



LIFESTYLE DISORDERS IN OFFICE WORKERS AND THEIR AYURVEDIC MANAGEMENT

DR. HARSHITA RAUTELA¹, DR. SMITA ZAMBARE² AND DR. SATYA MANAV DAYAL³

¹P.G SCHOLAR, DEPARTMENT OF SWASTHAVRITTA, UTTARANCHAL AYURVEDIC COLLEGE, UAU

² PROFESSOR, DEPARTMENT OF SWASTHAVRITTA, UTTARANCHAL AYURVEDIC COLLEGE, UAU

³ PROFESSOR, DEPARTMENT OF SWASTHAVRITTA, UTTARANCHAL AYURVEDIC COLLEGE, UAU

Abstract

The transformation of work culture through urbanization and digitalization has created both opportunities and health challenges. Among office workers, sedentary habits, irregular meals, screen dependency, and stress contribute to lifestyle disorders such as obesity, diabetes, hypertension, musculoskeletal pain, and ocular strain. Ayurveda, as a preventive and holistic health science, provides a comprehensive framework through *dinacharya* (daily regimen), *ritucharya* (seasonal regimen), mindful diet, exercise, *sadvritta* (ethical conduct), and *rasayana* (rejuvenation therapy). This review explores common occupational health issues among office workers, analyzes their Ayurvedic interpretation, and proposes integrated management strategies that are both preventive and restorative.

Introduction

The modern office, though efficient and technology-driven, has become a hotspot for lifestyle-related health issues. Long hours of sitting, constant screen exposure, fast-food dependence, and psychological pressure create fertile ground for disorders that were once uncommon among young professionals. The World Health Organization (2020) estimates that over 70% of global deaths are now due to non-communicable diseases (NCDs), many of which are lifestyle-driven.

Ayurveda's first mandate—*swasthasya swasthya rakshanam* (to preserve the health of the healthy)—remains deeply relevant. Instead of merely treating disease, Ayurveda guides individuals in preventing imbalance through daily discipline, seasonal adjustment, balanced nutrition, and ethical living. When applied to office workers, these principles can transform the workplace into a zone of health rather than illness.

Common Lifestyle Disorders in Office Workers

1. **Obesity (*Sthaulya / Medoroga*)**
Sedentary routines and calorie-rich food intake lead to fat accumulation. Charaka describes obesity as a *santarpanajanya vyadhi*—a disorder caused by over-nourishment—associated with low energy, breathlessness, and metabolic complications.
2. **Type 2 Diabetes Mellitus (*Prameha*)**
Irregular eating, mental stress, and inactivity disturb *kapha* and weaken *agni*, leading to deranged metabolism of sugar and fat. Modern parallels are insulin resistance and chronic hyperglycemia.
3. **Hypertension (linked to *Rakta Gata Vata*)**
Stressful deadlines, poor dietary habits, and lack of rest aggravate *vata* and *pitta*, disturbing vascular channels (*raktavaha srotas*). Clinically this correlates with elevated blood pressure and cardiovascular risks.
4. **Musculoskeletal Disorders**
Cervical and lumbar spondylosis, repetitive strain injuries, and carpal tunnel syndrome result from poor ergonomics and prolonged sitting. Ayurveda explains this as *vata* aggravation, leading to stiffness and degeneration of *asthi dhatu*.
5. **Ocular Strain (Netra Roga / Computer Vision Syndrome)**
Extended screen use causes dryness, fatigue, and blurred vision. Classical texts warn against *atiyoga* (overuse) of sense organs, which aligns with modern digital eye strain.

Ayurvedic Understanding

- **Nidana (Causative Factors):**
Unwholesome diet (*asatmya ahara*), lack of exercise (*avyayama*), daytime sleep (*divaswapna*), and excessive worry (*chinta*).
- **Samprapti (Pathogenesis):**
Weak digestive fire (*agnimandya*) → formation of *ama* (metabolic toxins) → obstruction of channels (*srotorodha*) → systemic disorders involving metabolism, circulation, and immunity.

