



A conceptual study -Role of Fasting for healthiness

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Abstract:

Fasting is a popular strategy for losing weight and is a practical way to manage various ailments, including lifestyle problems. A choice abstention from forbidden foods or a partial or complete abstain from all foods is considered to be fasting. Fasting has been the focus of multiple scientific studies as a potential non-pharmacological intervention for enhancing health and lengthening lifespan. It is a component of naturopathy's treatment that has the potential to be very effective in preventing chronic diseases but must only be used in extremely rare situations. Fasting is a newly popularised meal timing approach in which people condense their daily energy consumption into a brief window of 4 to 8 hours while abstaining continuously from all energy intake for 16 to 20 hours per day. Fasting is a prevalent approach to weight loss and is a feasible method for treating many diseases, like life style disorders. Meanwhile, the effects of intermittent fasting on health, aging, and disease process are hot issues and are of concern by researchers of multiple areas, even the public. The purpose of the study is to provide an overview of the most popular types of fasting, how our bodies respond to fasting and do the better long life. In the meantime, academics from many other fields, as well as the general public, are concerned about the consequences of intermittent fasting on health, ageing, and disease process. The study's objectives are to describe the most common forms of fasting, how our bodies react to fasting, and how to live a longer and healthier life.

Keywords- Fasting, Naturopathy, Health, Healthy life.

Introduction-

Fasting: The Ultimate Cure For a brief or extended amount of time, complete abstention from food is referred to as fasting. The name comes from the old English word "feastan," which meant to observe, fast, or be austere. Fasting is nature's most traditional, cost-effective means of curing

sickness. It is acknowledged as the basis for all forms of natural healing.¹ The inventor of the mucusless diet healing method, Dr. Arnold Eheret, refers to it as "nature's only universal and omnipotent treatment of healing" and "nature's only fundamental law of all healing and curing." One of the oldest customs is the practise of fasting. It is practised by practically all religions. Muslims, Buddhists, Hindus, and many more religions all observe rigid fasting periods. The saints of mediaeval times emphasised this approach greatly.² More than two thousand years ago, the school of natural philosopher Asclepiades promoted fasting to treat sickness.

It has been regarded as one of the most dependable therapeutic approaches throughout the history of medicine. It was recommended by Hippocrates, Galen, Paracelsus, and many other eminent doctors. This method of healing has been successfully used by several well-known modern doctors to cure a variety of illnesses. The buildup of waste and harmful material in the body brought on by overeating is the common cause of all ailments. The bulk of people consume too much and engage in sedentary activities that do not allow for enough exercise to properly utilise this big amount of food. This excess overtaxes the digestive and assimilative systems and clogs them with toxins or pollutants. Slowing down in both digestion and evacuation, the entire system's functional activity becomes out of whack. Simply purging the body of these pollutants leads to the start of sickness. Every disease has just one treatment: lowering food intake or fasting. This is the exact opposite of what causes the condition. The elimination organs, including the bowels, kidneys, skin, and lungs, are given the chance to eliminate the excess of stored waste from the body without interference when the body is temporarily starved of food. So, fasting is only a tool of cleansing and a quick and efficient way to heal. It aids nature in her ongoing efforts to remove pathogens and disease-causing waste from the body, addressing the flaws of poor food and unwise lifestyle choices.³ Along with the repair and regeneration of the body's numerous tissues, it also promotes blood regeneration.

Duration the length of the fast is determined by the patient's age, the disease's severity, and the quantity and type of medications previously taken. The length is crucial since prolonged fasting might be risky if done without qualified medical supervision. In order to gradually lengthen each consecutive fast by a day or two, it is advised to start with a series of brief fasts of two to three days. However, the duration shouldn't go above a week at a time of complete fasting. This will make it possible for the body of a chronically unwell person to progressively and slowly clear harmful waste without significantly altering how the body functions normally. After the fast, a healthy way of life and a well-balanced food will help the person regain their strength and vitality. Practically all gastrointestinal and intestinal problems, as well as significant renal and liver diseases, respond quite well to fasting. It is a miraculous treatment for eczema and other skin conditions and, in many cases, represents the sole chance of a long-term recovery. This method of treatment is very effective for treating the various nervous illnesses.⁴ However, not every ailment should return to fasting. Long fasts will be hazardous in situations of diabetes, advanced tuberculosis, and severe cases of neurasthenia. However, as long as patients who are fasting have enough rest and receive the right medical attention, they usually don't suffer any consequences.

