



Review Article

PREVENTION AND MANAGEMENT OF *GUDAGATA VIKARA* (ANORECTAL DISORDERS)- AYURVEDIC PERSPECTIVE

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ABSTRACT

Gudagata Vikara (Anorectal disorders) refers to ailments of the anus and/or rectum. *Gudagata Vikara* includes; *Arsha* (Haemorrhoids), *Bhagandara* (Fistula-in-Ano), *Parikartika* (Fissure-in-Ano), *Guda Kandu* (Pruritus Ani), etc. These are some common disorders in human being. A study by Sharma et al. showed that Hemorrhoids (49%) and fistula-in-ano (27%) were commonest anorectal conditions, mostly affecting the age group 18-45 years. *Apathya Ahara* and *Vihara* leads to vitiation of *Doshas* causing *Mandagni* and vitiation of *Apanavayu* resulting in stagnation of *Mala* in *Gudavali* which leads to anorectal disorders. In present study a thorough and scientific review of *Ahara* (diet) and *Vihara* (lifestyle) has been carried out for the prevention and management of anorectal diseases. **Materials and methods:** Ayurvedic treaties, text books, Dissertation, Articles from PUBMED, SCOPUS, Google scholar, Mesh, Google search has been searched thoroughly related to the subject.

Discussion: *Gudagata Vikara*, Anorectal Disorders, *Ahara* (Diet), *Vihara* (Lifestyle), *Dinacharya*, *Ritucharya*, *Sadvritta* has been discussed.

Conclusions: Food articles mentioned in Ayurvedic text are effective in the management of Anorectal diseases. Lifestyle changes according to *Dinacharya*, *Ritucharya* and *Sadvritta* and following do's and don'ts are effective in the management of Anorectal diseases

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INTRODUCTION

Ayurveda is a science of life.^[1] According to Acharya Charak main aim of Ayurveda is to maintain health of healthy person and cure diseases of the ill.^[2] In this modernized era, there is lot of competition in each and every field. People are very conscious about securing their future. For achieving this people are having lack of time for themselves and which is a main reason of deterioration of health. Due to lack of time people prefer easy to made and easily available food, junk food, which is very low in nutritive value and contain high amount of calories. Along with this long time sitting work, day and night shift, improper and unsatisfied sleep are the common situation of most of the individual. All these unhealthy habits cause vitiation of *Vata*, *Pitta*, and *Kapha Dosh*. This causes *Mandagni*. According to Vagbhat, the root cause of all diseases is *Mandagni*.^[3]

Pradanyaparadha (intellectual error) can be one of the causative factors for Ano-rectal disorders. In this state the mind is weak and oriented toward the worldly desire.^[4] Because of this person get attracted towards the unhealthy diet and lifestyle which is a main cause of Anorectal disease.

Gudagata Vikara (Anorectal disorders) are mainly caused by *Ahitakara Ahara* and *Vihara*. In Ayurveda *Gudagata Vikara* refers to ailments of the anus and/or rectum. *Gudagata rog* includes; *Arsha* (Haemorrhoids), *Bhagandara* (Fistula-in-Ano), *Parikartika* (Fissure in Ano), *Guda Kandu* (Pruritus Ani), etc. These are some common disorders in human being. A study by Sharma et al. showed that Hemorrhoids (49%) and fistula-in-ano (27%) were commonest anorectal conditions, mostly affecting the age group 18-45 years.^[5]

There are many treatment modalities explained in the management of Anorectal diseases but mainly symptomatic treatment is available. In anorectal diseases main cause is *Mandagni* caused by the *Hetu Sevan*.^[6] Hence it is very important to treat the cause of disease.

In Ayurveda the concept *Pathyapathya* regarding *Ahara Vihara* and *Sadavritta* (codes of Good conducts) has been given. *Ahara* (food) is one of the *Trayopstambha* (three supportive pliers) mentioned by Acharya Charak.^[7] The *Ahara* acts as the *Indhana* (fuel) for the *Jatharagni* and other *Agnis* in the body. This shows the mutual relationship of *Ahara* and *Agni*. If the food is not taken at all or not taken in proper quantity, due to the lack of *Indhana*, the *Agni* starts digesting the *Dhatu*s of the body and these *Dhatu*s get depleted and the *Dosas* become aggravated, resulting in the diseases.^[8]

Vihara includes *Dinacharya* (Daily regimen), *Ritucharya* (seasonal regimen). *Sadavritta* (Codes of good conduct). In *Dinacharya*^[9] detailed literature regarding practices (*Charya*) that one should follow every day to establish the balance of *Tridosha* in our body has been discussed which helps to regulate a person's biological clock and synchronize to nature's circadian rhythms. These are very helpful to prevent any kind of disease.

Seasons are very important factor for understanding of origin and pacification of any disease. Unless seasonal changes and regimens are known perfectly, there is no effect of diet and lifestyle management. Hence *Ritucharya* (seasonal regimen) has been discussed in further study.

Sadvritta originates from two words "*Sad*" means good and "*Vritta*" which means conduct or behaviour or habits includes in our daily regimen. By following these, the person can achieve two aims together such as *Arogya* (health) and *Indriya Vijaya* (control over the sense organs).^[10]

In present study efforts has been made for the management of Anorectal disorders with the help of *Ahara*, *Vihara* (*Dinacharya*, *Ritucharya*) and *Sadavritta* and based on this some conclusion has been drawn.

AIMS AND OBJECTIVES

- To highlight importance of various food articles in the management of anorectal diseases
- To highlight importance of *Vihara* i.e., *Dinacharya*, *Ritucharya* and *Sadvritta* in the management of Anorectal disorders

MATERIALS AND METHODS

This is a review article. All the references has been collected from *Brihatrayi*, *Laghutrayi*, text books, magazines, internet searches, Dissertations, research articles from popular sites like PUBMED, etc. the words namely Anorectal Disorders, *Gudagata Vikara*, *Dinacharya*, *Ratricharya*, *Ritucharya*, *Sadavritta*, *Rakta shali*, *Godhuma*, *Yava*, *Moong*, *Masoor*, *Adahaki*, *Kulatha*, *Mrug Mamsa*, *Jangal Mamsa*, *Mamsarasa*, *Punarnava*, *Vastuk*, *Patol*, *Vruntak*, *Karela*, *Surana*, *Jivanti*, *Palandu*, *Shigru*, *Sunnishaka*, *Chaulai*, *Kheksa*, *Awala*, *Kapittha*, *Dadima*, *Maricha*, *Kanji*, Warm water, *Suran*, *Kacchi muli*, *Godugdha*, *Aja dugdha*, *Ghrit*, *Navneet*, *Takra*, *Til tail*, *Sarshap Taila*, *Madhu*, *Saindhava Lavana* related to Anorectal Disorders were searched.

