

Role of Diet and Lifestyle in Preventing Arsha (Piles): A Review

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Abstract: In Ayurveda Acharya Sushruta, Charaka, Vagbhata mentioned and explained various ahara and Vihara concept regarding Arsha roga. Ahara and Vihara and home remedies (Aharakalpana) play an important role in prevention of Arsha roga prevention of Arsha is crucial for lowering disease incidence and thus minimizing the individual, familial and public health burden. Ahara rich in green vegetables and fruits are beneficial whereas frequent meat consumptions increase the risk. Alcohol mental tension occupational hazards also adding its effect on it. There is evidence of the effectiveness of ahara (Diet) or Vihara (Lifestyle) modification on arsha Control, but further studies are necessary. This article discusses the importance of diet ahara and lifestyle vihara in the prevention of Arsha. The effects of alcohol, mental tension, and occupational hazards are also discussed. The article concludes that further studies are necessary to understand the effectiveness of diet and lifestyle modifications in controlling Arsha.

Keywords: Arsha, Ahara, Vihara, Prevention, Piles

1. Introduction

- Lifestyle (Vihara) diseases are outcome of our own way of living. These diseases are not infectious but self-imposed. The right quantity of health education is the only answer to avoid them. Now a days these diseases are increasing because of stress and strains caused by urbanizations. Among lifestyle disorders following are most occurring to human beings.
- Arsha (Piles)
- Diabetes
- Cardiovascular disease
- Arthritis
- Obesity
- Spinal problems
- Hyper tension
- Anxiety
- Depression etc...
- Among these Arsha is one of the Vihara (Lifestyle) diseases which increasing at an alarming rate in our society but everyone over look it due to busy schedule, western lifestyle, modern civilization. The growing tendency to intake artificial foods, increase mental tension, lack of rest and careless attitude to words responding to natural urge such as suppression of defecation and urination also intensity the process of disease. [1]
- In Ayurveda Acharya Sushruta mentioned this disease under the heading of Mahagadas. [2]

Aetiopathogenesis

The etiological factors of ayurveda classics may be broadly classified in to two categories by acharya charaka. [3]

- Samanya nidan
- Vishesh nidan

Samanya Nidan

- Under this nidana they includes all factors corresponding to dieteric ingredients, vihara and agantuj trauma factor

Diet Factor

- Dietic indulgence like consumption of jirna and virudhahar (de-composed and incomplete substances (Jirnann, virudhahar) [4] that lead to vibandh.
- Excessive less irregular intake of food i.e. (Atyasan, Pramitasan and Adhyasan in Ayurveda) [5] which will interfere with digestive power leading to poor digestion and constipation.
- Eating meat of cow, goat, pork and fish [5] it also suppress the normal dietic power i.e. cause mandagni [7] hypo function of metabolic and digestive enzyme contribute the actiopathogenesis of Arsha roga.

Vihar:

Sexual Indulge

- Sexual indulge means unnatural sex which includes sodomy, which cause kshata in anal canal and leads to Arsha roga.

Vegavarodha (Preventing Natural Urge)

- This leads to mandagni and vitiation of apanavayu resulting in stasis of faccal matter in guda causes development of pathological changes in gudavali and finally leads to Arsha. [8]

Avyayam Divaswapna

- Day time sleep, lack of physical exercise and lack of sleep, this affect the rest of mind in the form of sleep at night and such people are most prone to get constipated. [9]

Mental Tension

- Condition of mental tension affects the digestion.

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Gudakshnanaadabhihshna (Pressure & Irritation in Anal Canal)

- Defective sitting, sitting on haunches, soft place or uneven, hard and irregular pressure, riding on vehicles for long duration, continuous straining during defecation. It cause increase in intra-rectal pressure and it certainly aggravates and possibly precipitates *Arsha roga*. [10]

Agantuj Factor

- Irregular and improper use of Bastinetra, repeated deliveries, abnormal deliveries play an important role in causing kshata to the anal canal as in case of women. Later this injury repeatedly irritated with the contact of soiled clothes, undigested food stuff, grass, stones, small herbs causes friction and finally result in *Arsha roga*. [11]

Nidan

- Provocation of *Dosha*
- *Agnimandhya*
- *Vibandha*
- *Ama* Formation
- Infliction of *Kshatam* In The Anal Canal
- *Doshavikriti*
- *Sthansnsrayam*
- *Doshadushyas Samurchanam*
- Above mentioned all *nidan*as are capable of provocation of *dosha* and vitiating the *jatharagni* in turn of *Agnimandhya* and formation of *Vikritahar* i.e. *Ama*. This *Ama* getting together with *Prakupita doshas* converts them into their *Vikritavastha*. This stage is called *Doshavikriti*. This *vikritidosha* getting together with *Apana Vayu* travels through the *Pradhanahadhamanis* and paves the way in revealing the *Purvarupas* and repeated consumption of all *Nidan* factor aggravates the formation of *Arsha*. [12]

