

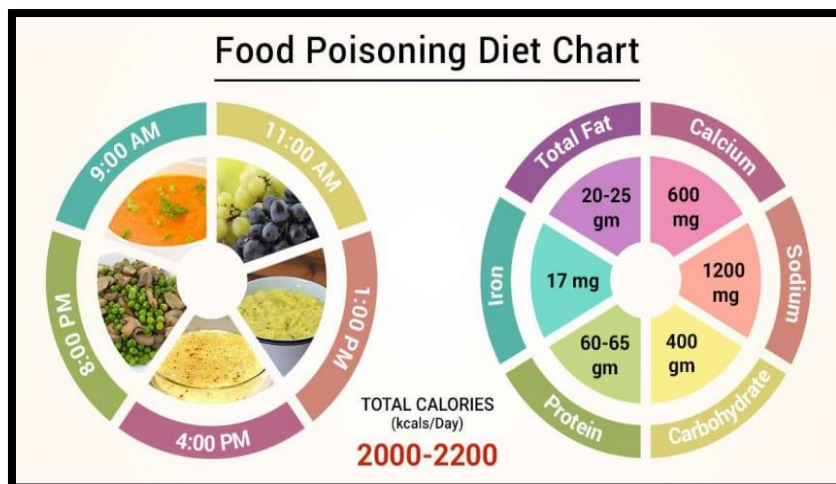
## 41 - Food associated with food poisoning

- There are some food that may be responsible for food poisoning which may be-
- Egg / Meat / Cheese / Unwashed fruits, vegetable.
- Unsaturated milk (dhugdha) or other fluids, like water infected with external factors and germs, bacteria, animal waste etc...
- Contamination of food (dushit Anna) may be due to bacteria, virus, or parasite.
- Unhygienic conditions- Sometimes food may be contaminated while cooking or surrounding conditions like cooking and eating food without hand wash. According to Ayurveda **micro-organism affect the human beings** and may cause any infectious diseases. In Ayurveda our body has three doshas **vata, pitta and kapha** which are responsible for healthy life. Imbalance of any three doshas results in diseased conditions.

### • **Aalacak / Visuchika** .

- These are disease which are comparable of food poisoning. This disease can be managed with the help of **herbs like(treatments)**:

- **Giloy** (Tinospora cord folia)
- **Ashwagandha** (With Amina Comfier)
- **Haritaki** (Terminalia chebula)
- **Amla** (Embolic officinalis )
- **Pippali** ( Pippali lingam) dry ginger
- **turmeric** etc.



- These herbs are prepared in the form of **tablets (vati) or powder (churnas)**. *Arogyavardhini vati, pravalpanchamrut, soothshekar rasa, shank vati indukantam kashyam, vayu gulika*, are helpful medicines.
- Herbs can **destroy the bacteria or toxins in the body** and give relief from food poisoning. This problem can be prevented with [proper diet](#) and life style including **healthy diet and hygienic conditions**.

- **Here are some common causes**

- Consuming uncooked or raw food.
- Food products that has crossed the expiry date.
- Consuming of food handled by someone suffering from vomiting and diarrhea. Cross contamination.

