

Anti-Inflammation for Healthy Longevity through Traditional Lifestyle Habits

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Abstract – Now a day, human health is dynamically disturbed by many factors in the modern society. Chronic inflammation is the foremost underlying cause in non-communicable diseases like Diabetes, cancer, arthritis, coronary artery disease etc. Ample studies advocate the idea of inflammatory process contribute to adverse health outcomes in the modern society. The physiological link between obesity, cardiovascular disease, T2DM, and cancer are signaling through accumulation of overwhelmed Agni of the subtle body in turn enhances oxidative stress and induces inflammation in the physical body. Regular practice of yoga and meditation boost up the ability to minimize inflammatory responses to stressful encounters and also limits stress related changes to stay with substantial health benefits. Yoga as a lifestyle along with oil bath, yoga nidra, pranayamam, meditation are unique gifts to human beings for maintaining healthy life by natural way.

Keywords: Inflammation, Oil Bath, Yoga Nidra, Pranayamam, Healthy life.

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1. INTRODUCTION

Now a days, human health is dynamically disturbed by many factors in the modern society. Human body functions are interconnected and interdependence with the endogenous as well as exogenous factors, acknowledged to be wholistic nature. Apart from Socioeconomic gradients in health, many imperceptible factors affects human life expectancy has been witnessed now a days. The widespread inequality in health condition and mortality situation among the Indian population which keep popping up every other day, needed to conceal the circumstance consistently. One of the main challenges for Indians is that health care spending on non-communicable diseases adding burden to their monthly expenditure healthcare remains to socioeconomic circumstances. Chronic inflammation is the foremost underlying cause in non-communicable diseases like Diabetes, cancer, arthritis, coronary artery disease etc. Ample studies advocate the idea of inflammatory process contribute to adverse health outcomes in the modern society.

2. INFLAMMATION

Inflammation is generally a vital part of immune response and can be measured by laboratory observations. Most people has some level of inflammation due to breakdown of tissues in their

organs which may also endure intensification due to aging. Destroying healthy cell through inflammatory process wears out our immune system leading to health issues. Prolonged or chronic inflammation precedes to carcinogenic effect by altering the neoplastic process in the body. In general, proinflammatory micro environment results in short term inflammation were anti-infective, even anti cancerous response within the body. Unhealthy foods, poor sleep quality, contaminated air, water intake, emotional instability, stressful environment and many more triggers inflammation in the body.

2.1 Generation of Inflammation

The physiological link between obesity, cardiovascular disease, T2DM, and cancer are signaling through accumulation of overwhelmed Agni of the subtle body in turn enhances oxidative stress and induces inflammation in the physical body. Early childhood stress that modify the hypothalamic pituitary axis (HPA) of stress response system is related with activation of inflammation reaction of the body in adulthood. [1]Also distinct symptoms, especially sleep disturbance, emotion deregulation, prolonged stress, interpersonal behaviors triggers innate inflammatory components that can boost the activity of inflammation. However, the common pathways

between emotions related stress and pathophysiological processes due to the activation of stress system is furthermore related to underlying cause of 75%–90% of human disease. [2]The hypothalamic suprachiasmatic nucleus in the base of the brain, coordinates the human circadian rhythm which in turn modulates intermolecular interaction through neurobiological pathway can cause inflammatory reaction when it is disturbed. [3]The presence of disease point out the individual have lost some nature of sensitivity and imbalance with body constitution. A close association between metabolism and immunity has underpinnings of inflammatory response pathways put forth for consideration of reducing the inflammation with prana Shakti which is the refined bioenergy of human body.

3. TRADITIONAL LIFESTYLE

Although the mechanisms behind our traditional lifestyle alleged by Tamil siddhars are unknown, but those were well-documented biological discoveries able to restore an anti-inflammatory condition and maintaining the healthy microenvironment within the body. One of the most important scientific studies in recent decade suggest human gut micro flora and brain have bidirectional communication, can alter human actions and hence can be entitled as second brain. The deregulations in Gut-Brain axis due to intestinal micro biome dysbiosis may also provoke brain destruction mechanisms via neuromodulators like serotonin, catecholamine and kynurenine. Detoxification of body chiefly along with the gastrointestinal tract has been shown to delay aging, among more health benefits insisted by Siddharsas per traditional medical sciences. The interdependence of the diet-microbe-metabolite-host interactions in human gut has its effect on wellness and autoimmunity.

3.1 Healthy Eating

The term 'healthy eating' means eating plenty of fruit, vegetables (fibers) and salad otherwise cutting down on junk food processed with preservative packed foods tend to be full of salt, sugar and fat. Our neurohormonal physiology in the gut synchronize the digestive enzymes with the taste of the food, proceeds with separation process of metabolism. Adding organic plant based whole foods known as Sattvic diet for healthiest choice to improve our immune system. Avoiding refined food allergens, toxic chemicals, artificial food like stuffs on a regular basis would reduce chronic inflammation through the gut. With these simple lifestyle procedures, we can heal, restore, and revitalize ourselves naturally.

