

CRITICAL ANALYSIS OF AAHAR AND VIHAR (LIFESTYLE MODIFICATION) IN PREVENTION AND MANAGEMENT OF ANORECTAL DISEASES - A REVIEW ARTICLE

Dr. Shubham Sharma^{*1}, Dr. Jitesh Bansal², Dr. Ketan Sharma³, Dr. Ravi Kumar⁴ and Dr. Durgawati Devi⁵

¹M.D. Scholar, PG Department of Swasthavritta and Yoga, NIA (Deemed to be University) Jaipur (302002), Rajasthan.

²M.S. Scholar, PG department of Shalya Tantra, NIA (Deemed to be University) Jaipur (302002), Rajasthan.

³M.D. Scholar, Department of Samhita & Maulika Siddhanta, NIA (Deemed to be University) Jaipur (302002), Rajasthan.

⁴Associate Professor, PG Department of Swasthavritta and Yoga, NIA (Deemed to be University) Jaipur (302002), Rajasthan.

⁵Professor and HOD, PG Department of Swasthavritta and Yoga, NIA (Deemed to be University) Jaipur (302002), Rajasthan.

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***Corresponding Author**

Dr. Shubham Sharma

M.D. Scholar, PG
Department of Swasthavritta
and Yoga, NIA (Deemed to
be University) Jaipur
(302002), Rajasthan.

ABSTRACT

Ayurveda is not only a medical science but also talks about the ways of living life. Ayurveda is known as 'Science of life'. In Ayurveda, the most emphasis is given on prevention or maintaining equilibrium of health status (balanced *dosha*, *dhatu* & *mala*) and management of various types of diseases. In today's era, it has become more important to use the principles of Ayurveda like *dincharya* *ritucharya* in lifestyle because people do not pay attention to their health. Diet (*aahar*) & lifestyle (*vihar*) is major cause of various types of anorectal disease (Gudaroga). In *Sutrasthan* Acharya Charaka has also described health, diet, lifestyle, dos and don'ts, causative factors, prophylaxis. Irregular bowel habits, constipation (*vibandha*) are the commonest etiopathogenesis for development of anorectal disorders like

Haemorrhoids (*Arsha*), Fissure-in-Ano (*Parikartika*), rectal prolapse (*guda bhramsha*) etc. In preventive measures Acharya Charaka has mentioned three sub pillars (*triupstambh*) i.e.,

diet(aahar) sleep(swapan) and celibacy(bhramacharaya) responsible for maintaining the equilibrium of three doshas. Even Acharya Sushruta has also explained about *hitkar* and *ahitkar ahaar vihar* in *sutrashthan*. The frequency of anorectal disorders is increasing day by day in society due to regular consumption of *ahitkar ahar*, fast food, packed junk food & low fiber food. Change in lifestyles and sleep pattern also affects the normal metabolism of body. In ayurveda our primary aim is to ignite our Agni by various methods (deepana, *pachana*, *shamshodhana* etc) and to prevent constipation by using laxatives and fibre rich diet with proper management of lifestyle.

KEYWORD: Lifestyle, Diet, Anorectal disease, Constipation.

INTRODUCTION

Ayurveda is the ancient Indian system of natural and holistic medicine. When translated from Sanskrit, Ayurveda means “the science of life or knowledge of life”. Ayurveda includes two words Ayu means life and Veda means knowledge. This science of medicine & positive health is still relevant and beneficial for modern life. Ayurveda describes various ways to create a healthy life. Ayurveda has first prominence on *Aahar-vihar* (Diet–lifestyle) & *Nidra* (sleep) of healthy person, which are important for healthy body.

In today's run-of-the-mill life schedule most of the persons suffering from constipation because of change in diet, lifestyle & sleep pattern. Irregular bowel habits, constipation (*vibandha*) are the commonest etiopathogenesis for development of anorectal disorders like Haemorrhoids (*Arsha*), Fissure-in-Ano (*Parikartika*), rectal prolapse (*guda bhramsha*), etc.