Methods-

Juice fasting is the best, safest, and most productive type of fast. Even though a pure water fast was the once-standard method of fasting, the majority of today's top specialists on the subject concur that juice fasting is much more effective than a water fast. The body expels and burns away significant amounts of built-up waste during fasting, according to Dr. Ranger Berg, a renowned expert on nutrition. When fasting, we can speed up this cleansing process by substituting alkaline juice for water. Urine and other inorganic acids will be eliminated more quickly. Juice fasting is the healthiest type of fasting since the sugars in juices strengthen the heart. Fresh, raw vegetable and fruit juices are incredibly helpful in restoring the body's natural physiological functions since they contain vitamins, minerals, enzymes, and trace elements. They provide vital nutrients for the body's natural repair processes and cell renewal, hastening the healing process. All juices should be made from fresh fruit and served right away. Juices that are frozen or canned shouldn't be used. The complete emptying of the bowels by enema at the start of the fast is a precaution that must be followed in all situations of fasting in order to prevent the patient from being troubled by gas or decaying waste created from the excrements still in the body.⁵ During the fasting phase, enemas should be delivered at least every other day. The patient should breathe as much fresh air as they can and drink lukewarm water if they are thirsty.

Pure water can be used to dilute fresh juices. Six to eight glasses of beverage should be consumed in total. The process of getting rid of accumulated toxins and toxic waste consumes a lot of energy during the fast. Therefore, it is crucial that the patients acquire as much physical and mental rest as they can during fasting. When fruit juices are consumed during fasts, especially when only fresh grapes, oranges, or grapefruit are consumed, toxic wastes reach the bloodstream quickly, causing an overflow of poisonous material that interferes with normal biological activities. Dizziness is a common side effect, which is frequently followed by nausea and vomiting. It is advised to stop the fast and diet if this bodily reaction continues. As a result of the patient's mindset and the weight loss, fasting becomes almost enjoyable. The hunger pains of the first day are probably the most agonising. However, as the fast goes on, the urge to eat will gradually lessen.⁶ People who are seriously ill have little appetite, therefore fasting comes easy to them. The simplest rule is to refrain from eating until one feels fully recovered or until one's appetite returns. During the fast, only extremely easy exercises, like brief walks, are permitted. You could take a warm bath or a neutral one during this time. Cold baths should not be taken. Daily sun and air baths are advised. A warm bath, hot water bottles placed at the feet, and sipping one or two glasses of hot water can all help people go asleep after a fast.

Type of Fasting-

1. Complete Fasting- In this style of fasting, the person abstains from food for six, twelve, and twenty-four hours. Females in Bihar celebrated the extremely well-known festival Chattha vrat, which is difficult for everyone except the females performing it for their children and who never

consume anything within 24 hours. And teeja vrat, a form of dry fasting, is practised in Madhya Pradesh. Additionally, it is a component of naturopathy treatment.⁷

2. Fast for 12 hours a day-

This diet has straightforward guidelines. A person must choose and follow a 12-hour fasting window each day. Some researchers claim that fasting for 10 to 16 hours can lead the body to use its fat reserves for energy, releasing ketones into the bloodstream. This ought to promote weight loss. For novices, this kind of intermittent fasting regimen might be a decent choice. This is so because the fasting window is so brief, the person can have the same quantity of calories every day, and most of the fasting happens while they sleep.

2. Liquid Fasting- Another choice is to only consume liquids, such smoothies, fresh juices, and pureed soups, during a liquid fast. Drink plenty of water throughout the day, of course. A diet that only consists of the juices of fruits and vegetables is known as raw juice therapy. It is also referred to as a juice fast. It is the best method for reviving the body and restoring health. The power of the organs of elimination the lungs, liver, kidneys, and skin to clear and cleanse massive amounts of accumulated metabolic waste and pollutants is considerably enhanced during raw juice therapy. It gives the assimilative and digestive systems a physiological break.⁸

The use of nutrients and food digestion are significantly enhanced after a juice fast or raw juice therapy. Compared to a fast on pure water, a meal consisting solely of the raw juices of fruits and vegetables speeds up the recovery from illnesses and more effectively cleans and regenerates tissues. World-renowned nutritionist and biochemist Dr. Ragnar Berg makes the following observation: "During fasting, the body burns away and excretes enormous amounts of built-up wastes. By drinking alkaline juices instead of water during fasting, we can aid this cleansing process. I am certain that drinking alkali-forming fruit and vegetable juices during fasting, instead of water, can improve the healing process because I have overseen several fasts and conducted detailed examinations and testing on fasting patients."⁹

4. Partial Fast -

When and what you eat are two factors that can affect a partial fast. You limit the times of day you eat in the first scenario. But picking which foods to eat or avoid is the more typical meaning of a Christian partial fast.

Physiology of Fasting-

The physiology of fasting has been extensively studied, and three phases of fasting have been identified.

