

IMPACT OF DIFFERENT TYPES OF FOOD ON ANNAVAHA SROTAS (GIT) – A REVIEW

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ABSTRACT

Srotas means pores or channels are present in whole body. These are the structural and functional unit of the body through which all the material, nutrients and other substances are flow from one part to other. When the flow or transportation of appropriate nutrients through these channels is unobstructed, there is health, when there is excess, deficiency, or blockage in these channels disease can take root. The *Srotas* which carry *Anna* are called *Annavaha Srotas* and its *Moolasthan* are *Amashaya* and *Vamparshva*. The normal functioning of the particular *Srotas* depends upon its *Moolasthan*. Nowadays changing food habits, sedentary life style are the rapid and major cause for *Annavaha Sroto Dushti* and also fast food and processed food is becoming a slow poison for everyone and this type of food is also free from nutritional value. The various fast food are the pizza, pastries, burger, biscuit, fried food, cakes, bread, sugar drinks, French fries, desserts etc. Consumption of fast food for a long time definitely vitiates the *Annavaha Srotas* and produces symptoms like indigestion, nausea, stomach pain, aversion towards food, loss of appetite, abdominal distension, belching and also all type of the diseases initiated with the *Annavaha Srotas Vikruti*.

KEYWORDS: different types of food, *Annavaha Srotas Dushti*, *Annavaha Srotas*, jatharagni, digestion

INTRODUCTION

In present scenario rapidly changing in food habits and life style is the main causative factor for *Annavaha Sroto Dushti*. For health maintains, *Ahara* play an important role. There are some questions regarding the food arise is, How to eat? How much to eat? When to eat? What to eat? When the question of how to eat arises it is said that- eat the liquid and drink the solid. Due to chewing properly, saliva secretion

increased in the mouth. Saliva contains salivary amylase, which is important for digestion and lubrication of food, hence avoid *Annavaha sroto dushti*.

When to eat? People who eat once are Yogi, Twice are Bhogi, Thrice are Rogi and four times are with diseases. Biological clock of our body speaking about the timing of meals.

What to eat? The *Ahara* should be Satvik in nature like seasonal fruits and vegetables, honey, whole grains, buttermilk, coconut water, unpolished rice, water. Food to be taken in less or limited quantities are spicy food, salt, sweets, butter, ghee, cheese, deep fried items, chillies, bakery products and avoid any type of junk processed and packed food items.

Fast foods have high calories, salt and fats but low nutritional value. Such foods are unhealthy, harmful and cause *Ama*, which is important factor in *Anavahasroto Dushti*. According to *Ayurveda*, wrong *Ahara* and *Vihara* is main cause of *Anavahasroto dushti*. In the present time a lot of varieties of fast and junk food are present in market and simultaneously a lot of gastro intestinal diseases are noted. If we take healthy food *Pachan Kriya* (digestion) will be perfect and assimilation of food will be in a systemic way. On the other side if we take unhealthy, processed, junk food, it hampers the digestion and leads to *Annapachan Vikruti* and persistence of *Vikruti* leads to diseases. In today's busy life, packed processed and instant food is more used by the people which vitiates *Agni* (digestive fire) and cause various *Annavaha Sroto Vikar*.

Annavaha srotas is one of the important *Srotas*. It described well with *Moolasthan*, *Srotodushti Hetu* and *Lakshana* in *Charaka Vimana Sthana*¹. To control all diseases and diagnosis in early stage, etiopathological factors are needed to prevent. Now a day's number of patients with *Annavaha Sroto Dushti* is increased rapidly because of unhealthy food habits, and it also leads to life style disorders. Hence in the present article is an attempt to discuss about fast

food, junk food, processed food and its impact on *Annavaha sroto dushti*.

MATERIALS AND METHODS

All the *Ayurvedic Samhita* and Modern text books, research articles and related topics, journals are compiled to understand the topic.

Jatharagni –

Digestion or *Aharapachana* is the process by which conversion is done of unfamiliar (*Vijatiya*) substances into familiar substances (*Sajatiya*). Digestion is done by *Jatharagni*, with assistance of other *Ahara Parinamakara Bhava* viz. *Vayu*, *Kleda*, *Sneha*, *Kala* & *Samayoga*² There are four types of *Jatharagni* depending upon its strength and capacity to tolerate *Apachara* (unwholesome or improper regimen) viz. *Tikshnagni*, *Mandagni*, *Samagni* and *Vishamagni*⁸.

Annavaha Srotas

Srotas means canal or channels which are meant for transportation or secretion of material. Those structures having space or cavity in them are called as *Srotas*. *Srotas* are innumerable because everybody constituent has its own *Srotas*. *Annavaha Srotas* are those which carry or transport *Ahara* or food and correlate with the GIT Tract or digestive tract or alimentary canal. The movement of food take place from mouth to intestines through these channels (*Srotas*). The anatomical description of alimentary canal and its clinical importance will be more helpful to understanding the cause (*hetu*) and pathology. According to *Charak Viman 5th chapter*³ *Moolasthan* of *Annavaha Srotas* are *Aamashaya* (stomach) and *Vama Parshwa*.

