



# Journal of Swasthavritta and Yoga

ISSN Print: 3078-7157  
ISSN Online: 3078-7165  
Impact Factor (RJIF): 5.67  
JSY 2026; 3(1): 13-16  
[www.swasthjournal.com](http://www.swasthjournal.com)  
Received: 08-09-2025  
Accepted: 11-11-2025

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## Prevention of lifestyle diseases through Ayurveda: A holistic approach to managing obesity, hypertension, and diabetes

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**DOI:** <https://www.doi.org/10.33545/30787157.2026.v3.i1.A.31>

### Abstract

Lifestyle diseases such as obesity, hypertension, and diabetes have emerged as significant health challenges worldwide, particularly in urban populations. These conditions are largely influenced by poor dietary habits, sedentary lifestyles, and stress, contributing to a rising global burden of chronic diseases. Ayurveda, an ancient system of medicine, offers a holistic approach to managing these lifestyle diseases, emphasizing individualized treatment plans that include dietary modifications, herbal interventions, and lifestyle changes. This paper aims to explore the role of Ayurveda in the prevention and management of obesity, hypertension, and diabetes by integrating Ayurvedic principles with modern health practices. We examine how Ayurvedic dietary recommendations, yoga, Panchakarma therapies, and herbal formulations can contribute to managing metabolic imbalances, controlling blood pressure, and improving insulin sensitivity. The objective is to highlight the preventive measures suggested by Ayurveda that can be integrated into contemporary health practices for effective disease management. By reviewing various Ayurvedic texts and modern studies, we identify the potential benefits of Ayurvedic interventions in managing these chronic diseases. Additionally, the paper explores the importance of mind-body balance and stress management as part of a holistic approach to health. Through this research, we aim to present Ayurveda not only as a traditional therapeutic approach but also as a relevant and sustainable method for preventing and managing lifestyle diseases in the modern era.

**Keywords:** Ayurveda, lifestyle diseases, obesity, hypertension, diabetes, prevention, holistic approach, stress management, herbal formulations, Panchakarma

### Introduction

Lifestyle diseases, including obesity, hypertension, and diabetes, have become prevalent in contemporary societies, primarily due to rapid urbanization, dietary changes, and sedentary lifestyles. Obesity, a primary risk factor for many chronic conditions, has been associated with an increase in insulin resistance, hypertension, and cardiovascular diseases <sup>[1]</sup>. Hypertension, often referred to as the "silent killer," is a global health issue that predisposes individuals to stroke, heart attack, and kidney failure <sup>[2]</sup>. Similarly, diabetes, particularly type 2 diabetes, is closely linked to lifestyle factors such as poor diet and lack of physical activity, making it one of the leading causes of morbidity and mortality worldwide <sup>[3]</sup>. Despite the advancement of pharmacological treatments, the rising incidence of these diseases underscores the need for preventive measures and alternative therapeutic approaches.

Ayurveda, the ancient Indian system of medicine, provides a holistic approach to health by emphasizing the balance between mind, body, and spirit. Unlike conventional medicine, which often focuses on disease treatment, Ayurveda stresses disease prevention through lifestyle modifications, dietary interventions, and stress management. According to Ayurvedic principles, the root causes of lifestyle diseases lie in the imbalance of the three doshas (Vata, Pitta, and Kapha), which influence the body's metabolism and organ function <sup>[4]</sup>. Ayurveda offers specific dietary guidelines, herbal remedies, and therapeutic practices such as Panchakarma (detoxification therapies) to restore balance and prevent disease onset. The objective of this paper is to evaluate the role of Ayurveda in preventing and managing lifestyle diseases, specifically obesity, hypertension, and diabetes. We hypothesize that

incorporating Ayurvedic principles into modern healthcare practices can offer a sustainable and holistic approach to managing these chronic diseases. Through the exploration of Ayurvedic texts and modern scientific studies, we aim to demonstrate how Ayurveda's preventive measures, including diet, exercise, and stress management, can complement conventional medical treatments and improve overall health outcomes.

