

## AKAALA BHOJAN SEWAN (ALTERATIONS IN TIMING OF FOOD CONSUMPTION) AND ITS IMPACT ON ANNAVAHA SROTAS

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Published online: January 2020

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### ABSTRACT

Food is one of the basic needs of living beings. To enjoy a healthy life, one should consume healthy food in a proper way and at proper time described in classic texts. However, in today's hurried lifestyle alterations in time for consuming food (though it is healthy) is often observed. As per classical texts, it ultimately results into *Annavahasroto dushti*, which leads into various conditions like anorexia (*Anannabhilasha*), tastelessness (*Arochaka*), indigestion (*Avipaka*) and vomiting (*Chardi*) and many more. Objective of this study is to observe the impact of alterations in timing of food consumption (*Akaala bhojan sewan*) on digestive system (*Annavaha srotas*.) For the above purpose we have carried a survey about onset of above manifestations caused due to alterations in timing of food consumption. According to above study almost all subjects who consume food by timing alteration, suffer by above symptoms. By this study it is observed that alterations in timing of food consumption (*Akaala bhojan sewan*) causes bad impact on digestive system (*Annavaha srotas*). Manifestations are as above.

**Keywords:** *Akaala bhojan*, *Aahar*, *Annavahasroto dushti*, anorexia (*Anannabhilasha*), tastelessness (*Arochaka*), indigestion (*Avipaka*), vomiting (*Chardi*)

### INTRODUCTION

21<sup>st</sup> century is the modern era of competition. Peoples in this era are too busy in their work even they don't get time to take food in proper time. As we know that food is one of the basic needs of living human. To get healthy life, only healthy food is not important, healthy

food consumption on proper time is important. (*Kalabhojanam Aarogyakaranam*<sup>1</sup>) In Ayurveda Acharya Charak also mentioned the importance of '*kalabhojan*'. He stated that if we take food on proper time, we get *Aarogya* (healthy wellbeing). Our body consists of very important system which digest taken food and converts

it into essential elements and removes bad ingredients from the body called as digestive system (*annavaha srotas*). Digestive system needs specific time to digest the taken food, if we took next food before digestion of previous food or we did not take food if we are too hungry then digestive system suffers from some crises. It directly effects on body and person suffers from GIT related problems like anorexia, indigestion, vomiting, bloating, abdomen pain, etc. Hence in this paper we are looking for people taking *akaala bhojan* are suffered from GIT related consequences.

**Aim-** To find out the relation of *Akaala bhojan sewan* and *annavahasrotas dushti*.

### Objective

- 1) To study *annavahasrotas* in detail.
- 2) To evaluate *annavahasroto dushti lakshana* in subjects consuming *akaala bhojan*.

### Material and Method

- 1) Literature about *Akaala bhojan sewan* (alteration in timing of food consumption) and *annavaha srotas dushti lakshana* in Ayurveda texts are studied.
- 2) 30 subjects having habit to take '*Akaala bhojan*'.
- 3) Observation of *annavahasroto dushti lakshana*.

### Study of *annavaha srotas*-

*Annavaaha srotas* is the one of the 13 *srotas* mentioned by acharya Charak<sup>2</sup>. *Annavaaha srotas* are the channels in the body which transport the food and liquids we take. The movement of food takes place in the channels of the body leading from mouth to the intestine is called as *annavaha srotas*. Every *srotas* has

some point of origination, stomach (*amashaya*) and the channels which carry the food (*annavahi dhamani*) these are roots of *annavaha srotas* by acharya Sushrut<sup>3</sup>, and stomach(*amashaya*)with the lateral left side of the body (*vama parshwa*) by acharya Charak<sup>4</sup>. They also mentioned the causes for variation (*dushti hetu*) of *annavaha srotas*<sup>5</sup>. When variation occurs, person suffer from symptoms like anorexia, vomiting, indigestion, bloating, abdomen pain, thirst etc<sup>6</sup>.

### Digestive System

The alimentary system, also described as the digestive or gastrointestinal tract, is primarily concerned with the intake, digestion and absorption of nutrients, although it has several important accessory functions. It consists of the oral cavity, palatine glands, salivary glands, oesophagus, stomach, small intestine, large intestine, anal canal and musculature. Finally, the major abdominal glands, the pancreas and liver (With gall bladder) are considered<sup>7</sup>.

