



Review Article

UNDERSTANDING LIFESTYLE DISORDERS IN *SHALAKYA TANTRA* WITH AN AYURVEDIC APPROACH

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ABSTRACT

Lifestyle is influenced by personal choices, cultural background, socioeconomic status, and environmental factors, and it plays a significant role in shaping overall quality of life. Now days every person is running after life's goal Hence does not have time to think and act healthy life, they are not able to follow exercise, dietetic rules and regulations which lead to the lifestyle disorders. Present lifestyle and environmental pollution are causing hazardous effects on health. Likewise, disorders associated with the way a person or group of people live is called as lifestyle disorders. *Shalakya Tantra* is one of the eight branches of Ayurveda, the traditional system of medicine in India. It primarily deals with the diagnosis, treatment, and prevention of diseases related to the upper parts of the body. It focuses on ear, nose, throat, head disorders and ophthalmology (eye care). In this article we will discuss the *Shalakya Tantra* and role of lifestyle disorders related to *Shalakya Tantra*.

INTRODUCTION

Lifestyle means the way people live their life. Lifestyle disorders are result of an inappropriate relationship of people with their environment. These disorders have become more prevalent due to sedentary lifestyles, processed food consumption, and high stress levels, disturbed sleeping schedules etc. As per WHO previously communicable disease were major contributors to higher morbidity and mortality but now there is a shift and non-communicable disease or life style disorders are major contributors to morbidity and mortality [1]. Unhealthy eating, intake of alcohol, smoking abuse and reduced physical activity are major contributors of lifestyle disorders. Unhealthy eating, consumption of alcohol and beverages, smoking abuse, habituation Pan Masala and tobacco chewing also effect on oral hygiene. In this article we will enlighten the *Shalakya Tantra* and role of lifestyle in disorders relating to *Shalakya Tantra*.

Influence of life style disorders on ocular diseases Metabolic Syndrome

It is a cluster of conditions that occur together, increasing the risk of heart disease, stroke, obesity and type 2 diabetes. The affiliation of diabetes and hypertension with retinopathy, cataract and increased intra ocular pressure is well known. Person with metabolic syndrome is known to be at risk of developing large vessels atherosclerotic disease. The prevalence of metabolic syndrome increases with increasing age; almost 40% of people have metabolic syndrome in the 6th decade of their lives. [2]

Obesity

Obesity is a significant risk factor for various ocular diseases due to its association with systemic conditions that can damage the eyes. It increases the risk of developing cortical and posterior subcapsular cataracts, also contributes to chronic inflammation and oxidative stress, which are risk factors for age related macular degeneration and glaucoma which can damage the optic nerve and result in vision loss. Other conditions such as retinal vein occlusions, floppy eye lid syndrome, and thyroid related eye diseases have also been connected to obesity. [3]

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Diabetes mellitus

Diabetes mellitus is a chronic condition that affects how the body processes glucose sugar. Over time, it can lead to a range of complications, particularly in organs that are sensitive to changes in blood glucose levels, and diabetes can have significant effects on the eyes. Such as blepharitis, orbital cellulitis, recurrent styes, xanthelasma, dry eye, keratopathy, neovascularisation, uveitis, cataracts, endophthalmitis, retinopathy, macular oedema, optic neuropathy, glaucoma, cranial nerve palsies and stroke induced vision loss. Also, diabetic retinopathy which is the major reason of blindness in adults of 20-74 years of age is caused due to microangiopathy affecting all the small retinal vessels. [4]

Hypertension

High blood pressure, can significantly impact the eyes, particularly the retina. The retina relies on healthy blood vessels to supply oxygen and nutrients. Chronic high blood pressure can cause damage to these blood vessels, leading to a variety of retinal problems. This damage is referred to as hypertensive retinopathy, hypertensive choroidopathy occurs as a result of choroidal ischaemia. Hypertensive optic neuropathy results from highly raised blood pressure. [5]

Dyslipidemia

It is defined as having blood lipid level that is too high or too low. People with high level of low-density lipoprotein and triglycerides or very low high density lipoprotein levels tend to have higher risk of developing atherosclerosis which causes vein occlusion disease of retina. [2]

