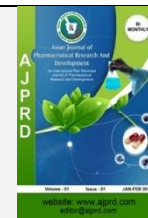


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Review Article

The Relationship of Non-Diseases with Life Style Drugs

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ABSTRACT

The concept of non – diseases emerged from clinical slippery. Top 20 non – diseases of non – medical academics were identified. Their relationship with life style drugs was explored.

Keywords: Disease, Health, Life style drug choice.

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INTRODUCTION

The diseases and non -diseases¹⁻² are conceptually different. The disease and health³ are coined together. Disease is a medical process. Health is physical, psychological and social wellness. Non - diseases are human problems. They are not medically genuine. The notion of disease appeared to slippery in clinical practice led to search of non – diseases⁴. Recently top 20 non – diseases⁵ were identified, because health is equally indefinable and non – medical academics supported non – diseases concept.

Life style drug is not a medical necessity. It is matter of an individual choice and selection. The most popular life style drugs⁶⁻⁸ for people's choices are: cosmetic related drugs, drugs for erectile dysfunction, balding preventing drugs, birth control drugs, smoking cessation drugs and energy boosting drugs. They are the best economical incentive for the pharmaceutical industry⁹. Ethically such drugs should be free from side effects and drugs interactions and do not cause medical problems.

THEORETICAL METHODOLOGY

The individual living style and living pattern of people linked to life style disorders which are non – communicable. The lacks of healthy eating and physical activity alcohol, drugs and smoking are culprits of life style. Globally two types of life styles are prevalent –

eastern and western. The western one is affluent, highly industrializes and unhealthy longevity but eastern is eco – friendly healthy longevity and moderately affluent. The diseases of longevity, civilization and affluence are modern concerns.

Top 20 non – diseases (voted on bjm.com by readers), in descending order of 'non – diseasesness'.

1. Aging
2. Work
3. Boredom
4. Bags under eyes
5. Ignorance
6. Baldness
7. Freckles
8. Big ears
9. Grey or white hair
10. Ugliness
11. Childbirth
12. Allergy to the 21st century
13. Jet lag
14. Unhappiness
15. Cellulite
16. Hangover
17. Anxiety about penis size/penis envy
18. Pregnancy
19. Road rage
20. Loneliness

It was found that top 6 non –diseases are aging, work, boredom, bags under the eyes, ignorance and baldness. Unhappiness 14 and loneliness 20 are not diseases as they manifest the feelings of a person. We picked up very common non- diseases – aging, baldness, boredom, freckles, grey or white hair, loneliness and unhappiness for their relationship with the life style drugs.

DISCUSSION AND RESULTS

There is nothing like perfect life or absolute life style in modern world. We govern our life span and health through virtual values. Therefore each of us suffer at some degree by psychological setbacks, social pitfalls, political toxicity and professional mediocracy.

Life style is primary prevention without pharmacological interventions and delaying the onset of diseases. Health problem personal or public prevail because our population misbehaves collectively in irresponsible ways. The quality of the patient compliance and satisfaction at humanistic should not be quantitatively abused or misused by pharmaceutical products. The non – diseases life style medications are booming the pharmacoeconomics⁹ of pharmaceutical industry.

1. **Aging:** It is a physiological state of progressive decline in organ function, delayed regeneration and age related disorders. The senescence and oxidative stress cause cellular degeneration (enhanced catabolism) and immunological downfall. The anti – aging drugs should be rejuvenative, anti-oxidative, adaptogenic and immune booster. Bioflavonoids, vitamins A, C and E, fruits (straw berry), vegetables are anti-aging naturals. Resveratrol¹⁰ is potent anti – aging compound. Most recently senolytics become a new branch of medicine that targets senescent cells. A pill RTB101¹¹ is under clinical study. A simple fact is that longer life is not so profitable but better life style is desirable.
2. **Baldness¹²⁻¹⁴:** It is known as alopecia. Several anti – alopecia medications are available eg. Finasteride , Aldactone, Rogaine, Aristospan etc.
3. **Boredom:** No drug is designed so far for counteracting boredom. Boredom is the gateway to addiction. The life style modification is the best alternative – exercise, hobbies, sports and creative pleasurability.
4. **Freckles¹⁵:** They are pigmented spots due to increased production of melanin pigment. Topical spot fading creams are the remedies. Eg. Retinol cream.
5. **Hair colouring of grey and white hairs¹⁶:** It is practice of changing hair colour by cosmetical hair colour to cover up grey and white hairs. It is desirable fashion of modern life style. Hair colouring carry's the potential risk of cancer. The synthetic products have carcinogenic

compounds eg. (Phenylenediamine). The basic composition of hair colouring is made of 2,5-diaminotoluene, coupling agent and oxidant. The chemical reaction of them gives the hair dye. It is suggested that plant – based dyes should be preferred for prevention of carcinogenesis.

6. **Unhappiness¹⁷⁻¹⁸:** It is very common feeling of dissatisfaction by activities or loss of interests. There is nothing like permanent happiness because our interests and desires keep on changing. The nature of true inner self is the ultimate happiness. The psychotropic medications (SSRIs) are suggest as they enhance happy hormone (5-HT).
7. **Loneliness:** It is universal part of human experience. The compatible social lacks promote anxiety / depression¹⁷⁻¹⁸. The life style modifications with conflict free persons may be plus.

CONCLUSION

The concept of non – diseases is non – medical academics and diagnosis. The choices of people for their health problems are based on life style drugs. They are aesthetic comforts to their life styles.

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