3.2 Oil bath

Our ancestors insisted us to take oil bath with sesame oil twice a week regularly. Now a days, Oil baths are formally held at least once a year on Diwali

in our homes. Our traditional oil bathing methods is now completely missing due to our ignorance and negligence. Oil bath supports to moderate the toxic warmth in the body which would be beneficial from head to toe of an individual. Oil bath ensures the tridhosham balance that facilitates sound sleep and improved concentration in activities. Proper oil baths prevents sweat spills, sunburns, elevated body heat and definitely a boon to reduce inflammation process. The basic siddha guidelines insists that the oil should be made warm by moderate heat and rub it on the top of the head, then apply oil above the skin and hair that potentially protect the body. The way to apply oil into the pores were three drops in each ears, two drops in nasal pathway, and two drops in each eyes. The best time to bathe in oil is between 5 am and 7 pm. Rub the oil well and leave for 15 to 30 minutes in mild sunlight. Thereafter warm water for bathing and shikakai (Acacia concinna) powder for rubbing is beneficial. Though Saturday is ideal, it is advised for men to take oil baths on Monday or Wednesday, while women are usually recommended on Tuesday or Friday. The villagers of south India knows the significance of taking oil bath using castor oil, coconut oil and sesame oil heated with spices to endure the warm climate. People who have regular practice of oil bath can feel the moist in the eyes, relaxed calm mind, lymphatic clearance, good blood circulation, refreshed body after oil bath. Cold foods such as fruits, buttermilk, yogurt, milk, cold drinks and ice cream should not be eaten on the day of the oil bath. Also avoid daytime sleep, gazing in hot sun, sexual activity with life partner. An oil bath is also a traditional habit for people with dry skin were reasonably less greasy can naturally improve their skin and promote health by producing vitamin C for sun.

3.3 Sleep Quality

The shorter our sleep, the shorter our lifespan, as poor sleep is foremost contributor to inflammation. The decimation of sleep now a days is having a catastrophic impact on our health and wellness which is one of the greatest health challenges. Scientific discoveries are being pursued, how inflammation is increased in insomnia patients. The disturbance of deep sleep is an underappreciated factor that impact on hippocampus causing neuroinflammation that impairs memory and learning function. Lea Himmer, Dr. Monika Schonauer and Professor Steffen Gais of the Institute of Medical Psychology at the University of Tübingen and their team investigated in what way these brain areas interact during the consolidation of new memories and which role sleep plays in that process. Inflammasomes are Pro-inflammatory cytokines that allow cells including brain cells to communicate with each other to regulate sleep and prompt inflammation. [4] Good sleep quality inhibits

the pro-inflammatory activity and significantly protect stress induced pathway to diseases.

4. YOGIC PRACTICES AND MEDITATION

Though the fulfilment of physical needs like food, dress, and shelter were achieved, the human longing or basic emotional suffering were encountered with mental wellbeing, which can be resolved with yoga and meditation in the absolute experience. Although coping with the inflammatory and endocrine responses in human is redundant process, our ancestors at the core gently push into the shadow of yogic practices as universal therapeutic intervention. Recent study published in *Frontiers in Human Neuroscience*, researchers found that a three-month yoga retreat reduced inflammation and stress in the body. In an exploratory study published in *Oxidative Medicine and Cellular Longevity*, scientists found that 12 weeks of yoga decreased levels of cortisol and significantly reduces high levels of stress-associated inflammation. A study published in the journal of *Psych neuroendocrinology*, researchers found that caregivers who participated in a yoga practice experienced a change in the response of 68 anti-inflammatory genes, leading to an overall decrease in inflammation. Meditation is a sequence of practice to regain health of consciousness, endeavor to relieve from emotional conflicts, as a culminate source of satisfaction to accomplish nicety mindfulness or circumspection to its utmost magnitude. The practice of *kayakarpa* yoga with meditation focus on physical bodily sensations, mind and five special senses, directed to communication discipline moment by moment awareness with interoceptive degree of consciousness. As Brown observed that meditation has been shown to bring about significant change in cognition and notion. [5] Inflammation often linked with stress related disorder, mood disorder can be astound through yogic meditation that could enhance the ability to pay open attention, encompass apprehension with subjective well-being. [6] Regular practice of yoga with meditation, boost up the ability to minimize inflammatory responses to stressful encounters and also limits stress related changes to stay with substantial health benefits.

5. CONCLUSION

For all our scientific analysis towards healthy living, we should understand our human immune system is tremendously complex to decode its physiology. However, the significant contributing factor and mechanism behind the perpetuation of chronic inflammation requires further study, but the process of inflammation can be ultimately controlled to certain extend. Yoga as a lifestyle along with oilbath, yoga nidra, pranayamam, meditation are unique gifts to human beings for maintaining healthy life by natural way. Furthermore, our ancestors ideal way of living, brings the conserving effect on the

body and may help deliver long-term protection against inflammatory components and associated disease. Together, traditional lifestyle is easy to follow and the evidences from our ancestor's right food habits will be beneficial to abate the inflammatory process concomitantly in tropical countries like India.

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