

**IMPORTANCE OF DIET (AAHAR) AND LIFE STYLE (VIHAR) IN ANORECTAL DISORDERS****Dr. J P Chaudhary<sup>1\*</sup>, Dr. Kavita<sup>2</sup> and Dr. Anupam Pathak<sup>3</sup>**<sup>1</sup>PG Scholar, PG Department of Swasthavritta & Yoga, Sri ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.<sup>2</sup>PG Scholar, PG Department of DravyaGuna, Sri ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.<sup>3</sup>Professor & H.O.D. PG Deptt. of Swasthvritta & Yoga, Sri ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.**\*Corresponding Author: Dr. J P Chaudhary**

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**ABSTRACT**

“*Sarveroga Malayatanani*” Etiology of all diseases is collection of toxic (Excretory) product in the body. Which happen due to faulty diet and change in life style. For healthy body we have to need balanced healthy diet, balanced physical activity and balanced sleep. These are explained in *Ayurveda* as three sub pillars of healthy body, which helps to maintain three pillars (*Three Dosh*) of living body. Here, we are discussing about most common and immerging dis eases of Anorectal region. The commonest etiopathogenesis of these diseases is constipation, which is risk factor for metabolic diseases. If, we go on depth of *Ayurveda*, it’s Main aim is to prevent constipation, Anorectal diseases and metabolic diseases by maintain proper digestive activity. *Ayurveda* deals with both prevention and management of Anorectal diseases. Preventive aspect explained under headings of *Dincharya, Ritucharya, Dasaharavidha visheshayatana, Aaharo- pyogivarg, Sadavrita and Neendra*. Primary principal treatment of disease in *Ayurveda* is, to correct and ignite our *Agni* (Digestive Fire) along with detoxification of body. This will maintain our normal metabolic activity and makes us healthy.

**KEYWORDS:** Life style, Diet, Constipation, Anorectal diseases, *Dincharya, Ritucharya*.**INTRODUCTION**

*Ayurveda* in Sanskrit means 'science of life'. This ancient science of medicine & positive health, first originated in India, is still relevant and beneficial to modern life. Along with system of preventive medicine, *Ayurveda* also emphasizes a healthful & enlightened lifestyle a concept that’s gaining wide acceptance across the globe. *Ayurveda* has first emphasis on *Aahar-vihar & neendra* of healthy person, which are important for healthy body. *Acharya Charak* has also emphasized on health, medicine, hygiene prophylaxis, diet and life-style in *sutrasthan*. The best way to increase the general life force of the body is by good nutrition, sufficient deep sleep, a positive mental attitude and yoga.

The cause of Anorectal disorders (*Gudaroga*) is mainly originated from irregular bowel habit (constipation). Due to busy life schedule most of the persons suffering from constipation because of change in diet, life style & sleep pattern (Harry & Curry). Constipation is an awkward problem that a lot of men and women suffer from on a daily basis. Processed foods, baked goods, red meat, caffeine, oily food and dairy products, change in daily

life styles are the main cause for indigestion & leading to constipation.

In Anorectal disorders, mainly external & internal hemorrhoid, fissure in ano, partial mucosal prolapse, and sentinel tag develops from most common primarily due to constipation. In these cases, if we avoided constipation by improving healthy fibrous diet, changing in life style & proper sleep than almost all the patients have been improved and also prevent recurrence.

**➤ Causes of constipation**

The aggravation of *Vata* causes constipation. 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 emotional 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. Smoking, consuming too much tea and coffee, or intake of prescribed illicit drugs can also cause constipation.

➤ **Diet-(*aahar*) in anorectal dis- orders**

- Our diet is an essential factor for the formation of our body. *Charak* Says that consuming improper diet in improper way is the main cause of disease. This is explained under heading of *Astaahar- vidha vishesayatana*.
- As per the Ancient *Ayurvedic* Proverb by *Lolimbaraja*
- "When diet is wrong medicine is of no use. When diet is correct medicine is of no need."

➤ **Importance of timely food consumption**

A person should take meal only when he feels hungry. Lunch should be taken early between 12 and 1P.M. this coincides with the peak *Pitta* period, *Pitta* is responsible for the digestion. *Ayur- veda* 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, ¼<sup>th</sup> with liquids and rest kept empty for the free movements of body humors. Capacity of stomach can be analyzed by ingestion capacity of a person.

➤ **Importance of *rasa* in food consumption**

*Madhur* (sweet) *rasa* food like fruits are advisable to take in the beginning of meal, food with *Amla* and *Lavana* (sour and salty) *rasa* in the middle and *Katu*, *Tikta*, *Kashay* (bitter, astringent and pungent) foods should be taken at the end of meal for healthy one. This serial of food intake will prevent over eating by inhabiting sanitary center.

➤ **Method of consuming food**

- First wash the face, hands and feet before meal. Select an isolated neat and clean place in pleasant environment with the affectionate persons in sitting position.
- Food should be taken after complete digestion of previous one.
- Chew your food until it is an even consistency before swallowing.
- Hard items should be consumed in the beginning followed by soft and liquids subsequently.
- Heavy substances are contraindicated after meals and should be avoided
- Do not drink cold drinks just prior to or while eating, also don't drink large quantities of liquid during meals. This weakens digestion.
- Avoid consumption of excessive hot food, which leads to weakness. Also avoid cold and dry food leads to delayed digestion.

➤ **Incompatible food (*viruddha ahara*)**

- 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 incompatible food leads to skin disorders, Gastro intestinal disorders, constipation, anemia, leucoderma, hyperacidity, impotence etc. hence these should be avoided.

➤ **General instructions about meal**

✓ **What don't do?**

- Do not eat while being engaged in some activity as like television, excessive conversation or reading.
- Don't eat fruits immediately after meals, this 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 meals when you are having no appetite.
- 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.
- Avoid spicy food, fast food, junk food, cold drinks, chocolates etc. Because these foods disturb the digestive system & lead to constipation.
- Fried foods, beans, gas forming vegetables like cabbage, cauliflower and broccoli, nuts and dried fruits should be avoided.
- Do not mix too many kinds of foods in one meal.

✓ **What to do?**

- The diet taken during constipation must be easily digestible, Plenty of fruits, vegetables, salads, freshly cooked food, and chew food thoroughly.
- Including probiotic foods like curd in your daily diet.
- Eating Vitamin C and magnesium rich foods.
- Eating fruits like apples, orange, cucumber, guava, plums, pears, berries, and dried fruits.
- Intake plenty of water, about 3-4 liter in cold weather & 5-6 liter in hot season.
- During eating keep yourself in present mind and pay full attention on food.

➤ **Life style- (*vihar*) in anorectal disorders**

- Wake up from bed early morning.
- Drink one liter of warm water and walk around for a few minutes
- Starting of the day with light exercises or a jog.
- Using an Indian toilet, or squatting when you poop.
- Avoid straining on during defecation.
- Avoid long sitting time in toilets.

- Go for toilets when you feel pressure, without pressure don't take time in toilet.
- Drinking hot green tea or hot water (with psyllium husk) every morning, to get things rolling.
- Walk a while (100 steps) after meal to help digestion.
- No travelling, exercise or sexual inter- course within one hour after meal.
- Regular physical exercise is also important for maintaining proper bowel movements
- Drinking a glass of warm milk before going to bed helps in easy evacuation in the morning. In case of severe constipation, mix two teaspoons of castor oil in the milk.
- Sleeping hours should be regulated and efforts should be made to have a sound sleep.

#### ➤ CONCLUSION

This study emphasizes the 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 use of 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 compulsory. In our busy schedule, we have to remember the important instructions of healthy life.

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