Common Anorectal disorders are as follows

Arsha (Haemorrhoids)

According to Acharya Sushruta, *Arsha* is included in *Ashtamahagad Vyadhi*. *Mahagada* means deadly and Incurable imperative diseases.^[11] *Arsha* occurs in *Guda* which is a *Marma* (a vital place). *Arsha* is deadly disease as enemy.^[12] According to modern science Haemorrhoids are dilated pluxus of superior Haemorrhoidal veins of anal canal.^[13]

Bhagandar (Fistula-in-Ano)

Bhagandara has been included in *Ashtamahagada*. *Bhagandara* is a disease which causes tear or discontinuity in the region of *Bhaga*, *Guda* and *Vasti*.^[14] It can be well correlated with *Fistula in Ano* as per modern science. *Fistula in Ano* can be defined as abnormal communication between anal canal and rectum with perianal skin.^[15]

Parikartika (Fissure-in-Ano)

Parikartika is derived from root *Parikṛt* which denotes, to cut around. (*Pari-* all around, *Kartanam-* the act of cutting).^[16] Acharya Dalhan mention it is a cutting and tearing pain everywhere^[17] *Vijayaraksita* mention its cutting type of pain specially localize in *Guda*.^[18] According to modern science it is defined as longitudinal tear in lower end of anal canal. It is the most painful condition affecting the anal region.^[19]

Gudabhramsha (rectal prolapse)

Acharya Sushuruta has mentioned *Gudabhramsha* in *Kshudraroga*. He explained that straining and diarrhoea in rough and lean person leads to *Gudabhramsha*.^[20]

Table 1: Causes of Guda Rog (Anorectal diseases) described by different Acharyas

Arsha (haemorrhoids)	Aharaja causes [21]
	Cereals: Preparations of flour, rice cooked with milk, germinated or fresh awned cereals
	Pulses: Use of black gram soup, germinated pulses
	Meat: Eating meat of cow, fish, oar, buffalo, goat and sheep, constant use of decomposed, dried and foetid meat,
	Vegetables: Dried vegetables, tubers
	Fruits: Intake of heavy fruits
	Beverages: Vinegars
	Jala: Use of defective and heavy water
	Tubers: Garlic, uncooked radish, lotus rhizome, other tubers
	Gorasa : Buttermilk, intake of immature curd
	Sugarcane and its products: sugarcane juice: products of sesamum and jaggery
	Other causes: Intake of heavy, sweet, cold, channel blocking, burning, antagonistic, uncooked, too little and unsuitable food, pickles, salads, intake of stale, putrefied, cold and mixed up food.
Viharaja causes Avoiding evacuation, abstaining from physical exercise, indulgence in improper sexual activity, excessive sitting, irregular sleep habits or emotional disturbances like stress, grief, fear and worry, day sleep, suppression of impelled urges etc. Unrestrained person, squatting position ^[22]	
Bhagandara ^[23] (fissure in Ano)	Aharaja causes <i>Mithya-Ahara (Apathya) Sevana, Asthi Yukta Ahara Sevana</i>
	Viharaja causes: <i>Mithya Vihara Sevana</i>
	Agantuja causes: Trauma, <i>Krumi</i> (worms)
Parikartika (fissure in Ano)	<i>Apathy sevan</i> (indulgence in un salutary diet and habits) ^[24]
Gudabhramsha (rectal prolapse)	<i>Ruksha</i> (dryness)/ <i>Durbalata</i> (weakness) of the body, straining, diarrhoea

Common Samprapti of Gudaroga (Anorectal diseases)

All of the above causes lead to vitiation of *Vatadi Dosha* singly, dully or all associated with blood causes *Mandagni* which further cause's constipation. Long-time constipation causes fissures-in-Ano which further leads to *Arsha* (haemorrhoids), *Guga Kandu* (pruritus Ano), *Bhagandara* (fistula in Ano). In worse condition it causes *Gudabhramsha* (Rectal prolapse).

Treatment

There are many treatment modalities has been prescribed by modern and Ayurvedic science. In modern medicine it is managed by giving stool softener, Topical therapy such as nitroglycerin or nifedipine, injectable and finally surgery. In Ayurveda the treatments like; drug therapy, *Kshara*

karma (caustic alkali), *Agni karma* (cautery) and *Shastra Karma* (surgery) has been prescribed.^[25]

Ayurveda emphasizes more on prevention rather than cure. Hence it is more important to treat the cause of disease to stop its occurrence or further recurrence of disease. Here constipation due to *Mandagni* is the main cause. To treat *Mandagni*, more emphasis must be given on *Ahara* (Diet) and *Vihara* (lifestyle) of a person.

Anorectal disorders can be classified in two types; *Sahaja* (hereditary) and *Jatasya Uttarkalaja* (acquired). it is well said by Acharya Charaka that, one of the main reason behind deformity of *Artava* (ovum) and *Shukra* (sperm) is unwholesome diet and lifestyle of parents.^[26] Diseases which develop in later life also directly related to the unhealthy

diet and lifestyle of the person in their early life. There is a concept of Primordial prevention in preventive medicine which means prevention of emergence or development of risk factors which has not yet appeared. In primordial prevention efforts are directed towards encouraging the people for adopting healthy diet and lifestyle habit since childhood.^[27]

In this background in present article *Ahara* and *Vihara* has been discussed comprehensively:

A) Lifestyle management in Anorectal disorders

B) Dietic management of Anorectal disorders

Lifestyle management in Anorectal disorders

This can be practiced under following aspects;

