

NA ATHI DHRUTHAM ASHNEEYATH - A REVIEW ON RISK OF EATING TOO FAST

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ABSTRACT

We are in the era where people are rushed, distracted and a too busy society. People rarely have time to take their food or sometimes even to chew it properly and thus fast eating has become a routine in everyone's life. Eating too fast on the regular basis skips body's process of recognizing its own satiety and makes the person disconnected with the natural urges and fullness signals. Over the time, feeling of hunger or full will rely only on desires and emotions of the person which makes him to eat whenever he desires thus hampers the metabolism of the body and in turn causes obesity, GERD, food poisoning, type 2 diabetes mellitus, choking, gastritis and many other conditions. In the classical texts it is mentioned "*na athi dhrutham ashneeeyath*" as one of the rule of diet by many of our Acharyas. This shows the significance of "Not having food too quickly" from their period of time itself. Eating with moderate speed makes us listen to our body's physical signals before and after meals; by this we can connect with our natural hunger and fullness signals and thus keep our metabolism in right way and lead a disease free life.

Keywords: Eating too fast, Food, Hunger, Brain signals, Metabolism

INTRODUCTION

Eating too fast overrides the mechanisms which tell our brains we're full, Nerves send signals to the brain that the stomach is expanding, At the same time, a hormone called ghrelin which is produced when our stomach empties to trigger a hunger message, starts to decrease. Signals take about 20 minutes to reach our brain. Eating too quickly and we are likely to overfill our stomach and overeat. Many people develop these fast-eating habits as children, desperate to get away from the dinner table — it's amazing how these habits can be carried through adulthood.

Rushing down our meals misses out an important first step of chewing the food thoroughly to break it down to a more usable size and state for the stomach. It also reduces the amount of saliva and its enzymes that are mixed into the food to begin digesting it.

Digestion starts from our mouth, not in the stomach. Chewing breaks up the food into more manageable pieces increases its surface area and mixes it with saliva. The saliva contains the enzyme amylase, which starts breaking down carbohydrates in the meal and lingual lipase begin the proper digestion of fats¹. The whole digestive process can impair if we

eat too fast. Along with the enzymes of saliva, there are also antibacterial agents such as immunoglobulin a, lactoferrin lysozyme and peroxidase and epidermal growth factor, which can help heal inflamed intestinal tissues. If we have been eating too fast and scoffing down our food with very little chewing, there is a fair chance of inflammation somewhere in the gastrointestinal tract.²

Risks According to Classics:

1. Charaka samhitha

- *Avasaada* (Foods gets depressed)
- *Aprathistana* (Food does not go the proper place where it should reach)
- *Bojana dosha* and *gunas* go unnoticed.³

2. Kashyapa samhitha

- *Na ahara sthiti apnuyaath* (Food transformation will be hampered)
- *Na prasadam indriyanam* (No satiety to sense organ)
- *Na vatanulomanam* (*Vata gati* will be hampered)⁴

Risks according to contemporary science

1. Eating too fast feeds intestinal bacteria:

Components such as certain carbohydrates and proteins gets digested fully with slower eating often aren't when we eat too quickly. Taking our time while eating and chewing our food well, particularly in meals with protein, starts the digestion process properly and increases the likelihood of the food being absorbed in the small intestine. Rushed eating and not chewing food properly on the other hand often causes digestive problems. By hurrying a meal down, there is a risk of good portion of it ending up undigested in the large intestine. The more undigested food that enters the colon it increases the rate of bacteria in turn causes excessive flatus gas.⁵

2. Weight Gain:

Brain and stomach work together to control the appetite. This process isn't instant. In fact, it takes about 20 minutes for the stomach to communicate to brain that it had enough food. Eating too quickly increases the chance of over eating, because body is relying on stomach discomfort or emotional satisfac-

tion instead of brain signals to tell when to stop eating and thus causes obesity.⁶

3. Acid reflux:

Bolting the food could also increase the risk of acid reflux, according to researchers at the Medical University of South Carolina, eating 690-calorie meal in 5 minutes rather than 30 minutes resulted in 50 per cent more acid reflux episodes as the digestive tract is overloaded with larger lumps of food, prompting an overload of stomach acid. Over a number of months sufferers can develop gastroesophagol reflux disease, linked with more serious problems including a narrowing of the oesophagus, bleeding, or the pre-cancerous condition Barrett's oesophagus.⁷

4. Metabolic Syndrome:

Insulin resistance is closely related to metabolic syndrome — Study conducted with 9,000 people, aged 40 years and above, who didn't have metabolic syndrome at the outset. Over the next three years, fast eaters among them were developed metabolic syndrome than those who ate more slowly. In particular, fast eaters were prone to having large waistlines and low levels of HDL cholesterol. These are two of the risk factors that make up metabolic syndrome.

5. Gastritis:

Fast eating has also been linked to erosive gastritis — causing shallow breaks or sometimes deep ulcers. In a study from Korea, more than 10,000 patients got checkups including an upper GI endoscopy — Doctors were more likely to find signs of erosive gastritis in patients who said they were fast eaters.⁸

Importance of eating with moderate speed

When food is chewed properly in mouth, it breaks down into smaller particles and saliva is mixed with these tiny food particles. Once the saliva comes in contact with the food it immediately starts to breakdown starches into sugars, which body can absorb easily. Eating slowly seems to increase water consumption during meals and helps in maintaining good hydration, energizes muscle, improves skin texture⁹.

Advantages of eating with moderate speed

- Triggers the smell response to initiate digestion
- Triggers the release of bile from gallbladder
- Stimulate bile flow
- Stimulate pancreatic enzyme flow
- Stimulate enzymes from small intestine
- Stimulate pepsinogen in the stomach
- Stimulate mucous production in the stomach
- Increases peristalsis or healthy elimination
- Maintains healthy body weight¹⁰

CONCLUSION

Eating too fast regularly skips body's process of recognizing its own satiety and become disconnected with your natural hunger and fullness signals, according to Peace Health Medical Group of Washington, Alaska and Oregon. Over the time, person will stop feeling hungry or full at all and instead rely on desires and emotions to tell when to eat. Slowing down while eating and listening to body's physical signals before and after meals, one can reconnect with his natural hunger and fullness signal.

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