### Evaluation of *annavahasroto dushti* in context of *akaala bhojan*-

For our study we took 30 subjects habitual to alteration of timing of food consumption, out of these 15 are male and 15 females. Male female criteria for the purpose of observation prevalence rate of different manifestations of digestive system. For evaluation we prepared questioner.

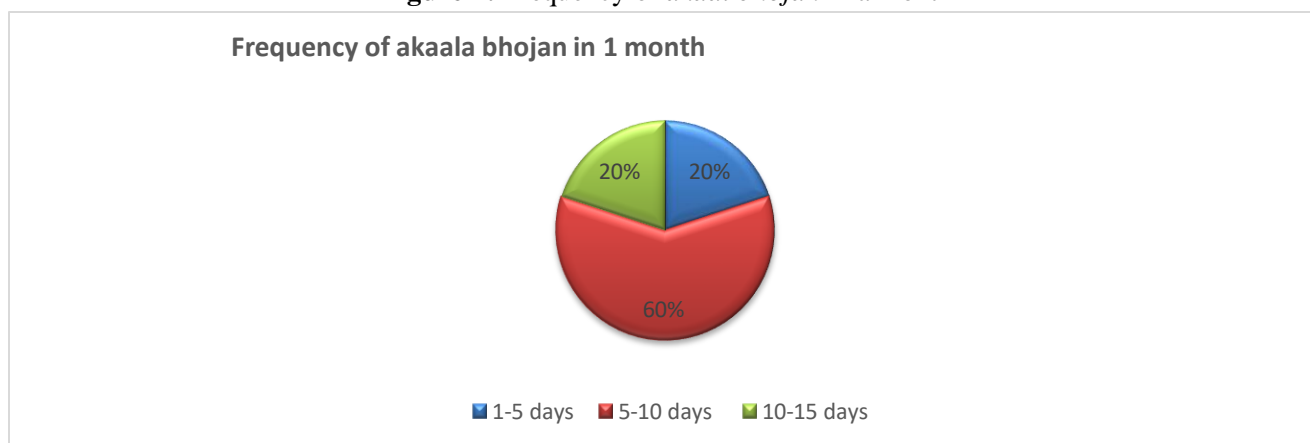
**Figure 1:** *Akaala bhojan sewan* (alterations in timing of food consumption) and its impact on *annavaha srotas* questioner

Name- Age - Gender- General timing of taking lunch (1-11am/11-1pm/1-3pm)- Approximately how many times in a month you prepone/postpone your lunch? (Number of days out of 30 days) Are you suffering from any digestion related problems? – Yes / No If yes, Write down its frequency – 1) Anorexia- 2) Indigestion- 3) Tastelessness- 4) Vomiting-
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- 5) Bloating-
- 6) Abdomen pain-
- 7) Thirst -

From above survey, we classify the subjects taking      days and third one is up to 10-15 days in a month. *akaala bhojan*, first up to 1-5 days, second up to 5-10

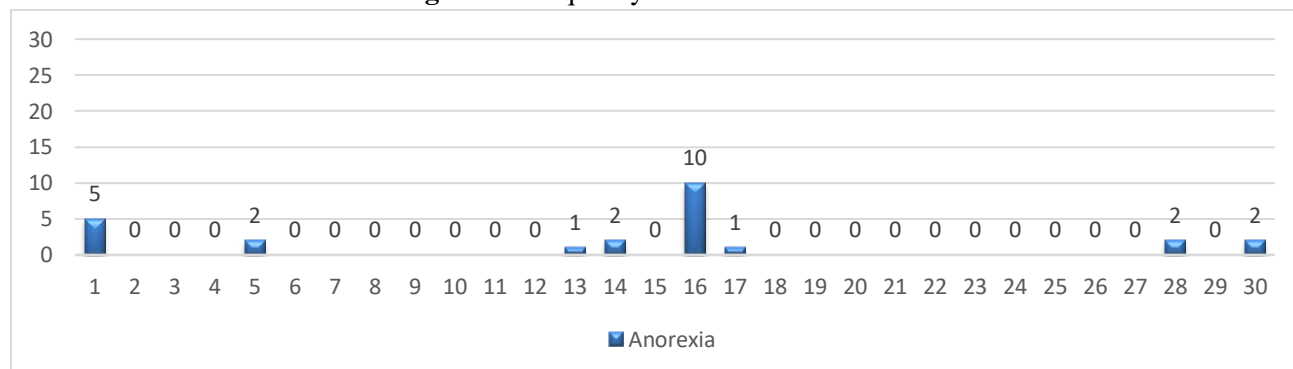
**Figure 2:** Frequency of *akaal bhojan* in a month



