda, Naturopathy, Siddha and Unani systems have rich knowledge on dietetics and promtive practices of health, which are very vital in the management of Lifestyle disorders.

AYUSH is a beautiful word conveying longevity of life. Each of the component systems in it has important role in the management of Lifestyle problems. An integrated approach of AYUSH systems in the management of Lifestyle disorder shall help the world to overcome the threat of endemic spread of long term diseases associated with lifestyle. As removal of one single letter will make the word AYUSH distorted or meaningless, there is a need to use the strength of each of these systems to face the growing challenges in health care. Homeopathy is an important therapeutic modality to modify the inherent constitutional disorders. Lifestyle modification through Yoga, better dietary practices of ASU systems and constitutional therapies of Homeopathy shall be a great combination for an integrative treatment protocol to correct the monster. The international conference and exhibition was a beginning in that direction.

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Editor