This chain explains why office workers, though often well-fed, develop fatigue, heaviness, and early metabolic disease.

Ayurvedic Management and Preventive Strategies

1. **Dinacharya (Daily Regimen)**
 - Early rising for alignment with circadian rhythms.
 - *Abhyanga* (oil massage) to counter stiffness.
 - *Vyayama* (exercise) or Yoga for metabolic balance.
2. **Ritucharya (Seasonal Discipline)**
 - Adaptation of diet and lifestyle to seasonal demands, ensuring resilience against environmental stressors.
3. **Ahara (Dietary Discipline)**
 - *Pathya*: Light, fresh, satvika food—vegetables, whole grains, fruits.
 - *Apathya*: Processed, oily, excessively spicy or sugary foods.
 - Avoidance of *viruddha ahara* (incompatible combinations such as milk with salty foods).
4. **Vyayama and Yoga**
 - Surya Namaskar and brisk walking for obesity control.
 - Asanas like *Tadasana*, *Bhujangasana*, and *Vajrasana* for posture.
 - Pranayama (*Anulom-Vilom*, *Bhramari*) for stress, anxiety, and hypertension.

5. **Sadvritta (Ethical and Behavioral Code)**

- Mindful communication, stress management, and digital detox.
- Encouraging workplace wellness policies.

6. **Rasayana Therapy**

- *Ashwagandha* and *Guduchi* for vitality and immunity.
- *Amalaki* as a rejuvenator and antioxidant.
- *Medhya Rasayana* (Brahmi, Shankhapushpi) for mental clarity and cognitive resilience.

Discussion

Lifestyle disorders among office workers emerge from modifiable behaviors rather than unavoidable fate. Modern treatment often emphasizes symptomatic control—antihypertensives, analgesics, hypoglycemics—whereas Ayurveda addresses the deeper dysfunctions of digestion, metabolism, and lifestyle.

The Ayurvedic approach is dynamic: *dinacharya* ensures daily discipline, *ritucharya* brings seasonal balance, diet governs metabolic health, yoga and pranayama restore physical and mental harmony, while rasayana strengthens immunity and longevity. Unlike quick fixes, this framework fosters sustainable well-being.

Conclusion

Office work culture, while central to modern economies, silently fuels the epidemic of lifestyle disorders. By reintroducing Ayurvedic regimens into daily life, individuals can transform their occupational environment from a risk factor to a health-promoting space. Ayurveda does not merely manage disease but teaches how to live dynamically—with balance, productivity, and inner clarity.

Adoption of these principles at individual and institutional levels can reduce obesity, diabetes, hypertension, musculoskeletal, and mental health burdens, ultimately improving quality of life and workplace wellness.

References

Classical Texts

1. *Charaka Samhita* – Sutra Sthana 21, 23.
2. *Sushruta Samhita* – Sutra Sthana 15.
3. *Ashtanga Hridaya* – Sutra Sthana, Dinacharya Adhyaya.
4. *Kashyapa Samhita* – Khila Sthana.

Modern Sources

5. World Health Organization. *Global Status Report on Noncommunicable Diseases*. WHO, 2020.
6. International Labour Organization. *Workplace Stress: A Collective Challenge*. ILO, 2016.
7. American Optometric Association. *Computer Vision Syndrome (CVS) Factsheet*. AOA, 2021.
8. Booth FW, Roberts CK, Laye MJ. Lack of exercise is a major cause of chronic diseases. *Compr Physiol*. 2012;2(2):1143–1211.
9. Sharma H, Chandola HM. Ayurvedic concept of lifestyle disorders. *AYU*. 2011;32(4):467–471.
10. Singh RH. *Exploring Quality of Life through Ayurveda*. *AYU*. 2010;31(2):141–146.