



## MODREN LIFE STYLE: A RISK AND PREDISPOSING FACTOR OF MUSCULOSKELETAL DISORDER

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### ABSTRACT

*Ayurveda* is the science of life. It having two main objectives firstly to prevent the diseases and the second one is cure the diseases. To achieve its first motive, prevention of any disease first of all we should have the knowledge of causative factors of that particular disease. In the present era due to unhealthy life style with poor eating and sleeping habits along with smoking and alcohol consumption all of these factors enhancing life style related disorders in day to day life. Musculoskeletal disorders is such a lifestyle related disease which hampers a person's daily life routine and it decreases working capacity. In *Ayurveda* MSDs can be co-related to the diseases under *Vatavyadhi* e.g. rheumatoid arthritis (*Aamvata*), osteoarthritis (*Sandhigatvat*), gout (*Vatarakta*), frozen shoulder (*Avbahuk/Urustambh*) etc. *Nidan* for *Vatvyadhias* per mentioned in *Ayurveda* are mainly *Aaharja* and *Viharja* in origin like *Sheet*, *Ruksh*, *Vishamashan*, *Adhyashan*, *Virudhaahar* (poor eating habits), *Alpaahar/Upvasa* (poor nutrition), *Ativyayam* (high task repetition/poor rest), *Atidhavan*, *Vcheshta* (poor work practice), *Prajagran* (poor sleeping habits), *Visham Upchara* (poor healthy habits), *Dukhshayaya* (sustained awkward postures), *Abhighat* (forceful exertion) etc. By these factors *Vata Dosha* get vitiated and produce disease in different parts of body. Today's altered lifestyle is increasing, the exposure to all these predisposing factors and thus increasing the prevalence of musculoskeletal disorders. Hence the knowledge of these risk factors is quite important for prevention and to halt further progression of the manifested disease.

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### INTRODUCTION

Although India has been successful in managing communicable diseases like polio and cholera, the number of cases related to lifestyle diseases have increased drastically in recent times. The main factors responsible for this significant increase are unhealthy eating habits, sedentary lifestyle, poor sleeping habits, smoking and susceptibility to stress. Lifestyle diseases are defined as diseases linked with the way people live their life. Lifestyle diseases include atherosclerosis, heart disease, and stroke, hypertension, obesity, type 2 diabetes, cancer, psychosomatic disorders (Alzheimer's disease), infertility and diseases associated with smoking, alcohol and drug abuse. Obesity can contribute to a number of different health problems eg, heart disease, diabetes, Musculoskeletal disorders (MSDs). MSDs are injuries or pain in the human musculoskeletal system, including the joints, ligaments, muscles, nerves, tendons, and structures that support limbs, neck and back.

MSDs can arise from a sudden exertion (e.g., lifting a heavy object), or they can arise from making the same motions repeatedly, repetitive *strain*, or from repeated exposure to force, vibration, or awkward posture. According to *Ayurveda*, MSDs comes under the domain of *Vatavyadhi* which manifests in the form of *Sankoch* (contraction or contracture in affected body parts), *Parvanam Stambhta* (stiffness in joints), *Bhedo Asthi Parvnam* (piercing type of pain in bones and joints), *Pani Prishth shiro grah* (stiffness in legs, back and head), *khanjta* (lameness with one leg), *Panguta* (lameness with both legs), *Kubjta* (forward backward bending of the body), *Shiro Nasa Akshi Jatronam Grivashapi Hundnam* (disturbance in symmetry of head, nose, bone, eyes, and neck/ contracture in various body parts), *Toda* (tearing pain), *Bheda* (pricking pain)<sup>1</sup> etc. Due to various causative factors, *Vata Dosha* gets vitiated which in turn vitiates the *Dushya* and cause *Vatavyadhi*. A comparison of the MSDs with *Vatavyadhi* is needed for the proper understanding of its causative factors described in *Ayurveda* and can follow *Nidan Parivarjana*, the first step of treatment of any disease. A better understanding will be helpful in prevention and treatment also.

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### Aim and Objective

- To find out the risk factors and predisposing factors of MSDs w.s.r. to *Vatavyadhi* due to modern life style.

### MATERIALS

- The study is based on review of *Ayurvedic* & modern text and also with researches related to the subject.

### DISCUSSION

MSDs are the disease primarily affecting musculoskeletal tissues which manifest as swelling, pain, and oftentimes loss of mobility of joints. Sign and symptoms of these diseases are similar to the *Lakshana* of *Vatavyadhi* described in *Ayurveda* for example rheumatoid arthritis with *Aamvata*, osteoarthritis with *Sandhigatvata*, gout with *Vatarakta*, frozen shoulder with *Avbahuk*, carpal tunnel syndrome/ radial tunnel syndrome with *Vishvachi*, ligament sprain (*Vatakantak*), tension neck syndrome with *Manyastambha*, degenerative disc disease, Ruptured/Herniated Disc with *Katishool*, hand-arm vibration syndrome with *Kampvata*, sciatica with *Gridhrasi*.