Dry Eye

In this condition eyes do not produce enough tears, or the tears evaporate too quickly, leading to irritation, discomfort, and potential damage to the surface of the eye. This disease is developed due to reduced tear production, increased tear evaporation, imbalance in tear composition, and heat exposure. [6]

Cataract

Common age range: 60 years and older. The onset of cataract increases due to lifestyle changes. Environmental factors such as smoking, UV exposure, and poor diet may accelerate cataract development. Medical conditions as diabetes, long-term use of corticosteroids, and eye trauma can also contribute to early cataract formation. Obesity is clear risk factor associated with cataract development. Hormone replacement therapy in women increases 14% risk of cataract. [7]

Glaucoma

According to Beaver Dam eye study obesity is correlated to raised pressure in the eye known as IOP which increased the risk of developing glaucoma in future. [8] The interaction between blood pressure and IOP determines the ocular perfusion pressure which regulates blood flow to the optic nerve. Hypertriglyceridemia may lead to vascular dysfunctions which increase the risk of development of glaucoma.

Macular Degeneration

Macula is the central part of the retina responsible for sharp, detailed central vision needed for tasks like reading and recognizing faces. it progressively degenerates with age that's why the disease also known as AMD (Age related Macular Degeneration). This degeneration involves the loss of photoreceptors from the eyes. Several lifestyle changes have been related to increase in rate of AMD. [9]

Retinal Vein Occlusion Disease

It is a serious eye condition in which the central retinal artery, which supplies blood to the retina, becomes blocked. This blockage leads to a sudden, severe loss of vision in the affected eye. Study shows that increasing age, systemic hypertension and diabetes mellitus are the main factors which are linked with RVO. [10]

Influence of life style disorders on ENT diseases

Noise induced hearing loss

Too loud sounds can damage inner ear structures and cause Noise induced hearing loss (NIHL). Regular exposure to sounds at or above 85 decibels (dB) can damage the hair cells in the inner ear, leading to hearing loss. [11] The louder the sound, the shorter the amount of time it takes for NIHL to happen.

Tinnitus

Tinnitus refers to the perception of ringing, buzzing, hissing, or other noises in the ears. It can be temporary or chronic and may affect one or both ears. While tinnitus has many causes, certain lifestyle factors can contribute to its onset or aggravation which is exposure to loud noise, stress and anxiety, poor diet, smoking, lack of exercise, sleep issues, use of earphones and headphones. [12]

Metabolic presbycusis

It is a slowly and gradually progressive loss of hearing impairment that occurs mainly in 6th decade of life. [13] Degeneration of the vascular stria is believed to be the cause of metabolic presbycusis. It is accompanied by alterations in iron homeostasis and reduction in the vascularization of the stria which precedes changing in the hearing threshold or may be

linked with a reduction in endo cochlear potential. People who have cardiovascular disease, insulin resistance and other metabolic diseases such as hyperlipoproteinemia, obesity, vitamins deficiency are more prone to this.^[13]

Vertigo

Hypoglycemia and Hyperglycemia: Blood sugar fluctuations can directly influence the brain and inner ear. Hypoglycemia may cause dizziness and confusion, while hyperglycemia can lead to dehydration, both of which contribute to vertigo symptoms.^[14] Also, Vestibular Dysfunction: Studies indicate that diabetes may impair the vestibular system's function, increasing susceptibility to balance disorders and vertigo. Caffeine, tobacco or alcohol intake may also affect circulation which may cause vertigo. Anxiety and stress worsen the symptoms but it usually does not cause them. ^[15]

Earwax

Hot and dry weather, dusty area work or frequent and excessive use of earphones inadvertently prevents earwax from coming out of the external auditory canals and causes blockages.^[16]

Exostosis

Exostosis refers to the abnormal growth of new bone on the surface of an existing bone. It is generally benign and can develop due to various causes, including repeated stress, trauma, infection, or genetic conditions. Irritation from cold wind and water exposure causes the bone surrounding of the ear canals to develop lumps of new bony growth which constrict the ear canal.^[17]

Otalgia

Tooth cavities in tobacco addicts may develop referral pain in ears mainly when one of the molars has been affected. Because the nerve supply of both is the same (5th C.N.).^[18] Benign and malignant ulcerative lesions of the oral cavity may cause referral pain in ears.