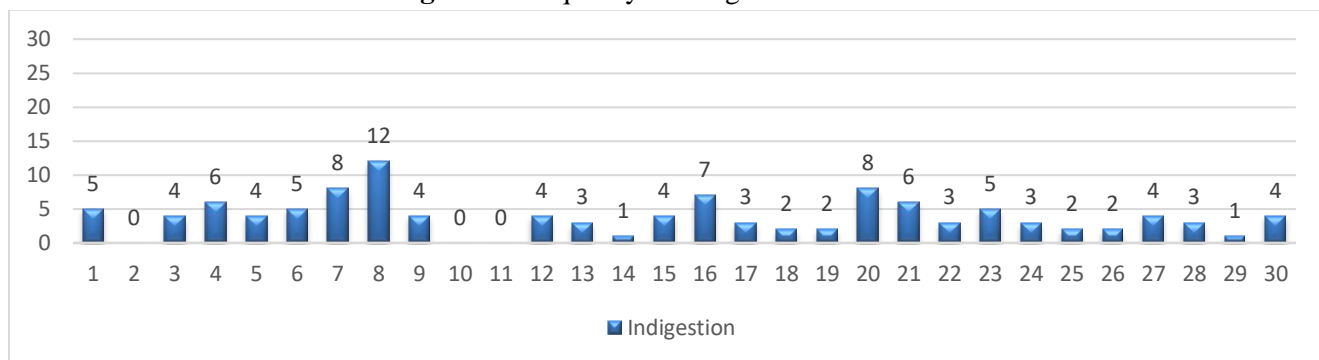
When we done survey most of them are suffering from gastric consequences as comparative to how many days, they took *akaala bhojan* in a month.

Symptom wise frequency of each subject given below.

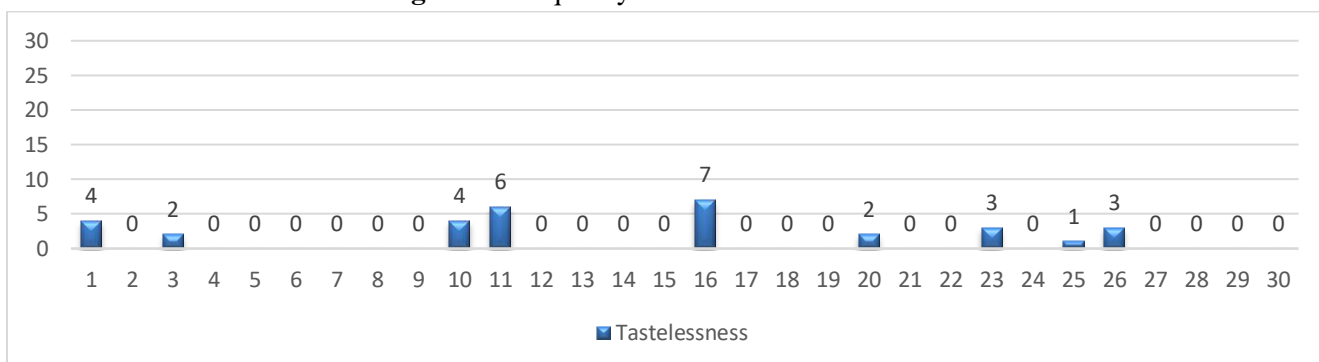
**Figure 3:** Frequency of anorexia in a month



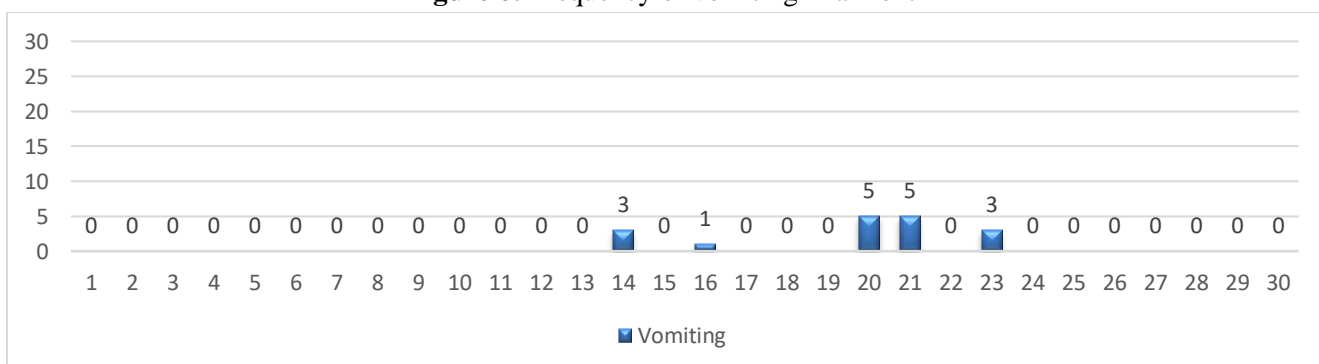
**Figure 4:** Frequency of indigestion in a month