Management of Arsha

- It is know that *Ayurveda* has two primary aims to maintain the health and alliveate the disease. [13] Which is achieved by
- *Nidanaparivarjan*
- *Apkarshan (samshodhan)*
- *Prakritivighaat (samshaman)* [14]

Preventive Measures

- 1) Preventive measure we discuss about
 - *AHARA* (DIET)
 - *VIHAR* (LIFESTYLE)
- 2) Both for the prevention and cure of *Arsha* the patients should rely mainly on confirming to a suitable diet drinks and regimen factors which cause constipation and then *Arsha* it should be quite.

Ahara in Preventing Arsha

- Over eating and eating between meals before the previous meal is digested should be avoided (*Vayuranulomya Anna Paan Sevyam*) [15] such over loads clog and retard the whole process of digestion and evacuation of bowels. All these cause constipation and *Arsha*.

Eating Refined Foods are Avoided

- In refined foods the roughage of the original grain has been removed such as white bread, white sugar and polished rice. Likewise eating tinned, preserved and reheated foods should be avoided.
- Pulses generally produce more gas during digestion so it is avoided by who are constipated.
- Vegetarians depend mostly upon pulses and legumes such as moong, masha, rajma, *shaandahar*, for their nourishment, protein requirements all these pulses, except *moong* are gas forming and constipative. To make them wholesome ghee, garlic, ginger, and asafetida should be added while cooking. [16]

Deep Fried Food Strickly Avoided

- Fried and deep fried food preparation through extremely testy are harmful for the Liver and difficult to digest leading eventually to constipation and *Arsha*. [17]

Timely Intake of Food

- The three main meals of the day is breakfast, lunch and dinner should be eaten in time. In the present age because of busy life. Eating at set hours of the becomes the commonest to victim. Irregularly eaten food or food snacks eaten too often affect the digestion and bowel movements leading to constipation and *Arsha* (piles). [18]

Chew Well Before Swallowing

- Chewing well makes the food easily digestable. Swallowing food without proper chewing contributes to considerable extent constipation in the present of hurry. The daily routine should be planed so as to leave sufficient time for meals. [19]

Corns And Cereals

- *Godhuma, kulatha, raktashali* [20], Barely, Maize and *Bajara* are very useful for Patient suffering from Constipation.

Vegetables

- To prevent and cure constipation and *Arsha* one should take more vegetables especially leafy vegetables such as spinach, *methi* both during lunch and dinner but should be fried in oil or *ghee*. [21]
- Bitter gourd, *patola, kandaru, brinjal, beatroot* are very useful. Potatoes, cauliflower, jackfruit, yellow pumpkin and ladsy finger are no useful. They cause constipation and gas formation in the abdomen.

Surana is Very Useful

- *Amorphophallus companulatus* a kind of yam is very useful when cooked as a vegetable and also when used as a medicine. Boiled and mashed *surana* is very useful when eaten as a vegetable in order to correct its irritating property while a little tamarind juice is often added. [22]

Meat and Fish

- Non-vegetarian food such as meat, fish and eggs causes constipation. Person are suffering from constipation Person are suffering from constipation avoid them as far as possible. [23]

Fruits

- Fruits and fruit juice are very useful in preventing and curing constipation and Arsha. Regular use of ripe papaya and its preparations apples, pears, mangos, guavas and plumps do not make a person constipated. They promote urination and secretion of digestive juices bile from the Liver. [24]

Useful Spices

- Black pepper, ginger, cumin, fenugreek, long pepper, cardamom, cloves, asafotida and cinnamon are very useful in promoting the functioning of liver and relieving constipation. [25]

Vihar**Take Less Tea And Coffee**

- Hot drinks such as tea and coffee in excess are harmful these taken only in limited quantities not more than two cups/day or should be avoided. They should not be taken on an empty stomach. They cause sluggishness of liver and excess intake disturbs sleep which results in bad digestion bed tea should also be avoided. [26]

Taking Warm Milk At Bedtime

- Habitually taking a glass of warm milk at least two hours after dinner and before going to bed time make a person free from constipation. Buffalo's milk sometimes cause indigestion and gas formation in intestines so prefer cow's or goat's [27] milk at bedtime. [28]

Alcoholic Drinks

- Alcoholic drinks prepared by distillation such as whisky, brandy and vodka are nourishing and act as digestive stimulants. but if taken in excess and if taken untimely, these drinks cause sluggishness and even cirrhosis of liver, this affects the digestion and leads to constipation and Arsha. Drink such as beer *Ayurvedic* recipes such as *asava* and *aristas* are not that harmful. Some of these *asava* and *aristas* helps in relieving constipation. [29]