- *Dinacharya* (day regimen)
- *Ratricharya* (night regimen)
- *Ritucharya* (seasonal regimen)
- *Sadavritta* (Codes of Good conduct)

***Dinacharya* (daily regimen)**

- One should get up in *Brahma Muhurta* i.e., 96 min. app. One and a half hour before sunrise after considering the position of digestion of food taken in previous night.^[31]
- One should excrete urine and faeces only after getting the urge facing north during day time and south during night without straining.^[28]
- One should clean his teeth in two times morning and night after intake of food with twinges of *Arka, Vata, Khadira, Karanja* and *Arjuna*. The use of *Kashaya, Madhura, Tikta* and *Katu rasatmaka* twinges will helps in removing smell, sliminess and *Kapha* from mouth and will provide desire of food.^[29]
- Tongue cleaning should be done with the help of tongue cleaner made up of silver or plants which will eliminate bad taste and smell from mouth.^[30]
- One should practice *Kavala* (gargling), *Gandoosha* (holding of medicated liquid in oral cavity) with oil, milk, honey, decoction and hot water according to the *Doshas* with proper

technique, which will maintain the oral hygiene.^[31]

- Chewing betel leaves after taking food will helpful in extra secretion of saliva which will increase the digestion.^[32]
- One should practice *Vyayama* (exercise) daily in the required time. The physical action enhances the strength of the body, increases digestive fire and balances *Doshas*.^[33]

Apart from the above mentioned practices one should also follow other practices like *Abhyanga, Anjana, Dhoompana* etc, depending upon their health condition.

Ratricharya ^[34]

The three important aspects of *Ratricharya* are *Ahara* (Food), *Shayana* (Sleep), *Mithuna* (Sexual life).

Ahara: One must consume food in the first part of night itself so that that the food will be properly digested. The quantity of food consumed should also be of less quantity.

Sleep: One must habituate to sleeping at the right place and at the right time. Night sleep nourishes the body and mind whereas staying awake in the night is *Ruksha* (dry). Proper night sleep pacifies *Kapha* and destroys poisonous compounds in the body.

Sexual activity: Sexual regimen should be practiced only on auspicious days and it should not be practiced on specific inauspicious days and time like *Sandhyakala* or mid-day or mid night. One must indulge in sex in private only after assessing his state of health.

Ritucharya: (Seasonal Regimen)

The year is divided into six part according to six *Ritus* (season); *Shishira, Vasant Grishma, Varsha, Sharada* and *Hemant*. The northernmost movement of sun and its act of dehydration brings about three season; *Varsha, Sharad* and *Hemant*. The southernmost movement of sun and its act of hydration give rise to the other three seasons; *Shishir, Vasant, Grishma*.^[35]

Table 2: Lifestyle according to different season mentioned in Ayurveda^[36]

Seasons	Months according to Hindi calendar	Months according to Hindi calendar	<i>Dhosha Avastha</i>	<i>Bala (Strength)</i>	Regimen to be followed
<i>Hemant</i>	<i>Margashirsh-Pausha</i>	Mid Nov- Mid Jan	<i>Pitta</i> pacification,	<i>Uttam</i>	<i>Madhura, Amla, Lvana Rasatmaka, Guru Ahara, Abhyanga, Vyayama</i>
<i>Shishir</i>	<i>Magh-Phalgul</i>	Mid Jan- Mid Mar	<i>Kapha</i> accumulation	<i>Uttam</i>	Same as in <i>Hemant Ritu</i>
<i>Vasant</i>	<i>Chaitra-Vaishakh</i>	Mid Mar- Mid May	<i>Kapha</i>	<i>Madhyam</i>	Easily digestible,

			vitiation		<i>Ruksha Ahara, Vayayama, Udvartana, Nasya, Vamana</i>
<i>Grishma</i>	<i>Jyeshtha- Ashada</i>	Mid May- Mid Jul	<i>Vata</i> accumulation, <i>Kapha</i> pacification	<i>Avara</i>	<i>Madhura rasa</i> , light, fatty, cold and liquid, cold water Avoid <i>Vyayama</i> , wine
<i>Varsha</i>	<i>Shravana- Bhadrapad</i>	Mid Jul- Mid Sep	<i>Vata</i> <i>Prakopa</i> , <i>Pitta</i> accumulation	<i>Avara</i>	Easily digestible, <i>Amla</i> , <i>Lavana</i> , fatty food mixed with honey, boiled water Avoid exertion, day sleeping
<i>Sharad</i>	<i>Ashwin- Kartika</i>	Mid Sep- Mid Nov	<i>Vata</i> <i>Shamana</i> , <i>Pitta</i> vitiation	<i>Madhyam</i>	<i>Madhura</i> , <i>Tikta</i> , <i>Kashaya Rasatmaka</i> easily digestible food Avoid alkaline substances, curd, oil, muscle fat, day sleeping, exposure to sunlight

Sadavritta [37]

Do's	Don'ts
One should clean excretory passages and feet frequently	One should not ride dangerous vehicle
One should wear clean cloths	One should not take excessive sleep or awake at night
One should stop exercise before exertion	One should not take stale food
Avoid prolonged sitting on toilet seat and avoid straining during defecation (<i>Pravahan</i>).	One should not attend to any work while under pressure of natural urge
Avoid smoking, chewing of tobacco and drinking of alcohol	
One should follow <i>Bramhacharya</i> (abstinence), <i>Jnana</i> (good knowledge), <i>Dana</i> (charity), <i>Maitri</i> (friendship), <i>Karunya</i> (kindness), <i>Harsha</i> (joy), <i>Prashamana</i> (peaceful of mind)	

Diet regimen

Diet is a very important factor in the management of Anorectal disorders. According to Acharya Charak Human body is born from food and diseases are also produced by food. Happiness and unhappiness depends on the use of suitable and unsuitable food respectively.[38] Hence detail discussion regarding diet is as follows.