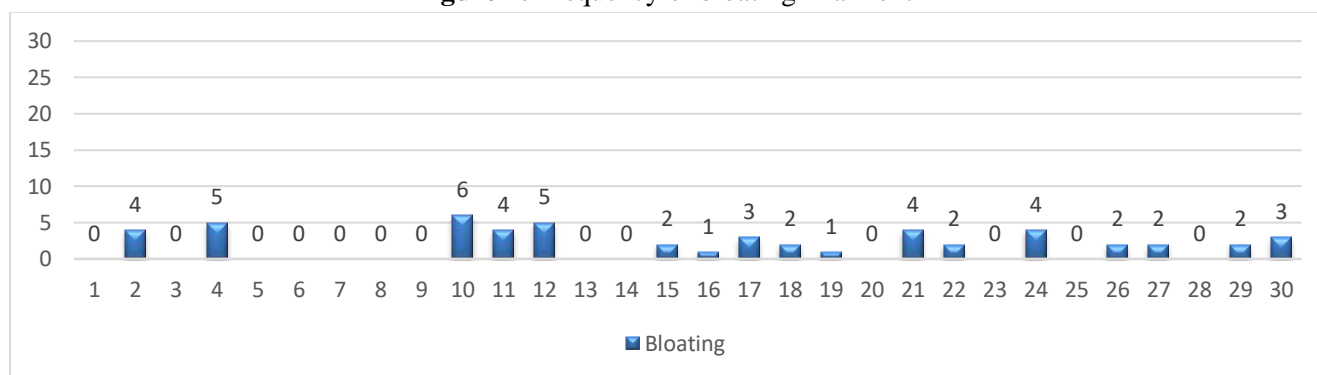
**Figure 5:** Frequency of tastelessness in a month



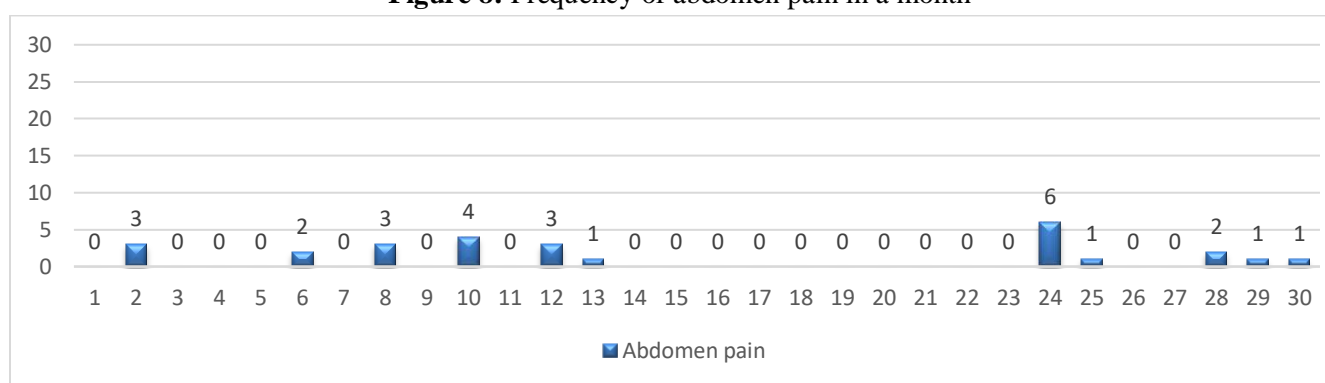
**Figure 6:** Frequency of vomiting in a month



