

Indian Systems of Medicine to Lifestyle Medicine: A continuum

Rakesh Sarwal, MBBS, MPH, DrPH, Therapeutic Yoga
Consultant, Professor (Adj.), Community Medicine, Lifestyle
Clinic, ESIC Medical College, Faridabad¹

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¹sarwalr@gmail.com

What is health, a Fundamental Right (WHO) ?

- A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity (WHO).
- Lightness of body, desirelessness of mind, clean complexion, beautiful voice, agreeable odour, scantiness of excretions. (**Shvetasvatara Upanishad**)
- Normal physiological activities and processes - digestion, sleep, flexibility (Flexibility = Youthfulness), sweating, contemplation (insight) (**Charaka Samhita**).
- Ability to carry out daily responsibilities without fatigue
- **Pleasant**: Maintain a cheerful disposition, navigate social relations without strain or acrimony.
- **Acceptance**, Patience, Peace over Rage
- **Contentment**: Remain satisfied with self and circumstances

Where is Health produced ?

- Hospitals ?
- Clinics ?
- Schools ?
- Workplaces ?
- Homes ?

Who produces health ??

Core Concepts of ISM

- **Ayurveda:** Panchamahabhuta, Tridosha, Triguna
Sattva-Rajas-Tamas, Sapta-Dhatu, Trimala, Prakriti-Vikriti,
Dinacharya-Ritucharya, Panchakarma.
- **Siddha:** 96 Tattvas, 72,000 Nadis, Kundalini,
Alchemy/Rasavada, Varma-Kalai, Thokkanam massage.
- **Unani:** Umoor-e-Tabiya 7 naturals, Mizaj, Akhlat, Asbab-e-Sitta
Zarooriya 6 essentials of life.
- **Yoga:** Pancha-Kosha Annamaya to Anandamaya, Shat-Chakra,
72,000 Nadis, Karma-Bhakti-Jnana-Raja.
- **Sowa-Rigpa:** Body as microcosm, diagnosis by pulse/urine,
diet-behavior medicine.
- **Homoeopathy:** Laws of similars, minimum dose, chronic miasms
Psora, Sycosis, Syphilis.