Table 3: Food articles mentioned according to Ayurvedic treatises

Ahara	Properties	Benefits
Shuka dhanya (Cereals)		
1 <i>Rakta shali</i> [39]	<i>Sheeta</i> , <i>Madhura Vipaki</i> , Unctuous <i>Tridoshsghna</i> , <i>Varna Balakruta</i>	Unctuous of <i>Rakta shali</i> helps in <i>Vatanulomana</i> They are high in fibre content and are bulk forming They are beneficial for wound healing.
2 <i>Yava</i> [40]	<i>Rasa- Kashaya Madhura</i> <i>Guna- Ruksha Laghu Picchila Sara</i> <i>Veerya- Sheeta</i>	<i>Picchila guna</i> of <i>Yava</i> makes it slimy and sticky which helps in preventing from hard stool tendency, due to <i>Sara guna</i> it

		<i>Vipaka- Katu</i> <i>Doshaghnata- Kapha pittahara,</i> causes stability	act as mild laxative
3	<i>Godhuma</i> ^[41]	<i>Rasa- Madhura</i> <i>Guna- Snigdha, Guru</i> <i>Veerya- Sheeta</i> <i>Vipaka Madhura</i> <i>Doshaghnata- Vata pitta shamaka</i> <i>Sandhanakruta,</i> provide stability	Due to its unctuous property, it helps in reliving <i>Vata</i> , They are rich in fibres, bulk forming and stool softener thus relives constipation.
Shami dhanya (Pulses)			
1	<i>Kulattha</i> ^[42] (<i>Macrotyloma uniflorum</i> (Lam.))	<i>Rasa- Madhura, Kashaya rasa,</i> <i>Guna- Laghu, Ruksha, Tikshna, Ushna,</i> <i>Viry- Ushna</i> <i>Vipaka- Katu</i> <i>Prabhava - Bhedana</i>	Capable of pacifying vitiated <i>Vata Dosha</i> by its <i>Madhura Rasa, Ushna Guna</i> and <i>Ushna Veerya</i> . It pacifies vitiated <i>Kapha Dosha</i> , due to <i>Kashaya Rasa, Laghu Guna, Ruksha Guna</i> and <i>Ushna Veerya</i> . It acts as a purgative so helps in evacuation of bowel. They are rich in fibre content, soaked form is helpful in reliving constipation.
2	<i>Mugdha</i> ^[43] (<i>Phaseolus radiates</i>)	<i>Rasa- Kashaya, Madhura</i> <i>Guna- Laghu Vishada, Ruksha</i> <i>Viry- Sheeta</i> <i>Vipaka- Katu</i> <i>Doshaghnata- Kapha, Pitta shamaka</i> Other- bulk forming	It is easy to digest and pacifies <i>Pitta</i> disorders, in this way it helps to keeps the digestive system healthy
3	<i>Masoor</i> ^[44] (lentils)	<i>Rasa- Kashaya, Madhura</i> <i>Guna- Laghu</i> <i>Viry- Sheeta</i> <i>Guna- Ruksha, Sangrahi</i> <i>Doshaghnata- Kapha, Pitta shamaka</i>	It is easy to digest and pacifies <i>Pitta</i> disorders, in this way it helps to keeps the digestive system healthy. In case of bleeding piles, soup of masoor dal will help to stop bleeding
4	<i>Adhaki</i> ^[45] (yellow lentils) (<i>Tuvar dal</i>)	<i>Rasa- Madhura</i> <i>Gun- Laghu</i> <i>Viry- Sheeta</i> <i>Vipaka- Katu</i> <i>Doshaghnata- Kapha pittaghna</i>	It is easy to digest and pacifies <i>Pitta</i> . Hence keeps the digestion good.
Mamsa (meat)			
1	<i>Mruga mamsa</i> ^[46]	<i>Laghu, Sheeta virya, Pittashamaka</i>	Light to digest, <i>Pittashamaka</i>
2	<i>Jangal mamsa</i> ^[47]	<i>Rasa - Madhura, Kashaya</i> <i>Guna- Laghu</i> <i>Viry- Sheeta</i>	Light to digest, <i>Pittashamaka</i> , keeps the digestive fire maintained
3	<i>Jangala mamsa rasa</i> ^[48]	<i>Hrudya, Prinana, Balya</i>	<i>Mamsa rasa</i> is beneficial in dehydrated and emaciated persons hence very useful in Anorectal disorders
Shaka (vegetables)			
1	<i>Punarnava</i> ^[49] <i>Boerhaavia diffusa</i> Linn.	<i>Rasa- Madhura, Tikta, Kashaya</i> <i>Guna- Laghu, Ruksha</i> <i>Viry- Ushan</i> <i>Vipaka- Madhura Doshaghanata- Vataprashamana</i>	It is appetizer, relives oedema, <i>Vatashamaka</i> hence very useful in anorectal disorders
2	<i>Vastuka</i> ^[50] (<i>Bathua</i>)	<i>Rasa- Madhura</i>	It act as appetizer, increases digestive

