

Article

Life Style Disorder and Management of Non-Communicable Diseases

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Dr S.N. Sugumar¹ and Mrs. M. Sripriya²

ABSTRACT

The increasing deaths due to non-communicable diseases indicate that socio-economic development fails to provide healthy life to the majority. Non-communicable diseases kill more than 41 million people every year all over the world. Out of total victims of non-communicable diseases, 80 percent occurred in the middle and low income countries in the world. According to Ayurveda and Siddha treatment, diseases are caused by imbalance among vada, pitta and kapha. Sleepless night and taking food after the sun set cause hyper tension, cholesterol and diabetes. Modifying our behaviour and the life style can overcome the problems of non-communicable diseases and its negative impact on society and the economy.

Keywords: Life style, Non-communicable disease, income, Ayurveda, Siddha, diabetes.

INTRODUCTION

People in general are interested and motivated to have better standard of living, happy and healthy life. Contemplation of better and happy life may be realized by a few people and not by the majority. The macroeconomic variables like Gross National Product, Per capita GNP, and Investment have been increasing significantly all over the world. Advancement in science and technology, health care products, services and medical technology has been witnessed all over the world. The achievement of overall socio-economic development globally cannot be denied and disputed. But the prevailing victims of non-communicable diseases make us to doubt or question whether the development leads to happy and healthy life. The increasing deaths due to non-communicable diseases indicate that socio-economic development fails to provide healthy life to the majority. The present health scenario tells that increasing income, modern technology and economic environment are not human friendly, because death due to non-communicable diseases is caused by life style disorder due to urbanization, industrialization and globalization. Therefore, people's way of life should be changed so as to lead happy and healthy life.

MAGNITUDE OF NON-COMMUNICABLE DISEASES

Victims of non-communicable diseases account for more than 71 percent of total deaths in the world. Non-communicable diseases kill more than 41 million people every year all over

¹ Prof. and Head, Department of Economics, VISTAS, Chennai –117.

² Ph.D. Scholar, Department of Economics, VISTAS, Chennai –117

the world. Out of total victims of non-communicable diseases, 80 percent occurred in the middle and low income countries in the world.

Non-communicable diseases include cardio – vascular disease, lungs and kidney diseases, blood pressure, cholesterol, diabetes and cancer. As per the publication of World Health Organization every year all over the world 17.9 million people die due to heart diseases, death of 9 million people caused by cancer, 3.9 million people die due to respiratory diseases and 1.6 million people die due to diabetes. In general, 15 million people die every year from the age group of 30-60 years. Among the no-communicable diseases, the major four diseases viz, heart diseases, cancer, lung diseases and diabetes account for 80 percent of premature deaths.

CAUSES OF NON-COMMUNICABLE DISEASES

Non-communicable diseases also are known as chronic diseases, tend to be of long duration and are caused by genetic, physiological, psychological, environmental factors. Generally, non-communicable diseases are caused by the following factors.

1. Urbanization
2. Industrialization
3. Globalization
4. Aging population
5. Unhealthy diets
6. Lack of physical activities
7. Harmful use of tobacco and alcohol
8. Smoking
9. Deviation of human life from nature and body clock

World Health Organization showed that 7.2 million death occur due to tobacco use, 4.1 million death due to excess of sodium / salt, 3.3 million deaths due to use of alcohol and 1.6 million death due to insufficient physical activities.

ISSUES IN NON-COMMUNICABLE DISEASES (NCDs)

The systematic examination of the causes of non-communicable diseases reveals that NCDs are psychological factors due to change in the socio-economic environmental conditions. Ultimately it is due to life style disorder. This may include;

1. Erratic food habits
2. Sleep disorder
3. Abnormal working conditions
4. Outsourcing between the countries
5. Mobility of labourers between the countries
6. Negative attitudes of people
7. Phobia and worries
8. Feeling of jealous among the people
9. Tit for tat attitudes
10. Feeling of irreligious

11. Deviation from nature
12. Deviation from body clock

MEASURES TO ARREST NON-COMMUNICABLE DISEASES

Most of the non-communicable diseases are in result of mind disorder or emotional. It is also called as metabolic syndrome. As per Ayurveda and siddha treatment, diseases are caused by imbalance among vata, pitta and kapha. But the imbalance is caused by our thoughts and actions. Therefore, we are responsible for all our physical and mental illness. As per the homeopathic way of treatment diseases are caused by our thoughts, action and suppression of our thoughts and diseases. Diseases refer to unhealthy conditions of the body and mind. Human health refers to total physical and mental health which in turn are inter-related. Physical ill health may induce mental ill and mental ill health may induce physical ill health. However, mental health is more important than physical health. Strong mind or mind power can solve physical problems. Therefore, most of the physical problems are due to weak mind. Any crime for that matter is due to weakness of mind. Poverty is due to weakness of mind.