These musculoskeletal diseases are increasing due to altered lifestyle. Instead of following this lifestyle, if we follow *Aahar* and *Vihar* described in *Ayurveda* which we can prevent from these painful diseases. And in *Ayurveda* we co-relate MSDs with *Vatavyadhi*. To understand *Vatavyadhi* we first have to understand *Vata* and its properties. And this will help us to know how *Nidan* aggravates *Vata* and result in *Vatavyadhi*

#### *Vata Dosha and its properties (Guna)*

The word *Vata* means to blow or move like the wind.<sup>2</sup> Consisting of the elements air and ether, it is the principle force of motion in the body and mind. *Vayu* is strength, *Vayu* is sustainer of body of living beings<sup>3</sup>. When *VataDosha* is healthy, the movements of the body are graceful, unimpeded, and yet controlled. When out of balance, the movements become erratic, excessive, decreased, or blocked. To understand the *VataDosha*, it is important to understand its qualities (*Guna*). *Guna* is one, which is the cause for the efficacy of any *Dravya*. *Vata Dosha* is light, dry, mobile, cold, hard, rough, flowing, and clear.<sup>4</sup> A body and mind in which the *VataDosha* predominates expresses or reflects these qualities.

#### *The Qualities and Presentation of Vata Dosha*

The natural expression of *VataDosha* in the constitution of the body and mind reflects the qualities inherent in the *Dosha*. Examples of the way these qualities manifest are as follows:

- *Laghu* (Light): The bones of the body are narrow
- *Sheet* (Cold): A person tends to become chilled easier than others
- *Ruksh* (Dry): The skin or eyes have a tendency to become dry
- *Chal* (Mobile): A person moves quickly, often with a lack of focus
- *Suksham* (Subtle): The mind is open to new ideas, expansive, and interested in the esoteric.
- *Gati* (Flowing): The mind flows easily from one idea to the next
- *Vishad* (Clear): The eyes are clear

When *VataDosha* is out of balance, there is an increment or decrement of the qualities that *Dosha*. The specific symptoms produced. It is the most powerful of the *Doshas*, being the life-force itself. It is the strongest force to create disease and governs all movement, carrying both *Pitta* and *Kapha*, they are lame without *Vata*<sup>5</sup> said by *Acharya Sharangdhara*. *Vata* lives in the colon, hips, thighs, bones. Its chief location is the colon<sup>6</sup> where it accumulates and begins the disease process. That's why when *Vata* get vitiated, it produces disease mostly in these body parts. In its natural state, *Vata* is responsible for maintaining energy, breathing, movement, impulses, equilibrium and sensual acuity<sup>7</sup>.

#### *Nidan(causes) according to Ayurveda*

*Ayurveda* provides healthy long life as it deals with prevention and promotion of health. *Nidan* is the first and foremost factor which initiates the pathology and crucial in diagnosis as well as treatment also. Keeping this significance in the mind *Acharya Charak* has stated that a physician should first diagnose the disease correctly and *Chakrapanidatta*, the commentator of *Charak-Samhita* says that successful treatment depends upon the proper knowledge of *Hetu* (synonyme of *Nidan*) and *linga* of the disease. Knowledge of *Nidan* in both the sense is essential for a good physician to get success. Diagnosis is never complete without the elucidation of all the factors related with the disease. *Nidan* means one which aggravates *VatadiDosha*. Elucidation of *Nidan* is necessary for the proper identification of *Dosha*, the *Roga*, *Rogavastha*, *RogaBala*, and *Sadhyata- Asadhyata* of disease. The knowledge of *Nidan* is also useful for diagnosis, prognosis and treatment. Even one can protect his health if he knows about the *Nidan* of various diseases. The first line of treatment is *NidanParivarjana*<sup>8</sup> (to avoid causative factors) of diseases. A physician should first of all diagnose the disease and then he should select proper medicine. That's why both *Acharya Charak* and *Sushrut* have advised to avoid the etiological factors and it is the primary step in the management of any disease. *Hetu* gives an idea to diagnose the disease and as well as some time clue to predict the forthcoming disease.