	(<i>Chenopodium album</i> Linn.)	Guna- <i>Kaghu</i> Virya - <i>Ushna</i> Vipaka- <i>Katu</i> Doshaghnata- <i>Tridosahara</i>	fire, easily digestible, tasty, mild
3	<i>Patola</i> ^[51] (<i>Parvala</i>) <i>Trichosanthes dioica</i> Roxb.	Rasa- <i>Tikta</i> , Guna- <i>Laghu, Ruksha</i> Virya- <i>Ushna</i> Vipaka- <i>Katu</i>	It is appetizer, increases digestive fire, mild laxative, <i>Kapha pittashamaka</i> . Hence maintains digestive health and relives constipation.
4	<i>Baigan</i> ^[52] (egg plant) <i>Solanum melongena</i> Linn	Rasa- <i>Madhura</i> Guna- <i>Laghu, Tikshna</i> Virya- <i>Ushna</i> Vipaka- <i>Katu</i> Doshaghnata- <i>Vata kaphas nashaka</i>	It acts kindles digestive fire, tasty, easy to digest. Hence beneficial in anorectal diseases
5	<i>Jivanti</i> ^[53] (<i>Leptadenia reticulata</i>)	Rasa- <i>Madhura</i> Guna- <i>Laghu snigdha</i> Veerya- <i>Sheeta</i> Vipaka- <i>Madhura</i> Doshaghnata- <i>Tridosha shamaka</i>	It balances all the three <i>Doshas</i> , easy to digest hence helps in keeping the digestive system healthy. It can be helpful in reliving burning sensation in fissure in ano.
6	<i>Karela</i> ^[54] (<i>Momordica charantia</i> Linn.)	Rasa- <i>Tikta, Katu</i> Guna- <i>Laghu, Ruksha</i> Virya- <i>Ushna</i> Vipaka - <i>Katu</i> Doshaghnata- <i>Kapha pittahara, Deepana, Bhedana</i>	It improves digestion strength, it acts as mild laxative hence helps in reliving constipation
7	<i>Chaulai</i> ^[55] (<i>Tanduliya</i>) (<i>Amaranthas spinosus</i>)	Rasa- <i>Madhura</i> Guna- <i>Laghu, Ruksha</i> Virya- <i>Sheeta</i> Vipaka- <i>Madhura</i>	It acts as appetizer. It increases digestive fire and easy to digest
8	<i>Sunishannaka</i> ^[56] (<i>Marselia minuta</i> Linn.)	Rasa- <i>Madhura kashaya</i> Guna - <i>Laghu, Ruksha</i> Virya- <i>Sheeta</i> Doshghnata- <i>Tridoshaghna</i>	Leaves of <i>Sunnishannaka</i> cooked with rice are beneficial in indigestion, it is appetizer and easy to digest
9	<i>Kheksa</i> ^[57] (<i>Karkotaki</i>) (<i>Momordia doiica</i> Roxb.)	Rasa - <i>Tikta, Katu</i> Guna- <i>Laghu, Tikshna</i> Virya- <i>Ushna</i> Vipaka- <i>Katu</i> Doshaghnata- <i>Vatashamaka</i>	It kindles gastric power. It reduces the quantity of <i>Mala</i> . <i>Karkotaki</i> tubers are styptic in nature. Hence it is used in bleeding piles.
10	<i>Shigru</i> ^[58] (drumstick) (<i>Moringa oleifera</i>)	Rasa- <i>Katu tikta</i> Guna- <i>Laghu, Ruksha, Tikshna</i> Virya- <i>Ushna</i> Vipaka- <i>Katu</i> Doshaghnata- <i>Kaphavata shamaka</i>	It kindles digestive fire, it improves taste. It is <i>Vrana nashaka</i> so may helpful in managing abscess of <i>Bhagandara</i> . Drumsticks are an excellent source of B vitamins like niacin, riboflavin and vitamin B12, which are known to play a vital role in improving digestive health. B vitamins help breaking down the foods and make it easier to digest them smoothly. It contains dietary fibre that also aids the digestive process.
11	<i>Palandu</i> ^[59] (onion) (<i>Aleum sepa</i>)	Rasa- <i>Madhura Katu</i> Guna- <i>Guru, Snigdha, Tikshna</i> Veerya- <i>Anushna</i> Vipaka- <i>Madhura</i>	Onion when used with pinch of salt act as an appetizer. It relives pain. Onion used with <i>Mamsrasa, Yush</i> and <i>Yavagu</i> is best remedy for bleeding piles

		<i>Doshaghnata- Vata shamak</i>	
Phala (fruits)			
1	<i>Awala</i> ^[60] (<i>Emblica officinalis</i>)	<i>Rasa- Madhura, Amla, Katu, Tikta, Kashaya</i> <i>Guna- Guru, Sheeta, Sara</i> <i>Virya- Madhura,</i> <i>Vipaka- Sheeta</i> <i>Doshaghnata- Tridosghna</i>	Due to <i>Sara guna</i> it relives constipated bowel when used regularly. <i>Amla</i> is high in fibre and helps in regularizing bowel movement. It reduces constipation and stimulates the secretion of gastric juices. It also improves digestion and allows for more nutrient absorption.
2	<i>Kapittha</i> ^[61] (Wood apple) (<i>Feronia limonia</i> L.)	<i>Rasa- Madhura, Amla</i> <i>Guna- Guru, Snigdha</i> <i>Virya - Sheet</i> <i>Vipaka- Madhura</i> <i>Doshaghnata- Vata Pitta shamaka</i>	Fresh juice of unripe <i>Kapittha</i> is given in the dose of 15-20ml to improve taste, treat anorexia and improve the appetite.
3	<i>Dadima</i> ^[62] (pomegranate) <i>Punica granatum</i> L	<i>Rasa- Madhura, Kashaya</i> <i>Guna- Laghu snigdha</i> <i>Virya- Anushna</i> <i>Vipaka- Madhura, Amla</i> <i>Doshaghnata- Tridoshashamaka</i>	Pomegranate benefits your digestive system by providing B-complex vitamins that help your body efficiently convert fat, protein and carbohydrates into energy Pomegranate also plays a vital role in the secretion of enzymes to improve the function of digestion
Beverages			
1	<i>Kanji</i> ^[63]	<i>Rochan, Ruchya, Pachan, Vanhideepana</i>	It is digestive stimulant, it relives constipation, it improves digestive capacity by regulating the <i>Agni</i>
2	Warm Water ^[64,65]	<i>Rasa- tasteless</i> <i>Guna- odourless, pure, clear/ transparent, pleasant, light</i> <i>Other qualities- Agni Deepak</i> <i>Doshaghnata- Kaphavatahara</i>	Water when boiled and reduced to 1/4 th act as <i>Vatahara</i> . When boiled and reduced to 1/2 part act as <i>Pittahara</i> . When boiled and reduced to 3/4 th act as <i>Kaphahara</i> . In Anorectal disorders all the three <i>Doshas</i> are deteriorated hence water should be taken according to the condition and season as follows; <i>Grishma, Sharad</i> -water boiled and reduced to 1/4 th is good <i>Hemant, Shishira, Varsha</i> - water boiled and reduced to 1/2 is ideal
Harita (tubers)			
1	<i>Surana</i> ^[66] (<i>Amorphophallus Campanulatus</i> linn.)	<i>Rasa- Kashaya, Katu</i> <i>Guna - Vishtambha, Vishada, laghu</i> <i>Virya - Ushna</i> <i>Vipaka - Katu</i> <i>Karma - Kapha vata shamaka</i> <i>Prabhava- Arshoghna</i>	<i>Surana</i> increases digestive fire, act as appetizer, easily digestible and <i>Vatashamaka</i> , hence useful in maintaining digestive system health. It is quite irritating hence to correct this property, tamarind juice is usually added.
2	<i>Kacchi muli</i> ^[67]	<i>Rasa- Katu, Tikta</i> <i>Guna- Laghu,</i> <i>Virya- Ushna</i> <i>Vipaka- Katu</i>	It improves taste, act as appetizer, light to digest, <i>Tridoshanashaka</i> and maintain digestive health