Vestibulitis

Infection, often due to bacteria like *Staphylococcus aureus*. Trauma from nose-picking, frequent blowing, or inserting objects, irritation from allergies or chronic rhinitis leads to inflammation of the nasal vestibule.^[19]

Nasal septal abscess

It is an infrequent condition and its main cause is trauma. But when trauma is excluded, uncontrolled diabetes should be considered as a cause. In this cartilage is deprived of its blood supply and tends to be destroyed. In diabetes weak immune system of the body also play a minor role. All these conditions demolish septum resulting in abscess formation.

Because of weak immune system of body in diabetes it is easy to bacteria or fungus to act so in diabetes furunculosis is also more common.^[20]

Epistaxis

Also known as nosebleed. Conditions such as haemophilia, or thrombocytopenia (low platelet count) make the blood less able to clot, increasing the likelihood of spontaneous bleeding. Hypertension: Elevated blood pressure can strain blood vessels, potentially causing them to rupture, particularly in the delicate lining of the nose, dry climate workers or during cold weather. Vitamin K deficiency, micro trauma by frequent nose picking and alcoholism may cause epistaxis.^[21]

Rhinitis sicca

It is chronic inflammation of the nasal mucosa. Dry air, especially in winter months or in air-conditioned/heated environments, can lead to the drying out of the nasal mucosa. Air pollution, exposure to pollutants, smoke, and other irritants can cause dryness and inflammation in the nasal passages. Smoking or exposure to secondary smoke can irritate the nasal mucosa, leading to dryness, inflammation, and rhinitis sicca.^[22]

Allergic rhinitis

AC rooms, crowding, industrialization and urbanization causes an acute IgE mediated type-1 hypersensitivity reaction of nasal mucosa resulting in allergic rhinitis.^[23]

Tumours of nasal cavity & PNS

Different types of cells in the paranasal sinus and nasal cavity may become malignant. Being exposed to certain chemicals or dust in the workplace can increase the possibility of paranasal sinus and nasal cavity cancer.^[24]

Headache

In hypertensive crisis pressure in the cranium builds up. As a result of critical level of blood pressure inside the arteries of brain causes headache.^[25] Headaches are often a result of external or internal stressors and can include various types such as tension-type headaches, migraines, and cluster headaches.

Sleep apnea

Sleep apnea is a common condition in which your breathing stops and restarts many times while you sleep. This can avert your body from getting enough oxygen. Lifestyle routines such as drinking alcohol and smoking can increase the risk of sleep apnea. Smoking can cause inflammation in your upper respiratory tract, which acts on breathing. Obesity is a common cause of sleep apnea. Obese people can have fat deposits in their necks that can block the upper

airway. Sleep apnea is more common in men and less in women.^[26]

Malignancy of oral cavity

Excessive use of tobacco increases the risk of oral cancer by direct exposing the mouth to carcinogenic chemicals, radiation, construction workers, plastic and metal workers are also prone to squamous cell carcinoma of larynx. Taking spicy foods also disturb oxidant capacity of saliva and oral mucous epithelium. Prolonged exposure to sunlight and the excessive use of sunscreen for protection are implicated as causative factor for carcinoma of lips. Chronic sun exposure creates premature cutaneous aging and decrease immune response to environmental pathogens and increase the risk of premalignant and malignant neoplasm's due to damage to DNA and inhibition of protective mechanism within the skin.^[27]

Vocal cord nodules

Vocal fold nodules are growths that form on the vocal folds. They are benign, or not cancerous. When you use your voice the wrong way, your vocal folds may swell. Over time, the swollen spots can get harder, like a callous. Exposure to cigarette smoke increase tissue permeability and places vocal folds at increased risk for damage from both the toxic constituents of cigarette smoke itself and other environmental pollutants.^[28]

Periodontal disease

Smoking, poor oral hygiene diet and nutrition stress alcohol consumption drug use these are some common factors which can contribute to the onset, progression, or severity of periodontal disease.^[29]

