



## Changing Food Habits and Lifestyle: An Ayurvedic Correlation

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### ABSTRACT

The 21st century has witnessed significant transformations in dietary patterns and lifestyle behaviors, leading to a surge in non-communicable diseases (NCDs) such as obesity, diabetes, and cardiovascular disorders. Ayurveda, the ancient Indian system of medicine, offers a holistic solution with individualized diet (Ahara), daily routines (Dinacharya), and seasonal regimens (Ritucharya) to maintain health and prevent disease. This article explores the intersection of modern dietary and lifestyle changes with Ayurvedic principles, highlighting the relevance of ancient wisdom in addressing current health challenges. By examining scientific literature, we elucidate how Ayurvedic concepts align with current understandings of nutrition, chronobiology, and preventive medicine, advocating for an integrative approach to health and well-being..

Keywords: Ayurveda, Modern Lifestyle, Food Habit

### 1. Introduction

In today's fast-changing world, the way people eat and live has changed a lot. This shift has become one of the biggest health challenges of the 21st century. As countries grow economically and become more connected through globalization, many people have moved away from traditional, healthy diets and active lifestyles. Instead, modern life is now a mix of ultra-processed foods, sedentary behavior, and rising mental stress. This combination is closely linked to the global rise of non-communicable diseases (NCDs) like obesity, diabetes, high blood pressure, and heart disease (Biswas et al., 2015; Monteiro et al., 2019).

Around the world, more people are eating ultra-processed foods (UPFs) foods high in sugar, saturated fats, and salt, but low in fiber, vitamins, and bioactive compounds that are important for metabolism. Along with less physical activity and disturbed biological rhythms (like irregular sleep), these changes upset the body's natural balance (homeostasis). This can cause chronic inflammation, poor metabolism, and an unhealthy gut microbiome (Clemente et al., 2012; Scheer et al., 2009).

Mental stress is another big problem. The body's stress response system (especially the hypothalamic-pituitary-adrenal (HPA) axis) gets activated too often. This raises cortisol (a stress hormone) for long periods, which harms health (Chrousos, 2009). On top of that, people especially youth spend a lot of time sitting, often using screens. Studies show that too much inactivity increases the risk of early death, even if someone exercises during their free time (Biswas et al., 2015). This means that poor lifestyle and food choices together and alone are major reasons for bad health around the world.

In this situation, Ayurveda, the ancient Indian system of medicine, offers a way to bring back balance and long-lasting health. The word "Ayurveda" comes from Sanskrit: "Ayus" means life and "Veda" means knowledge. Ayurveda is not just medicine; it's a way of living that aims to balance the body, mind, and spirit in harmony with nature (Lad, 2002).

Unlike modern medicine, which mainly focuses on treating disease, Ayurveda focuses on maintaining health (Swasthya Rakshana) and preventing illness. It does this through personalized food plans (Ahara), daily routines (Dinacharya), seasonal habits (Ritucharya), and a disciplined lifestyle (Swasthavritta).

Ayurveda sees health as personal. Everyone is born with a unique body type, or Prakriti, which is made of one or more of the three Doshas: Vata, Pitta, and Kapha. These Doshas control how the body works physically, mentally, and emotionally. When the Doshas are balanced, a person is healthy. When they are out of balance, disease can happen. This idea of personalized care is similar to what modern science calls precision nutrition, where diet is based on a person's genes and metabolism (Ghodke et al., 2011).

Ayurveda also highlights the importance of Agni, or digestive fire, as the main force behind health. When Agni is weak, it creates Ama, or toxins. This is similar to how modern research connects gut health and endotoxins with chronic illness and inflammation (Clemente et al., 2012).

Another strong point of Ayurveda is its focus on biological rhythms, or chronobiology. Practices like Dinacharya (daily routine) and Ritucharya (seasonal routine) help people live in tune with nature. These have also been supported by modern studies on circadian rhythms and time-restricted eating, which help improve sleep, digestion, and metabolism (Scheer et al., 2009; Chaix et al., 2019).