The frequency of anorectal disorders is increasing day by day in the society due to regular consumption of *ahitkar aahar*, fast food, packed junk food & low fibre food. If we avoided constipation by improving healthy fibrous diet, changing in lifestyle & proper sleep than all most all the patients have been improved and prevent recurrence.^[1] In preventive measures Acharya Charak has mentioned three sub pillars (*triupstambh*) i.e., diet(*aahar*) sleep(*nidra*) and celibacy (*bhramacharaya*) responsible for maintaining the equilibrium of three *doshas*.^[2] Good nutrition, sufficient deep sleep, a positive mental attitude, and yoga are the best way to increase the general health.

MATERIALS AND METHODS

Causes of Constipation

Constipation is commonly experienced despite the presence of excessive stool in the colon (large bowels). The colon absorbs too much water which makes stool hard and dry. In classical texts, the aggravation of *Vata* causes constipation. However, there are other factors that may cause the constipation like insufficient quantities of fibres and water in meals, changes in diet or normal activities, physical inactivity, holding stool for long period even during urge, drugs such as narcotics, anti-depressants and antacids. Improper eating habits including eating a lot of food, eating food which is difficult to digest (such as meat) and not eating enough vegetables and salads also lead to constipation. Irregular sleep habits or mental disturbances (stress, grief, fear or worry) are other causes for constipation, due to accumulation of toxins in the colon or excessive stimulation of the nervous system.^[3] Smoking, consuming too much tea and coffee, or intake of prescribed illicit drugs can also cause constipation.

Appropriate Time of Food Consumption^[4]

A person should take meal only when s/he feels hungry. Lunch should be taken early between 12 and 1 P.M. this coincides with the peak *Pitta* period. *Pitta* is responsible for the digestion. Ayurveda recommends that the lunch should be the largest meal of the day. Dinner should be lesser and lighter than lunch.

Quantity of Food

Generally, half of the capacity of stomach should be filled with solids, ¼th with liquids and rest is kept empty for the free movements of *doshas*. Capacity of stomach can be analysed by ingestion capacity of a person.^[5]

Importance of Rasa in Food Intake

Madhur (sweet) rasa food like fruits is advisable to take in the beginning of meal, food with *Amla* and *Lavana* (sour and salty) rasa in the middle and *Katu*, *Tikta*, *Kashaya* (bitter, astringent and pungent) foods should be taken at the end of meal for healthy one. This serial of food intake will prevent overeating by inhabiting sanitary centre.^[6]

8 Rules of Taking Food (*Ashta Ahara Vidhi Vidhan*)^[7]

<i>Ushnamashniyat</i>	Consuming warm food
<i>Snigdhamashniyat</i>	Food should be unctuous
<i>Matravatashniyat</i>	Balanced food
<i>Jeerneashniyat</i>	Fresh meals should be taken after complete ingestion of the prior one
<i>Veryaviruddhamashniyat</i>	Avoid food with contradictory properties
<i>Ishtsdeshe Ishtasarpokarnam chaashniyat</i>	Meal should be taken at suitable place and with proper gears
<i>Ajalpana ahasan Tanmana bhunjita</i>	Eating without talking or laughing, Mindful eating
<i>Atmanamabhisamikshya bhunjita</i>	Eating after analysing one's needs

