

Today's Modernistic lifestyle and its impact on Annavaha Sroto Dushti

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ARTICLE DETAILS

Article History

Published Online: 13 March 2019

Keywords

Annavaha Srotas, Annavaha srotas dushti, Modern Lifestyle

ABSTRACT

Nowadays changing food habits, sedentary lifestyle, lack of exercise, late night sleep, stress all these factors of modern lifestyle influences on physical and mental health of the person. *Srotas* are channelized system for transportation and transformation of *Dhatu*. *Annavaha srotas* is the most important *srotas* described in *Ayurveda*. *Ayurveda* has given most importance to optimal dietary regimen and its variations as per seasons, *agni*, *prakriti*. When these are not followed, leads to imbalance in *dosha* in turn leading to the manifestation of *annavaha srotas* diseases. The diseases of the *annavaha srotas* seem to have been very frequent in ancient India as is evidenced by vivid descriptions on various gastro-intestinal tract diseases in a great length in the treatises of *Acharya Charaka*, *Acharya Sushruta* and *Acharya Vagbhatta* etc. Junk food and fast food are harmful and cause *ama*, which is the base of *annavaha srotodushhti*. In present scenario, to control all global diseases, elimination of frequency increasing etiopathological causative factors of the disease are needed to be studied well. Now days in 2012 onwards, the numbers of patients of *annavaha srotas dushti* is increasing rapidly and it is observed that, the frequency of this *srotas dushti* in per patient is also increased although with the awareness of life style management also showing more complicated stages. Therefore, understanding effects of modern lifestyle on *annavaha srotas* have been reviewed from various resources and have been systematically presented so as to emphasize its ill effects.

1. Introduction

Annavaha srotas is one of the important *srotas* in the body described well with *srotodushhti hetu*, *lakshana*, *moolasthan* in *vimana sthana* by *acharya charaka*. According to *ayurveda* all types of diseases are initiated by *annavaha srotas dushti* and if *annavaha srotas* is vitiated then all other *srotas* are affected. So, *annavaha srotas* is considered as a very important *srotas* out of all *srotas*, which is therefore also called as *Mahasrotas*.

In present scenario, the food habits, life style are changing very rapidly which is the maintained causative factor for *annapachana vikriti* and the persistence of the same factor denotes the maintenance of the diseases of the system which ends up into severe damage of the organ.

2. Material and method

All the *Samhita* and Modern books, journals, articles and related topics are screened and compiled.

3. Annavaha Srotas

The *srotas* or channels which carry "Anna" or food are called *Annavaha Srotas*. This can be correlated to the alimentary tract or gastrointestinal tract or digestive tract.

According to *Acharya Sushruta*, *Annavaha Srotas* have their roots in *Amashaya* and *Annavahini dhamani*. When the *Annavaha srotas* gets injured or obstructed or damaged it causes the mentioned symptoms like *adhmana*, *shoola*, *annavidvesha*, *chhardi*, *pipasa*, *andhya*, *marana*.¹

According to *Acharya Charaka* mentioned that, the *annavaha srotas* are 2 in number, *Aamashaya* and *Vama Parshwa*.²

Annavaha srotas are affected due to intake of food in excessive quantity, unhealthy food and because of vitiated *agni*³ and *Manas* (psychological factors) are also involved in the pathophysiology of *annavaha srotas*. The *lakshanas* of *srotodushhti* are *atipravritti*, *sanga*, *siragranthi* and *vimargagamana*.

4. Annavaha Srotas Dushti Lakshana

The *Annavaha Sroto Dushti lakshanas* are *Anannabhilasha*, *Arochaka*, *Avipaka*, *Chhardi*.⁴ The main causes for *annavaha sroto dushti* are *ahara* and *vihara*. In all the *annavaha sroto dushti* conditions, the site of signs and symptoms are seen in alimentary canal and appendages of alimentary canal, which in turn resulted due to impairment in the digestion process.

Anannabhilasha means inflammatory condition of alimentary canal and appendages of alimentary canal will impair the digestion process via inflammation of the mucosa, venous congestion, infiltration of inflammatory cells into mucosa, excessive secretions of fluids, inhibits the hunger contraction of stomach and finally results in loss of hunger.