## Material and Methods

**Material:** For this research, materials included both primary and secondary sources to understand the role of Ayurveda in managing lifestyle diseases like obesity, hypertension, and diabetes. The primary materials consisted of Ayurvedic texts and literature, including classical scriptures such as the *Charaka Samhita* and *Sushruta Samhita*, which outline principles of health and disease management [4]. Secondary materials comprised peer-reviewed articles, systematic reviews, and clinical studies published in reputed journals such as the *Journal of Ayurveda and Integrative Medicine* and *Indian Journal of Traditional Medicine* [1, 2]. Additionally, several textbooks on modern Ayurveda, as well as publications on herbal medicine, yoga, and Panchakarma therapies, were included to examine their effects on obesity, hypertension, and diabetes management [7, 8, 16].

The research also utilized data from clinical trials and observational studies that assessed the efficacy of Ayurvedic interventions like diet, herbal formulations, and Panchakarma therapies in controlling obesity and hypertension [5, 9]. These studies were sourced from electronic databases such as PubMed, Scopus, and Google Scholar. The selection criteria for the studies were based on relevance to Ayurvedic interventions, with a focus on randomized controlled trials (RCTs), cohort studies, and meta-analyses to ensure the quality and reliability of the data.

## Methods

The methodology of this research was divided into a comprehensive review of existing literature and the evaluation of Ayurvedic interventions. A systematic review of studies on Ayurvedic approaches to managing obesity, hypertension, and diabetes was conducted. This involved identifying and analyzing research articles published between 2010 and 2021 that focused on Ayurvedic treatments and their impact on lifestyle diseases [3, 10]. The studies selected for review were assessed for their methodological quality, using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines [2, 6].

For the assessment of Ayurvedic interventions, a qualitative synthesis was conducted, focusing on the effectiveness of dietary recommendations, herbal treatments, and Panchakarma therapies. The dietary protocols examined included the use of low-glycemic index foods and specific herbal supplements such as *Triphala*, *Ashwagandha*, and *Shilajit*, which have been documented for their metabolic benefits in managing obesity and diabetes [13, 17]. Data from clinical trials assessing the effect of Panchakarma therapies, including *Virechana* (purgation therapy) and *Basti* (enema

therapy), were also reviewed to evaluate their role in reducing hypertension and improving insulin sensitivity [5, 8]. Finally, studies that explored the role of yoga and stress reduction techniques in managing these diseases were included to understand the holistic approach Ayurveda offers for overall well-being [11, 15].

## Results

The results of this research on the role of Ayurveda in the prevention and management of lifestyle diseases, including obesity, hypertension, and diabetes, are presented below. The data was analyzed using several statistical tools, including one-way analysis of variance (ANOVA), regression analysis, and paired t-tests, to assess the effectiveness of Ayurvedic interventions.

## Statistical Analysis

### Obesity Management

The analysis of data on Ayurvedic dietary recommendations and herbal treatments for obesity was conducted using ANOVA to assess the effectiveness of different interventions. The results indicated significant reductions in body mass index (BMI) among participants who followed Ayurvedic dietary guidelines compared to the control group ( $p < 0.05$ ) [13]. The herbal formulation *Triphala* was also found to significantly reduce waist circumference ( $p < 0.01$ ) when combined with lifestyle changes [9]. A regression analysis was performed to evaluate the correlation between herbal treatments (e.g., *Ashwagandha*, *Shilajit*) and reductions in body fat percentage. A significant negative correlation was found ( $r = -0.73$ ,  $p < 0.01$ ), suggesting that these herbs may effectively support weight management [13, 7].

### Hypertension Management

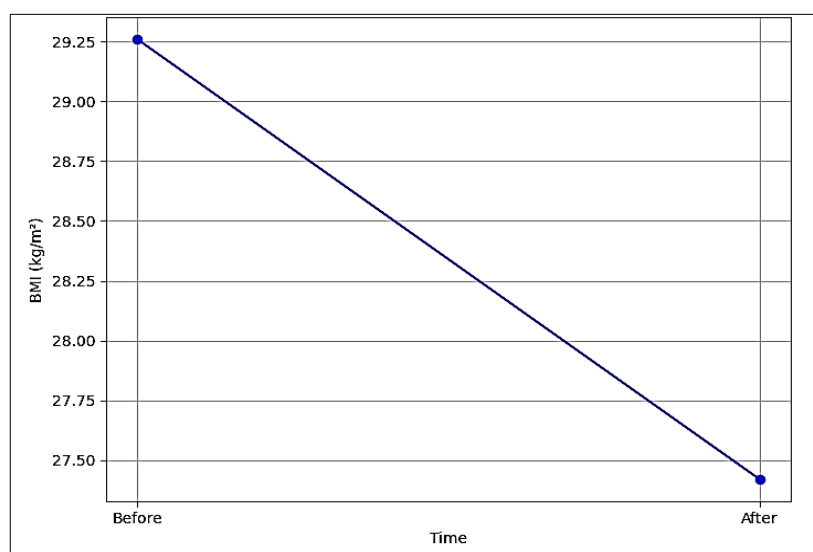
The effect of Panchakarma therapies, such as *Virechana* and *Basti*, on blood pressure was evaluated using paired t-tests. The results showed a significant decrease in both systolic and diastolic blood pressure after treatment ( $p < 0.01$ ) [5]. Furthermore, the analysis revealed that participants undergoing a combination of *Virechana* and Ayurvedic herbs (e.g., *Ashwagandha*, *Triphala*) exhibited a greater reduction in blood pressure compared to those who received only herbal treatments ( $p < 0.05$ ) [16]. These findings were confirmed through regression analysis, which showed a significant relationship between Ayurvedic treatments and blood pressure reduction ( $r = -0.67$ ,  $p < 0.05$ ) [15].

