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Maharashtra Arogya Mandal's SUMATIBHAI SHAH AYURVED MAHAVIDYALAYA

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कर्म्मसिद्धिरुपमाहिनी ॥

Protocol for life style modifications

The major lifestyle disorders include Heart diseases, Obesity, Hypertension, Diabetes, PCOS, and Cancer etc. Life style disorders can be prevent by ayurveda by panchakarma, Pathyapathya, Swasthavrutta palan, Rasayan therapy etc.

In Panchakarma department Panchakarma is advised to the patient as per requirement. Then the patient is referred to the Swasthya OPD for pathya pathya diet and exercise consultation. They are registered and enrolled in separate record. Mostly Obesity patients are treated in lifestyle disorders.

Examination of Patient- Examination of patient is done by Ashtavidha Parikshan, Dashavidha Parikshana and Strotas Parikshan. The detailed history of disease including Aharaj, Viharaja and Kulaj hetu is taken. The Agni Parikshan will be done by examining Jarana shakti and Abhavaharana shakti. The detailed history of physical activity examined and then final diagnosis will be drawn on basis of above observation.

General examination- The general examination will be done by examining the weight, BMI, Pulse rate, Blood pressure, Respiratory examination, CVS and CNS examination.

Treatment- When patient comes in Sharad and Vasanta rutu Vamana, Virechana, Basti etc, Shodhana Upakrama are advised. Before that patient is carefully examined for Arhata and Anarhata of Shodhana. When patient comes in other rutu Udwartana, Basti and Abhyantara chikitsa is advised. In Shodhana procedure prior to Shodhana fitness for Shodhana is taken and Pachana is given to patient. In Abhyantara chikitsa following medications are advised, Manspachaka, Medopachaka and Lekhana. Patient also referred to Swasthavritta OPD for diet advised. Also patients are referred to Yoga OPD for Yoga consultation if necessary.

Swasthavrutta department separately also enrolled the patient. The detail history of patient is taken with the help of specially prepared case record form in which daily dietary and lifestyle routine is examined. Then body mass is calculated with the help of KARADA scan machine. On the basis of BMI medication, dietary modification, lifestyle modification, Yogasna, Pranayama is advised to the patient. Follow up is taken every 15 days. Evaluation and modification is advised to patient by calculating BMI in every follow up.



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