General Instructions about Meal**Do's**

- The diet taken during constipation must be simply digestible.
- Food items, medicine and drugs pacifying *Vata* and *Agnideepak* (Appetizer)
- Onion- Useful in the patients suffering from extreme bleeding and vitiated *Vata* in piles mass.
- Fruits: Papaya, Litchi, Watermelon, Coconut, Apple, Guava etc.
- Pulses- *Moong* (Green gram), *Arhar* (split pigeon pea), *Masoor* (red lentils), Soybean
- Intake adequately of water, about 3-4 litre in cold weather & 5-6 litre in hot season.
- Drink 1 litre of warm water and walk around for a few minutes for good health.
- Intake hot green tea or hot water (with psyllium husk) every morning, to get things rolling.
- *Ajwain* (*Trachyspermum ammi*), *Hingu* (*Asafoetida*) - These relieve pain.
- *Dhanyaka* (*Coriandrum Sativum*) -It is *Anulomana* (carminatives) and *Agnideepak* (appetizer)
- *Jeeraka* (*Cuminum cyminum*) -It is *Arshanashaka* (anti- haemorrhoids).
- *Dhanyak* (*Coriandrum Sativum*), *Ajwayan* (*Trachyspermum ammi*), *Saindhav lavana* (Rock Salt), *Vidlavana* (Ammonium chloride), *Bilva* (*Aegle marmelos*), *Maricha* (*Piper nigrum*), *Harada* (*Terminalia chebula*) along with *Godugdha* (Cow milk) and *Dadhi* (Curd) does *Mala* and *Vatanulomana* (carminatives) and cures *Gudabhramsha* (rectal prolapse) and pain.
- *Lavana* (Salt), *Hingu* (*Asafoetida*), accompanied by fermented soup of *Kulatha* (*Dolichos biflorus*) relieves pain in *Bhagandara* (anal fistula).
- Rice Like *Rakta Shaali* & *Mahashaali* – *Pathya* (wholesome) for *Arsha* (haemorrhoids).

- *Ghee*-cooking oils: Cow's ghee, olive oil, groundnut oil, mustard oil, soybeans oil etc.
- *Takra* (Buttermilk) and *Dadhi* (Curd); Acharya Charaka mentioned *Takra* (Buttermilk) and *Dadhi* (Curd) as *Arshonashak* (anti-haemorrhoids) as *Dadhi* (Curd) gives strength to digestive fire & *Takra* (Buttermilk) increases weak digestive fire.

Dont's

- Do not eat while being engaged in some activity as like television, excessive conversation or reading.
- Don't eat fruits immediately - Immediately eating fruits after meals will cause stomach to be bloated with air. Therefore, take fruit one to two hours after meal or one hour before meal.
- Avoid meals when thirsty and water while hungry.
- Avoid meals after exertion.
- Avoid spicy food, fast food, junk food, cold drinks, chocolates etc. Because of these foods disturb the digestive system & lead to constipation.
- Tea/Coffee should not be taken in excess.
- Gas forming vegetables like cabbage, and broccoli, cauliflower, nuts and dried fruits, fried foods, beans, should be avoided.
- Do not mix too several kinds of foods in one meal.
- Avoid meals when you are having no appetite.
- Fried foods, beans, gas forming vegetables like cabbage, cauliflower and broccoli, nuts and dried fruits should be avoided.
- Don't suppress the appetite as it leads to body pain, anorexia, lassitude, vertigo, and general debility.
- Don't suppress the thirst as it leads to general debility, giddiness, and heart diseases.
- Do not mix too many kinds of foods in one meal.

Lifestyle (*Vihar*) in Anorectal Disorders^[8]

- Early morning wakes up.
- Drink lukewarm water and walk for few minutes in morning.
- Using an Indian toilet or squatting when you poop.
- Go for lavatory when you feel pressure, without pressure don't take time in toilet.
- Intake hot green tea or hot water every morning.

- After meal walk a while (100 steps) to help digestion.
- Sleeping hours should be regulated and efforts should be made for healthy lifestyle.
- Intake a glass of warm milk before going to bed helps in easy evacuation in the morning.
- In case of severe constipation mix 2 tablespoon of castor oil in the milk.

RESULT AND DISSCUSSION

This study shows the importance of diet and physical activity in case of Anorectal disorders. Diet & lifestyle are also a part of treatment of these diseases. Without the use of healthy fibrous diet & changing in lifestyle, the treatment of these diseases is difficult. So that for prevention of these diseases healthy diet & lifestyle is compulsory. In our busy schedule, we must remember the important instructions for healthy life.

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