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Role of Lifestyle in the Prevention of Ano-Rectal Disorders

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ABSTRACT

Ano-rectal disorders are very commonly happening disorders in the general public. The faulty lifestyle viz; sitting in a same position for quite a while, a considerable measure of voyaging, constipation and dietary propensities viz; heavy and spicy foods and not doing regular exercises are also an important cause behind the pathogenesis of various ano-rectal disorders viz; piles, fistula and fissure etc.

The *Ayurveda* mainly focuses on the preventive approach for the diseases. This article focuses around preventive and promotive measurements for the anorectal diseases including appropriate dietary administrations, way of life style regimes, *Yogic* exercises and *pathya-apathya*. The little changes in way of life can change the substance of the illness and the patient can be tremendously profited.

The anorectal region is being the vital *marma* of the body so any infection involving this region can be exceptionally fatal, consequently it ought to be ensured with full endeavors to maintain a strategic distance from such ailments.

KEYWORDS

Anorectal disorders, Piles, Fistula, Fissure, Marma



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INTRODUCTION

The diseases which occur in anal canal and rectum (i.e. Last part of GIT) are called anorectal disorders/ diseases. There is a list of anorectal disorders but the diseases which commonly occur due to faulty life style are *Arsha* (Haemorrhoids), *Parikartika* (Fissure-in-ano), *Bhagander* (Fistula in ano) and *Guda-bhransha* (Prolapse of rectum). These diseases are directly related to mismanaged and irregular food habits. The incidence of Ano-rectal disorders is progressively increasing in the society due to frequent consumption of Junk, fast-food, spicy and low fiber diet. Acharayas have mentioned that the root cause of *Gud-rogas* (ano-rectal disorders) is *mandagini*. *Ahitkar Ahar-vihar vitiates* the doshas resulting in *aama* formation which blocks the passage due to its sticky nature, it also results in *koshtabdhata* [constipation] which ultimately causes ano-rectal disorders.

So, in Ayurveda the main aim in ano-rectal disorders is to correct the *agni* and digestion of *aama*, so help in preventing constipation along with the detoxification of the body as “*Serveroga malayatanani*” i.e. aetiology of all diseases is collection of toxics (excretory products) in the body. This will maintain our normal metabolic activity and makes us healthy. In the present article the

correct life style should be adopted to the susceptible persons for ano-rectal disorders described in a detailed way.

MATERIAL AND METHODS:

The three sub-pillars¹ for the healthy body are - balanced healthy diet, balanced physical activity and balanced sleep, which help to maintain the three pillars² (three *dosas*) of living body.

Causes of Ano-rectal disorders:

The main cause of anorectal disorder is irregular bowel habit. People with busy lifestyle schedules suffer from constipation because of change in life-style, sleep pattern, and diet (Hurry and curry).

The acquired causes of Ano-rectal disorders are divided into three groups:

A. Dietary causes:

- 1) Intake of processed, Junk, baked and dairy products
- 2) Intake of spicy and oily food
- 3) Excess tea and Coffee intake
- 4) Intake of excess non-vegetarian diet
- 5) Lack of fibrous food diet³
- 6) *Virudhahar*⁴
- 7) Irregular diet i.e. amount of food is either too less or too much, taking meal before digestion of previous meal (*adhyashana*)⁴
- 8) Improper chewing of food.

B. Life-style causes:



- 1) *Pravahan*⁴ (Excessive straining⁵ or Excess toileting time)
- 2) *Utkata-asana*⁴ (the posture which produces pressure at anal region)
- 3) *Prishthayana*⁴ (sitting on hard surface as car seat and horse riding etc).
- 4) Poor hygiene, lack of cleanliness⁶ and unawareness of per-anal care.
- 5) Suppression of natural urges of defecation and *apanvayu (Gudgatvata)*
- 6) Excess coitus⁴, anal sex.
- 7) Lack of exercises
- 8) Increasing stress, disturbed sleep
- 9) Addictions-Smoking, alcohol intake, tobacco chewing.
- 10) Intake of diet in Hurry, Curry and worry way.

C. *Other causes:*

- 1) *Ruksha durbala deha* (Roughness, loss of fat in ischio-rectal fossae⁷)
- 2) *Agnimandata* (Weak digestive power), *ajeerna* (Indigestion)
- 3) Due to passing of hard stool⁸ (constipation) and excess diarrhea.
- 4) Iatrogenic causes-Injury at peri-anal region, perineal tear⁹ during delivery and surgical fault.

Ayurvedic management through preventive measure:

Following preventive measures can be used:

1. Diet modification
2. Life style modification

3. Easy domestic procedures
4. *Yogic* exercises

Diet Modification:

Nutrition plays a very important role in the prevention of ano-rectal disorders therefore, what quality and quantity of food we eat is very important. So one should be very peculiar about what to eat.

