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Epigenetics In Relation To Ayurveda

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Abstract

Epigenetics has transformed the way we think about genomes. It is the study of changes in organism caused by modification of gene expression rather than alteration of the genetic code itself. It works through chemical tags added to chromosomes that in effect switch genes on or off. Several life style factors are identified that might modify epigenetic patterns, such as diet, obesity, physical activity, environmental pollutants, psychological stress etc. Ayurveda is the science of life. Hence, a lot of importance is given to diet, exercise, and mode of living and moral character of a person. It teaches us, how to live a healthy and peaceful life. It's preaching starts from preconception and runs whole of the life of a person. How lifestyle and diet of a pregnant woman affects the health, disease and survival of the fetus in womb it is beautifully mentioned here. These references directly indicate that science of epigenetics is playing role there. By following dinchrya, rituchrya, yoga and sadvritta we can modify the negative outcome of our genetic constitution in our life period through the epigenetics. How Ayurveda describes the science of epigenetics in its own terms and how we can modify the gene expression by following guidelines mentioned in Ayurvedic texts for healthy living that is thoroughly discussed in this paper.

Key words- *Epigenetics, Beeja, Mahabhuta, Shad bhva, Prakriti*

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