Oral infections in HIV

Almost half of people who are suffering from immune disorders have oral fungal, bacterial or viral infections.^[30]

Oro-dental trauma

Across the world sixteen to forty percent of children in age group of six to twelve years are affected by dental trauma due to unsafe play grounds, unsafe schools, road accidents or violence.^[31]

Management of Lifestyle Disorders

Ayurvedic principles and practices mainly aim at maintaining health, preventing lifestyle disorders, and managing diseases. Basically, the core goal of Ayurveda is preserving health: Emphasis on maintaining the health of the healthy through preventive measures like *Dinacharya* (daily routines), *Ritucharya* (seasonal routines), and *Ahara, Vidhana* (dietary rules).^[32] Treating Diseases: Focuses on *Ahara* (diet), *Vihar* (lifestyle), and *Aushadha* (medication) to manage and treat illnesses. Lifestyle disorders and

prevention: Ayurveda places significant importance on preventing lifestyle disorders by establishing correct living practices early, especially in children. By using *Panchakarma* (detoxification therapies) and *Rasayana* (rejuvenation therapy) to cleanse and restore the body.^[33]

Key Practices for Prevention and Management

Ocular Health (*Shalakya Tantra*)

Ahara: Foods like *Lohitasali*, *Mudga*, *Jeevanti*, and cow milk help to reduce eye disease risks by balancing the three *Doshas* in the body with their properties of being *Tridosahara*, *Laghu* and *Chakshushya* etc.^[34] Now days the amount of fast food intake is raised way to much which is causing hazardous effects on human body, if it gets exchanged by fresh and homely cooked food then we can alter the chances of us getting exposed to various metabolic disorders and also the disease of *Shalakya Tantra* which are correlated to it.

Drugs we can use on daily basis are as follows:^[35]

1. **Haridra:** Which we use on daily basis is anti-inflammatory in nature and reduces oxidative stress on the eye.
2. **Amalaki:** There is significant role of *Amalaki* in diabetic retinopathy.
3. **Ghrita:** Enhance eyesight and reduce dry eye syndrome. It can be used in myopic patients.
4. **Madhu + Triphala:** Strengthens the macula and prevents age related macular degenerations.
5. **Akshota (walnuts):** Rich in zinc and omega-3 fatty acids, they support retinal health and prevent various retinal disorders as diabetes and hypertensive retinopathy. It also reduces inflammation and crucial in prevention of glaucoma.
6. **Shatavari:** Can be use in retinal vein occlusive disuses and macular degenerations.
7. **Garlic and Onion:** Rich in sulphur, these maintain lens health and delays cataractous changes in early age.

Vihara: Regular exercise and practice of *Yoga* offers a protective effect on ocular conditions as it lowers the risk of obesity, hypertension and diabetes etc. *Sadviritta* and *Aachar Rasyana* are also the main elements of Ayurveda which helps in maintaining the health of healthy person.^[36]

Kriyakalpa:^[37] Therapies like *Tarpan*, *Putpaka*, *Anjana*) act as both preventive and curative remedies by balancing the *Tridoshas*. Study has shown that use of *Kriyakalpa* not only relieves symptoms like dryness, irritation but it also provides nourishment and strength to the eye and its muscles which helps in improvement of vision.

Common Herbs Used in *Kriyakalpa*

Triphala: For cleansing and rejuvenation.

Tulsi (Basil): Antimicrobial and soothing properties.

Amlaki (Indian Gooseberry): Rich in Vitamin C, improves vision.

Madhu (Honey): Soothing and moisturizing effects.

Chandan (Sandalwood): Cooling and calming properties.

Yoga Practices for Eye Health^[38]

1. *Trataka* (Concentrated gazing): Helps improve concentration and clarity of vision, hence it is useful in refractive errors.

2. *Nasagra Mudra* (Nose tip gazing): This practice strengthens eye muscles and improves focus.

3. *Surya Namaskar* (Sun salutation): A full-body yoga sequence that improves blood circulation, indirectly benefiting the eyes.

4. *Pranayama* (Breathing techniques): Techniques like *Anulom Vilom* (alternate nostril breathing) and *Bhramari* (humming bee breath) reduce stress and improve oxygen supply to the eyes.