Professional Hazards and Exercise

- Intellectuals, business managers, administrators and professionals are often required to remain seated for long time. Their work is sedentary. Modern facilities of transport such as cars and scooters do not allow them to perform even the simplest possible exercise i.e. walking after sitting down the whole day either in cars or in chairs they go straight to bed after in meal at night. Such cases yogic exercises would prove very useful. These exercises should be learnt under the supervisions of experts on yoga and should not be done just by reading books. [30]

Sleep and Rest

These provide natural aids to digestion and evacuation of faeces. If one does not go to sleep in time and thus cannot get up from in time then urge for bowel movement becomes irregular which results in ultimately in constipation and Arsha hence sleep and rest are essential for prevention and cure of Arsha. [31]

Mental Peace

Mental activities are directly connected with digestion and metabolism. Mental tensions, anxiety always cause liver malfunctioning, sleeplessness constipation and Arsha. To achieve mental tranquility, practicing *pranayama* is described in yoga. It provides a concentration on mind and gives mental peace. Practice of *pranayama* by simply reading its description in yogic textbooks sometimes leads to harmful effect. [32]

Oriental Toilets

In western countries commodes or high lavatory seats are used for evacuation of stool. On the other hand in oriental countries such as India, lavatory seats are placed very low and one has to evacuate in an almost squatting position. Also *sushruta* explained in the Arsha prevention don't sit in *Utkatukaasana*. For long time physiologically oriental privies are better for evacuation. The squatting position has a further advantage in as much as the thighs are pressed against the abdomen protecting the abdominal viscera from the hazard of excessive strain. In the name of civilization in oriental countries also people have started using western style commodes. This may suit a Rheumatic patient but it leads to constipation and Arsha. The squatting posture is ideal in order to be free from Arsha. [33]

2. Discussion

- We human beings are the small units of this universe. When one is in proper tuning with rest of the world, he remains healthy and happy and when there is any disturbance in this harmony diseases appear. Lifestyle decides a lot about our relationship with rest of the universe as what we do is a reaction to our surroundings. and according to Newton every action has a reaction, same happens with the body. We do well with the nature and our body. We get good, no chance for good after doing bad.
- Lifestyle disorders are a big problem for our society today. Earlier Bacteria and viruses were the Prime killer, but now a day we human beings are proving for ourselves. For treatment principle should be focused to get rid of the human causative factors, i.e. *Nidan*. The three basic steps of treatment principle are described in *Ayurveda* *Nidanparivarjan*, *Apakarshana*, *Prakritivighata* [34] *Nidanparivarjan* of the three described procedure is the prime one. [35] The causative factors of the *nidana* are accounted under three categories i.e. (*Ayoga*, *Hinayoga* and *Atiyoga*). [36] Conglomerations of the object with the *indriyas*. Mind is the controller of the senses and responsible for the Homeostasis of *indriarthasamayoga* to rectify the improper conglomerations of the senses the normal equilibrium of mind should be restored. In another context the treatment can also be performed by *Daivavyapashrayan*, *Yuktivyapashraya* and *Satvavajaya*, [37] *Satvajayais* the treatment procedure by which restoration of the mental faculties done. The performing the *Satvavajaya* treatment the *nidanaparivarjana* can also be achieved through the functional application of the state of mind. As Arsha has its *Adhistanas* in *Dosha*, *Dushya* and *Malaayatan*, [38] That's why it is *Guda Vyadhi* which cause is to be *Krichhasadhya* or *Yapya*

[39] disease. In this the main treatment principle is *Pathya* [40] for this it require person to manage the life by taking wholesome regimen and enjoying little comforts and happiness for the relief to his ailments. *Arsha* [41] is aggravated if there is reduction in the power of digestion if it is increase and get cure, so Agni should be protected in *Arsha*. In *Arsha* the food ingredients and drugs which promote power of digestion and downward movement of *Vayu* are invariably useful, [42] so it is necessary to follow *pathya* in disease as well as in healthy state.

3. Conclusion

A substantial and expanding body of evidence has implicated several aspects of diet and Lifestyle in the pathogenesis of *Arsha*. Importantly, lifestyle modification and dietary changes can effectively control these risk factors and lower the incidence. To realize these benefits, individuals should aim for avoid over eating, proper sleep and rest, be physically active, avoid alcohol, and follow a diet and Lifestyle as per above recommendations. Accomplishing these objectives will required individuals to change their behavior. The current challenge to healthcare providers, researchers, and government official is to develop and implement effective clinical and public health strategies, especially need-based educational programmes that would lead to sustained Lifestyle changes among individuals and more broadly, among populations.

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