

Pathya-Apathya in Ano-rectal diseases – Review Article

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ABSTRACT

Anorectal diseases are very common in the general population. Due to faulty dietary habits, lifestyle modalities such as late-night awakening, shift duties etc. add to pathogenesis of these Anorectal diseases. Maintaining positive health in healthy individuals and treating the diseased ones are the main aims of Ayurveda⁽¹⁾. Keeping this in view Acharya have emphasized the importance of preventive aspects and detailed information about dincharya (daily routine), ritucharya (healthy seasonal regimen), ratricharya (healthy night regimen) etc. This article mainly focuses on preventive measures for the Anorectal diseases with appropriate dietary guidelines and daily regimens.

KEYWORDS: Dincharya, diet, agni, aam, ritucharya, viruddhahar, shadrasa etc.

I. INTRODUCTION:

Diseases occurring in the anus and rectum are collectively called as Anorectal diseases. Arsha (hemorrhoids), gudagat vidradhi (perianal abscess), bhagandar (fistula in ano), parikartika (fissure in ano), Gudbhamsha (rectal prolapse), are the commonly occurring anorectal problems due to faulty dietary habits and lifestyle. Anorectal diseases are due to irregular food habits, Improper consumption of food, fast food, oily, spicy food, unhygienic food, low fibre diet, less water intake, alcohol consumption, faulty lifestyle such as sitting for long duration, lack of exercise, night shift duties, day sleep, late night awakening. Because of all these things there is mandagni i.e. weak power of digestion which is the root cause of all the diseases⁽²⁾. Mandagni causes formation of aam which sticks to the passage (strotasa) and blocks it. It results in baddhakoshthata i.e. constipation which ultimately results into anorectal diseases Improving digestive power and digestion of aam are the main aims in the treatment of anorectal diseases. The one who wishes healthy and long life should follow the

principles of Ayurveda⁽³⁾. In this article the way of having food and living healthy life are described in detail.

II. MATERIAL AND METHODS:

Ayurveda is an ancient science with many facets. All of the samhitas contain detailed descriptions of Ashtang Ayurveda, or the eight branches of Ayurveda. Ayurveda is both a curative and a preventive science. "Prevention is better than cure," as the saying goes. Those seeking good health should adhere to Ayurvedic principles.

Changes in diet and daily routine should occur as a result of our daily lives and seasonal variations. Dincharya includes that daily routine, while ritucharya includes seasonal variations in diet, daily routine, and detoxification therapy. Panchakarma is an important fundamental identity of an Ayurvedic practitioner. It is the process of bio purification for both diseased and healthy individuals in order to maintain their health. Three of these five procedures are for the gastrointestinal tract and aid in the prevention of anorectal diseases.

Ayurveda has empathized daily routine i.e. dincharya to maintain the health. The one who wishes for good health should get up early in the morning i.e. on brahmamuhurta⁽⁴⁾. Person should answer the natural urges as all the diseases will be manifested due to forceful expulsion and voluntary suppression of natural urges only⁽⁵⁾. Person should bath, exercise daily as it helps in improving digestive power.

Agni, or digestive power, is a concept introduced by Ayurveda. Many diseases can be caused by an imbalance in digestive power, which can occur for a variety of reasons. Weak digestive power leads to improper formation of adya dhatu, i.e. rasa dhatu, which accumulates in the amashaya (stomach) and is known as aam⁽⁶⁾. When doshas and dushyas are combined with aam, the result is saam dosha, which is a cause of disease production.

To maintain health, one should have a well-balanced digestive system.

Shadrassa (six flavours) is an unique Indian concept explained in Ayurveda. To maintain equilibrium state of the doshas, presence of six tastes in a proportionate order is essential⁽⁷⁾. Hence always practice to consume all 6 tastes in diet every day by changing their ratio according to the season. During Hemanta, Shishira and Varsha ritu one should take food substances having first three tastes i.e. madhura, amla, Lavana rasa⁽⁸⁾. Whereas in Vasant ritu one should take food substances having last three tastes i.e. Tikta, Katu, kashay. In Grishma ritu especially madhura rasa dravyas should be taken. In Hemant ritu, as there is good digestive power so one can have guru Ahar dravya i.e. which are heavy to digest. Person can have unctuous, sour and salty diet, anup and jaliy mamsa, medya, honey, milk and milk products, sugarcane and its products.