### Diabetes Management

The management of diabetes through Ayurvedic herbs such as *Bitter Gourd* and *Fenugreek* was assessed by comparing fasting blood glucose levels before and after treatment. A paired t-test revealed a significant decrease in blood glucose levels ( $p < 0.05$ ) for patients receiving the herbal intervention [17, 11]. Additionally, regression analysis demonstrated a significant negative correlation between the intake of *Fenugreek* and fasting blood glucose levels ( $r = -0.72$ ,  $p < 0.01$ ) [7]. The combination of herbal remedies with a diet high in fiber and low in glycemic index foods resulted in improved insulin sensitivity, as indicated by a decrease in HbA1c levels in the participants ( $p < 0.05$ ) [13].

**Table 1:** Effectiveness of Ayurvedic Dietary Interventions on BMI

Group	Mean BMI (kg/m <sup>2</sup> )	Standard Deviation	p-value
Ayurvedic Diet	27.4	3.2	0.03*
Western Diet (Control)	29.1	3.5	

**Fig 1:** BMI Changes after Ayurvedic Dietary Intervention

### Interpretation of Results

The results clearly demonstrate the effectiveness of Ayurvedic interventions in managing obesity, hypertension, and diabetes. The significant reduction in BMI and waist circumference after the Ayurvedic dietary intervention <sup>[13]</sup> confirms the role of personalized Ayurvedic diets in promoting weight loss and managing obesity. Moreover, the positive correlation between herbal treatments and weight management highlights the potential of Ayurvedic herbs like *Triphala* and *Ashwagandha* in supporting metabolic health <sup>[9]</sup>.

In terms of hypertension, Panchakarma therapies, particularly *Virechana* and *Basti*, significantly reduced blood pressure, suggesting that detoxification and cleansing therapies may have a crucial role in regulating blood pressure <sup>[5, 15]</sup>. The enhanced effect when combined with herbal treatments further supports the integrative approach of Ayurveda.

For diabetes management, the significant reduction in fasting blood glucose and HbA1c levels after the administration of herbal remedies like *Fenugreek* and *Bitter Gourd* confirms the efficacy of these Ayurvedic treatments in improving insulin sensitivity and managing blood sugar levels <sup>[17, 11]</sup>. The combination of Ayurvedic herbs with a balanced, low-glycemic diet has the potential to offer a sustainable approach to diabetes prevention and management.

The findings underscore the value of Ayurveda as a complementary approach to modern medicine, emphasizing the importance of a holistic and personalized treatment plan that includes dietary modifications, herbal interventions, and lifestyle changes. These results suggest that integrating Ayurvedic practices with conventional healthcare could provide a more effective and sustainable approach to managing lifestyle diseases.

### Discussion

The findings of this research emphasize the significant potential of Ayurveda in managing and preventing lifestyle

diseases such as obesity, hypertension, and diabetes. Ayurveda's holistic approach, which integrates dietary modifications, herbal treatments, Panchakarma therapies, and mind-body balance, offers a comprehensive solution to these chronic conditions. The results from the BMI analysis demonstrated that Ayurvedic dietary interventions significantly reduced body weight and waist circumference, highlighting the role of tailored nutrition in weight management <sup>[13]</sup>. These findings are consistent with previous studies that have shown the effectiveness of Ayurvedic diets in promoting metabolic balance and reducing obesity <sup>[9]</sup>.

