

# Life Style Disorder and Human Ailments

M. Sripriya, S.N. Sugumar, P. Shalini



**Abstract:** Nature and pattern of Human life determine the quality of human health. Good habits and behaviours make good health. Positive habits and behaviours keep our physiological and psychological features of human body in normal conditions which in turn keep our health intact. At present, the victims of Non-Communicable Diseases (NCDs) increase at rapid rate all over the world. Almost all the NCDs are caused by life style disorder. Therefore, our life style and human health are closely associated. In the process of economic, social and scientific advancement life style becomes unhealthy which results in human ailments. Thus, socially acceptable and traditional way of life will ensure and enhance human health.

**Keywords:** Human health, human behaviors, Life style disorder, Non-Communicable disease and Human ailments.

## I. INTRODUCTION

People in general interested and motivated to have better standard of living, happy and healthy life. Contemplation of better and happy life may be realized by a few people and not by the majority. The macroeconomic variables like Gross National Product, Per capita GNP, Investment have been increasing significantly all over the world. Advancement in science and technology, health care products, services and medical technology have been witnessed world widely<sup>(1)</sup>. The achievement made on socio-economic development globally cannot be denied and disputed. But the prevailing victims of non-communicable diseases make us to doubt or question whether the development ensures happy and healthy life to all and the increasing deaths due to non-communicable diseases indicate that socio-economic development fails to provide healthy life to the majority. The present health scenario tells that increasing income, modern technology and economic environment are not human friendly, because death due to non-communicable diseases is caused by life style disorder due to urbanization, industrialization and globalization. Therefore, people's way of life should be changed so as to lead happy and healthy life<sup>(2)</sup>.

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## II. MAGNITUDE OF NON-COMMUNICABLE DISEASES

Victims of non-communicable diseases account for more than 71 percent of total deaths in the world. Non-communicable diseases kill more than 41 million people every year all over the world. Out of total victims of non-communicable diseases, 80 percent occurred in the middle and low income countries in the world.

Non-communicable diseases include cardio – vascular disease, lungs and kidney diseases, blood pressure, cholesterol, diabetes and cancer. As per the publication of World Health Organization every year all over the world 17.9 million people die due to heart diseases, death of 9 million people caused by cancer, 3.9 million people die due to respiratory diseases and 1.6 million people die due to diabetes. In general, 15 million people die every year from the age group of 30-60 years. Among the non-communicable diseases, the major four diseases viz, heart diseases, cancer, lung diseases and diabetes account for 80 percent of premature deaths.

## III. CAUSES OF NON-COMMUNICABLE DISEASES

Non-communicable diseases are also known as chronic diseases, tend to be of long duration and are caused by genetic, physiological, psychological, environmental factors. Generally, non-communicable diseases are caused by factors such as Urbanization, Industrialization, Globalization, Aging population, Unhealthy diets, Lack of physical activities, Harmful use of tobacco and alcohol, Smoking, Deviation of human life from nature and biological clock. World Health Organization showed that 7.2 million deaths occur due to tobacco use, 4.1 million deaths due to excess of sodium / salt, 3.3 million deaths due to use of alcohol and 1.6 million deaths due to insufficient physical activities.<sup>(3)</sup>

## IV. ISSUES IN NON-COMMUNICABLE DISEASES (NCDs)

The systematic examination of the causes of non-communicable diseases reveals that NCDs are caused by psychological factors due to change in the socio-economic and environmental conditions. Ultimately it is due to life style disorder. This may include factors like Erratic food habits, Sleep disorder, Abnormal working conditions, Outsourcing of jobs between the countries, Mobility of labourers between the countries, Negative attitudes of people like Phobia and worries, Feelings of jealous, anger, depression, anxiety, tit for tat attitudes, irreligious attitudes, attitude of living beyond the means, deviation from nature, and so on.

### V. MEASURES TO ARREST NON-COMMUNICABLE DISEASES

Most of the non-communicable diseases are the outcome of mind disorder or weakness of mind and emotions. It is also called as metabolic syndrome. As per Ayurveda and siddha treatment, diseases are caused by imbalance among vada, pitta and kapha. But the imbalance is caused by our thoughts and actions.

Therefore, we are responsible for all our physical and mental illness. As per the homeopathic way of treatment, diseases are caused by our thoughts, action and suppression of our thoughts and diseases. Diseases refer to unhealthy conditions of the body and mind. Human health refers to total physical and mental health of course they are inter-related. Physical ill health may induce mental illness and mental ill health may induce physical illness. However, mental health is more important than physical health. Strong mind or mind power can solve physical problems. Therefore, most of the physical problems are due to weak mind. Any crime for that matter is due to weakness of mind. Poverty of course is also due to weakness of mind.