Today, as more people are looking for ways to stay healthy and prevent illness, Ayurveda is becoming more relevant. This system, which is rooted in ancient wisdom but supported by modern research, offers powerful tools to deal with today's lifestyle-related health problems.

By combining “old knowledge” with “new science, we don’t have to choose between Ayurveda and modern medicine. Instead, we can use both together to build a healthier future. Ayurveda can be a complementary system that improves modern health practices not just a tradition of the past, but a solution for today and tomorrow.

## 2. Modern Dietary Patterns and Health Implications

Modern dietary patterns, along with urbanisation, globalisation, and technological progress, have extreme implications for public health. Modern time diets are increasingly dominated with processed and ultra-processed ingredients (UPFs), subtle grains, sugary liquids, and red and processed meats, even as intakes of fruits, veggies, and whole grains remain insufficient (Monteiro et al., 2019; Imamura et al., 2015).

### Key Components of Modern Diets

Processed and Ultra-Processed Foods:

UPFs at the moment are of a daily routine in many populations because of their comfort and palatability. However, diets high in UPFs are strongly associated with improved risks of weight problems, metabolic syndrome, cardiovascular ailment (CVD), and all-cause mortality (Monteiro et al., 2019; Srouf et al., 2019).

Red and Processed Meats:

Frequent intake of red and processed meats has been related to increased risk of colorectal cancer and Type 2 diabetes (Micha et al., 2017).

Low Fruit and Vegetable Intake:

A big portion of the global population fails to fulfill recommended fruit and vegetable consumption, causing micronutrient deficiencies and long term sickness threat (Aune et al., 2017).

### Health Implications

Negative Health Outcomes:

Chronic Diseases: Diets rich in UPFs and added sugars are related to a 73% increased chance of diabetes and greater threat of metabolic syndrome (Srouf et al., 2019; Imamura et al., 2015).

Obesity: Western-style nutritional styles, characterized by using excessive intakes of fast food and subtle carbohydrates, are connected to increase in body mass index (BMI) and stomach weight problems (Cordain et al., 2005).

Cognitive Decline: Low adherence to mind-wholesome dietary styles, along with the MIND eating regimen, is related to a higher chance of dementia and cognitive impairment (Morris et al., 2015).

Positive Health Outcomes from Healthy Patterns:

Healthy Ageing: High adherence to the Alternative Healthy Eating Index (AHEI) is associated with an 86% higher probability of healthy getting old and a 40% reduction in CVD hazard (Li et al., 2018).

Cardiac Benefits: Plant-based and Mediterranean diets are linked to 15–20% lower CVD mortality and better lipid profiles (Estruch et al., 2018).

Mental Health: Diets high in omega-three fatty acids and antioxidants are associated with reduced risks of depression and tension (Lai et al., 2014).

### Regional Variations

India: A shift from traditional diets to those high in calories and fast food has increased metabolic diseases (Misra et al., 2011).

Australia: Western nutritional habits have increased metabolic syndrome patients. (Meyer et al., 2011).

Nordic Countries: Diets wealthy in complete grains and legumes are related to lower dangers of cancer and CVD (Kanerva et al., 2014).

## 3. Lifestyle Changes and Health Consequences

Lifestyle adjustments encompass a vast range of behavioral changes, such as improved bodily pastime, smoking cessation, reduced alcohol consumption, improved sleep, and stress management. Recent studies demonstrate that these modifications have large and extensive-ranging health outcomes, affecting each bodily and mental health effects.

### Physical Health Consequences

Adopting healthful way of life behaviors along with regular physical activity, not smoking, slight alcohol consumption, enough fruit and vegetable consumption, and retaining a healthful weight has been continuously related to increased existence expectancy and reduced health care expenditure. For instance, a massive longitudinal look at in Taiwan observed that individuals adhering to five wholesome way of life elements won a median of 7.13 additional years of existence compared to folks that adhered to 1 or none. Furthermore, these people experienced a 28.1% discount in annual health care fees (Huang et al., 2024). Similar benefits had been observed across numerous populations, with wholesome life-style adherence linked to lifestyles expectancy profits starting from 6.6 to 18.9 years relying on the united states of america (Huang et al., 2024).