Dosha - temperament

AYURVEDIC DOSHAS CHARACTERISTICS

VATA

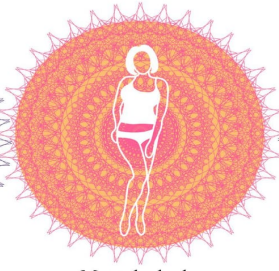
Air & Ether



Light frame
Spontaneous
Quick in thought and action

PITTA

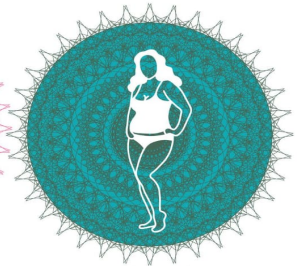
Fire & Water



Muscular body
Penetrating mind
Determined spirit

KAPHA

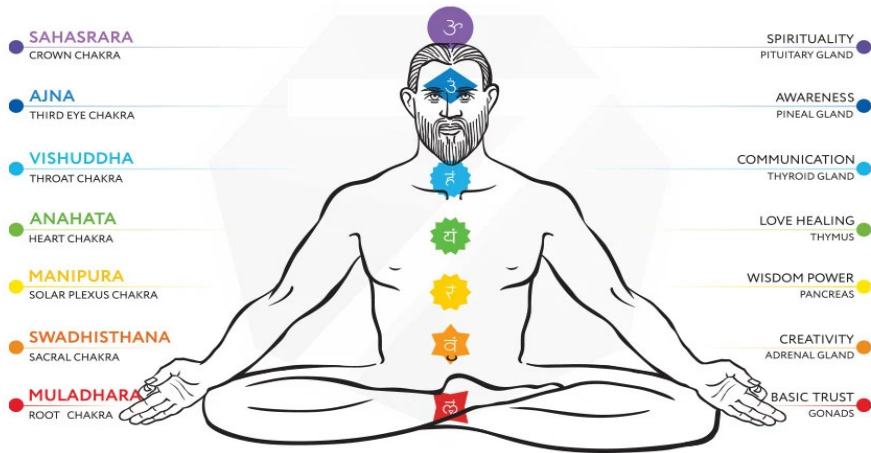
Earth & Water



Heavyset
Grounded demeanor
Slow-moving

Chakra, Gateway to inner body & Glands

CHAKRA GLANDS



Patanjali YogSutra

Limb of Yoga	Suddhi	
1. Yama	Karma-Suddhi	Bhahiranga
2. Niyama	-do-	-do-
Shat-Karma	Ghata-Suddhi	
3. Asana	Snayu-Suddhi	-do-
4. Pranayama	Prana-Suddhi	-do-
5. Pratayaha	Indriya and Mano Shuddhi	Antaranga
6. Dharan	Mana, Buddhi,Ahamkar,Chitta Shuddhi	-do-
7. Dhyana	-do-	-do-
8. Samadhi	-do-	-do-

Bhagwad Gita

- Mental Disorder: BG 2.62: While contemplating on the objects of the senses, one develops attachment to them. Attachment leads to desire, and from desire arises anger.
- Samatvam Yoga Uchyate BG 2.48: Be steadfast in the performance of your duty, O Arjun, abandoning attachment to success and failure. Such equanimity is called Yog. : | : ||
- Yogah karmasu kaushalam BG 2.50: One who prudently practices the science of work without attachment can get rid of both good and bad reactions in this life itself. Therefore, strive for Yog, which is the art of working skillfully (in proper consciousness). | : || 2.50|| -
- BG 6.17: But those who are temperate in eating and recreation, balanced in work, and regulated in sleep, can mitigate all sorrows by practicing Yog.

What does ISM teach on How to be Healthy ?

- Fearlessness, purity of mind, steadfastness in spiritual knowledge, charity, control of the senses, sacrifice, study of the sacred books, austerity, and straightforwardness; non-violence, truthfulness, absence of anger, renunciation, peacefulness, restraint from fault-finding, compassion toward all living beings, absence of covetousness, gentleness, modesty, and lack of fickleness; vigor, forgiveness, fortitude, cleanliness, bearing enmity toward none, and absence of vanity. (BG 16.1-3)

ISM Timeline-1

- Indus Valley Period ~2600-1900 BCE:
 - Proto-Ayurveda: hygiene, sanitation at Mohenjodaro/Harappa, use of medicinal plants, trephination.
 - Concept: disease as demonic + use of herbs/water therapy.
- Vedic Period ~1500-800 BCE:
 - Rigveda: 67 medicinal plants, Rudra as divine healer.
 - Atharvaveda - first medical doctrine: Takman is fever, Yakshma is TB, Krimi for worms, Bheshaja for drugs.
 - Concept: Pancha-Mahabhuta - Akasha, Vayu, Agni, Jala, Prithvi. Health = balance with cosmic order.

Classical Period ~600 BCE - 600 CE - Golden Age:

- Bhagwat Gita: 400BC
- Charaka Samhita ~ 400 BCE-200 CE: Kayachikitsa internal medicine. Doctrine of Tridosha - Vata, Pitta, Kapha; Sapta-Dhatu (body tissues), Ojas, Prakriti, Agni, Ama (metabolic waste), Srotas (channels).
- Sushruta Samhita ~ 600 BCE-200 CE: Shalya-tantra surgery. 121 instruments, rhinoplasty, cataract couching, 1120 diseases, dissection.
- Ashtanga Sangraha / Ashtanga Hridaya by Vagbhata ~6th c. CE: 8 branches.
- Yoga systematized: Patanjali Yoga Sutras ~200 BCE-200 CE: Ashtanga Yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi, concept of Chitta-Vritti-Nirodha.
- Siddhars in Tamil South: Agastya, 18 Siddhars. Sangam literature ~300 BCE-300 CE mentions Maruthuvam.