Phase one: also be referred to as the gastrointestinal phase, which begins immediately after the last meal and lasts for about the next six hours. Because they are absorbed from the digestive system after digestion, glucose, amino acids, and lipids are still used by the body throughout this phase. In

this stage, insulin is largely responsible for causing the liver and muscle to absorb blood glucose and store it as glycogen.¹⁰

Phase Two: The steps of substrate use and metabolic provisioning to maintain homeostasis in the face of fasting are all included in this phase, which might vary in length but is often the longest. It includes the body's capacity to go without nourishment until the next meal. This is the glycogenolysis phase, when the liver and muscle convert their glycogen to glucose as a result of decreased insulin and increased glucagon. This phase is characterised by a rise in the creation of ketone bodies produced from lipids, which are used to replace glucose in tissues like the brain and cardiac, which typically have a strong predilection for glucose. The restart of feeding signals the conclusion of Phase II. The "flipping" of the metabolic switch is one important mechanism responsible for many of the advantageous benefits of fasting that take place during this stage. The "metabolic switch" refers to the body's preference to use fatty acids and ketones made from fatty acids rather than glucose produced by glycogenolysis. Ketones are the preferred fuel for the brain and body during times of fasting and prolonged exercise, according to a growing body of studies.¹¹

Benefits -

Fasting has various advantages. The body uses its reserves while on a prolonged fast. Due to a lack of essential nutrients, mainly protein and lipids, it will undergo autolysis, or self-digestion, and burn and digest its own tissues. However, it won't act indifferently. The diseased, injured, old, or dead cells and tissues will first be decomposed and burned by the body. During a fast, the essential organs and tissues, the glands, the nervous system, and the brain are not harmed or digested. Herein lays the key of fasting's efficacy as a treatment and rejuvenation strategy. The amino acids released by the sick cells during a fast speed up the production of new, healthy cells. As they are relieved of the typical burden of digesting food and discarding the resulting wastes, the capacity of the eliminative organs that is, the lungs, liver, kidneys, and skin is substantially increased. As a result, they may quickly eliminate poisons and old, accumulated waste. The gastrointestinal, assimilative, and defensive organs are given a physiological break when someone fasts. As a result, after a fast, digestion and nutrition utilisation are considerably enhanced. All essential physiological, neurological, and cerebral functions undergo a normalising, stabilising, and revitalising influence as a result of the fast.¹²

Fasting- Mechanisms of Action –

To the best of our knowledge, prolonged fasting's exact mechanisms of action have never been properly studied. However, there is a wealth of knowledge available on less extreme fasting methods, including calorie restriction (CR). With research dating back more than a century, CR is one of the (if not the) most thoroughly studied anti-aging therapies, particularly in animals. Although a thorough examination of CR is outside the purview of this review and there have been some reported differences, several common findings have been published and are worthwhile examining to comprehend the mechanisms of action of food restriction.¹³ Calorie restriction affects the activation of many signal transduction pathways either directly (yeast) or indirectly (lower levels of growth factors like IGF-1) through a number of mechanisms (worms, flies, mammals). It is still unknown whether and how fasting affects the aforementioned metabolic pathways in people.¹⁴ The benefits of a CR diet for metabolism and geroprotection are likely caused by daily prolonged fasting rather than merely reduced calorie intake, as shown by the 14 studies.

Adverse effects of fasting-

Although persistent calorie restriction in old age may continue to protect against age-related diseases, it may negatively impact the immune system and one's capacity to deal with various infections, wounds, and other difficulties. The very elderly, however, may benefit from intermittent fasting, which is intended to prevent weight loss and enhance nutrition. Overall, mild to moderate adverse events that occur during medically supervised fasting are more common than severe ones and are well-known effects of fasting.¹⁵

Discussion-

The various and unique benefits suggested that an appropriate fasting regimen with a modifying diet and meal frequency as well as fasting period and interval time could represent a new paradigm for reducing metabolic discomfort. Modern humans have willingly fasted for at least 2000 years because they have adapted to endure times of food scarcity (feast and famine). Generally speaking, fasting is the deliberate cessation of all calorie-containing foods and/or beverages for therapeutic, religious, or political purposes. Many potentially health-promoting physiologic responses to fasting have been discovered in recent years through study on both humans and animals. These include ketogenesis, hormone regulation, decreased inflammation, enhanced stress tolerance, lipolysis, and autophagy. The difficulty of long-term adherence to standard weight-loss programmes involving daily caloric restriction has been repeatedly acknowledged by healthcare professionals. However, intermittent energy restriction, which alternates longer times of habitual feeding with brief periods of calorie restriction, presents a lighter load of dietary restriction and might therefore be more agreeable to most people.

Conclusion-

The safe Naturopathy therapy of fasting can be carried out. It can help you lose weight, control or lower your blood pressure without creating hypotension issues, avoid endothelial dysfunction, and lower your LDL levels, among other benefits. A healthy person without cardiovascular disease can benefit in several ways, such as cardiovascular disease prevention. Additionally, it can benefit someone who is at high risk for or already has cardiovascular disease. By addressing risk factors like high blood pressure, being overweight, and endothelial dysfunction, fasting can be used to improve one's health. Recent research has found that fasting improves a wide range of biochemical factors linked to cancer, cardiovascular, and neurodegenerative risk. Mechanistic investigations abound but are typically restricted to cell cultures or to laboratory animals.

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