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## Significance of Ayurvedic concepts in Today Lifestyle: A Review

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### Abstract:

Today is the world of life style disorder .Life style disorder is the disease which are not transmitted by any vector ,environment and also from person to person .The reason behind life style disorder is person's behaviors ,conduct and how we live life .The main reason which cause lifestyle disorder are alcohol ,smoking and lack of physical activity and unhealthy eating .In Ayurvedic text ,to avoid lifestyle disorders ,many measure are describe like ideal daily regimen (*dinacharya*) ,seasonal regimen (*ritucharya*) ,diet according to *prakriti* ,Rules of eating ,achara rasayana and sadvritta . So Maintaining proper health, application of *ayurvedic* concepts in today lifestyle is essential .Application of Ayurvedic concepts like *achara rasayana* ,*sad vritta* ,*dinacharya* ,*ritu charya* and diet rule ,*prakriti* etc in today lifestyle help to achieve healthy and long life without any disease and prevent from all lifestyle disorder which is epidemic in current era. For the management of lifestyle disorder, integration and applications of *ayurvedic* concepts of healthy living is beneficial.

**Keywords:** *Ayurveda* ,Lifestyle ,health ,lifestyle disorder.

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