

## **Anorexia (Aruchi)**

Does less appetite bother you? Have you lost your hunger? No more interest in food?

Understanding Anorexia (loss of appetite) through Ayurveda.

Anorexia is a common problem these days in young growing population and kids. It is as dangerous as obesity, only difference is that it is on the opposite side of the spectrum. In developed countries like US, Canada, France, Australia etc, anorexia is one of the main concerns as of unhealthy lifestyle and pace in life.

### **Let's see what Ayurveda has to say about Anorexia**

Anorexia is not a new disease in fact, It has been mentioned and amply documented in all Ayurvedic texts like Charaka Samhita, Sushruta Samhita, Ashtanga Samgrahya etc. some 5000 years ago. Anorexia is categorised under several names and each name has a significant meaning that denotes a different dimension of anorexia.

### **Aruchi/ Arochaka**

One of the names of anorexia is "Aruchi" in Ayurveda. It is made by adding "a" suffix ((meaning - no) to the main word "ruche" (meaning - interest). Therefore, Aruchi means lack of interest. in Ayurveda, it means *To Having No Interest to Eat*.

In Aruchi, even the person is hungry and there is delicious food to eat, he might feel no interest in the food. It can be because of over-eating or some other digestive disorder. The condition produced due to over-eating is temporary and gets cured naturally, if we allow a break to the stomach.

Fasting is a natural, simple and the most effective way to prevent it.

If Aruchi happens because of some other disorders like fever or jaundice, it is cured as the base disorder get treated. The above 2 types of aruchi are not dangerous and are self-healing most of the time.

### **Bhaktadvesha**

This is a severe form of aruchi called "bhaktadvesha". This is the condition that resembles closely with anorexia and is the union of 2 words - bhakta (feeding, food, to eat) + dvesha (hatred, disgust). In this, any exposure to food can induce a feeling of disgust in the afflicted individual.

This condition can have different manifestation in different individuals. However, common symptom is an intense feeling of disgust when -

a) talked to about food b) thinking about food c) seeing food d) touching food e) smelling food

This intense feeling of disgust can also induce Nausea. Such patient experiences a complete

aversion towards food. Ayurveda suggest both herbal and psychological treatment to treat it.

### **Annanabhinandan**

It means **“Food Not Welcomed”** (anna- food/grains, anabhinandan- not welcome). The Mind is master that runs the body. It is the interface between the soul and the world. Ayurveda seriously advocates to have a happy and peaceful mind while taking a meal. The psychology while consuming the food has direct effect on the body and digestion.

Annanabhinandan is defined primarily by the mental state of an individual. It is commonly observed when the individual is extremely angry, terribly scared, extremely sad or depressed, when full of hatred or due to some mental disorder like hallucinations, Bi-polar, Psychosis etc.

### **Types of Aruchi**

In Ayurveda diseases are classified under – Physical and Mental and this implies for Aruchi too.

#### **Physical reasons:**

Aruchi can develop primarily due of the imbalance in Doshas (Vata, Pitta, Kapha) as they govern the functions of the body including metabolism..

As per Doshas, Aruchi classified as:

**Vataj, Pittaj, Kapha** and **Sannipataja** – caused by imbalance of respective Doshas.

#### **Mental reasons:**

Ayurveda says that emotions, feelings and prejudices can severely affect a person. Also the negative feelings like misery, fear, excessive greed, anger can disrupt the normal physiology and psychology results hatred towards the food.

Toddlers and little children also might face anorexia even if their body Dosha are completely intact. This condition is mainly induced by the fear, anger and hatred that a child feels when fed forcefully. Consequently, force-feeding is one of the main triggers of anorexia in kids.

### **How to know what type of anorexia you have?**

Each type of aruchi has a different defining symptom based on its causal factors. Sometimes, you might see mixed symptoms if more than one dosha or one causal factor is involved.

### **Vataj aruchi**

Following are the primary symptoms of a Vata induced Aruchi

Persistent astringent taste in the mouth. The Astringent taste (Kashaya rasa) is an indication of increased Vata Dosha which can reduce sensation of the taste buds and in turn it dulls the tasting process.

Sour taste in the mouth.

Pain in the chest and abdomen due to intestinal gas or muscular spasm induced by Vata.

**Pittaj aruchi**

The defining symptoms of a Pittaj aruchi are –

Constant sour or bitter taste in the mouth

Oral inflammation

Burnt Foul smell

Inflammation in the chest region

Persistent thirst

**Kaphaj aruchi**

The most prominent features of a kaphaj aruchi are –

Either salty or sweet taste in the mouth on an enduring basis

Excess mucus in the mouth

Foul smell

Numbness in the body parts

Heaviness in the body

Excessive slimy secretions on the skin like sweat, sebum etc.

Pain in swallowing the food

READ [Hindu chaplains help a Hindu women in prison](#)

Treatment Principle-

Ayurveda aims in treating the root cause and is categorised under the individualised constitution-based treatment. The mind and the psychological factors are also given importance as these factors are important affecting the appetite. The diet and lifestyle advices are to be followed as recommended along with the herbal home remedies aiming towards a carminative and digestive outcome.

Yoga has proven its effect over anorexia and certain yoga postures along with the ayurvedic herbs gives a good result. Nature Care Ayurveda provides treatment with a professional touch of care aiming to worship the body you live in and a good health. The brilliant bunch of doctors at **Nature Care Ayurveda** we are determined towards the holistic wellness of the society.

**Share this web page on**

## Recommended for you

---

- [\*Let's Take Yoga To Work\*](#)

Fret not, you can always bring yoga to your desk – here's how! The Indian telegraph explains. [Click here to...]

- [\*What Does Yoga Have to Do with Hinduism?\*](#)

By: Hindu Human Rights Yoga is a deep science revealed by Mahadeva Himself in the Agamas. It is not just...

- [\*Ayurveda - A whole body and mind science of cure\*](#)

By: Dr Naveen Shukla, Dr Vishal Sharma, Dr Nikhila Venugopal. Nature Care Ayurveda. Ayurveda, the offspring of Atharvaveda and appreciated...

- [\*Yoga in South Hobart\*](#)

Free Yoga @ the Goods Shed, Mac Pt Farewell Jyoti, Hello Sangita Yoga Philosophy Book Club this Friday Intro to...

- [\*Inflight yoga launched by Cathay Pacific Airways\*](#)

Hindus have welcomed the reported launch of "Travel Well with Yoga" program in all the routes of Cathay Pacific and...

- [\*Adelaide to India for Yoga\*](#)

By : Vani Shukla. By the grace of God ,I have successfully completed my second Yoga retreat to India last...

---