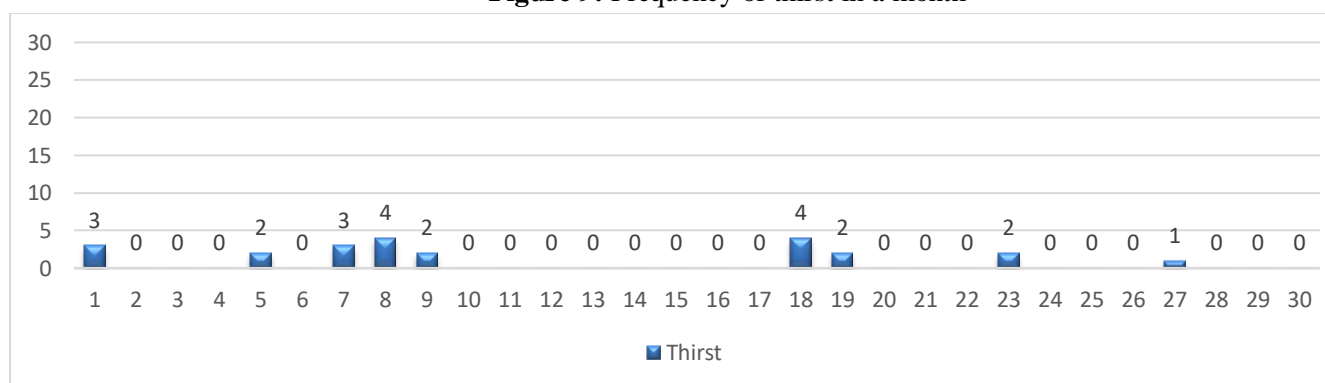
**Figure 7: Frequency of bloating in a month**



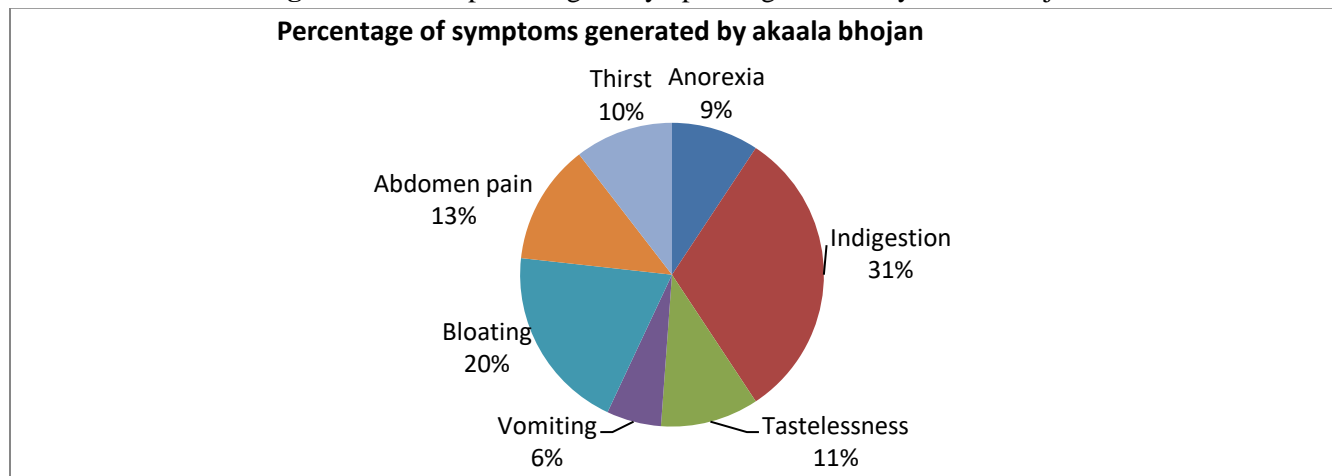
**Figure 8: Frequency of abdomen pain in a month**