Medieval Period 700-1500 CE:

- Ayurveda: Madhav Nidana 700 CE described diagnostics, Sharangadhara Samhita 13th CE pharmacy, pulse - Nadi Pariksha, Bhavaprakasha 16th CE by Bhavamishra addressing the origin of medicine, cosmology, anatomy, embryology, dietetics, pharmacology, pathology and therapy, manufacture of aphrodisiacs and elixirs.
- Siddha matured: 96 Tattvas, Vatham-Pitham-Kapham, Muppu universal salt, Kayakalpa rejuvenation, Varmam vital points, alchemy
- Hatha Yoga: Hatha Yoga Pradipika 14th c., Gheranda Samhita: Shatkarma, Asana, Mudra, Prana.
- Sowa-Rigpa: 8th c. Yuthok Yonten Gonpo, rGyud-bZhi Four Tantras. Concept: Jung-wa-Inga 5 elements, Nyes-pa-gsum Lung, Tripa, Beken - three humors. Entered Ladakh, Sikkim via Tibet.
- Unani introduced to India: 12th-13th c. with Delhi Sultanate. Four Humours - Dam, Balgham, Safra, Sauda, Mizaj temperament, Tabiat

Colonial Period 1757-1947:

- 1827: Native Medical Institution Calcutta for Ayurveda/Unani.
- 1835: Macaulay Minute - closed in favour of Western medicine.
- Homoeopathy introduced: Dr. Honigberger 1829-30 to Punjab, Dr. Mahendra Lal Sircar 1860s. Concept: Similia Similibus Curentur, single dose, potentization, vital force.
- Naturopathy introduced: European - Vincent Priessnitz, Benedict Lust. Indianized by Gandhi, K. Lakshmana Sharma 1919. Concept: Panchabhuta Upasana, fasting, mud, water therapy.
- Revival: 1907 All India Ayurvedic Congress, 1916 Banaras Hindu University Ayurveda college.

Post-Independence 1947-Present:

- 1969: Central Council for Research in ISM.
- 1970: Central Council of Indian Medicine [CCIM] Act.
- 1995: Dept. of ISM&H.
- 2003: Dept. of AYUSH.
- 2014: Ministry of AYUSH formed.
- 2020: National Commission for Indian System of Medicine [NCISM] Act, National Commission for Homoeopathy Act.

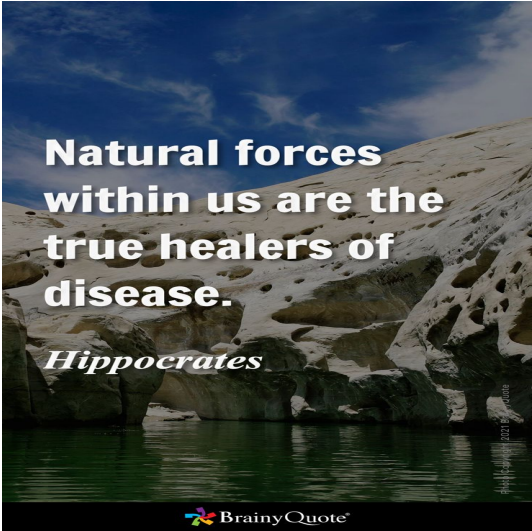
Nature Heals: The Ultimate Wellness Inspiration



Modern Medicine: Germ theory, Vaccines, Antibiotics

- 2600 BC Egyptian Imhotep: diagnosis and treatment of 200 diseases
- 460 BC Birth of Hippocrates, the father of modern medicine
- 1590 Zacharius Jannssen invents the microscope
- 1628 William Harvey: Anatomical Study of Heart and of the Blood
- 1683 Anton van Leeuwenhoek observes bacteria
- 1701 Giacomo Pylarini gives the first smallpox inoculations
- 1796 Edward Jenner: vaccination for smallpox
- 1800 Sir Humphry Davy discovers the anesthetic properties of nitrous oxide
- 1870 Robert Koch, Louis Pasteur establish the germ theory of disease
- 1928 Sir Alexander Fleming discovers penicillin