One should bath and drink warm water daily⁽⁹⁾. In Shishira ritu, Hemanta ritu like daily regimen should be followed⁽¹⁰⁾. In Vasant ritu one should avoid heavy, unctuous, sour and sweet substances and day sleep⁽¹¹⁾. In Grishma, sweet, cold, snigdha dravyas should be added. Sugar with cold water, ghee, jangal mamsa, milk, old grains should be taken. In Grishma ritu heavy exercise and excess hot meals should be avoided⁽¹²⁾. In Varsha ritu day sleep, river water, exercise and sexual relations should be avoided⁽¹³⁾. Little quantity of honey should be added to drinking water. To eliminate diseases due to vata, ghee should be added into amla and Lavana dravyas⁽¹⁴⁾. In Sharad ritu, Sheet viryatmak, bitter taste, pitta alleviating diet should be eaten. Wheat, shashti shali, Yava should be taken⁽¹⁵⁾. During ritusandhi i.e. junction period between last and first seven days of the preceding and following two seasons, regimen of previous season should be gradually withdrawn and those of the coming season should be adopted slowly. If on the other hand, sudden withdrawn or adoption, leads diseases due to unaccustomed foods and activities⁽¹⁶⁾.

Acharya Charak has given unique concept in which amashaya divided into four quadrants in which individual should take 2 parts of solid food, one part of liquid and one part kept empty for the movement of vata⁽¹⁷⁾. For maintaining good digestive power person should have buttermilk in his diet regularly. Buttermilk has astringent and sour taste. It increases digestive power and mitigates vata and kapha. It is best for vata-kaphaja diseases⁽¹⁸⁾. According to disease and

patient's strength, buttermilk can be drunken for seven, ten, fifteen days, one month or more than that. Rice mixed with buttermilk, green gram soup with buttermilk, mamsarasa with buttermilk are also indicated in hemorrhoids. Buttermilk helps to improve as well as maintain the strength, increases digestive power, improves complexion⁽¹⁹⁾. Person can take it before, after or in between the meals. Ghrita i.e. ghee also increases power of digestion and increases lifespan also⁽²⁰⁾. Ghee is best among the four prominent Oleating substances⁽²¹⁾.

Hot water increases power of digestion and digests undigested food material⁽²²⁾. Incompatible food substances should be avoided. The food substances which vitiates doshas and dislodges the vitiated doshas from their places and unable to expel them out of body and act as antagonistic to the tissues are called as viruddhahar i.e. incompatible food e.g. mixture of milk and fruits, ingestion of ghee and honey in equal quantity⁽²³⁾. Incompatible food act as a poison and causes various diseases, so it should be avoided⁽²⁴⁾. Milk followed by fruits and vice versa, soar substance along with milk, milk with salt, horse gram, green gram & cow gram, Wheat preparations in Tila taila, Hot drinks after alcohol, curd or honey, Cold and hot substances together, Banana with curd and butter milk, Chicken with curd, Ghee kept in bronze vessel, Radish with jaggery, Fish with jaggery or sugar Use of these incompatible food leads to skin disorders, Gastro intestinal disorders, constipation, anemia, leucoderma, hyperacidity, impotence etc. hence these should be avoided. Modern nutritionists and dietetics also recognized and accepted food incompatibility Food should be eaten at proper time only. It should be habituated, clean, wholesome, unctuous, hot and light. Food should not be consumed too fast or too slow. One should consume proper quantity of food after bath and whenever one feels hungry⁽²⁵⁾.

Ahar, nidra, brahmacharya are the three pillars of the healthy body⁽²⁶⁾. Proper sleep affects on the nourishment of the body. Day sleep should be avoided as it leads to increase in kapha and pitta dosha which ultimately results into diseases⁽²⁷⁾. Late night awakening is harmful. Night shift workers keep on irregular meal times, when their digestive system should be resting and that they could be disturbing their digestive systems internal clock. Due to disturbance in biological clock, it is possible that food won't be broken down as efficiently in gastrointestinal tract, which may lead to symptoms such as bloating, constipation or diarrhea. This ultimately results into development

of anorectal diseases. For emaciated person day sleep is indicated as it helps person in gaining weight⁽²⁸⁾.

Acharya Sushruta described context of vyayama that muscles of the body become stable in the person who does exercise regularly, unhealthy food or Improperly

In India we face to three seasons and six ritus. As per these seasonal variations we should have changes in our diet exercise and behavior i.e. ritucharya should be followed. Out of five panchakarma three are having direct effect on gastrointestinal tract. So to maintain health person should go for Vaman i.e. induced emesis in Vasant ritu, virechana i.e. purgation therapy in Sharad ritu. Basti can be given throughout the year.

III. CONCLUSION:

This study mainly focuses on importance of diet and various physical activities in case of prevention of anorectal diseases. It is said that "When diet is wrong medicine is of no use. When diet is correct medicine is of no need." All these dincharya, ritucharya, yoga, exercise, diet regulations help in maintaining health to best of its capacity. With healthy gut and gastrointestinal tract we attain the state of equilibrium of doshas, agni, dhatu, malakriya which ultimately gives happiness to mind, soul and sense organs which ultimately results in good health as described in Ayurveda. Without use of healthy diet and healthy lifestyle, prevention of these Anorectal diseases is very difficult. So there is big role of the Ayurveda in the prevention of these diseases with help of healthy lifestyle and healthy diet

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