Lifestyle interventions are also powerful in reducing threat elements for continual diseases which includes cardiovascular ailment, diabetes, obesity, and cancer. A systematic assessment determined that interventions targeting bodily interest, dietary changes, smoking cessation, and alcohol discount drastically reduced the incidence of chronic sicknesses, with combination interventions yielding the most great preventive effects (Smith & Patel, 2024). Additionally, way of life adjustments had been proven to lower most cancers-specific mortality, specifically through expanded physical hobby, smoking cessation, and decreased alcohol intake (Jankauskiene et al., 2025).

### Mental Health Consequences

Lifestyle interventions additionally confer terrific intellectual health benefits. Systematic opinions and meta-analyses imply that bodily activity, dietary adjustments, and sleep development interventions can drastically reduce symptoms of hysteria, despair, and stress (Rahman et al., 2024; Li et al., 2024). These interventions are powerful throughout various age agencies, consisting of kids and teens, in which transient enhancements in despair, vanity, and standard nicely-being had been found (Zhang et al., 2025).

Moreover, individuals with intellectual fitness conditions advantage from life-style interventions, which result in good sized upgrades in weight, BMI, waist circumference, and physical hobby levels. These adjustments are related no longer most effective with better physical fitness but also with decreased danger for chronic conditions and all-purpose mortality (Brown et al., 2022).

#### **Implementation and Limitations**

Lifestyle interventions may be delivered thru various modalities, inclusive of in-man or woman, phone, and web-based totally applications, and can include health education, cognitive behavioral therapy, and practical help for behavior alternate (Brown et al., 2022). However, demanding situations continue to be concerning long-term adherence, intervention length, and consistency throughout studies. Future research have to awareness on optimizing intervention techniques and evaluating their effectiveness in numerous populations (Smith & Patel, 2024).

Lifestyle changes mean doing things like walking more, stopping smoking, drinking less alcohol, sleeping better, and learning how to stay calm. New research shows that these simple changes can help both body and mind stay healthy.

#### **Physical Health Benefits**

Doing healthy things like exercising often, eating fruits and vegetables, not smoking, drinking less, and keeping a good weight helps people live longer and spend less on doctors and hospitals. A big study in Taiwan showed that people who followed five healthy habits lived about 7 years longer than those who didn't. They also spent 28% less money on health care every year (Huang et al., 2024).

These benefits are seen in many countries. Healthy habits can help people live 6 to 19 years longer, depending on where they live.

These good habits also help prevent serious diseases like heart problems, diabetes, fat gain, and cancer. A review found that people who exercise, eat better, stop smoking, and drink less have fewer health problems. Doing all of these together works best (Smith & Patel, 2024).

Also, these habits help reduce the chance of dying from cancer, especially when people move more, quit smoking, and drink less (Jankauskiene et al., 2025).

#### **Mental Health Benefits**

These lifestyle changes are also good for the mind. Many studies show that exercising, eating well, and sleeping better can lower stress, anxiety, and depression (Rahman et al., 2024; Li et al., 2024).

These changes work for people of all ages, including kids and teenagers. They feel less sad, more confident, and happier (Zhang et al., 2025).

People who already have mental health issues also feel better with these changes. They lose weight, become more active, and feel healthier. These changes can also lower the risk of serious diseases and early death (Brown et al., 2022).

#### **Implementation and Limitations**

People can learn these habits in many waysface-to-face, by phone, or through the internet. They may get help from health teachers, counseling, or step-by-step support (Brown et al., 2022).

But there are still problems. It's hard for many people to keep doing these habits for a long time. More research is needed to find better ways to help different groups of people follow healthy habits (Smith & Patel, 2024).

