

Contemporary Health Issues that Promote Proper Nutrition and Overall Wellness of Digestive System

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Abstract

In the India, millions people experience digestive disorders in their daily routine life. They don't know that their unlikely symptoms may also be related with trouble in their gastrointestinal tracts. Many people don't make a connection between the food they eat, either, and how they feel, physically and emotionally. The nutrients achieve from food play a vital role in the health of the entire body, including digestive health. The human body needs a broad extent of nutrients in order to function optimally throughout our lifetime. Getting the proper nutrients is about more than feeling good in the present day; it's about a lifetime of health and wellness. The poor eating habits are the number one cause of digestive health problems.

Overuse of medications, such as anti-inflammatory, antibiotics, acid-blocking drugs Lack of adequate digestive enzyme function, which can be caused by acid-blocking medications or zinc deficiency. Stress conditions such as emotional, environmental effects of dietary choices and can be effected on digestion, which is then hard on digestive organ. Emotions have a profound effect on digestion process; anger, too much worry and anxiety are three powerful emotions which affect digestive health. Eating too much and odd time can cause digestive symptoms including heartburn and stomach upset. Eating healthy food in right time we can feel the positive effects of healthy lifestyle choices. We don't wait until experience digestive problems. We should make a change in our diet by simple, proactive way that can benefit our digestive health now, and all throughout our life.

Key Words:- gastrointestinal tracts, diet, stress, emotions, anxiety, Exercise.

1. Introduction:-

In the India, millions people experience digestive disorders in their daily routine life. They don't know that their unlikely symptoms may also be related with trouble in their gastrointestinal tracts. Many people don't make a connection between the food they eat, either, and how they feel, physically and emotionally. But any factor that affects our gastrointestinal function is worth looking into, because good digestion promotes optimal health — both physical and emotional. Many women with digestive problems are often so habituated to stomach issues that they don't realize how much better they could feel. They may have practiced to live with the discomfort and think that's just how it's supposed to be. But over time, functional digestive problems can lead to deep-rooted illnesses that are likely to impair our health even further. Some signs and symptoms of gastrointestinal defective function- Anxiety, Depression, Fuzzy thinking, Loss of bone density. Acne, Dermatitis, Migraine and other headaches, Joint inflammation, Arthritis (all types), Hypertension (high blood pressure). When it comes to overall wellness, maintaining our digestive health is just as important as maintaining our heart health, bone health and the health of the rest of our body. Taking control of our digestive health can help us improve our overall health, well-being and happiness.

2. Objectives:-

- 2.1 To understand the causes of digestive health problems.
- 2.2 To know the relation of good food and digestive track.

2.3 To suggest remedies to gastro-intestinal problem.

3. Research Methodology:

The research design is descriptive in nature. The method of data collection mainly based on secondary data.

4. Review of Literature:-

4.1 Dr. Guarner et. al. studied that prevalence of digestive disorders and diseases on human health. Gastro-esophageal reflux disease, functional constipation, and irritable bowel syndrome are highly prevalent diseases and disorders affecting each of them 1 out of every 6 persons all over the World.

4.2 Srinivas Gaddam & Prateek Sharma reported that the prevalence of Gastro-Esophageal Reflux Disease in India, a weekly prevalence of 7.6% of the Indian population, is in fact much higher and similar to that reported in the Western countries.

4.3 Shobna J. Bhatia et. al. Studied health facility-based approach to determine frequency of GERD symptoms in apparently healthy individuals in different parts of India and showed that 7.6% of the respondents reported symptoms of heartburn and/or regurgitation at least once a week.

4.4 B. J. VAKIL found that amoebiasis is the biggest gastro-intestinal problem in India. The incidence is high, that 20 to 43 per cent of the healthy population is cyst carriers; 35 to 58 percent of patients with abdominal complaints show the presence of amoebae or cysts in their stools.

4.5 Mahesh Kumar Goenka et. al. studied on 74 gastric ulcer and 54 duodenal ulcer patient. He found that there was no history of non steroidal anti inflammatory drugs were enrolled Seventy-four patients (57.8%) had gastric and 54 (42.2%) had duodenal ulcers.

5. Result and Discussion:-

The nutrients achieve from food play a vital role in the health of the entire body, including digestive health. The human body needs a broad extent of nutrients in order to function optimally throughout our lifetime. Getting the proper nutrients is about more than feeling good in the present day; it's about a lifetime of health and wellness. The poor eating habits are the number one cause of digestive health problems.

According to Mahesh Kumar Goenka et. al. due to acute diarrheal diseases 1629 death in 2013 and 1323 deaths in 2014 in India from 11 to 12 thousand cases. Another study done by Globocon digestive cancer found in females is 2.7% and in Male 3.6% of Indian Population. Also, they found that 74% gastric ulcer and 54 % duodenal ulcer patient with no history of non steroidal anti inflammatory drugs use were enrolled.

Enzymes and substances that are produced by other organs are crucial aids to our digestive system process. Diseases and disorders affecting the pancreas, liver and gallbladder can lower their production, causing unfavorable digestive health repercussions. Overuse of medications, such as anti-inflammatory, antibiotics, acid-blocking drugs Lack of adequate digestive enzyme function, which can be caused by acid-blocking medications or zinc deficiency.

Good digestion depends upon proper diet and healthy atmosphere these two things nourish for overall well-being. Stress conditions such as emotional, environmental effects of dietary choices and can be effected on digestion, which is then hard on digestive organ. Emotions have a profound effect on digestion process; anger, too much worry and anxiety are three powerful emotions which affect digestive health. These can effects on digestion and create bloating, gas, constipation, diarrhea, upset tummy and so on.

