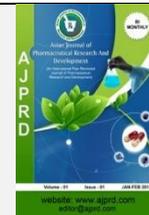


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Mini Review

Ayurvedic Life Style Drugs Promise Blissful Life

Mayank Dimri, Luv Kush

SBS University Balawala, Dehradun-248161 (Uttarakhand), India

ABSTRACT

Holistic health concept of ayurveda formulated polyactive pharmacons of life style drugs for regenerating the natural Physiological order. They eradicate disorders caused by addictive and subjective life styles of poor quality.

Keywords: Ayurveda, Life style drugs, Polyherbal formulation, Tridosha

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*Address for Correspondence:

Luv Kush, SBS University Balawala, Dehradun-248161 (Uttarakhand), India

INTRODUCTION

Ayurveda means 'Science of Life', derived from the ancient vedic culture¹. It represents the complimentary/ alternative medical system. Conceptually ayurveda deals with tridosha in which the equilibrium/ balance of Vata, Pitta and Kapha are disturbed.

Vata energy - is essential for the movement.

Pitta energy - is essential for the metabolic machinery.

Kapha energy - is essential for the structural integrity.

The conception endows constitution of human body which remains constant throughout the life. It includes the combination of physical, mental and emotional characteristics. The ayurvedic equilibrium of Vata, Pitta and Kapha sustains holistic balance of body, mind and consciousness by promoting their togetherness. The cellular fluids and nutrients are the substrates of bioenergy and body dynamics. Ayurveda advocates herbal friendliness to maintain natural order of the human body.

THEORETICAL METHODOLOGY

It is very unusual that 23 definitions of life style drugs²⁻⁷ in the scientific literature are cited. We attempted to give a comprehensive definition, based on our deliberations of ideal qualifications of life style drugs. They are :

- It should improve quality of life
- It should maintain the pleasure threshold for the creativity.

- It imparts facial charm and attraction for social esteem.
- It retrogrades aging with rebirth of youthfulness.
- It gets rid of unhappiness caused by apprehension, stress, depression and phobias.

All these criterions allowed us to renovate the definition of life style drug. Therapeutically effectiveness of life style drug can be defined as it alleviates erratic life style syndromes, renders – love, hope, peace and grace to life for healthy longevity. The ayurvedic life style embraces right thinking, diet and use of herbs. We believe that life style of an individual has two types of activities.

Extrovert – Interaction with external environment, which requires physical strength, stamina and endurance. Here social profiles determine life style and their disorders.

Introvert – Interaction with self- introspection. This needs emotional and spiritual strengths for creativity.

We selected the five ayurvedic formulations of life style drugs for this study⁸,

1. Arjuna
2. Dhootapapeshwar brahmi vati buddhivardhak
3. Himalaya Triphala tablets
4. Life capsules
5. Stay on capsule

DISCUSSION AND RESULT

The polyherbal formulations have traditional ingredients of natural products⁹ like amla, shilajit, kesar, ashwagandha,

bharmi, shankpuspi, giloy, musli, kauch, haritaki, and bibitaki. Possibly their functional doses incorporated in formulations by rasayan technique are well suited for matching the western medications. It appears that structural alerts of toxicophoric functionalities are at minimal levels. Moreover such formulations comply with Ayurvedicophoric^{10,11} character suggested by Luv Kush et al.

The life style drugs are supposed to improve the quality of life. It depends on essential life promoting bioactivities of phytochemicals present in the ethical formulations. They are listed here⁹ :

Adaptogenic (anti-stress), Anti-ageing, Antianxiety, Anti-degenerative, Anti-inflammatory, Anti-mutagenic, Anti-oxidative Rasayana also imparts additional protective and modulatory actions for healthy survival of human life. They are immuno-modulatory or immuno-potentiating, cardioprotective, neuroprotective and hepatoprotective. The ayurvedic formulations of life style drugs are well suited by all these activities therefore they are rejuvenating and restorative tonics. We also suggest that ethical formulations must be microbiome protective and maintain GIT health at the best functional level. The ayurvedic formulations of life style drugs belong to our ancient medical heritage so they promote ethics of complementary medicine in an integrative manner.

CONCLUSION

We have pioneered the new definition of an ideal ayurvedic life style drug, supported by basic human biology where physiological order of metabolic equilibrium is sustained. We conclude that ayurvedic life style drugs re-establish health order.

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