Milk & milk products			
1	<i>Aja dugdha</i> ^[68]	<i>Rasa- Kashaya madhura, Guna- Laghu Virya- Sheeta</i>	According to a study, our body can digest goat's milk just in 20 minutes while cow's milk takes 2-3 hours. Hence it is very suitable for the patients of Anorectal disorders where digestive fire is weak
2	<i>Takra</i> (buttermilk) ^[69]	<i>Rasa- Kashaya amla Guna- Laghu Veerya- Ushna Vipaka- Katu Doshaghnata- Vata kapha shamaka</i>	It is one of the most beneficial medicines for haemorrhoids. It is light to digest, improves digestive strength and act against <i>Ama</i> . It can be used in haemorrhoid for taking sitz bath for 5-10 min, due to its astringent property, it reduces pain, itching and reduces pile mass
3	<i>Navneet</i> ⁷⁰ (butter)	<i>Rasa- Madhura Guna- Guru, Snigdha Veerya- Sheeta Vipaka- Madhura Doshaghnata- Vata pitta shamaka</i>	Fresh butter improves digestive strength, stimulant. It is beneficial in bleeding piles.
4	<i>Ghrita</i> ^[71]	<i>Rasa- Madhura Guna- Snigdha, Mridu, Shalakshana, guru, Yogvahi, Alpabhishtyandi, Soumyama Veerya- Sheeta Vipaka- Madhura Karma- Agnideepana, Ruchya, Rasayana</i>	Local application of <i>Ghrita</i> in haemorrhoids, fissure in Ano are very effective. It offers <i>Snehana, Lekhana</i> and <i>Vranaropana</i> . Consumption of ghee balances <i>Pitta dosha</i> and improves digestion. Due to <i>Snigdha guna</i> it pacifies <i>Vata dosha</i> and it makes the bowel soft and relives constipation.
Oils and condiments			
1	<i>Til oil</i> ^[72] (<i>Sesamum indicum</i>)	<i>Rasa – Madhura Tikta Guna- Sukshma, Ushna, Vyavayi, tikshna, Vishada, Guru, Sara, Vikasi Virya- Ushna Vipaka- Madhura Doshaghnata- Vatakapha shamaka</i>	It can be used for local and internal application. If there is no secretion from haemorrhoids, sesame oil is applied over mass with slight fomentation. It relieves pain, reduces swelling and mass size. When used internally it improves digestion strength.
2	<i>Sarshapa oil</i> ^[73]	<i>Rasa- Katu Guna- Laghu, Ushna, Tikshna Veerya- Ushna Vipaka- Katu Doshaghnata- Kapha vata nashaka</i>	It kindles the digestive fire, balances <i>Vata</i> and indicated in <i>Arsha</i> (Haemorrhoid)
3	<i>Maricha</i> ^[74] (<i>Piper nigrum</i> Linn.)	<i>Rasa- Katu Guna- Laghu, Tikshna, ushna Veerya- Ushna Vipaka- Katu Doshaghnata- Kaphavata shamaka</i>	It is aromatic, improves taste and relives anorexia. Because of its <i>Chedana</i> (cutting) and <i>Shoshana</i> (drying) effect it increases digestion strength. It is one amongst the <i>Pramathi</i> drug i.e. it has scraping effect over intestine so that it clears the intestinal passages removes accumulated <i>Doshas</i> .
4	<i>Sunthi</i> ^[75] (<i>Zingiber officinale</i>)	<i>Rasa- Katu Guna- Snigdha, Ushna, Grahi, Laghu Veerya- Ushna Vipaka- Madhura Doshaghnata- Vata kaphahara</i>	It is used in Digestive disorders, dyspepsia, flatulence, vomiting, spasms, colic and other stomach problems. It act as mild laxative

		<i>Karma- Anulomana, Deepana, Bhedana, Hrudya, Rrochana,</i>	
5	<i>Ajamoda</i> ^[76] (<i>Carum roxburghianum</i>)	<i>Rasa- Katu, Tikta, Alpa lavana Guna- Laghu, Rooksha, Tikshna Veerya- Ushna Vipaka- Katu Doshaghnata- Kaphavatahara</i>	It stimulates digestive fire. It promotes downward flow of air (<i>Vatanulomana</i>) and faeces hence relive constipation. It relives pain.
6	<i>Jeeraka</i> ^[77] (<i>Cuminum cyminum</i> Linn.)	<i>Rasa- Katu Guna- Laghu, rooksha Veerya- Ushna Vipaka- Katu Prabhava- digestive Doshaghnata- Kapha vatahara</i>	It kindles digestive fire and relives anorexia. It promotes downward flow of air (<i>Vatanulomana</i>)
	Madhu ^[78]	<i>Rasa- Madhura Guna- Laghu, Vishada, Rooksha Veerya- Ushna Vipaka- Madhura Doshaghnata- Kapha pitta shamaka</i>	It improves appetite and digestive fire. It clears inner channels of body. It has a property of cleaning and healing wound. So can be locally applied or used with <i>Kshara sutra</i> in case of <i>Fistula-in-Ano</i> . <i>Makshika madhu</i> is indicated in case of <i>Haemorrhoids</i> .
	Saindhava Lavana ^[79]	<i>Rasa- Lavana, slightly sweet Guna- Laghu, Snigdha Veerya- Sheeta Doshaghnata- Tridoshaghna</i>	It aids in digestion by stimulation digestive fire, balances natural production of HCL and act as laxative. It improves taste and relives anorexia

Rules of food intake as follow ^[80]

1. One should take *Ushna* (warm) food
2. One should take *Snigdha* (unctuous) food
3. One should take food in proper quantity
4. One should take food after digestion of previous meal
5. One should take food having no contradictory potencies
6. One should take food in proper place equipped with all the accessories
7. One should not take food so hurry or not very slowly
8. One should not talk or laugh while taking food and should eat with concentration.
9. One should take food in prescribed manner with due regards to his own self.