According to *sushruta Sharir*⁴ Moolasthan of Annavaḥa Srotas are Amashaya and Annavaḥini Dhamni and when these Srotas get injured (*viddha*) or obstructed, symptoms appears like *Aadhmana*, *Shoola*, *Annavidvesh*, *Chardi*, *Pipasa*, *Andhya*, *Marana*. The reason of Annavaḥa Sroto *Dushti* are untimely intake of large quantity of food, intake of unhealthy food and vitiation or disturbance of *Jathargni* (digestive fire). *Ahara* and *Vihara*, which is equal to *Dosha Guna* or *Dosha Vardhak* and opposite to *Dhatu Guna* is mainly responsible for Sroto *Dushti*. According to *Charaka viman* 5/24⁵ Srotodushti lakshanas are *Atipravrutti* (excessive flow), *Sanga* (obstructed flow), *Siragranthi* (localized dilatation) and *Vimargagamana* (out of the course of the Srotas).

Annavaḥa Sroto Dushti Lakshana

According to *Charak*⁶ Annavaḥa Sroto *Dushti Lakshana* are *Anannabhilasha*, *Arochaka*, *Avipaka* and *Chhardi*. As the Annavaḥa Srotas correlate with the digestive tract, the symptoms arise with in the alimentary canal and appendages of alimentary canal.

Anannabhilasha(loss of hunger) - inflammatory condition of mucosa of alimentary canal, increased secretion of fluids, venous congestion, inhibition of hunger.

Aruchi(tastelessness) - inflammation of mucosa of GIT, Fluids and electrolyte imbalance, increased secretion, Salivary secretions decreased, tongue shows dehydration symptoms, fluid media required for taste perception is absent.

Avipaka - indigestion or dyspepsia with epigastria pain, heart burn, nausea, abdomen

distension, and acid feeling after eating or drinking, formation of chime from food bolus is not possible.

Chhardi (vomiting) - a reflex or neurogenic response through irritation of the stomach, it has phases like hyper salivation, nausea, pallor, sweating, increased heart rate, associated with abdominal pain when origin is GIT and painless when origin is neurological.

DISCUSSION

In today's time everyone is too busy and people have no time to cook proper food. Most of the families where both parents are working, they prefer instant, readymade or packed food due to lack of time. Fast foods are easy to consume, if you are hungry, you can easily consume this type of food as compared to healthy one. Junk and fast foods are cheap, easily available and instant ready to eat. It become everyone habit to eat junk foods. Mostly people choose it because it is tasty and delicious as compared to the healthy one. The "I'm too busy to cook" line is more popular among people. Fast food is prepared and served quickly. Also it is popular because of inexpensive, convenient and tastes good. However, fast food often made with cheaper ingredients such as high fat meat, added sugar, refined grains and fats instead of nutritious ingredients such as lean proteins, fresh fruits, whole grains and vegetables. Fast food also rich in sodium (aka salt), which is used as a preservative and makes food more tasty and flavourful. Food colour is also added in high amount to make food attractive. Today's people more attract towards hotel, restaurants and street foods and eat out every weekend. All the above mentioned wrong and unhealthy food

habits causes *Agnimandya*, which turn into diseases with long time. This vitiated Agni leading to indigestion. According to ayurveda, the main causes of *Agni dushti* and *Aamadosha* are *Abhojanat* (not eating, eating very less), *Atibhojanat* (excessive eating), *Ajirnat* (eating when previous food is not digested), *Visamasanat* (improper eating as regards to *kala, desha* etc.), *Asatmya, guru, sita, atiruksha, sandusta ahara, desa, kala, ritu, vaisamya*(food intake without considering *desa, kala* etc), so these unhealthy food habits cause *Agnimandhya* and leads to *Annavaha sroto dushti*, Because *Agni* is base of *Annavaha Srotas*.

CONCLUSION

Food is vital for life and we take daily many variety of food. According to *Ayurved Ahara* and *Vihara* plays an important role in healthy and happy life. The food can be categorising as energy yielding foods and body building foods. In the diet biochemically is found six basic nutrients namely carbohydrates, proteins, fat, vitamins, minerals, trace elements and water. The fast and junk foods are devoid of nutrients and *Tamasika* in nature i.e. food with toxins, absence of energy and vitality and hence vitiated the *Agni* which leads to *Aama, Agnimandhya* and *Annavaha Sroto Dushti* respectively. So disturbance in the physiology of alimentary canal and its functions will be manifested as diseases.

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