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## **4. Scientific Correlations with Ayurvedic Concepts**

Ayurveda, the "science of life," is one of the world's oldest holistic medical systems, originating in India over 3,000 years ago. Its basic principles centered on balance, prevention, and individualized care are increasingly relevant as modern societies are suffering with chronic diseases, lifestyle disorders, and the search for sustainable, integrative health solutions. Recent research and global trends points towards Ayurveda's value and its growing integration with modern health care and various healthcare facilities.

### **A) Core Ayurvedic Principles: Foundations for Modern Health**

#### **Tridosha Theory and Prakriti**

At the heart of Ayurveda is the tridosha principle, which suggests that 3 essential forms, Vata, Pitta, and Kapha govern all physiological and psychological processes. Each individual is born with a unique constitution (prakriti), a selected balance of doshas that affects their physical construct, metabolism, temperament, and fitness (Patwardhan et al., 2016; Sharma et al., 2019). Health, or *svasthya*, is described as an equilibrium among those doshas, tissues, metabolism, mind and senses.

#### **Panchamahabhuta: The Five Elements**

Ayurveda also believes that all physical forms, consisting of the human body, is composed of 5 factors earth, water, fire, air, and space. These factors work together to form the doshas, which in control all physical functions of body. Understanding this factor helps practitioners to prepare dietary and lifestyle guidelines to maintain the balance in individual (Sharma et al., 2019).

#### **Agni and Ama: Digestion and Toxins**

An important Ayurvedic principle is the concept of agni (digestive fire), that's responsible for digestion, absorption, and excretion of nutrients. When agni is balanced it gives health, fitness; when weak, undigested meals produce ama (toxins), which leads to disorder. Dietary and life-style measures suggested are directed at preserving agni and stopping ama production (Patwardhan et al., 2016).

### **B) Ayurvedic Dietary Principles: Personalized, Seasonal, and Mindful**

#### **Individualised Diets**

Ayurveda gives diet advice based on each person's body type (prakriti), digestion strength, age, season, and where they live. Foods are grouped by taste (*rasa*), strength (*virya*), how they act after digestion (*vipaka*), and special effects (*prabhava*). These help decide which food is good for which person

and when (Patwardhan et al., 2016; Kumar & Singh, 2023). For example, a person with more Pitta (fire element) should avoid spicy food and eat cooling and watery foods. Someone with more Kapha (earth and water elements) should eat light and warm foods to avoid feeling heavy and lazy.

#### **Seasonal and Daily Routines**

Ayurveda also talks about following seasonal regimes (ritucharya) and daily habits (dinacharya) to keep the body balanced and avoid sickness. These include changes in food, sleep, exercise, and mental practices to match the body's needs with weather and time changes (Kumar & Singh, 2023).

#### **Food Compatibility and Timing**

Ayurvedic diet prefers natural, less processed foods. It also tells which foods go well together. For example, milk and sour fruits should not be eaten together, as they can cause stomach problems and toxins. Eating at the right time, right amount, and in a peaceful place is also important for good health (Sharma et al., 2023).

#### **Mindful Eating**

Ayurveda says we should eat in a calm place, without distractions. Chew food properly and eat only when you're hungry. Stop eating when you're full. This helps in better digestion, clear thinking, and stable emotions (Healthline, 2019).

### **C) Ayurvedic Lifestyle Principles: Beyond Diet**

#### **Daily and Seasonal Routines**

Dinacharya (daily routine) and Ritucharya (seasonal routine) help manage daily and seasonal habits like when to wake up and sleep, personal hygiene, exercise, and meditation. These routines help keep the body, mind, and spirit balanced. They also help the body adjust to weather changes and different stages of life (Kumar & Singh, 2023).

#### **Yoga and Meditation**

Yoga and meditation are important parts of the Ayurvedic way of living. They help improve focus, control emotions, and grow spiritually. Today, even modern health experts agree that yoga and meditation reduce stress, improve mood, and support overall health (SaiAyush Ayurveda, 2025).