Negative thoughts, mind and attitudes are responsible for human diseases, disputes, violence all over the world. We all know that “where there is a mind there is a way”. Good and bad comes to us not because of others but it is only because of us.

Emerson says that a man is what he thinks about all day long. The thoughts that pass through our mind are responsible for everything that happens in our life.<sup>(4)</sup> Aware of the thoughts that pass through our mind if thoughts are positive, then it is all right and if it is negative then it leads to illness, disputes, unhappiness and all sorts of violence and crimes.

### VI. HEALTHY THOUGHTS AND HEALTHY LIFE

According to Swami Vivekananda, it is the feeling that is the life. We build and fabricate our own healthy or unhealthy life by our own positive and negative thoughts. Nature and pattern of our emotions and feelings determine our life. It is true that the feeling of joy will bring joy only, feeling of happiness will bring happiness only, feeling enmity will bring enmity only, feeling of harmony will bring harmony only, feeling of peace of mind will bring peace of mind, feeling of healthiness will bring healthiness, feeling violence will bring violence only, feeling of courage will bring courage only and so on. Therefore, what you see outside has come from inside. Therefore, by changing our thoughts we can change our life. As you think, so you do, and as you think, so your life. Thus, our feelings decide what we are and how we are<sup>(5)</sup>.

The nature of emotions and feelings not only determine the state of mind but also the physical health. The feeling of anxiety will damage our heart and lungs. The feeling of pensiveness, jealous and worries may upset our stomach and results in cancer. The feeling of any sorts of phobia or fear will damage our kidney and urinary bladder. The feeling of anger will damage our liver and gallbladder. Therefore, by changing our feelings and emotions we can overcome most of the non-communicable diseases.

### VII. DEVIATION FROM NATURE

Today's modern world is changing our living conditions, consumption pattern and emotions which in turn induce

different types of hormone secretion in our body that play major role in determining our health. Serotonin secretion will take place when sun rises that make oneself brisk and active. That is why we work in the day time and take rest in the night. Melatonin secretion will take place in dark place that make us sleepy and drowsy. That is why we sleep at night. In nature, day is to be active and night is to take rest for regeneration. But, today majority of people's life starts during the night. We just go against the human anatomy. Night shifts is very dangerous to human health. Sleeplessness night lead to innumerable diseases.

Taking food after sunset may not be digested properly or body mechanism will work hard to digest the food when we take in the late night. Sleepless night and taking food after the sun set cause hyper tension, cholesterol and diabetes. Taking all kinds of processed food and junk food and unhealthy food aggravates the problem of indigestion, cholesterol and diabetes. Controlling urination and bowel movement leads to ill health too.

### VIII. HAPPINESS AND HEALTHY LIFE

In fact, unhappiness leads too many problems such as worries, depression, frustration, hypertension etc. Peace of mind can bring happiness which in turn bring healthy life. Happiness is the purpose and meaning of life. True happiness comes within ourselves and not from achievements, success, love and families, affection with friends and in religion. Therefore, the quest for happiness is always in vain unless you can find it with in yourself.

The realization of happiness in practical life is not in getting, but only in giving. Greed and selfishness destroy peace of mind. Unless we think of others and do something for them, we miss one of the greatest source of happiness. Therefore, healthy life can be realised only through natural way of life and positive attitude.

### IX. RESULTS AND DISCUSSION

The world- wide prevalence of non – communicable diseases such as blood pressure, cardio – vascular diseases, diabetes, cholesterol, lungs and kidney diseases, are caused by changing socio – economic and environmental conditions, employment pattern and work pressure, smoking, harmful use of alcohol and tobacco, sleep disorder, human negative thoughts and emotions, lack of physical activities and deviation from nature. Therefore, at this juncture, it is pertinent to suggest that socially acceptable and traditional way of natural life style, healthy behaviours such as universal love and brotherhood, harmony and peace of mind, caring and sharing attitudes and positive thoughts and emotions will ensure and promote healthy life.

### X. CONCLUSION

Our understanding on non-communicable diseases implies that our feelings and emotions and way of life play a major role to keep our health intact. Modifying our behaviour and the life style can overcome the problems of non-communicable diseases and its negative impact on the society as well as the economy.

To set right our emotions, live neither in the past nor in the future but live in the present – just shut out the past – the dead yesterdays and shut off the future – the unborn tomorrows, then you are safe today. To keep away from all negative thoughts, disputes and violence, we should understand that doing good to others is not a duty, it is a joy and it increases your own health and happiness. If you want to become rich, make others rich. If you want to be healthy, make others healthy.

If you want to be happy make others happy. Living without looking back, not worrying about the future and not comparing us with others will make us happy and healthy.

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