Similar concepts developed in Modern Medicine



**Natural forces
within us are the
true healers of
disease.**

Hippocrates

 BrainyQuote®

Scarce use of Medicine (Hippocrates)

“

The greatest medicine of all
is teaching people how not to
need it.

—
HIPPOCRATES

GRACIOUSQUOTES.COM

Food as Medicine (Hippocrates)

“

Just as food causes chronic
disease, it can be the most
powerful cure.

HIPPOCRATES

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Crucial Role of The Gut

“

All disease begins in the gut.

—
HIPPOCRATES

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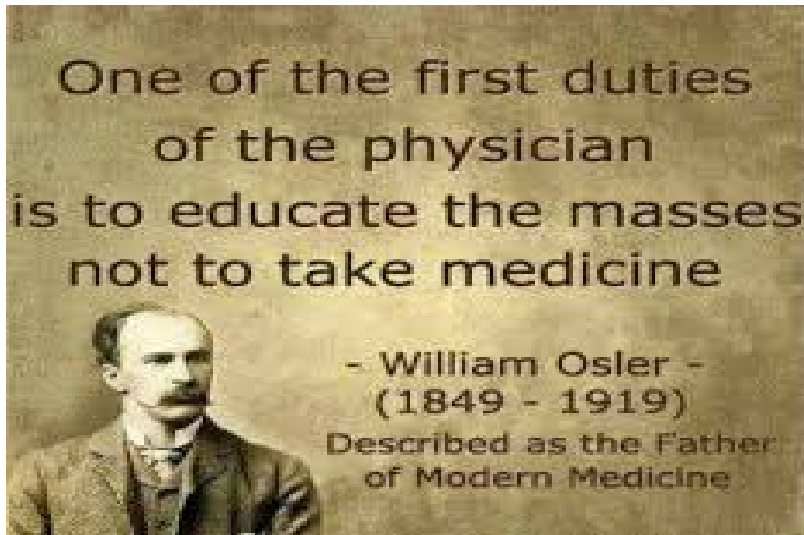
Encouraging Self Healing

“

The natural healing force
within each of us is the
greatest force in getting well.

HIPPOCRATES

GRACIOUSQUOTES.COM



Top Evidence-based lifestyle practices that reliably lower systemic and cellular inflammation

Practice	Average effect
Regular exercise (mixed aerobic + resistance)	20 _ 40% hs-CRP, IL-6, NLRP3
High-quality sleep (7 to 9 h + good quality)	25 _ 35% CRP, IL-6
Mediterranean / plant-heavy diet	20 _ 35% CRP, IL-1, NLRP3
Body-fat reduction (especially visceral)	30 _ 50% inflammatory markers per 510 kg lost
Daily intake of polyphenol-rich foods/beverages	15 _ 30% CRP, IL-6, NLRP3
Stress reduction (meditation, yoga, nature time)	15 _ 25% CRP, IL-6, cortisol
Intermittent fasting / time-restricted eating	15 _ 30% CRP, IL-6, oxidative stress
Smoking cessation & vaping cessation	30 _ 50% CRP within weeks
Adequate vitamin D (blood level 4050 ng/mL)	15 _ 25% CRP, IL-6
Omega-3 supplementation or fatty fish	10 _ 25% CRP, IL-6, TNF-

Evidence for Integrative approach

- A whole plant based diet can not only prevent, but reverse a host of chronic diseases, like DM2, HT, metabolic syndrome, obesity, early cancers, IBS, COPD
- Yoga by itself is effective in most mental health conditions, metabolic and musculoskeletal conditions
- Yoga combined with diet is acts as a force multiplier, magnifying the benefits of both,