#### **Rasayana: Rejuvenation and Longevity**

Rasayana is a group of practices in Ayurveda that include special foods, herbs, and healthy habits. These are used to live longer, stay strong, and avoid sickness. Rasayana therapies help keep body tissues healthy, slow down aging, and make the immune system stronger (Patwardhan et al., 2016; Everest Ayurveda).

### **D) Modern-Day Implications: Ayurveda's Relevance and Integration**

#### **Preventive Healthcare and Chronic Disease Management**

Today, modern healthcare is focusing more on preventing diseases instead of only treating them. This is very important now because of rising long-term diseases and the COVID-19 pandemic. Ayurveda's main idea is to prevent illness by living a balanced life, eating healthy, and following a good daily routine. This matches well with what the world needs today (CAYEIT, 2025).

Studies and real-life cases show that Ayurveda works well in managing long-term diseases, stress-related problems, and lifestyle-related health issues (Bhardwaj, 2025).

#### **Examples of Modern Use**

**Corporate Wellness:** Many companies now offer Ayurvedic health coaching. This includes help with stress, food advice, and balance between work and personal life.

**Hospitals and Clinics:** In India and other countries, Ayurvedic doctors work along with modern (allopathic) doctors. Some cancer hospitals also use Ayurveda methods like meditation, yoga, and herbal treatments to help control symptoms (SaiAyush Ayurveda, 2025).

**Public Health:** Ayurveda's focus on boosting immunity, cleaning the body (detox), and reducing stress is used in public health programs and preventive medicine plans.

#### **Personalization and Precision Medicine**

Ayurveda looks at each person as unique. It studies prakriti (body type) to give personalized health advice. This idea is now becoming popular in modern science as "precision medicine".

New tools using genomics (study of genes) and AI (artificial intelligence) are helping connect Ayurvedic body types with genetic markers. This means we can make more personal and effective treatments (CAYEIT, 2025).

AI can now study dosha imbalances and suggest the right herbs or therapies. Also, genetic research is helping to prove that ancient Ayurvedic ideas work well with modern science.

#### **Scientific Validation and Global Acceptance**

One big opportunity for Ayurveda is to prove its treatments using modern science. Scientists are now studying how well Ayurvedic medicines work, how they affect the body, and how herbs move and act inside the body (pharmacokinetics) (CAYEIT, 2025). This kind of research helps doctors, governments, and people trust Ayurveda more around the world.

#### **Integration with Modern Medicine**

Ayurveda and modern (allopathic) medicine are now seen as partners, not competitors. Together, they give better care to patients. For example, someone may take modern medicine for a sudden illness and use Ayurveda for long-term health, healing, diet, and lifestyle (Bhardwaj, 2025).

#### **Handling Modern Lifestyle Disorders**

Problems like obesity, diabetes, high blood pressure, and mental stress are often caused by poor diet, lack of movement, stress, and bad daily habits. Ayurveda says these problems come from dosha imbalance. It suggests full lifestyle changes, such as:

Balanced Diet: Eating fresh, seasonal, and dosha-matching food.

Physical Activity: Doing daily exercise (vyayama) that suits your body type.

Sleep Hygiene: Getting enough good sleep every day (nidra).

Stress Management: Using yoga, meditation, and mindfulness.

Ethical Conduct: Following good habits and mental discipline (sadvrata).

These tips are similar to what modern lifestyle medicine also teaches: good food, regular exercise, proper sleep, and stress control (SaiAyush Ayurveda, 2025).

#### **Mind-Body Integration and Mental Health**

Ayurveda focuses not only on physical health but also on mental and emotional balance. Practices like meditation, pranayama (breathing exercises), and mindful eating are now widely accepted for helping reduce anxiety, depression, and stress (SaiAyush Ayurveda, 2025).

Modern wellness programs often mix Ayurvedic methods with modern therapies. This makes it easier for people to follow and get better results.

