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Prevention and control of life style disorders in Ayurveda

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Non-communicable diseases are the most serious public health threat in the world which kill around forty one million people per annum. If the situation persists in this way, it would kill around fifty two million people annually by 2030. According to WHO, life style factors are the root cause for this dreadful situation. For the maintenance of a healthy life style, Ayurveda prescribes a specific code of conduct. Ayurveda, the 3000 years old Indian system of medicine, which is having time tested and trustful methods to improve the physical and mental health of all, is a wonderful option for lifestyle disorders. Its holistic approach helps for achieving complete physical, psychological and spiritual well being of a person. It deals with both the preventive and therapeutic remedies in a very effective way. If we follow the principles laid down in Ayurveda properly, we can easily eradicate the life style disorders without much difficulty. The general concept is that such disorders are basically originating from p.

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