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Importance of *Aahar-Vihar* in Anorectal disorders (*Gudarogas*) According to Ayurveda

Dr. Munni Yadav¹ Dr. Rajesh Kumar Gupta².

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1-M.S. Scholar, Department of Shalya Tantra, Dr. Sarvepalli Radha krishana Rajasthan Ayurveda University, Jodhpur.

2-Associate Prof. &HOD, Department of Shalya Tantra, Dr.Sarvepalli Radha krishana Rajasthan Ayurveda University, Jodhpur.

Corresponding Author :- Dr. Munni Yadav, M.S. Scholar, Department of Shalya Tantra, Dr. Sarvepalli Radha krishana Rajasthan Ayurveda University, Jodhpur. Email, id-monayadav057@gmail.com

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ABSTRACT: -

One who is established in self, who has balanced Doshas, balanced Agni,(digestive fire) properly formed dhatus, proper elimination of malas, well-functioning bodily processes and whole mind, soul and senses are happy is called a healthy person. The nutritional intake is one amongst the various factors that govern the persons health. The source of all these nutrients is diet. A balanced diet together with balanced sleep and regular physical activity is essential for healthy body. In modern century the lifestyle of human beings is most common reason for disease. Sedentary life style and westernization has led to change in the dietic patterns. Rather than following our traditional dietic regimen which was full of nutrients and fiber the new generation has took to a westernized diet which is deficient in nutrients and fibers. This fiber deficient diet is one of the chief causes behind the Anorectal disorders. Also, such diet vitiates our Agni (digestive fire) & leads to such disorders. Primary principal treatment of these anorectal disorders in Ayurveda to correct our Agni (digestive fire) along with detoxification our body.

Key Words: -Life style, Anorectal disorders, Diet, Constipation



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INTRODUCTION: -

Ayurveda in Sanskrit means 'science of life'. This antiquated science of medicine & positive health, first invented in India, is still relevant and beneficial for modern life. Ayurveda has first prominence on *Aahar-vihar* (Diet–lifestyle) & *Nidra* (sleep) of a healthy person, which are important for a healthy body. [1] Acharya Charaka has also highlighted on health, diet, medicine, prophylaxis and life-style in *Sutra sthan*. The main cause of Anorectal disease (*Gudaroga*) is mostly created from irregular bowel habit (constipation). Due to a busy life schedule most of the persons suffering from constipation due to change in diet, life style & sleep pattern. Anorectal disorders are progressively increasing in the society due to consistent consumption of junk food, fast food, spicy food and low fiber diet. In Ayurveda, the chief aim is to prevent constipation, correct and ignite our Agni along with purification of the body as “*Sarveroga Malayatanani*”. This will maintain our normal metabolic activity and make us healthy. In these cases, if we avoided constipation by improving a healthy fibrous diet, changing in life style & proper sleep than all most all the patients have been improved and also prevent recurrence. [2]

MATERIALS AND METHODS:

Survey of the literature sources for the overview included the following: Classical Ayurvedic texts, Authentic texts/ monographs approved by the Ministry of AYUSH, Government of India, Current and earlier textbooks, Ayurvedic journals, Health periodicals, Ph D/MD theses, Published citations.

Review Of Literature

• Causes of constipation: -

The vitiation of *Vata* causes constipation. Improper eating habits including ingestion a lot of food, eating food which is grim to digest (such as meat) and not eating enough vegetables and salads also lead to constipation. Imbalanced sleep habits or emotional disturbances (stress, grief, fear or worry)

are other causes for constipation, due to accumulation of contaminants in the colon or excessive stimulation of the nervous system. [3] Smoking, consuming excessive tea and coffee, or intake of prescribed illicit drugs can also cause constipation.

• *Aahar* (Diet) In Anorectal Disorders [4]

Aahar (Diet) is an essential factor in the development of our body. According to Acharya Charak, consuming improper diet in improper way is the chief cause of disease.

• Importance of Timely Food Consumption:

A person should take meal only when he feels starving. Lunch would be taken between 12 and 1 P.M. this corresponds with the peak *Pitta* period; *Pitta* is responsible for the digestion. Ayurveda recommends that lunch should be the chief meal of the day. Dinner should be lesser and lighter than dine.

Rules of Taking Food (*Ahara Vidhi Vidhan*) [5]

- *Ushnamashniyat* (Consuming warm food)
- *Snigdhamashniyat* (Food should be unctuous)
- *Matravatashniyat* (Balanced food)
- *Jeerneashniyat* (Fresh meals should be taken after complete ingestion of the prior one.)
- *Veryaviruddhamashniyat* (Avoid food with contradictory properties)
- *Ishtsdeshe Ishtasarvopkarnam chaashniyat* (Meal should be taken at suitable place and with proper gears)
- *Ajalpana ahasan Tanmana bhunjita* (Eating without talking or laughing, Mindful eating)
- *Atmanamabhisamikshya bhunjita* (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*
 - *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 *Gudabhrmsha* (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.
 - 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.
 - Avoid spicy food, junk food, cold drinks, fast food, etc. For the reason that 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.
- **Importance of Rasa (essence) in Food Consumption: -**
- Madhur* (sweet) *rasa* food like fruits are advisable to take in the beginning of meal, food with *Amla* and *Lavan rasa* (salty) in the middle and *Katu* (pungent), *Tikta* (bitter), *Kashya* (Astringent) foods should be getting at the end of meal for healthy one. This serial of food consumption will prevent over eating by inhabiting sanitary centre.
- Vihar (Life Style) In Anorectal Disorders^[1]: -**
- What to do?
- 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.
 - important for maintaining proper bowel movements
 - 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.
 - Daily care of perianal

OBSERVATION AND RESULTS

This review shows importance of diet and physical activity in case of Anorectal disorders. Healthy Diet & life style is also a part of treatment of these diseases. Without the follow of taking healthy fibrous diet & changing in life style, the treatment of these diseases is difficult. So that for prevention of these diseases, healthy diet & life style is needed.

DISCUSSION

Fast food, packed food and spicy diet digested with difficulty and liquids like coffee, cold drinks that contain caffeine seem to have toxic effect, leads to constipation. Due to Irregular bowel habit decreases frequency of defecation and increase constipation and altered consistency of stool, rub the anal canal, pushes anal cushion that creates many problems. The diet which is light, soft and fibrous aid in easy digestion and smooth defecation without causing constipation. Such kind of diet also helps in maintenance of *Jatharagni* (digestive fire) which plays an important role in anorectal disorders. These measures of diet can give relief.

CONCLUSION

We know that the anorectal disease is occur due to defective diet and irregular lifestyle. This study highlights the importance of physical activity or diet in case of anorectal disorders. Diet & life style is also a part of cure of anorectal diseases. Without the use of healthy fibrous diet & proper life style, the treatment of anorectal diseases is very challenging. So that for anticipation of these diseases life style and proper diet is essential.

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