5. Eye Rotation: Move your eyes up and down, side to side, and in circular motions. Perform these slowly to relax and strengthen eye muscles.

Oral Health

Preventive measures include maintaining oral hygiene, balanced nutrition, and reduced sugar intake. Fluoride's role in preventing dental caries is highlighted, sourced from water, toothpaste, or professional applications.

Significance of *Panchakarma* and *Rasayana* in ENT Diseases: *Panchakarma* aids in detoxifying the body, reducing the risk of disease progression. *Rasayana* therapies restore body cells and help slow degenerative processes by rejuvenation, of tissues. *Rasayana* also have anti-inflammatory, antifungal, and antimicrobial properties.^[39]

Rasayana Practices for Oral Health^[39]

1. **Gandusha**: Using sesame or coconut oil to swish in the mouth detoxifies, strengthens teeth, and reduces oral bacteria. Can be used in stomatitis, gingivitis, bad breath, periodontitis etc.

2. **Kaval**: Decoctions of *Triphala*, *Neem*, or *Haridra* can be used as natural mouthwashes. Indications for *kaval* are- *Galgraha*, *Kantharoga*, and *Danta veshta* etc.

3. **Abhyanga (Massage with Medicated Oils)**: Application of herbal oils like *Dashamoola taila* to the gums promotes blood circulation and gum health.

4. **Dietary Rasayanas**: Consuming nutrient-rich *Rasayana* formulations, like *Chyawanprash*, ensures adequate nourishment for oral tissues.

Suggestions for Broader Application

Awareness: Educate people about the importance of following *Dinacharya*, *Ritucharya*, and a balanced diet for disease prevention. We can spread the awareness by education campaigns with the help of workshops, seminars and health camps, newspapers etc. with that social media collaboration and government and policy support also can play an important role here.

Incorporation of Traditional Practices: Promote the use of *Kriyakalpa* and Ayurvedic foods for managing lifestyle-related and degenerative conditions.

Community-Level Initiatives: Advocate for fluoride programs and nutritional awareness to address oral and lifestyle disorders.

DISCUSSION AND RESULT

In the present picture the lifestyle of people is filled with hectic routines. *Shalaky Tantra* related disorders are most likely to occur in certain occupations e.g. extended exposure to computer screens, late nightshifts etc. From the forgoing it is clear that thousands of years ago, Ayurvedic treatises had very broad knowledge regarding *Shalaky Tantra* including its disorders and management. The teachings and principles which were put forth in ancient times to keep one's health disease less, the exact same theory is implicated in modern times. But to lead an affluent life in the present times, money has got precedence, in running after this precedence man has shortage of time for personal life. This shortage of time progresses with negligence of health. Ayurveda's simplicity, inclination towards natural modalities and a consideration of *Mansikstithi* (psyche) besides other causes of an ailment are possibly the best reason explaining its vogue. Changes should be made in diet, behaviour and lifestyle. While adopting the adjustments one can best follow the principles of *Dinacharya* (daily regimen), *Sadavrutta* (good conduct), *Rasayana* (anti-aging regimen) and *Aachara Rasayana* (good behavioral changes). Prevention is the aim. *Dinacharya*, *Sadavrutta*, *Aachara Rasayana*, *Shodana* are the methodologies. Refinements in lifestyle through Ayurveda can help us to get a new remoulded healthy life. Few modifications in our daily schedules can keep us away from common health problems. Ayurveda is a treasure of herbal formulations and other therapeutic measures, but keeping modern lifestyle in mind, where a person has lack of time for himself, measures which can be easily incorporated in routine are discussed here.

CONCLUSION

From the previous studies it can be inferred that Ayurveda, with its holistic approach, offers effective solutions for lifestyle disorders by addressing the root cause and promoting balance through

personalized regimens. It also emphasizes prevention and management through diet, daily routines, detoxification therapies, and herbal treatments. Integrating Ayurveda and *Shalakyra Tantra* practices into modern lifestyles can provide sustainable and natural remedies for preventing and managing lifestyle disorders while enhancing overall well-being.

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