

JUNK FOODS AND ITS IMPACT ON ANNAVAHA SROTHODUSHTI

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Abstract

Junk foods are those which have little or no nutritional value. Though fast or fried, any food with no nutritional value with plenty of calories, salt, and fats are junk foods. Such foods are harmful and cause amatvam, which is the base of anavahasrothu dushti. The annavahasrothu dushti lakshanas are Anannabhilashana, Arochaka, Avipaka, Chardi. According to Ayurveda the cause for annavahasrothu dushti are ahara and vihara in general. In the present era a lot junk foods are in market and simultaneously a lot diseases related to gastro intestinal are noted. The various junk foods are the snacks like Potato wedges, Pancakes, Biscuits, Cookies, Crisps, Popcorn, Sweets, Biscuits and Desserts, Carbonated beverages etc. Foods prepared from maida like bread, various rolls, samosa, stuffed foods are junk foods. As the junk foods are free of nutritional value it has a lot of impact on annavaha srothu dusti.

Key words: Annavaha srothas; Annavaha srothu dusti; Junk foods; Gastro intestinal diseases.

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INTRODUCTION

Regarding the food, there are some questions which arise in our mind, How to eat? When to eat?, How much to eat? and What to eat?, When the question of How to eat? Arises it is said that- Drink the solid and eat the liquid. Chewing well in the mouth results in excess secretion of saliva which contains salivary amylase, which is necessary for the digestion and lubrication of food, hence avoid annavaha srotho dushti. Any liquids consumed need to be held in the mouth for some time so that it gets mixed with saliva and thus to be swallowed in small quantities.

When to eat? People who eat One times are yogi, Two times are bhogi, Three times are rogi and four times are with diseases or no more. Have two meals a day and then if needed have fruits, vegetables or juices at other time. The satvik food needs 3 to 4 hours for its complete digestion, then there should be 5 to 6 hours gap between 2 meals. This time gap of 5 to 6 hours helps for an easy digestion and absorption of nutrients. What is true appetite? True appetite is felt when the body is in need of energy or at the food time. False appetite is felt upon hearing/smelling or after having a glance at the food. When false appetite is felt, the person's mind feels to eat, to satisfy his desire.

While speaking the timings of meals, a biological clock is set up in the body where food is consumed at particular time daily i.e first meal at 10 -30am to 12 noon and second meal at 5-30pm to 7 pm. Liquid diet can be taken in the morning and in between the meals.

What to eat? The food should be of satvik in nature, bestowing us the strength, happiness, health, stamina etc. It could be classified as foods to be taken liberally are seasonal fruits and vegetables, fruits, whole grains, honey, buttermilk, coconut water, unpolished rice, water. Foods to be taken in limited quantities

are salt, sweets, spicy food, ghee, butter, cheese, deeply fried items, chilies, bakery foods and foods to be avoided in our daily routine are meat, polished rice, alcohol, tobacco. In general, junk foods should be avoided.

The food can be classified as Energy yielding foods-Cereals, roots, tubers fruits etc; Body building foods - Milk, oilseeds, nuts and Protective foods - Green leafy vegetables etc. The diet of human being when analyzed biochemically is found to have six basic nutrients namely carbohydrates, proteins, fat vitamins, minerals, trace elements and water. The junk foods are devoid of nutrients. Junk food could be correlated with tamasika type of food i.e. food with absence of energy and vitality, accumulation of excessive toxins and which develops degenerative diseases. Hence in the present article an attempt has been made to discuss about junk foods and its impact on annavaha srothu dusti.

MATERIAL AND METHODS

All the Ayurvedic and modern books, journals, articles and related topics are screened and compiled to understand the topic at a single roof. Information about annavahasrotas, junk foods and its impact etc are compiled and discussed.

Annavaaha srothas

Manas (psychological factors) are involved in the pathophysiology of annavahasroto dushti of annavahasrotas. Description of alimentary canal will be more appropriate to understand Annavahasrotas dushti. The anatomical description, its clinical importance will be more beneficial in understanding the cause (hetu) and pathology insitu. Organs of digestive system can be grouped into Alimentary canal and Appendages of alimentary canal. The lakshanas of srotodushiti are Atipravrutti, Sanga, Siraagranthi, Vimargamana.

The annavahasroto dushti lakshanas^[1] are Anannabhilashana, Arochaka, Avipaka, Chardi. The causes for annavahasroto dushti are ahara and vihara in general. In all the annavahasroto dushti conditions like Anannabhilashana, Arochaka, Avipaka, Chardi, the site of signs and symptoms are seen in Alimentary canal and Appendages of alimentary canal, which inturn resulted due to impairment in the digestion process.

To understand Anannabhilashana a correlation with modern information and madhukosha is needed. Here any inflammatory condition of Alimentary canal and Appendages of alimentary canal will impair the digestion process via Inflammation of the mucosa, Venous congestion or lymphatic involvement, Infiltration of inflammatory cells into mucosa, Excessive secretion of fluids, Inhibits the hunger contraction of stomach and finally results in Loss of hunger and this is known as Anannabhilashana

Arochaka means Tastelessness, while screening the madhukosha vyakhiya it could be best understood as Inflammation of the mucosa of GIT there by causes Increased secretion, Impairment in fluid and electrolyte balance, shows Features of dehydration exhibited in tongue, Lack of salivary secretion, Absence of fluid media required for taste perception and results in Tastelessness (Aruchi or Arochaka).

Avipaka (Dyspepsia or indigestion) 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.

