

Food Culture and Lifestyle in Animea

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ABSTRACT

Anaemia is a major global health problem, especially in developing countries. this fundamental health issue still has not been solved and continues to exist affecting the health, quality of life, and working capacity in billions of people all over the world. Most cases of anaemia due to iron deficiency, which often work in symphony with folate deficiency and for vitamin B12 deficiency as well as with infections. National programmes to control and prevent Anaemia have not been successful experience. from other countries is controlling moderately serve Anaemia guide to adopt long term measures i.e. fortification of food items like milk, cereal, sugar, salt, with irons. use of irons utensils in boiling milk, cooking vegetables etc may contribute significant amount of dietary intakes in family for receive Ayurveda was introduced to the earth so that man could enjoy a long and healthy Lifespan.

INTRODUCTION

Anaemia defined as a reduction of the red blood cell volume or haemoglobin concentration below the range of values according to healthy person. Although a reduction in the amount of circulating haemoglobin decreases the oxygen carrying of the blood, few clinical disturbances occur until the haemoglobin level falls below 7-8g/dl. Below this level, pallor becomes evident in the mucous membranes. [1]

Anaemia is most often recognized by abnormal screening laboratory tests. Patients only occasionally present with advanced anaemia and its attendant signs and symptoms. [2] In Ayurveda, anaemia can be compared with panduroga.

Definition of panduroga describe by Acharya Maddhavkar in madhavnidan 8th chapter. [4] The causative factor, pathogenesis, type and treatment of panduroga is describe by Acharya charak in chikitsyasthana 16th chapter, Acharyasushruta in uttar-sthana 44th chapter. [5,6] Acharya Vagbhat in nidansthana 13th chapter and chikitsyasthana 16th chapter. [7] Yogratnakar also mentioned 5 type of pandu. [8] Acharya Kashyap given few specific pre-symptoms of panduroga in vedanasthana. [9] there are 5 type of panduroga, according to Acharya Charaka, Acharya sharangadhar. [10] Acharya sushruta mentioned 8 type of pandu. [11]

Iron deficiency is a very common nutritional disorder worldwide and is known to affect approximately one third of the global population. While its incidence in affluent countries is low, the incidence of IDA in India is very high. According to National Family Health Survey (NFHS) III data, the incidence of anaemia in urban children is 71%, rural is 84%, and overall is 79%. [12] Nutritional iron deficiency is the most common cause of anaemia in India. [13]

IDA is a very common disease prevalent in the society and side effects of oral allopathic iron preparations are very frequently encountered. [14] Though every age group is susceptible to the affliction of panduroga, it is more common in small children due to the intake of iron deficient diet or less iron content in diet. Families of poor income group are unable to afford proper diet and due to improper and imbalanced diet, children of those families may get the disease. As per the WHO report iron deficiency is most common among groups of low socioeconomic status. [15]

Iron-deficiency anaemia can be the result of inadequate iron intake, as well as multiple physiological and genetic factors such as: age, pregnancy status, menstrual flow and haemolytic disease [16, 17]. Iron-deficiency anaemia is also strongly associated with infection, most notably malaria, but also hook worm and schistosomiasis [17, 18]. One study suggested that over 25% of the cases of severe anaemia in Sub-Saharan Africa were attributable to malaria [19].

Food Culture in Anaemia

Add these foods to your diet to get more iron and help fight anaemia

Meat and Poultry-all meat and poultry contain heme iron. Red meat lamb, and venison are the best sources. poultry and chicken have lower amounts. Eating meat or poultry with nonheme iron foods ,such as leafy greens, along with a vitamin C rich fruit can increase iron absorption.

Liver-many people's shy away from organ meats, but they are a great sources of iron.

Liver is arguably the most popular organ meat. Its rich in iron and folate. Some other iron rich organ meat are heart kidney, and beef tongue.

Sea Food -some sea food provide heme iron. Shellfish such as oysters clams ,scallops ,crabs shrimp are good sources most fish contain iron. Fishes with the best level of iron includes.

- Canned Or Fresh Tuna
- Mackerel
- Mahi Mahi
- Pompano
- Fresh Perch
- Fresh Or canned salmon

Although canned sardines are good sources of iron ,they are also high in calcium.

