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Scope And Role Of Ayurveda In The Management Of Life Style How Does Ancient Sri Lankan Pregnant Mother Conduct Her Life Style To Prevent Life Style Diseases (Literary & Analytical Review)

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As the name suggests, life style diseases are a result of the way we lead our lives. These are also named as diseases of longevity or diseases of civilization. Lifestyle diseases are the result of an ill relationship of people with their environment. These diseases are wide spread, as countries become industrial and people live longer. The world Health Organization (WHO) has warned that more than 270 million people in the world are susceptible of falling victim to diseases. Life Style of the pregnant mother is directly related to life style disorders. As reference to modern and ayurveda view it leads to make an unhealthy person to the society in the future. This review will discuss the strategies which were taken by them to get rid from life style disorders.

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