**Figure 9: Frequency of thirst in a month**

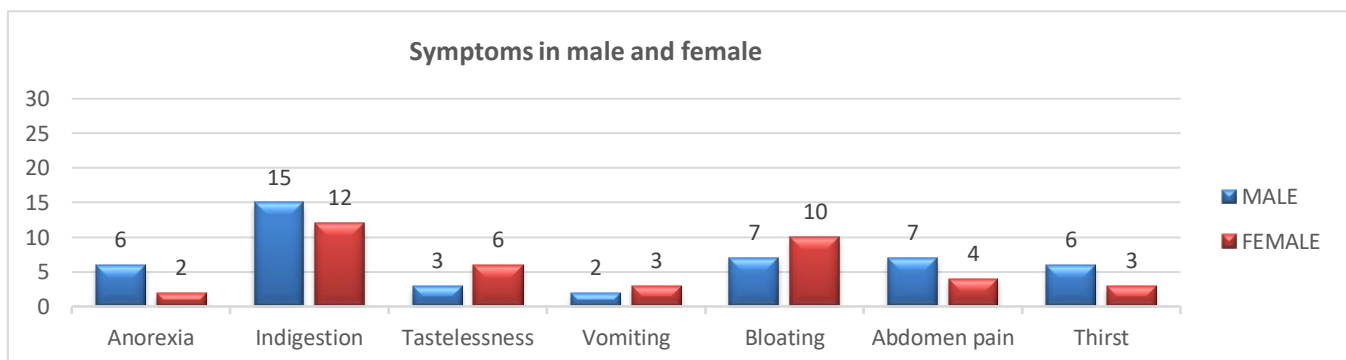


**Figure 10:** Total percentage of symptoms generated by akaala bhojan



Now comparison of each symptom in male and female –

**Figure 11:** Comparison of symptoms in male and female



### Observation-

From above study we observed that –

- 1) 20% of subjects taking *akaala bhojan* about 1-5 days out of 30 days.
- 2) 20% of subjects taking *akaala bhojan* about 10-15 days out of 30 days.
- 3) 60% of subjects taking *akaala bhojan*, about 5-10 days out of 30 days.
- 4) onset of manifestations is observed from all above said groups as follows-
- 5) Subjects suffering from Indigestion are 31%, (100% male and 80% female)
- 6) Bloating 20% (47% male and 67% female)
- 7) Abdomen pain 13% (47% male and 27% female)
- 8) Tastelessness 11% (20% male and 40% female)
- 9) Thirst 10% (40% male 20% female)
- 10) Anorexia 9% (40% male and 13% female)

11) Vomiting 6% (13% male and 20% female)

**Result:** The subjects consuming *Akaala bhojan* are suffered from *annavahasroto dushti lakshana* like anorexia (*anannabhilasha*), indigestion (*avipaka*), tastelessness (*arochaka*), vomiting (*chardi*), bloating (*aadhmana*), pain(*shoola*), thirsty (*pipasa*) etc. Indigestion (*Avipaka*) is most common symptom seen in the subjects who are consuming *Akaala bhojan*.

### DISCUSSION

For healthy life, one should consume healthy food in a proper way and at proper time described in classic texts. However, in today's modern lifestyle alterations in time for consuming food (though it is healthy) is often observed. As per classical texts, it ultimately results into *Annavahasroto dushti*, which leads into various

conditions like anorexia (*Anannabhilasha*), tastelessness (*Arochaka*), indigestion (*Avipaka*) and vomiting (*Chardi*) and many more.

For precautionary measures we must observe onset of abnormal manifestation of digestive system caused due to alteration of timing in food consumption. If we observe abnormal manifestation which caused due to alteration of timing in food consumption, then we can prevent onset of diseases of digestive system.

For this purpose, we have carried out above project.

The observation and result are as follows –

Study shows all people nowadays have altered timing of food consumption. All are sufferers of various abnormal manifestations of digestive system.

1. 60% from people have altered timing of food consumption (*akaala bhojan*) for 5-10 days in a month.
2. Most of subjects suffering from indigestion (*avipaka*) and then from bloating (*adhmana*).
3. According to male female ratio, males are more sufferers of indigestion as compared to females while females are more sufferer of bloating as compared to males.
4. other symptoms like Abdomen pain, Tastelessness, Thirst, Anorexia, Vomiting are also found in low percentage.
5. Indigestion and bloating are more likely to occurs by enzymatic abnormality so it can say that alteration in timing of food consumption cause enzymatic abnormality.

## CONCLUSION

From above observation and discussion subjects consuming *akaala bhojan* have indigestion and bloating symptoms in more percentage than the other *annavaaha sroto dushti lakshanas*. And females are more sufferers of bloating and males are more sufferers of indigestion. The peoples consuming *akaala bhojan* are sufferers of *annavaaha sroto dushti lakshana*. Hence it proves that *akaala bhojan* is one of the most important causes of *annavaahasroto dushti*.

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**Source Of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Pooja Kohar et al: Akaala Bhojan Sewan (Alterations In Timing Of Food Consumption) And Its Impact On Annavaaha Srotas. International Ayurvedic Medical Journal {online publication - 2020 {cited January- 2020} Available from: <http://www.iamj.in/posts/images/upload/.pdf>