Arochaka means Tastelessness, while inflammation of the mucosa of GIT there by causes increased secretion, impairment in fluid and electrolyte balance, dehydration exhibited in tongue, lack of salivary secretion, absence of fluid

media required for taste perception and results in *Arochaka* or *Aruchi*.

Avipaka includes epigastric pain, heart burn, distension of abdomen and an acid feeling after eating or drinking resulting in nausea. It is a major symptom of any inflammatory stomach disease. Conversion of food bolus to chyme is not possible or proper in *Avipaka* or indigestion.

Chhardi is a neurogenic response, triggered by CTZ in the brainstem or Reflex through irritation of the stomach. It has phases like nausea, hyper salivation, pallor, sweating and hyperventilation, painless vomiting always suggests neurological origin. Nausea and vomiting of GIT origin is associated with abdominal pain. Vomiting with abdominal pain definitely of GIT origin and the cause shall improper food.

All the above mentioned *annavaha srotas dushti lakshanas* like *Anannabhilasha, Arochaka, Avipaka, Chhardi* are related to GIT. According to *Ayurveda* all diseases are due to undigested food. Therefore, the cause of *annavaha sroto dushti* are *ahara, vihar* and busy and stressful lifestyle.

5. Lifestyle In Present Era

Everybody is busy in today's life. In most families now both parents work and neither has time to cook proper meals at home. Readymade food that can be bought from stores is hugely popular with these people because it helps them save time. Also, in some cases, packaged meals are less expensive than regular homemade meals. All of these factors encourage the consumption ready to eat meals. Regular consumption of readymade food leads to various health problem in people. They contain high levels of preservatives and additives that can cause various diseases.⁵

Pizzas, burger, bread, packed fruit juices, pastries, cakes, French fries, potato chips, ice cream, candy etc food are generally considered as unhealthy.

In today's world, peoples spend a lot more of our days dining out at restaurants than we did in the past. For your grandparents, eating out was likely to be a rare treat saved for special occasions. Nowadays, many families eat out on a weekly basis.

People in the modern day do far less exercise. Modern life is all about the sedentary lifestyle- many of us drive to work, sit at a desk all day, drive home and then sit in front of the TV, until we go to bed. We then still have our 3 meals a day as well

as all the snacks and hot drinks in between. Many of us consume more energy that we use, which causes us to become lethargic, overweight and unhealthy.⁶

Nowadays, stress is a common problem in modern lifestyle. Stress is a basic thing of everyday life and there is no way to escape. Stress could be of caused by pressure and problem at work location and individual lifestyle.⁷

6. Discussion

In *ayurveda annavaha srotas* is considered as one of the important *srotas*. According to *ayurveda* vitiated *agni* i.e., digestive capacity is responsible for affection of *annavaha srotas*. *Agni* is vitiated by wrong food habits and stress. Wrong food habits vitiating *agni* includes overeating, dry, salty, heavy, non-fresh foods, no exercise, stressful life, eating too fast or too slow, eating before previous food is digested. Peoples are preferring to eat pizzas, burgers, bread, cookies, pastries, ice cream, over eating dairy products, high calorie food item which are heavy to digest. Peoples are preferring to eat processed meat, processed cheese which consists of preservatives in large amount.

Nowadays peoples are eating food while watching TV which causes too slow eating. Because of heavy work schedule peoples eats too fast. Modern lifestyle increases stress which causes emotional disturbances. All factors are responsible for vitiation of *agni*.

All the above-mentioned junk foods and fast foods causes *agnimandhya* and its leads to disease. According to *ayurveda* the cause which impairs *agni* or the digestion process are *ajimat* (eating when previous meal is not digested), *abhojanat* (not eating/eating very less), *vishamashana* (improper eating as regards to *kala/desha*), *asatmya* (eating food which is not *satmya*) , *atiguru, sheeta, atiruksha aharsevana, desha, kala, ritu vaishamya*(food intaken without considering *desha, kala* etc). so above-mentioned junk food *istamasika* type of food and definitely causes *amatvam* and it produce diseases.

7. Conclusion

On the basis of above discussion, it may be concluded that, modern lifestyle is responsible for vitiation of digestion capacity which is responsible for *annavahasrotas dushti* and it produce the disease.

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