Chardi (Vomiting) 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 is definitely of GIT origin and the cause shall improper ahara (food)

All the above mentioned annavahasroto dushti lakshanas^[2] like Anannabhilashana, Arochaka, Avipaka, Chardi are related to G.I.T. According to Ayurveda all diseases are due to ama (undigested food). Therefore the hetu (cause) of annavahasroto dushti are ahara and vihara. Here in the present study an analyses was carried out to find junk food as hetu for annavahasroto dushti

List of Junk Food

The commercial products like sugarcandy, bakery goods, Pretzels, cream, salty snacks, drinks and soft drinks containing sugar like Coke, Pepsi, Fanta, Dr. Pepper, Sprite, Lemonade, Hot chocolate, Milkshake, cakes and sugar cereals, fast food like fish with chips, pizza, burger, fried chicken, sausages, noodles, pasta, noodles, etc. Snacks like Potato wedges, Pancakes, Biscuits, Cookies, Crisps, Popcorn, Sweets, Biscuits and Desserts, Carbonated beverages are considered as junk foods. Foods prepared from maida like bread, various rolls, samosa, stuffed foods are junk foods.

Various and most common Indian Junk Foods

- 1) Pooories, Parathas, Kulcha, Bhatore, deep fried breads etc. are junk. Many Indian foods are eaten without knowing the effects and its impact on health. The restaurants in India serve dishes loaded with ghee, oil or vanaspati (trans-fat).
- 2) Snacks like Kachori, Kofta, Bonda, Tikki-chole, Pakora, Bhujia, Potato Chips, Bikaner Namkeen, Aloo Bhujia, Pani Puri, etc. all are in junk food category. The Namkeen or bhujia are

most unhealthy. Korma, Biryani and Kabuli are high in fat.

- 3) Indian sweets and desserts those are not good: Jalebi, Ladoo, Halwa, Ghewar, Gulab Jamun, Imriti, Malpua, etc.
- 4) Deep fried pappadums are high in calories.
- 5) New Junk Foods in India: Burgers, Sugary cereals, Creamier ice creams, Creamy cakes, Carbonated beverages

DISCUSSION

Junk foods are those which have little or no nutritional value. The important things to be understood about junk foods are those which have plenty of calories, salt, and fats. What about fast foods. Fast foods are also junk foods but not all. Fast foods are ready-to-eat foods. They are well prepared and served promptly after ordering. Some fast foods are high in calories and low in nutritional value, while other fast foods, such as salads, may be low in calories and high in nutritional value.^[3] Therefore whether fast or fried, any food with no nutritional value with plenty of calories, salt, and fats are junk foods and are bit harmful to health. Junk foods are tamasika type of food and definitely causes amavah, which is the base of anavahasrothu dushti.

Burgers are the worst junk foods. They contain sauces high in sugar and sodium, fried patties loaded with trans-fats, cheese containing high amount of dairy fat and mayonnaise with preservatives and egg yolks. Vegetarian burgers contain 35 % calories, while non-vegetarian burgers 47 % calories that come from fats.

First and foremost is dusti of annavaha srotas by these types of junk foods. Fats like Omega-3 fatty acids are good for health. Fats and hydrogenated oils are found in cookies, chips, candy bars, fried foods, muffins, bologna, potato chips, cheeseburgers and fries. They have high levels of fat, sugar or salt-ingredients which are not necessary for the diet. French fries are full

of fat. If a human is intaking 200g, it means it is exceeding the safe limit for trans fats. In fried potato chips 50-60 % of calories come from fats. Actually the saturated fat mainly comes from animal products. The excessive fats adhere to the arteries and cause the blockages leading to heart disease and strokes. The most important thing to be noted is junk foods which contain Fats and hydrogenated oils can also lead to cause cancer, arthritis, PMS and sexual dysfunction.

Sodium in moderate amount, along with potassium, maintains the water balance in our body. All the junk foods like chips, fries, Pretzels, canned food items etc contains excessive salt (High sodium food list) which is not good for our health (Daily Salt Recommendation), however too much sodium can cause high blood pressure.

Ice Creams are the worst junk foods. A single serving of most ice creams can contain more than 15 g of fat and high amounts of sugar, increasing waistline.

Creamy cakes contain a highly processed, uncooked form of carbohydrate. High glycemic index is seen in white bread which is prepared in combination with the high quantity of sugar. Sugar and maida forms the base for preparing bread and most packed foods like various rolls, baked samosa, kachori etc. all these are junk foods. This type of creamy cakes hampers the process of digestion and causes many diseases like diabetes etc. Human body converts sugars into fat.

What about noodles? A packet of noodles has around 3 g of salt, whereas the recommended salt intake is 6 g daily. Especially Maggi noodles have a lot of empty calories, with 70 % of it being just carbohydrates.

Carbonated Beverages contain a very high concentration of sugar. Their sugar-free or zero varieties contain sweeteners like aspartame that are harmful if consumed over a period.

All the above mentioned junk foods causes agnimandya, which in turn run a long samprapti over a long period of time and results in disease. The main issue is the functional loss of the agni to perform the function of digestion properly, leading to improper digestion. According to Ayurveda the cause (Hetu) which impaires agni or the digestion process are Abhojanat (not eating/ eating very less), ajirnat (eating when previous meal is not digested), atibhojanat (excessive eating), visamasanath (improper eating as regards to kala/desa etc); Asatmya (eating which is not satmya), guru, sita atiruksa, sandusta ahara (stale/leftovers, degenerated food); Desa, kala, ritu vaisamyat (food intaken without considering desa kala etc);^[4] Therefore the above mentioned aharas can be considered as junk foods.

CONCLUSION

No doubt FOOD can influence the mind and change the personality. Junk foods are those which have little or no nutritional value. Ayurveda says ahara and vihara are the main cause for the disease. Junk food are tamasika

type of food and definitely causes amatvam, which is the base of anavahasrothu dushti. But a strong mind can digest the most tamasika food and still live very healthy.

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