Ashta Ahara Vidhi Vesheshayatana (Special condition for intake of food) ^[81]

The food can be wholesome or unwholesome. Wholesome food depends upon the variation in *Matra* (dose), *Kala* (time), *Kriya* (methods of preparation), *Bhumi* (place), *Deha* (body), *Vyadhi* (disease) and *Vaya* (age) of an individual. For this Ayurveda has laid down *Ahara vidhi Visheshayatana* which means the causative factors which are responsible for the wholesome and unwholesomeness effect of food. These are as follows:

- *Prakruti* (nature of substance),
- *Karana* (processing of food),
- *Samyoga* (combination of food),
- *Rashi* (quantity of food),
- *Desha* (habitat of substance),
- *Kala* (condition of health and age),
- *Upyoga Samstha* (rules of dieting) and
- *Upayokta* (the person who consumes food)

One should consider these eight factors while preparing and consuming food.

DISCUSSION

Discussion on Agni

Ayurveda has given more emphasis on *Agni* as it is an important factor for digestion and metabolism in our body. *Agni* is responsible for maintenance of health and causation of disease. *Mandagni* is one of the types of *Agni* in which digestive fire is disturbed due to many *Aharaja* and *Viharaja* causes. This leads to improper digestion of food which leads to constipation. This is the main cause of Anorectal diseases. *Agni* can be maintained by following dietic rules, consuming the food by considering state of *Agni*, considering time of taking food, considering season in which the food is taken.

Discussion on Dinacharya

A person who is desirous of living long life should follow the rule of *Dinacharya*, and

Ratricharya. It provide the benefits like; Maintenance of hygiene, *Suprasanna indriyatavam* (promote the brightness and health of sense organs, *Deha Balartha* (enhance and maintain physical strength), *Ayusho Labha* (promotion of health and longevity), *Soumanasyata* (to keep the mind at peace and harmony), *Rakshnartham* (self-protection). A daily routine is absolutely necessary to bring essential change in body, mind, and consciousness. A well planned Routine helps to establish balance in one's constitution. It also regularizes a person's biological clock, aids digestion, absorption and assimilation, and generates self-esteem, discipline, peace, happiness, and longevity.

Discussion on *Ratricharya*

In an article written by Vikesh Khanijow et al. stated that sleep disorders have strong impact on Gastrointestinal disorders.^[82] Normally 7-9 hours sleep is important for an adult for health and wellbeing. Sleep is an essential function that allows the body and mind to recharge and remain alert and refreshed when wake up. Without enough sleep the brain cannot function properly. This can impair the ability to concentrate, think clearly and process memory.

Discussion on *Ritucharya*

Seasons affects our body in many different ways. Due to lack of following seasonal regimens and lack of concentration in seasonal characteristics, Lifestyle related disorders are very common in present era. The prime principle of Ayurveda is to prevent the diseases which can be achieved by change in diet and practices in response to change in climatic condition. A study conducted by Dr.Shahar *et al.* have found that season changes has significant effect on diet consumption which effect on overall health of population.^[83] According to Ayurveda properties of substance such as taste, potency, the disorders or excellence of strength of *Dosha* and the body all depends upon *Kala* (time or season). These all get changes according to the change in *Kala* or season. According to Acharya Charaka, *Kala bhojana* i.e., timely taken food is responsible for good health.^[84] Therefore, self-controlled man should consume conductive food in right quantity at the right time to prevent diseases. During the period of *Adana kala* in *Shishira*, *Vasant*, *Greeshma ritus*, the taste *Tikta*, *Kashaya*, *Katu* get enhanced respectively which all have dryness effects and as a result human being become weak progressively.^[85] During *Varsha Sharada Hemant ritu*, *Amla*, *Lavana*, *Madhura rasa* get enhanced respectively which increases unctuousness in the body and body grow in

strength progressively.^[86] In *Shitakala* (*Hemant* and *Shishira*) the *Agni bala* of the people is maximum during *Varsha* and *Grishma ritu* it will be poor and in *Vasant* and *Sharad Ritu* it will be medium. Hence diet and lifestyle should be modified according to the season and *Agni bala*.

Discussion on *Sadavritta*

Sadavritta means Good regimen. This is code of conduct for keeping good or balanced condition of body and mind. *Pradnyaparadha* is one of the causative factor behind any ailment. In anorectal diseases, history of patient mainly shows about the consumption of unwholesome diet and practices in Parties, gatherings, weekend holidays etc. This affects person's digestive system by overeating, eating at irregular time, not following the dietic rules and irregular sleeping time. These all called as *Pradnyaparadh* i.e., intellectual errors. In this the weak mind indulges into the acts which are harmful to the body. In this case if *Sadavritta* (codes of good conduct) are followed, *Pradnyaparadh* can be stopped.