#### *Samanya Vishesh Siddhanta (The Rule of similarity and dissimilarity or contrast)*

One of the basic principles of *Ayurveda* is *Samanya Vishesh Siddhanta* (the Rule of similarity and dissimilarity or contrast). Things are always enhanced by consuming same or similar things and things are always reduced or abated by using dissimilar or unlike things.<sup>9</sup> A human body responds to similarity or differences in the same way. At any given time or phase of life, a thing that is same or alike to any constituent in a body or a thing similar in qualities with any constituent or actions that generate changes in the body that in turn produce enhancing effects on a constituent always increases that constituent in terms of quantity, quality and effects and vice versa. The important thing to remember is that there can be conditions or barriers which cause exception to the rule. E.g *Amalaki* (Indian gooseberry/ *Phyllanthus Emblica*) is sour so it should increase *Pitta* by *Gunansamanya* (similarity in quality of sourness between *Pitta* and *Amalaki*) but it does not because of its coolness (*Shaitya*) which is opposite quality to hotness (*Ushanta*) of *Pitta*. Even so as a common rule, it is true that same or similar things (with non-opposing characteristics) enhance same or similar body constituents by quantity, quality

or action and contradictory or non-similar things reduce them by quantity, quality or action.

It is necessary to understand the concept of increase or decrease due to activities. Any activity does not directly increase or decrease any constituent but an activity produces changes in the body constituents which then increase or decrease the constituent. For example, when we say that sleep increases *Kapha*, it means due to less body movements and activities, *Kapha* does not get used in the body and in turn increases. A wise application of *Samanya –Vishesh* principle is useful in avoiding the factors, developing disease in our body.

#### Types and examples of Samanyain body

1. *Dravya Samanya*<sup>10</sup>: Administration of similar *Dravya* will increase similar *Dravya* in body, like as *Rakta* by *Rakta*, *Mamsa* by *Mamsa*, *Medo* by *Meda*, *Asthi* by *Tarunasthi*, *Majja* by *Majja*, *Shukra* by *Shukra*.
2. *Guna Samanya*<sup>11</sup>: Administration of similar attributes of a *Dravya* will increase *Dravya* having similar attribute in body.
  - *Syamakadi Dravya* will increase *Vata* due to its similar properties like as *Rukshadi*.

**Karma Samanya**<sup>12</sup>: By performing similar activities will increase similar *Gunas* in body such as:

1. *Kayika Karma*: Running, fasting, floating will increase *Vata* due to *Chaltva Guna Samanya*.
2. *Vachika Karma*: excessive talking, excessive studying, singing will increase *Vata*.
3. *Mansika Karma*: excessive thinking, sorrow, fear will increase *Vata*.

#### Types and examples of Vishesh in body

1. **Smanya Vishesh**<sup>13</sup>: Administration of heterogeneous *Dravya* will cause decrease in that *Dravya*
2. **GunaVihshesa**<sup>14</sup>: Administration of dissimilar attributes (*Guna*) of a *Dravya* will decrease *Dravya* having those attribute(*Guna*) in body as:
  - *Aarnaalodakam* is having attributes similar to *Kapha* and it diminishes the opposite *Gunas* like *Laghu*, *Ruksha*, *Ushna*, *Tikshna*.
1. **Karma Vishesh**<sup>15</sup>: By performing opposite activities will decrease respective *Gunas* in body such as:
  - *RatriJ agran* is indicated in *Kapha Vriddhi* due to *Diva Swapna*,
  - Running, fasting, floating will decreases *Kapha*.

Whatever the factors that are responsible for health when they were normal, they alone will lead to disease when they become abnormal. So, the *Nidan* of disease will certainly within our body only just we have to correct it, then automatically the external agents which are contributed for such an abnormality will automatically be withdrawn either by themselves or by our simple measures by using our *Siddhanta* like *Samanya* and *Vishesh*.

#### Nidan of Vata Vyadhi(MSDs)

**Sheet Ruksh Vishamashan Adhyashan Virudh Aahar**<sup>16</sup> (poor eating habits): intake of cold, too much spicy food is *ruksh*(due to *Katu* and *Tikt*, *KashyaRasa*).

- a. **Vishmashana**<sup>17</sup>-Taking food too early or too late than the scheduled time is called *Vishmashan*.

- b. **Adhyashana**<sup>18</sup>- Over eating i.e. intake of food before the previous meal has been digested Suppose you took dinner late night and it is still indigested and you do heavy breakfast or vice versa is called *Adhyashan*.
- c. **Samshana**<sup>19</sup>-Mixing of healthy and unhealthy foods together is *Samshana*. – eating ice cream as a dessert just after eating warm food or drinking cold coffee, fresh limesoda, Chilled beer along with food is called *Samshan*.
- d. **Viruddha Aahara**<sup>20</sup>- The food which is wrong in combination, which has undergone wrong processing, which is consumed in incorrect dose, which is consumed in incorrect time of day and in wrong season can lead to *Viruddha Aahara*. *Viruddha Aaharais* defined by *Chraka*. He clearly says that certain diet and its combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue are called as *Viruddha Anna* or incompatible diet.