Commercial food, best example of chemicals, additives, food colouring, growth hormones and antibiotics. Commercial food not only lacks of nutrients, but missing those essential nutrients such as minerals, vitamins such as antioxidants, which keep our immune system strong. Therefore, it is important for the better digestion in humans eats foods raised and grown without chemicals. Today we can see our environment is full of chemicals in the air, water, cleaning products and personal hygiene products, and in the food. These chemical effects on the Gastro Intestinal Tract. These chemicals create health disturbances in our body. Colon cancer and other gastro Intestinal Problem are examples of chemical impact on our body.

6. Conclusion:-

While eating, we should give attention to our food, Avoid working, walking around or other distractions. We should eat for satisfaction not for stuffing stomach. We should eat when we are hungry. Eating too much and odd time can cause digestive symptoms including heartburn and stomach upset. Eating healthy food in right time we can feel the positive effects of healthy lifestyle choices. We don't wait until experience digestive problems. We should make a change in our diet by simple, proactive way that can benefit our digestive health now, and all throughout our life. While eating, we should think about wellness, not disease. In India, health education is gradually taking its proper place in the life of the people, but progress in this direction has so far been slow.

7. Suggestions:-

Following steps are Important to Maintain Good Digestive Health:-

7.1 Fruits and vegetable.

Fruits and vegetables provide important vitamins, minerals and other nutrients that essential for health benefits including enhancing digestive health. Eating fruits and vegetables good for an overall healthy diet, which help reduce risk for chronic diseases such as cardiovascular disease and some cancers. Eat raw fruits and vegetables; gives natural enzymes and nutrients.

7.2. Importance of Fiber in diet.

Fiber lower cholesterol levels in the blood, enhances proper bowel function, prevents constipation and provides a feeling of fullness without increasing calories. Health and nutrition experts recommend eating 14 grams of dietary fiber per 1,000 calories consumed. Fiber is found in vegetarian food, such as fruits, vegetables, grains, legumes, nuts, and seeds. Fiber inspires passage of material through the digestive system and gives the correct consistency and bulk to stools.

7.3. Consume Adequate Protein

A Protein essential for the health of tissues, this tissue gives strength to colon and overall body tissue. Consume adequate protein, especially vegetable protein, as part of a healthy and balanced diet. Veg. proteins, like beans, soy products and nuts, contain more beneficial mono- and polyunsaturated fats but no cholesterol. It is better choose animal protein, choose lean meats (fatty cuts of meat can lead to uncomfortable digestion), poultry and fish.

7.4. Limit Fats and Concentrated Sweets

Use of processed foods should minimize in diet, because it contains large amounts of saturated fats, salt and preservatives which can be harmful to the body. A diet high in fat can make the digestive system stagnant and may cause or aggravate diseases of the digestive system (and also heart disease).

7.5. Drink plenty of water

Healthy digestion requires an adequate fluid intake. Water helps to passage of waste through the digestive system and helps soften stools. Drink plenty of water – but not between in the meals. The digestive system needs to be well hydrated like the rest of the body, but subside glasses of water near mealtime could impair digestive strength and may cause upset stomach. Drink water 15-30 minutes before a meal and wait about an hour Stay hydrated.

7.6. Eat Mindfully

While Eating take small bites and eat slowly, when you feel full, stop eating and avoid eating just before bedtime. Give time to your stomach for proper nutrition. Keep some portable snacks along with you, such as fresh fruit like apples and strawberries or dried fruit like dried plums or almonds.

7.7 Healthy Snack

We couldn't find time for eating while we are working in jobs. Keep healthy snacks along with you for when hunger strikes. Keep dried fruits in your bag so that you always have some fruit on hand. Fresh or dried fruit is a healthy and delicious snack option.

7.8 Exercise regularly

Yoga Exercise at least 30 minutes a day, doing activities you like, such as walking, aerobic or strength-building activities. In addition to cardio and weight-training exercises, try to incorporate fitness into everyday life. Regular cardiovascular exercise helps to strengthen the muscles of the abdomen and reduces lethargy by stimulating the intestinal muscles to push digestive contents through your system. Use stairs rather than elevators, walking during lunch and coffee breaks is good exercises and taking the long way when walking can make a big difference.

7.9 Reduce/manage stress levels

Stress dose ill effect on digestive health. Build time for leisure into your daily routine. Stress effects on the nerves of the digestive system and upset the complex balance of digestion. In some people stress slows the process of digestion, causing bloating, pain and constipation while others may need to again and again empty their bowels and the stools may be more looser and watery. Stress can worsen some conditions such as peptic ulcers or irritable bowel syndrome. Stress also affects our hormones (endocrine system), the Liver and Gall Bladder, which play a key role in digestive and hormonal health. Find stress-reducing activities that you enjoy and practice them on a regular basis.

7.9. Stay Calm

Taking care of your emotional well-being is important for your physical well-being. The complication comes from our emotions, the environment and the foods we eat. Asymmetries which result from poor digestion are bloating, gas, constipation, diarrhea, brain fog and fatigue.

7.10. Eat moderately, slowly and regularly

Overeating putts too much stress on the digestive system Try not to eat in a rush. The processes of digestion start in mouth so take time and eat slowly, chewing each bite well. Relaxing condition while eating helps the nerves of the digestive system, and food that is well chewed is easier to digest than larger pieces. Eat regularly and do not skip meals - this will prevent overeating due to hunger and prepares the digestive system for regular meals. Make a schedule of diet and eat meals and snacks as schedule it will help to keep the digestive system in top shape. Aim to commit for breakfast, lunch, dinner, and snacks around the same time each day.

7.11. Eat a healthy diet

Eat balanced diet which provides all nutrients which are beneficial for the digestive system and overall health. Many digestive issues can be routinely prevented or resolved through a healthy consumption of fruits, vegetables and fiber. Too much processed food and sugar make for an unhappy digestive system.

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