Evidence based Global Disease recommendations

Condition	Recommending Organizations	Role of Lifestyle Practices	Key Evidence/Notes
Type 2 Diabetes	ADA, ACLM, AACE/ACE, ESC/EASD	First-line; foundational for prevention, management, and potential remission. Includes plant-predominant diet, exercise, weight loss.	ACLM 2025 guideline prioritizes lifestyle over pharmacology initially; ADA emphasizes as cornerstone with potential medication deprescribing.
Prediabetes	ADA, ACLM, USPSTF	First-line for prevention/delay of progression to type 2 diabetes; intensive lifestyle programs (e.g., 7% weight loss + 150 min/week activity).	Diabetes Prevention Program trials show 58% risk reduction vs. metformin (31%).
Hypertension (High Blood Pressure)	AHA/ACC (2025 guideline), ISH, ESC	First-line for all stages; 3–6 months trial before/instead of meds in lower-risk cases. DASH diet, exercise, sodium reduction, weight loss.	Reduces BP and CVD risk; often delays or avoids medication need.
Obesity/Overweight	AHA/ACC/TOS, AACE/ACE, Endocrine Society	First-line; comprehensive lifestyle (calorie restriction, activity, behavioral therapy) before pharmacotherapy or surgery.	5–10% weight loss improves comorbidities; cornerstone of all guidelines.
Cardiovascular Disease (Prevention & Secondary)	AHA/ACC, ESC	First-line for primary prevention; essential adjunct in established CVD. Heart-healthy diet, exercise, no smoking.	Reduces ASCVD events; ESC 2021 guidelines emphasize throughout life.
Metabolic Syndrome	AHA, NCEP/ATP III, International panels	First-line; addresses root causes (diet, activity, weight loss) to resolve components.	Improves insulin resistance, lipids, BP; often reverses syndrome.
Non-Alcoholic Fatty Liver Disease (NAFLD/MASLD)	AASLD, EASL	First-line; weight loss (5–10%) via diet/exercise primary treatment.	Only established therapy; improves histology.
Major Depressive Disorder	WFSBP/ASLM	Adjunctive/first-line in mild-moderate cases; exercise, diet, mindfulness, sleep, social support.	Comparable to therapy/meds in some cases; reduces symptoms.

Six Pillars of Lifestyle Medicine (IBLM, ABLM)

- Whole-Food, Plant-based Nutrition
- Physical Activity, particularly Yoga
- Restorative Sleep
- Stress Management
- Encouraging Social Connection
- Avoidance of Risky Substances

Key Principles followed in Lifestyle Clinic

- Prevention
- Self-Awareness, Self-Care through Lifestyle choices
- Natural systems have an innate, strong, power of
 - Working in Harmony, Balance.
 - Flexibility, Healing, recovery.
 - Follow law (Newtonian) of action-reaction.
- Medicines treat, lifestyle heals.
- Establish Mutual Goals of care
- How does behaviour, lifestyle change ?
 - Determination to achieve Goals of care
 - Good mentorship and company - capability (C), opportunity (O), and motivation (M), COM approach

Prototol at Lifestyle Clinic at ESIC, Fbd

- Patient-centered, whole of person care by a team with expertize in Yoga, Preventive medicine.
- Detailed history taking, including on unhealthy diet, addiction practices
- Use of modern diagnostics for baseline assessment
- Holistic Management by
 - De-addiction, including from unhealthy diets
 - Psychological counselling by talk therapy
 - Dietary and lifestyle advice using a 21-point brochure
 - Teaching Yoga asanas and breathing technique
 - Family conselling on cooking choices, regular exercize
 - Other than vitamin and mineral supplements, use of minimum medications
 - Maintenance of patient registry, follow up by regular calls

Innovative Traffic Light approach to lifestyle



ESIC MEDICAL COLLEGE & HOSPITAL, FARIDABAD Integrated Health Clinic



Foods To Be Avoided

Food containing high amount of salt, refined sugar, refined cereal or fat.