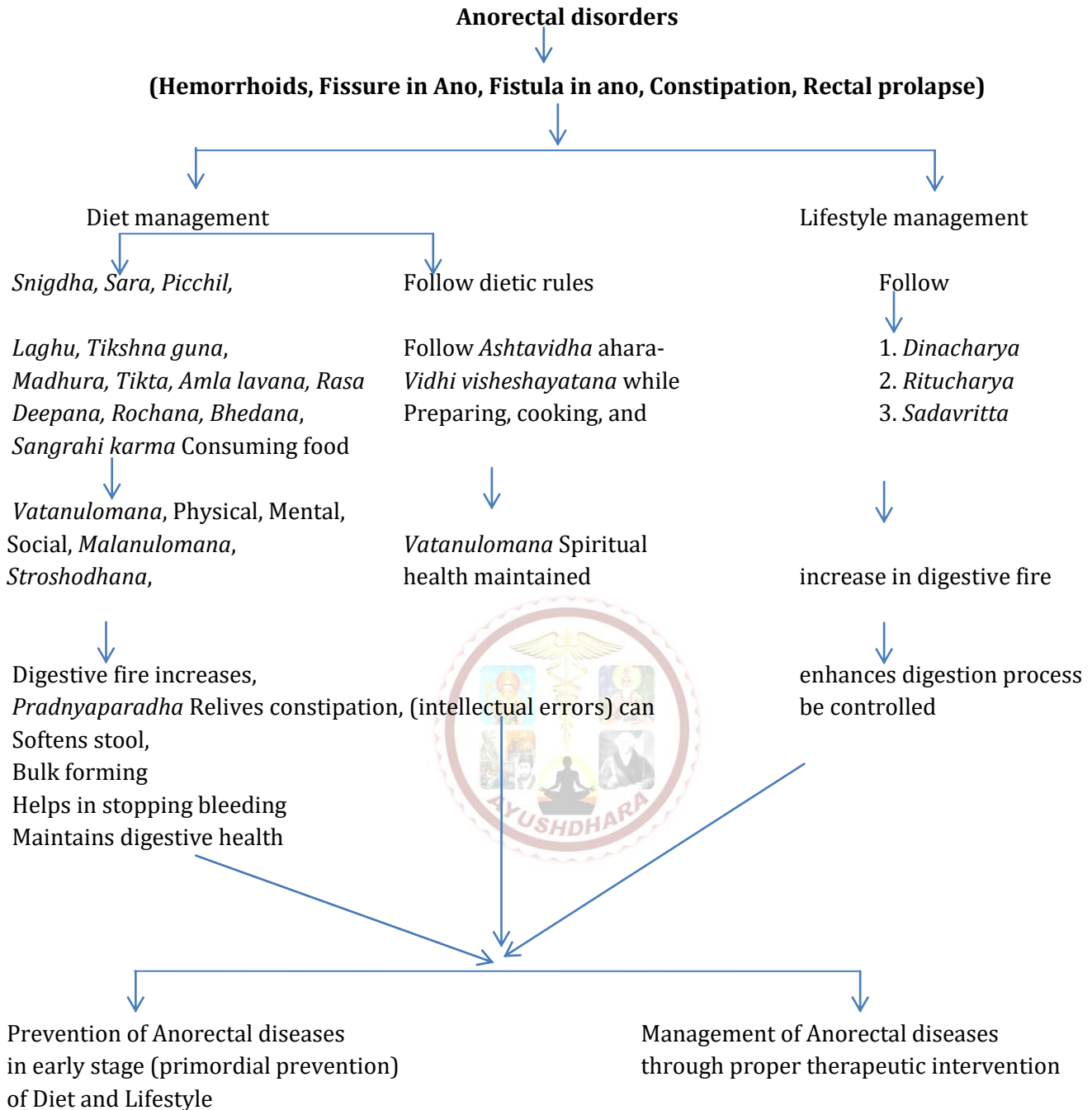
Discussion on food articles

The food articles mentioned in the study are basically *Agnideepaka* (kindles digestive fire), relive *Aruchi* (tastelessness), appetizer (relives anorexia), *Vatanulomaka*, *Malaanulomaka*, relives constipation, bulk forming, nourishing and provides hydration to the body. All food articles can be made as per requirement in the form of *Manda*, *Peya*, *Vilepi*, *Odana*, *Khichadi*, *Yush* etc., depending upon age, *Doshaprabalata*, *Dhatu dushti*, *Agni bala*, *Dehabala* etc of patient. According to Bahvprakash, taking ginger and salt before food is always good and it enhances digestive fire. Food articles which are *Vishtambhi* or constipating in nature can be cooked with some oil or ghee or can be roasted first. In this way it becomes easy to digest. Diet chart of the patient of Anorectal disorders can be prepared by the permutation and combination of above mentioned food articles according to the patient's diseases condition.

Discussion on rules of taking food

Ahara, as well as the method of its intake both have equal importance. Now a day's people are getting aware about taking healthy diet but manner of eating food has always been neglected. When food is consumed with proper method of intake, it will provide beneficial effect to the body. *Ahara Vidhi Vidhana* and *Ashta Ahara Vidhi Visheshayatana* by Acharya Charaka are effective in maintenance of health as well as in the curative aspect for many diseases.

Mode of action of Lifestyle (*Dinacharya, Ritucharya, Sadavritta*) and Ahara (Dietic) changes in prevention and management of Anorectal disorders



CONCLUSION

Main cause of Anorectal disorders is *Mandagni* due to *Ahitakara Ahara* and *Vihara*. Appropriate following of *Dinacharya* *Ratricharya* and *Ritucharya* is helpful in controlling the improper lifestyle or unhealthy behavior of an individual. *Dinacharya* and *Ratricharya* make a person disciplined about his daily routine. Seasonal variation affects the *Agni* of an individual. Due to global warming it is a query regarding arrival of season in proper time, but still by analyzing the climatic changes and digestive strength the diet and lifestyle can be managed accordingly. Proper functioning of digestive system is useful in reliving

constipation which further prevents Anorectal diseases. Food articles mentioned for *Arsha* (Haemorrhoids), *Bhagandar* (Fistula in Ano), *Pariartika* (Fissure in Ano) etc are effective in the management of these diseases. *Madhura* (sweet) *Kashaya* (astringent) *Rasa* helps in balancing *Pitta dosha*, *Madhura, Amla, Lavana* (salty) *rasa* helps in balancing *Vata dosha*, *Snigdha* (unctuous), and *Picchil* (sliminess) properties helps in lubrication of stool. *Laghu* (light) *Guna* helps in easy digestion of food article. *Sara* (mobility) and *Bhedan* (purgative) properties, act as mild laxative. Some food articles help in forming bulk of stool and soften the stool. So

all this helps in reliving constipation. *Kanji, Takra, Ghrita* and *Lavana* helps in balancing *Pitta*, kindles digestive fire and act as appetizer. Honey improves appetite and digestive fire. It clears inner channels of body. All food articles mentioned in the study are effective in the prevention and management of the disease only when consumed in proper quantity, in proper time and in proper manner. *Ahara Vidhi Vidhan* and *Ashta Ahara Vidhi Visheshayatana* are the rules mentioned in Ayurveda. By following these rules food can be easily digested, assimilated and defecated in proper manner. Hence adjustment according to *Dinacharya, Ratricharya, Ritucharya Sadavritta* and Diet can leads to prevention and effective management of Anorectal Disorders.

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