Negative thoughts, mind and attitudes are responsible for human diseases, disputes, violence all over the world. We all know where there is a mind there is a way. All good and bad comes to us are not because of others but it is only because of us. Emerson says that a man is what he thinks about all day long. The thoughts that pass through your mind are responsible for everything that happens in your life. Aware of the thoughts that pass through your mind if thoughts are positive, then it is all right. Therefore, our thoughts are responsible for our illness, disputes, unhappiness and all sorts of violence.

HEALTHY THOUGHTS AND HEALTHY LIFE

According to Swami Vivekananda, it is the feeling that is the life. We build and fabricate our own healthy or unhealthy life by our own positive and negative thoughts. Nature and pattern of our emotions and feelings determine our life. It is true and you all accept that feeling of joy will create joy only feeling of happiness will create happiness only feeling enmity will create enmity only feeling of harmony will create harmony only feeling of peace of mind will create peace of mind ,feeling healthiness will create healthiness. Feeling violence will create violence only. Therefore, what you see outside that came from inside. We can do or say what we knew or what we can do. By changing our thoughts we can change our life. As you think, so you do, and as you think, so your life.... Nothing more than that. In fact, our feelings decide what and how we are.

The nature of emotions and feeling not only determine the state of mind but also the physical health. The feeling anxiety will damage our heart and lungs. The feeling of pensiveness, jealous and worries may upset our stomach and result in cancer. The feeling of any sorts of phobia or fear will damage our kidney and urinary bladder. The feeling of anger will damage our liver and gallbladder. Therefore, by changing our feelings and emotions we can over- come most of the non-communicable diseases.

DEVIATION FROM NATURE

Today's modern world changes our living conditions and pattern and consumption patten. Hormone secretion in our body plays major role in determining our health. Serotonin secretion will take place when sun rises that makes oneself brisk and active. That is why we work in the day time. Melatonin secretion will take place in dark place that make us sleepy and drowsy. That is why we sleep at night. In nature, day is to be active and night is to take rest and for regeneration. But, today majority of people's life starts during the night. We just go against the human anatomy. Night shifts is very dangerous to human health. Sleeplessness might lead to innumerable diseases.

Taking food after sunset may not be digested properly or body mechanism will work hard to digest the food when we take in the late night. Sleepless night and taking food after the sun set cause hyper tension, cholesterol and diabetes. Taking all kinds of processed food and junk food and unhealthy food aggravates the problems. Controlling urination and bowel movement leads to ill health.

HAPPINESS AND HEALTHY LIFE

In fact, unhappiness leads too many problems such as worries, depression, frustration, hypertension etc., peace of mind can bring happiness which in turn bring healthy life. Happiness is the purpose and meaning of life. True happiness comes within ourselves and not from achievements, success, love and families, affection with friends and in religion. Therefore, the quest for happiness is always in vain unless you can find it within yourself.

The realization of happiness in practical life is not in getting, but only in giving. Greed and selfishness destroy peace of mind. Unless we think of others and do something for them, we miss one of the greatest source of happiness. Therefore, healthy life can be realised only through natural way of life and positive attitude.

CONCLUSION

Our understanding on non-communicable diseases implies that our feelings and emotions and way of life play a major role to keep our health intact. Modifying our behaviour and the life style can overcome the problems of non-communicable diseases and its negative impact on society and the economy. To set right our emotions, live neither in the past nor in the future but live in the present – just shut out the past – the dead yesterdays and shut off the future – the unborn tomorrows, then you are safe today.

To keep away from all negative thoughts, disputes and violence understand that doing good to others is not a duty, it is a joy and it increases your own health and happiness. If you want to become rich, make others rich. If you want to be healthy, make others healthy. If you want to be happy make others happy. To enjoy and ensure your happy and healthy life, live without looking back, worrying about the future and comparing your life with that of others.

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