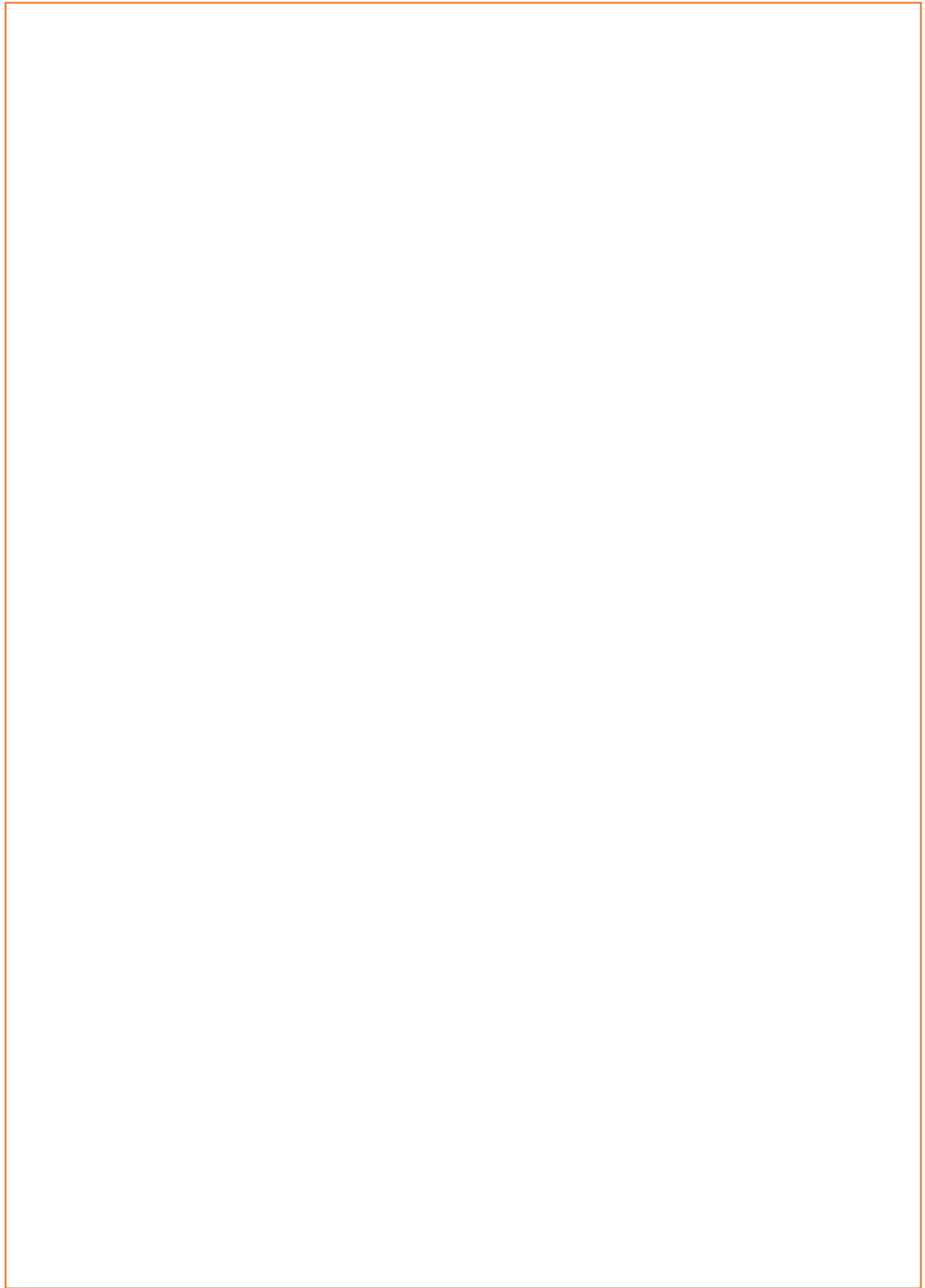
- **Prevention**

- There are plenty you can do to prevent a foodborne illness:
- Clean and disinfect food preparation surfaces ,crockery with hot water.
- Good hand hygiene- Wash hands with soap and water before and after preparing food.
- Throw it out food when you are not sure about food has been prepared safely. If you are down with a stomach virus make sure that you consume plenty of medicated water.
- Eat light and small amount of food (satwik aahara ).
- Drinking hot medicated water with turmeric, and dry ginger.
- For these reasons we need to take care while handling or preparing food in kitchen.
- Food poisoning can be diagnosed on the basis of symptom, but in several cases the following tests are recommended:

- **Blood exam (rakta pareeksha)**

- Stool exam ( mala pareeksha) / Food test ( anna pareeksha)





## • **TREATMENT OF FOOD POISONING WITH AYURVEDA**

- Now food poisoning (anna vish badha) is very common problem. It may be due to unhygienic conditions. A **food poison** occurs when you have consumed food (anna) **contaminated (dushit)** with bacteria or toxic substances. It is also caused by **water (jal) contaminated with harmful pathogens** such as bacteria, viruses or parasites salmonella and E coli are example of bacteria that commonly caused food poisoning.
- With food poisoning one or more of doshas (vata, pitta and kapha ) and qualities (gunas) may be aggravated. If you have an imbalance of one of the dohas or qualities. According to [Ayurveda](#) foods (anna) and life style habits (dinacharya) that aggravates the dosha.

## • **Lakshanas of food poisoning**

- The most common lakshanas(symptoms) of food poisoning include –

### • **Aruchi (nausea)**

- Chardi (vomiting ) /Shirashool (headach)
- Udarshool (abdominal pain) / Durbalya (weakness)
- Jawara (fever) / Atisara (diarrhea)
- The lakshanas (symptoms) begin eight to seven hours after eating food. Pathogens can be found on almost all of the food that humans eat. However, **heat (agnikarma)** form cooking usually **kills pathogens on food (anna)**. Foods eaten raw are the common sources of food poisoning because they don't go through the cooking (agni samskara).