What to do?

- During the time of eating keep yourself cool and pay attention on food.
 - Regulate quantity and frequency of food intake as per need.
 - Increase fiber or roughage in diet with proper fluid intake¹⁰. Diet includes- cereals wheat flour with choker, pulses, vegetables (leafy vegetables, carrot¹¹, bottle guard¹², cabbage, cucumber and lemon etc), fruits (papaya, pomegranate, apple, pear, berries, orange, guava and *amlaki* etc), probiotic food like curd, *Takra sevana*¹³ and daily salad intake.
 - Fox nut (*Makhana*) is rich in fiber and so can be used in digestion problems like constipation.
 - Drink luke warm milk after dinner.
- ### ***What not to do:***
- Avoid fast and junk food, spicy and oily diet because these food disturb the digestive system and leads to constipation.
 - Avoid non-vegetarian diet



- Avoid excess intake of sweets, cold drinks and ice creams.

- Avoid excess tea and coffee

Lifestyle modification

What to do?

- Take meals timely, clean, accustomed, suited to health, hot and easily digestible.

- Follow *aahar-vidhi-vidhan*¹⁴ (*Diet regime*) according to *Ayurveda*.

- Drink Luke-warm water early in the morning

- Chew the food properly.

- Do exercises daily. Walk at least 100 steps after meal to help digestion.

- Sleep early, Take sound sleep and wake up early in the morning.

- Daily care of perianal area.

What not to do?

- Do not ignore the non-suppressible urges like defecation and flatus.

- Avoid excess sitting on hard and uneven surface.

- Avoid prolonged sitting on toilet seat and avoid straining during defecation (*Pravahan*).

- Avoid smoking, chewing of tobacco and drinking of alcohol.

Easy domestic procedure:

Have a look at these procedures to have a satisfactory bowel movements and to keep your digestive system healthy.

- *Ushnaja Avgahan* (Hot sitz bath¹⁵) practically little quantity of *sphatika (fitkari)* or *tankan* (borex) powder is added in lukewarm water used, twice in a day, at night and in the morning after defecation.

- Advice *matra vasti* (approximately 5 ml *jatyadi taila* per rectal) regularly in a day or after defecation.

Yogic exercises

Acharya Sushruta described in the context of *vyayama* that muscles of the body become stable¹⁶ in the person who does exercises habitually and unhealthy food or improperly cooked food get digested without any trouble. So following *yogic* exercises should be done regularly in case of anorectal disorders.

- The pelvic floor exercise with contraction and relaxation of anal opening is especially beneficial in rectal prolapsed and incontinence of stool.

- ***Yogashana*** like- *Suryanamaskara*, *Vajrashana*, *Virashana*, *Matsyashana*, *Pashchimottanashana*, *Naukashana*, *Bhujangashana*, *Dhanurashana*, *Halashana*.

- ***Mudras***-*Ashwanimudra*.

- ***Bandha***-*Moola, Uddiyana, Maha*.

- ***Pranayama***- *Anuloma-vilom, nadi sodhan* etc



DISCUSSION

• Benefits of modification in diet-

Spicy diet, fast food, packed food and fibre free diet digested with difficulty and liquids like coffee and cold drinks that contain caffeine seem to have dehydration effect, leads to constipation. Due to Irregular bowel habit increases frequency of defecation and constipation and altered consistency of stool, rub the anal canal, pushes anal cushion that creates many problems. The diet which is light, soft and fibrous aid in easy digestion and smooth defecation without causing constipation. Such kind of diet also helps in mentenance of *jatharagni* which plays an important role in anorectal disorders; these simple measures of diet can change the face of disease with much relief.

• Benefits of modification in life style

Utkatashana, excess straining and excess sitting may cause excess pressure at local site by which the haemorrhoids protrude out and will worsen pain and bleeding. *Ushnajala avgahan* keep the perianal area clean, reduces pain and swelling over there and also helps in pacifi the vitiated *apana vayu* which plays the key role in pathology of anorectal diseases. Lifestyle modifications are helpful to avoid unwanted pressure at perianal region and

help in improve the digestion and normal defecation.

- Change in lifestyle and food help a lot along with the medication in anorectal disorders.

Benefits of yoga

Yogic exercises improve the tone of pelvic floor muscles, improve flexibility, the blood circulation and digest the *aama*. So help in nourishing the *dhatu*s of body system.

CONCLUSION-

As we know that anorectal disorders are usually occur due to faulty diet and lifestyle. This study elaborated that what are the causes of these diseases and how we can cure and prevent reoccurrence the above diseases. Diet and life style are the most important part of the treatment of anorectal disorders. The whole *pathya-apathya ahar-vihar* are vividly elaborated in this article. The role of yoga exercises are also explained here in detail.



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