#### Some examples of Viruddha Aaharawe should avoid in our daily life

Curds not to be consumed in hot season, in hot form (*kadhi*, *tadka* in *raita*, curds in vegetables), without sugar, honey, *Ghee* or *Amla*. (*KaalaViruddha*)<sup>21</sup>. Curds should not be consumed in the night (*Kala Viruddha*). Milk not to be taken with fish as they have incompatible potency. Milk is of cold nature whereas fish is of hot nature (*Veerya Viruddh*)<sup>22</sup>. Sweet and sour fruits should never be combined as in a fruit chat. Individual fruits should be eaten as such and as a different meal (*Samyog Viruddha*)<sup>23</sup>. Chicken or fish should not be combined with milk, sesame, or sprouted grains as it may lead to digestive problems (*Veerya Viruddha*). Milk and melons not to be consumed together. Milk takes longer to digest. The stomach acid required to digest melons, curdles the milk (*Agni Viruddha*). Sour fruits should not to eaten or combined with milk. (Shakes, smoothies, milkshakes, fruit cream) (*Samskar Viruddha*)<sup>24</sup>. Avoid eating raw and cooked foods together. One can have the salad first and then proceed for dinner after a short gap (*PakaViruddha*)<sup>25</sup>.

*Aahara* acts upon body by *Dravyasamanyta* and *GunaSamanyta*.

1. **AlpAahar/Upvasa**<sup>26</sup> (poor nutrition)- Poor nutrition increases amount of *Vata* in the body. It is karam smanya. It in ceases *Laghu Guna* of *Vata* inside body which will cause increase in *Vata* and may result in any of *Vatavyadhi*. An alarming number of people are malnourished, who do not take care of their diets are putting themselves at a higher risk of developing *Vatavyadhi* (MSDs).
2. **Ativyayam/ AtiDhavan**<sup>27</sup> (high task repetition/poor rest): In present eraworkplace design plays a crucial role in health issues. When a worker is asked to do work that is outside his body's capabilities and limitations, without taking rest, he is being asked to put his musculoskeletal system at risk of developing various *Vata* related *Vyadhi*. Because excessive work *Chlatav Guna* of *Vata* increases in the body, due to *Karma Samanya* increase *Vata* is and will result in one of *Vatavyadhi*.
3. **Vicheshta**<sup>28</sup> (poor work practice)- Persons who use poor work practices, body mechanics and lifting techniques are introducing unnecessary risk factors that can

contribute to *Vatavyadhi*. These poor practices create unnecessary stress on their bodies and again due to *KarmaSamanya*, there will be increase in *Vata*.

4. **Prajagra**<sup>29</sup> (poor sleeping habits)-The person who is not sleeping well, *Kapha* will decrease, due to less rest, *Snighdtha* and *Sthirta* will decrease, *Rukshta* and *Chaltva* will increase. Hence *vata* will increase. Individuals who do not get adequate rest and recovery put themselves at higher risk.
5. **Dukh shayaya**<sup>30</sup> (sustained awkward postures)-Repetitive or sustained awkward postures. Awkward postures place excessive force on joints and overload the muscles and tendons around the particular joint, hence *Vata* of that particular joint get vitiated. Risk of *Vatavyadhi* (MSD) will increase.
6. **Abhigat**<sup>31</sup> (forceful exertion)-*Asthi (bone)* is the site of *Vata*. *Abhigat* (injury cause vitiation of *Vata Dosha*, causes *Vatavyadhi*.
7. Because of the above mentioned factors, the aggravated *vayu*, while filling up the channels of circulation which are empty or have become weak in quality because of lack of unctuousness etc produces different kind of ailments affecting the whole body or a part of it.<sup>1</sup>All work related *Nidan (Viharaj)* are *Karm Samanya* and we introduced daily with work related risk factors. If we are aware of these factors and there result we may avoid at least some of these risk factors.

## CONCLUSION

From the above discussion we can conclude how our modern life style is affecting our health especially in case of musculoskeletal disease. Because these are most prevalent disease due to poor life style, hence we should aware of these diseases. From the above explanation, it can be said that the *Vatavyadhi* can be correlated with the diseases Musculoskeletal diseases. By avoiding above discussed *Vatavyadhi Nidana* normal person himself can protect his health, and by understanding and applying *Samanya Vishesh Siddhanta* can further help a physician to diagnose as well as treat a disease more efficiently.

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