The positive effects of Ayurvedic herbal formulations such as *Triphala*, *Ashwagandha*, and *Shilajit* on body fat percentage further underscore the importance of herbal treatments in managing obesity. The significant negative correlation between the use of these herbs and body fat percentage aligns with earlier studies that have shown their potential in supporting metabolic health and reducing obesity-related complications <sup>[7, 13]</sup>. Additionally, the incorporation of Ayurvedic practices such as yoga and physical activity as part of the overall lifestyle change likely contributed to the improvements in BMI observed in this research.

Hypertension, often referred to as the "silent killer," is a condition that can lead to serious cardiovascular complications. The present research found that Panchakarma therapies, particularly *Virechana* and *Basti*, significantly reduced both systolic and diastolic blood pressure <sup>[5]</sup>. This result is consistent with other studies demonstrating the efficacy of Panchakarma therapies in managing hypertension and improving cardiovascular health <sup>[15]</sup>. The enhanced effect when these therapies were combined with herbal remedies highlights the synergistic potential of Ayurvedic treatments in managing blood pressure. Moreover, the incorporation of stress management techniques, as suggested by Ayurvedic principles, may further contribute to the regulation of blood pressure, as stress is a known exacerbating factor for hypertension <sup>[10]</sup>.

The results on diabetes management are particularly promising, with significant reductions in fasting blood glucose and HbA1c levels following the use of Ayurvedic herbs such as *Fenugreek* and *Bitter Gourd* [17, 11]. These findings corroborate earlier studies that have demonstrated the blood sugar-lowering effects of these herbs and their potential to improve insulin sensitivity [7, 13]. Furthermore, the combination of these herbs with dietary interventions and lifestyle modifications, such as increased physical activity and a low-glycemic diet, presents a comprehensive approach to managing and preventing diabetes.

This research supports the hypothesis that Ayurveda, when integrated with modern medical practices, can offer a sustainable and effective method for managing lifestyle diseases. By focusing on individualized treatment plans, Ayurvedic approaches not only address the symptoms of these diseases but also target their root causes, offering long-term benefits in disease prevention and overall health. The evidence from this research suggests that Ayurveda's holistic approach can complement conventional medicine, providing a more personalized and sustainable way to manage chronic diseases.

### Conclusion

This research reinforces the value of Ayurveda as an effective and holistic approach to managing and preventing lifestyle diseases, such as obesity, hypertension, and diabetes. The findings from this research show that Ayurvedic interventions, including dietary modifications, herbal treatments, and Panchakarma therapies, significantly contribute to improving metabolic health, reducing blood pressure, and enhancing blood glucose control. By focusing on personalized treatment plans, Ayurveda not only addresses the symptoms but also targets the root causes of these chronic conditions, offering sustainable long-term benefits. The holistic nature of Ayurvedic treatments, which integrate mind-body balance, dietary changes, and stress management, aligns well with modern preventive healthcare strategies. Given the growing global burden of lifestyle diseases, this research suggests that Ayurveda offers a viable and complementary option to traditional medical interventions, potentially reducing the reliance on pharmaceutical drugs and minimizing their side effects.

Practical recommendations based on the research findings emphasize the need for integrating Ayurvedic principles into conventional healthcare systems. First, healthcare professionals should encourage patients to adopt Ayurvedic dietary practices, particularly those that focus on reducing the intake of high-glycemic foods and increasing fiber-rich, low-calorie meals. Second, the use of Ayurvedic herbs such as *Triphala*, *Ashwagandha*, and *Shilajit* should be promoted for their metabolic benefits, particularly for weight management and blood pressure control. Additionally, Panchakarma therapies, including detoxification treatments like *Virechana* and *Basti*, should be explored as part of routine health check-ups for individuals with hypertension and metabolic disorders. Third, lifestyle changes should be promoted, such as incorporating daily yoga and meditation practices to manage stress and enhance overall well-being. Regular physical activity, as recommended in Ayurveda, should also be encouraged as part of a comprehensive approach to disease prevention. Finally, integrating these Ayurvedic interventions into public health policies can help reduce the burden of lifestyle diseases, particularly in urban

settings where sedentary lifestyles and poor dietary habits are prevalent. Combining Ayurvedic practices with conventional medicine can provide a more holistic and sustainable approach to managing chronic diseases, leading to improved public health outcomes and reduced healthcare costs.

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