

# Lifestyle Diseases Keeping fit for a better tomorrow

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**Abstract**—Rapid development of mankind has led to progress but also been enduring uncountable lifestyle diseases which are the ailments that are primarily based on the day-to-day habits of people. Habits that detract people from activity and push them towards a sedentary routine can cause number of health issues that can lead to chronic non-communicable diseases that can have life threatening consequences.

**Index Terms**—Lifestyle diseases, sedentary routine, non-communicable diseases, life-threatening consequences.

## I. INTRODUCTION

What are lifestyle disorders?

Lifestyle diseases are symptomatic of everything that is wrong with today's lifestyle. Although the term was once used interchangeably with 'longevity diseases', this no longer holds true, as lifestyle diseases are no longer specific. Diseases that are linked with lifestyle choices such as those caused primarily by the consumption of junk food, lack of physical activity, work stress and other factors have now begun to affect young adults and children as well.

Causes of lifestyle disorders:

Excessive of smoking, alcohol consumption, tension, wrong dietary style, Excess of anger, excitement and jealousy.

## II. LIST OF LIFESTYLE DISORDERS

Diabetes, Arteriosclerosis, Heart diseases, Hypertension, Nephritis, Anxiety disorder, Allergies, Alzheimer's disease, Chronic Backache, Depression, Cancer.

## III. IMPACT OF LIFESTYLE DISORDERS:

The impact of chronic diseases on the lives of people is serious when measured in terms of loss of life, disablement, family hardship, poverty and economic

loss to the country. The range of disease burden or disability adjusted life years (DALY) rate among the states in 2016 was 9-fold for Ischaemic heart disease; 4-fold for chronic obstructive pulmonary disease; 6-fold for stroke and 4-fold for diabetes across India. Of the total death from major disease groups, 62% of all deaths were caused by non-communicable diseases.

## IV. NON-COMMUNICABLE DISEASE AND HOMOEOPATHY:

Non-communicable diseases (NCDs) killed 38 million people in 2012 — 16 million of them under the age of 70.

Homoeopathy deals with the holistic approach and treats the patients on individualistic manner by constitutional treatment, derived by considering the mental, physical, emotional, spiritual individual. The benefit of homoeopathy is that when a person takes the right remedy, not only does the disease being target is cured, but the overall immunity of the person is also boosted and their tendency to any other disease they are susceptible to also reduces.

## V. LET US CONSIDER SOME CLINICAL CASES GIVEN BY DR. J. CROMPTON

a renowned converted homoeopath, showing the efficacy of homoeopathy in respect to the major lifestyle diseases.

A gentleman of middle age, resident in London, suffering from Aneurysm of the aorta was considered in a dying state. After proper case taking, the principal remedies were Aurum metallicum, Chelidonium majus, Carduus marianus, Ceanothus americanus, Glandium quercus, Aconitum napellus, Ferrum metallicum, Cactus grandiflorus and Baryta muriaticum; the first named and the four last being directly specifically curative.

Another case mentioned by Dr. Crompton was of a lady in Belgravia with Angina pectoris was cured by Aurum metallicum, 3 trituration, 6 grains every four hours.

A case of an asthmatic gentleman of 50 years of age, with moderate emphysema of the lungs. After a prolonged course of constitutional treatment, he was partly cured which led Dr. Crompton to finally prescribe one drop powder of Aralia 3x which cured the case permanently.

A case of cancer of the left breast in a middle aged woman with deep crack in the angle of her mouth on the left side with thick indurated edges, probably of an epitheliomatous nature. Dr. Crompton prescribed a homoeopathic preparation of Condurango for about three years, with gradual, slow amelioration and eventually perfect cure.

#### VI. CONCLUSION:

A general conclusion from most of the genetic and epidemiologic studies have strongly suggested that reducing identified occupational hazards, modifying dietary habits and changing lifestyle-risk aspects could avert most cases of cardiovascular disorder, stroke, diabetes, neurological diseases and many type of cancers.

“Motivation is what gets you started, Habit is what keeps you going.” – Jim Rohn.

#### REFERENCE

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