1. Deep fried - fries, pakoras, samosa, kachori, etc.
2. Processed/Packaged food - chips, patties, breads, biscuits, sauces.
3. Confectionery- sweets, chocolates, toffees, cakes, pastries, ice-cream.
4. Carbonated drinks - soft drinks, sodas.
5. Caffeinated drinks - tea or coffee with milk.
6. Meat - Red meat.
7. Alcohol.

Healthy Balanced Diet

Eat from the seven food groups (Prefer eating locally produced foods).

1. Vegetables - Seasonal and green leafy vegetables, salads like beetroot, cucumber, radish. Chutney (Coriander, mint, chillies, garlic, ginger, Indian gooseberry)
2. Fruits - Seasonal fruits.
3. Cereals - Whole wheat, parboiled rice and millets like bajra, jowar, ragi. Fermented cereals-pulses mix.
4. Pulses - Whole Pulses, Beans, Sprouted Lentil and Gram.
5. Dairy-Toned Milk, Curd, Buttermilk.
6. Oils & Fats - Cook in little oil, steam or boil the food, add ghee on top.
7. Sugars- Jaggery, Honey, Dates, Raisins. (In moderation)

Adopt A Healthy Lifestyle

1. Walk/Exercise/Yoga/Pranayam for at least 30 minutes for 5 days a week.
2. Daily Sun exposure.
3. Maintain a healthy body weight (BMI less than 25). Reduce abdominal fat.
4. Drink adequate water to stay hydrated.
5. Live a stress-free life. Have regular and proper sleep.
6. Abstain from any type of addiction (Tobacco, alcohol, drugs or screen)
7. Meal times should be fixed. Be mindful of portion sizes and avoid overeating.



MENU (Example)

- Breakfast : Dalia or Sprouts, salad or idli/utppam/dosa, sambar or upma.
- Mid Morning : One Fruit (of the season).
- Afternoon : Chapati/Rice/Khichdi+dal +sabji+buttermilk + salad + chutney.
- Evening : Soup+same as lunch but in less quantity.

Prefer having last meal of the day before sunset.

Results from Lifestyle Clinic

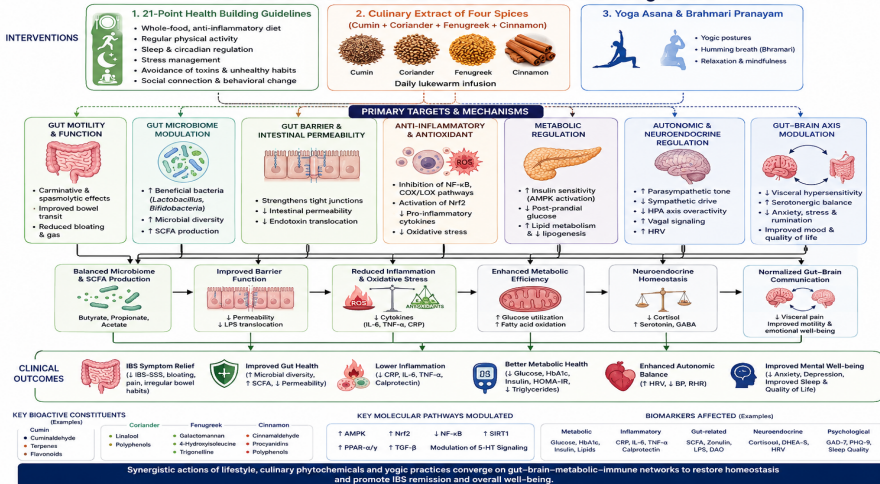
Condition	Cases	%
Degenerative Joint & Spine Disease	476	85.8
Hypertension	311	88.7
Diabetes Mellitus	246	87.4
Obesity	244	92.9
Acid-Peptic Disease (Gastritis, Ulcer, GERD)	224	88.2
Tobacco Abuse/Addiction	115	95.7
Thyroid Disorders (Hypo/Hyperthyroidism, Nodule)	112	91.1
Obstructive Airway Disease	76	92.1
Anorectal Disorders (Hemorrhoids + Anal Fissure)	74	78.4
Menstrual & Ovulatory Disorders	73	86
Migraine + Tension/Cluster Headache)	69	83.6