#### **Biotechnology and Ayurveda: Making Treatments Better**

Today, biotechnology is used to improve Ayurvedic treatments. Methods like:

Phytochemical analysis (studying the chemicals in plants),

DNA barcoding (checking plant identity using genes), and

Advanced extraction techniques (getting pure medicine from herbs)

These methods help make Ayurvedic medicine more safe, effective, and of high quality (DPU Biotech, 2025).

By combining traditional wisdom with modern science, we can create personalized and sustainable health solutions.

### **E) Opportunities and Challenges in the 21st Century**

#### **Opportunities**

##### **1. Global Leader in Preventive Health**

Ayurveda focuses on preventing illness before it starts. This makes it a strong part of the growing wellness and preventive medicine market worldwide (CAYEIT, 2025).

##### **2. Personalized Health**

By using digital health tools and genomics (the study of genes), Ayurveda can offer health plans made especially for each person.

##### **3. Natural and Eco-Friendly**

Ayurveda uses plant-based and eco-friendly treatments, which match the world's goals for protecting nature and using natural medicine.

##### **4. Working with Modern Medicine**

Ayurveda is now used together with modern (allopathic) medicine. This integrative care helps treat the whole personbody and mind.

#### **Challenges**

##### **1. Quality and Standards**

To be accepted worldwide, Ayurveda needs to have standardized products and properly trained doctors (SaiAyush Ayurveda, 2025). That means making sure medicines are the same everywhere and doctors follow proper education.

##### **2. Scientific Proof**

More scientific studies and clinical trials are needed to prove that Ayurvedic treatments work. This will help get approval from health authorities (Bhardwaj, 2025).

##### **3. Education and Awareness**

Many people, including doctors and the public, don't fully understand Ayurveda. More education and awareness are needed for better use of this system.

##### **4. Government Rules**

The regulations (rules) for Ayurveda and modern medicine are different. We still need to find a way to make them work well together in every country.

### **F) Case Studies and Research Highlights**

#### **Recent studies and reviews on Ayurveda's efficacy:**

##### **1. Chronic Disease Management**

Ayurvedic treatments help people with long-term illnesses like arthritis, diabetes, and heart disease. In many cases, patients can reduce their use of modern medicines (Bhardwaj, 2025).

##### **2. Stress and Mental Health**

Ayurveda uses mind-body practices like meditation and pranayama. These help reduce stress, improve mood, and support emotional well-being.

##### **3. Better Life and Healthy Aging**

Rasayana therapies (rejuvenation treatments) and healthy habits in Ayurveda are linked to more energy, better health, and slower aging (Everest Ayurveda).

#### **Integrative, Evidence-Based Ayurveda**

To grow in the future, Ayurveda must mix its ancient knowledge with modern science. By working with modern medicine, using research, and new technology, Ayurveda can become a trusted global health system.

#### **Key strategies include:**

### 1. Research and Evidence

We need more clinical trials and scientific studies to prove how Ayurvedic treatments work in the body.

### 2. Standard Practices

Create global rules and standards for how Ayurvedic medicines are made and how doctors are trained. This will improve safety and quality.

### 3. Educating Doctors

Teach modern doctors about Ayurveda. Add Ayurveda in medical education to help both systems work together.

### 4. Use of Technology

Use digital health tools like mobile apps and AI to make personalized health plans for each person, based on their body type (prakriti) and lifestyle..

Empowering Individuals: Using digital health tools for personalized wellness plans and self-care.

## 5. Conclusion

Bringing together ancient Ayurvedic wisdom and modern science shows us that old traditions still have great value today. Ayurveda teaches us to eat according to our body's needs, live in tune with nature, and take care of our health every day not just when are sick. By following personalized diets, mindful eating, and making small changes to match the natural rhythms of our body and the seasons, we can feel better, stay healthier, and avoid many illnesses. Adding Ayurvedic ideas to today's healthcare system gives us a more complete and balanced way to take care of our bodies and minds. It's not just about treating diseaseit's about creating a healthier life overall.

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