Calcium may bind with iron and reduces its absorption .foods in high calcium shouldn't be eaten at the same time as iron rich foods. Fortified foods-many foods are fortified with irons .add these foods to your diet if you are vegetarian or struggle to eat other sources of iron

- Fortified Orange Juice
- Fortified Ready To Eat Cereals
- Food Made From Fortified Refined Flour Such As White Bread
- Fortified Pasta
- Foods Made From Fortified Cornmeal
- Fortified White Rice
- Beans-Beans Are Good Sources of Iron for Vegetarians and Meat Eaters Alike .They Are Also Inexpensive And Versatile.
- Some Iron-Rich:
- Kidney Beans
- Chickpeas
- Soybeans
- Black-Eyed Peas
- Kidney Beans
- Black Beans
- Peas
- Lima Beans
- For Canned Beans
- Seeds And Nuts-Many Types of Nuts Seeds Are Good Sources of Iron .They Taste Great on Their Own or Sprinkled on Salads on Yogurt.
- Some Nuts And Seeds That Contain Iron Are:
- Pumpkin Seeds
- Cashews
- Pistachios
- Hemp Seeds
- Pine Nuts
- Sunflower Seeds

Leafy Greens -leafy greens are especially dark ones, are among the best sources of nonheme irons .they included:

- Spinach
- Kale
- Collard greens
- Swiss chard

- Some leafy greens such as swiss chard and collard greens also contain folate .a diet low in folate may cause folate. Deficiency anaemia .citrus fruits beans and while grains are good sources of folate.
- When eating dark, leafy greens for irons .there a catch .some green in high irons , such as spinach and kale are also high oxalates .Oxalates can bind with iron ,preventing the absorption of nonheme irons.
- So while is beneficial to eat your green as part of an overall anaemia diet, don't depend on then solely to treat the condition.
- Vitamin C helps your stomach absorb iron. Eating leafy greens with foods that contain vitamin C such as organs red poppers, and strawberries may increase irons absorption of both irons and vitamin C such collard greens and Swiss chard.

The following foods can interfere with iron absorption –

- Tea And Coffee
- Milk And Some Dairy Product -Vawmilk , Yogurt Cheese
- Whole -Grain Cereals
- Food That Contain Tannins ,Such As Grapes, Corn And Sorghum
- Food Reach In Gluten ,Such As Pasta And Other Product Made With Wheat , Barley ,Rye And Oats .
- Foods That Contain Phytates Or Phytic Acid ,Such As Brown Rice And Whole Grain Wheat Products .Foods That Contain Oxalic Acid such as peanuts ,parsley and chocolates.

Tips for Getting More Iron in the Diet

The best way to add irons to the dite is to eat more foods are reach in irons.

However, the following strategies can maximize a person's iron take.

Refraining From Drinking Tea Or Coffee With Meals

Refraining From Eating Foods Reach In Calcium With Those Reach In Irons

Eating Iron Reach Foods Alongside Those Reach In Vitamin-C

Cooking With A Cast-Iron Skillet

Cooking Food For Shorter Periods.

What Is The Fastest Way To Cure Anaemia?

Here Are Some Natural Remedies For Anaemia

1. Increase Vitamin C Intake. Anaemia Tends To Weaken Your Immune System And Thus, You May Be More Prone To Infections And Inflammatory Diseases.
2. Yogurt With Turmeric
3. Eat More Green Vegetables
4. Drink Up
5. Copper Water
6. Sesame Seeds
7. Raisins and dates

Does anaemia affect mood?

Some time iron deficiency will present as anxiety ,depression, irritability and even poor concentration and general restlessness. For example,iron deficiency has much higher prevalence in children diagnosed with ADHD, and the symptoms can improve with iron supplementation.

Is walking well for Anaemia?

You have a role to play in your own anaemia management, which includes:Exercise-Research shows that endurance exercise like walking, swimming, biking, or jogging, can help anyone to have stronger muscles, a healthier heart, and more energy

DISCUSSION

“Kashaya tiktamadurahapittamanyetukurvate” these rasas amla, lavanakshara have the quality to increase the pitta dosa. Due to the predominance of Agni mahabhoota in them, they are pitta vardaka, dathushoshaka, ojkshaya karaka and raktadusti karaka.

Lifestyle Considerations

Shunning alcohol and drugs that can disrupt the function of your gastrointestinal system in one way you can avoid developing Anaemia. Drink adequate amounts of water prevent dehydration and the likelihood for sickle cell problems. Keep your body refreshed during extreme cold and hot temperatures since exposure to these extremes can enhance the likelihood of sickle cell problems. Your body is prone to sickle cell problem when you are subjected to too much stress so you need to reduce stress all the time.

CONCLUSION

The inadequate diet results in iron deficiency and the best source of iron is red meat because haem can be absorbed as such.

- Vegetable has variable amount of absorbable iron; soybean is rich source.
- Iron rich foods include red meat, liver, green leafy vegetables, fruits like apple, apricot, spinach, egg yolk and fishes.
- Milk particularly cow milk is well known for its iron deficiency.
- Non-green vegetables are deficient in iron content. $\frac{3}{4}$ Rice and bread are rich in phytates and prevent iron absorption.

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