Note:

- % reported relief of symptoms (2025/02 - 2026/02)
- 3890 visits of 1,860 cases, for 2685 disease conditions.

How does Lifestyle medicine work ?

Integrated Mechanistic Pathways of a Lifestyle-Spice-Yoga Intervention in IBS Remission and Metabolic-Neuroendocrine Regulation



Stories from Lifestyle Clinic:

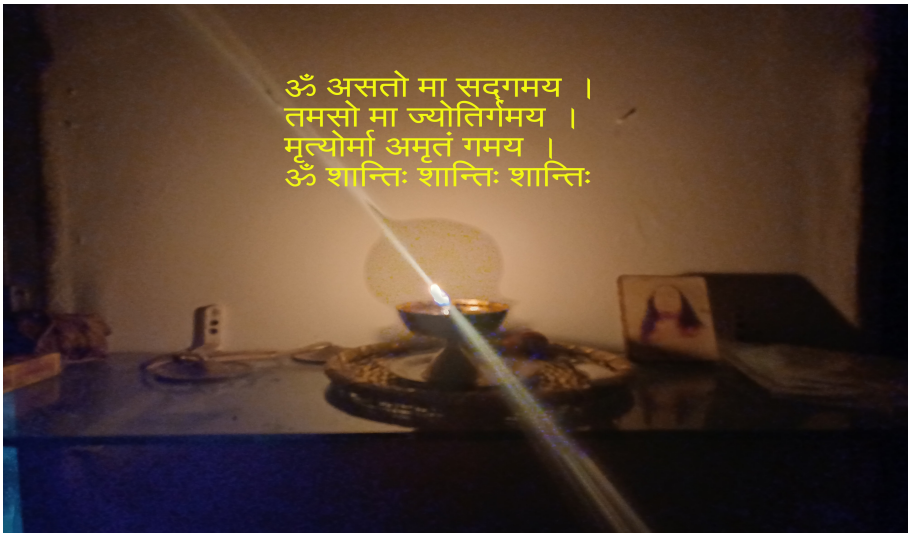
- https://archive.org/details/@sutra_health

Scan this code to give your response



The Journey to Light, Health and Happiness

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ।
मृत्योर्मा अमृतं गमय ।
ॐ शान्तिः शान्तिः शान्तिः





**YOUR HEALTH
IN YOUR HANDS**

We help you build lasting health through healthy habits – small, sustainable daily choices.

LIFESTYLE **DIET** **YOGASANA** **PRANAYAM** **MIND**

FOR

WEIGHT **METABOLIC HEALTH** **BLOOD PRESSURE** **BREATHING** **SLEEP** **HAPPINESS**

SUTRA HEALTH
LIFESTYLE MEDICINE
PERSONALIZED TO YOU

QR code

The graphic features a family of four (father, mother, and two children) running happily in a sunlit park. Above them are two rows of icons: the first row represents lifestyle pillars (Lifestyle, Diet, Yogasana, Pranayam, Mind) and the second row represents health goals (Weight, Metabolic Health, Blood Pressure, Breathing, Sleep, Happiness). The Sutra Health logo and a QR code are at the bottom.

<https://academic.lifequality.org.in> WhatsApp: 9013103676

References:

- History of Indian Medicine: A Complete Timeline accessed from <https://sushrutmedicosavvy.com/2026/06/09/history-of-indian-medicine/>