



Role Of Shridhanyam In Prevention And Management Of Lifestyle Disorders

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ABSTRACT

Objectives: In *Ayurveda Ahara* has more importance for the prevention of the diseases. In modern medicine system balanced diet is the first choice to cure and prevent the lifestyle disorders. In *Ayurveda Shridhanyam* is mentioned for consumption to avoid the lifestyle disorder which is the main cause of unhealthy society and population. It is also called as Millets. **Methods:** For younger population the risk of lifestyle starts from the school going age. Due to fast adaptation of western lifestyle the prevalence of these diseases reached to alarming proportions among Indians in the recent years. The main factors which are contributing the lifestyle diseases includes bad food habits like bakery products, junk food and ready to eat food items. Physical inactivity due to addiction of electronic gadgets, they play an important role in developing lifestyle disorder. **Result:** Mainly life style disorders include obesity, Diabetes Mellitus and Metabolic Syndromes etc. *Ayurveda* has provided many good options like food grains for healthy lifestyle. Indian Millets are good option for living a healthy n disease free life. It has *Madhur Kashaya Rasa, Katu Vipaka, Ushna Virya* and are *Kapha Vata Shamak*. **Conclusion:** Due to *bruhaniya* property it is useful in malnutrition, on contrary Due to its *laghu, ruksha guna* it can be beneficial in obesity. In present paper properties n role of *shridhanyam* is explored for the management of lifestyle disorders.sss

Keywords: *Shridhanyam*, Lifestyle Disorder, Indian Millets.

Introduction:

In *Ayurveda ahara* has given more importance for the prevention and management of the diseases. But due to some lifestyle's changes and adaptations occurrence of the diseases has increased. Changes in the healthy lifestyle and adaptation of the bad lifestyle causes life style disorder. Due to lack of exercises and habitual to electronic gadgets leads to the lifestyle disorders.

Lifestyle disorders are found in both the age groups that is in children and in adults. They are mostly common in these days due to faulty habits. Lifestyle disorders are as follows:

- Obesity
- Gastrointestinal Problems
- Diabetes
- Hypothyroidism
- Depression

Which further leads to:

- Some types of cancer
- And cardiovascular diseases.

Lifestyle disorders leads to exposure of many risk factors but controllable risk factors are:

- Daily levels of physical activity.
- Diet and body weight.
- Passive smoking.
- Level of sun exposure.
- Behavior

Concept of Ahara:

- Food is considered as *Mahabheshaj* as per *Acharya Kashyap*.
- Most of the health issues arises due to adaptation of wrong eating habits and lack of physical activity.
- In *Ayurveda* more importance is given to the prevention of diseases than treatment.
- Mainly three factors are base of the health and diseases i.e., *ahara*, *vihara* and *aushadi* and also depends on *trivid upastambha* and among this food(ahara) is considered as most important.
- In *Ayurveda* characteristics of food is described in terms of quality, quantity, and time which varies with age, habitat, digestive power, diseases and also as per *prakurtti* of individual.
- According to *Ayurveda* any material is composed of five basic elements called as *panchamabhuta*.
- Proper and specified diet is mentioned in ayurveda to maintain the balance of doshas.
- Proper intake of diet not only prevent many health problems but also plays major role in management of diseases.

Shridhanyam (Indian millets)

India is the top most producer of millets.

There is total eight types of millets which are commonly cultivated in India, they are as follows:

1. Sorghum
2. Pearl millet
3. Finger millet
4. Little millet
5. Kodu millet
6. Italian millet
7. Barnyard millet
8. Proso millet

From above list only three types of millets are regularly used in Maharashtra.

They are as follows

1. Sorghum (Hindi- Jowar, Marathi-jawari)
2. Pearl millet (Hindi- Bajra, Marathi-Bajari)
3. Finger millet (Hindi- Mandua, Marathi-Nachani)

Ayurvedic Review of *Shridhanyam* (Indian Millet)

- It comes in all *bhruyatrayi* and *laghutrayi*.
- It is described in *truna dhanya* (*kshudra dhanya varga*) in *Bhavprakash Nigantu* of *dhanyavarga adhyay*.

Properties of *Shridhanyam* as per *Bhavprakash*:

- *Rasa*: *Kashay* and *Madhur*
- *Vipaka*: *Katu*
- *Virya*: *Anushna*
- *Guna* And *Prayog*: *Lekhan, Ruksha, Kled shoshak*.
- *Doshagnata*: *Kapha-Pitta shamak* and *Vatakarak*.

Nutrient Composition

Following nutrients are mainly present in Indian millets.

- Calcium
- Dietary fibres
- Polyphenol
- Carbohydrates
- Amino acids

Prevention and Management of lifestyle disorders with the help of *Shridhanyam* (Indian Millet)

Mainly the use of *shridhanyam* as per ayurvedic texts as –

- *Lekhana* in *sthaulaya* (obesity) and
- In *khapaj vyadhi* like (diabetes)

Due to *Madhur rasa* millets have nourishing properties but at the same time millets are easily digestible in *natura*. So, the indication is mainly in excessive *amavastha*, dull *agni* (*mandagni*) due to any disease, oedema (*sotha*), diabetes and obesity.

Health Benefits of Millets are as follows:

- They have High fiber content.
- They are Gluten free.
- They play important role in providing Phytochemicals and Nutraceuticals.
- Sugars are slowly released which helps in diabetes.
- Helps in constipation and in intestinal cancer.
- Helps in celiac diseases.
- Overall health management is done by millets.
- Prevent the risk of diseases.
- It contains acid and flavonoids.
- It has antioxidant activity.
- Antimicrobial activity is also present.
- Helps as prebiotic and probiotic
- Acts as antidiabetic and antitumorigenic.

DISCUSSION-

- Millets are easily available and cheap in cost. Millets contain many major and minor nutrients like carbohydrate, good protein, fat, dietary fibre, vitamins and minerals as well as antioxidant and phytochemicals.
- Millet is source of antioxidants such as phenolic acids and gluciated flavonoids. Millet foods are also characterized to be potential prebiotic and can enhance the viability of probiotics with potential health benefits.
- The importance of this review study is to be recognized as an important food in current era as increasing use of junk food and packed food many *rasavaha srotodusti* and *medovaha srotodusti* diseases gradually in- creasing day by day. So, the millets as a nutritious food, can fulfil the need of global population in current era.
- This review study emphasized on nutraceutical properties of millets and the application of millets as alternative cereals potentially healthy to elaborate therapeutic food prod- acts like protein and energy rich diet, diet for diabetes, gluten free diet, CVD, etc.

CONCLUSION:

This review article showed that *shridhanyam* or Indian millets are used as alternate medicine in prevention and management of lifestyle disorders in adults. Use of *shridhanyam* in ayurveda is described so properly and precisely to prevent the diseases.

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