

THE EFFECT OF FASTING ON GASTROENTEROLOGY

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Abstract: Therapeutic fasting is not the result of any particular new scientific discovery, but rather has proceeded to its present development as the result of centuries of experimentation, observation and study. It is today the culmination of a large number of scientific investigations and discoveries which have reached their climax during the past century.

Keywords: Fasting, Gastroenterology.

1. INTRODUCTION

The purpose of therapeutic fasting is the promotion and restoration of health. It is associated with experimental and physiological fasting in the sense that studies of the latter provide the knowledge and information which make therapeutic fasting possible.

Fasting relationship is very close to the digestive system, Ramadan practically does not mean anything other than abstaining from food and drink any omission of the digestive system with the performance of his mission or his job since sunrise to sunset, and thus constitutes a fasting rest of this device for more than 12 hours during which they may pick up his breath and restoration of many of the corruptions Over the whole month. This is a device that receives food and digest and turns and is the process of absorption of the elements useful and needed him, is responsible, then the feelings of satiety, hunger and appetite and fullness, but this machine psyche of its own reflected in various outburst of agitation and swelling, colic and indigestion ... etc., which is also the starting point also for many of our diseases, according to the words of the Prophet (r) «House stomach disease» During Ramadan show a lot of digestive problems, A large number of patients confused in rebate in the case of fasting or their breakfast, where wary of many of the complications that may inevitably vary from disease to another, so it has used doctors examine the cases of patients one by one to make the right decision. Fasting is beneficial for the digestive system But the consensus of doctors, all that is in the fast maximum benefit for the digestive system, but they do not float on the surface and do not touch it a lot of fasters ignorant of prayers because of the deviation from the objectives of the real health of Ramadan, and because of poor eating habits and overeating, which accepts it some of Ramadan to another.

So everyone can afford to pay attention to, for example, that fasting is always improves digestion and we have to ask ourselves: Are we not automatically refrain from eating whenever we felt that devour cuisine that has caused us some colic and indigestion? Do not we feel directly and then after a while or a lot of rest and get rid of digestion disorder that? This is not only our observation we are, it is a proven fact has documented many of the doctors who tried to fast treatment, including Dr. Taner. Taner who treated indigestion accompanied him since childhood fasting and fasting only!! He also spoke of how some doctors that fasting helps the patient to recover from the stomach through the reduction of acid secretions due to lack of food, where they can take advantage of the mucous membrane of the victim and the sufferer following the rest period equal to wellness and healing. Also does not exclude the fast reproduction of the intestine where necessary comfort in turn is the scene of continuous cleaning and disinfection of toxins and waste and scrap. In a nutshell, the rest of the stomach digestion and relax the intestinal absorption and the intervention of the gallbladder and pancreas in a temporary slumber but it is useful in order to improve performance and efficiency.

Therefore, the general rule is that the diseases of the digestive system does not prevent fasting in general, and that fasting does not cause diseases of the digestive system or lead to complications, if this device is sound and free of defects, however, some

clarification remains needed in the cases of some diseases of the digestive system, which Siam resolved within the infected doctors.

2. PEPTIC ULCER

The mean erosion topical in the mucous membrane lining the wall of the stomach or duodenal, as though there are secretions of the stomach containing a strong acid and enzymes digestive but there are effective mechanisms for the protection of the wall of the stomach and intestines. So the ulcer of the digestive system is not only a reflection of the failure mechanisms of protection following or hyperthyroidism secretion of the aforementioned articles and all this happens in the following cases: Infection is infected with the bacterium *Helicobacter pylori* or by the weakening of the mucous membrane of the digestive system. Excessive handling of some of the materials and drugs that cause erosion of the membrane of the digestive system as derivatives of aspirin and anti-inflammatory corticosteroids and materials, in addition to some factors, such as smoking and alcoholism.

Symptoms of peptic ulcer suffering patient of severe pain in the upper abdomen lasts for several days or weeks dims when eating or taking antibiotics for acidity and shows whenever human hair hungry, and of course there are several complications of these ulcers are summarized in weight loss, anemia and disruptions in the functions of the gastrointestinal tract as well as in the possibility of turning stomach ulcers to cancer. This is in addition to the complications of emergency, which is the occurrence of severe bleeding or erosion full and be a hole or slot perforation in the wall of the stomach or intestines, so the fear of patients with ulcers of the digestive system of the Ramadan fast merely reflects the suspicion of these complications that are serious if it happened. That has put doctors rules and conditions for the fasting patient ulcers of the digestive system, where they recommend breakfast when the patient complains of acute ulcer with symptoms of pain when hungry, as well as in the event of a severe setback when suffer from chronic ulcers, or persistent symptoms of ulcers of the digestive system with patients taking treatment regularly, and of course the breakfast is necessary in the event of complications of stomach ulcers or when prove examination endoscopic non-healing ulcers, despite follow treatment, while fasting obligatory in patients who had recovered from ulcers of the digestive system and who have demonstrated they have the examination endoscopy scar of peptic ulcers.

3. INDIGESTION

It is a very loose description stating uncomfortable situation for the digestive system and the matter a number of symptoms that appear after eating a meal such as nausea and abdominal gas and bloating and abdominal cramps. All of these symptoms are a candidate for the disappearance during Ramadan if the person committed the system to eat a good balanced and moderate. Otherwise, overeating will lead to the aggravation of these symptoms, which can not in any way be calling for eating.

4. DIARRHEA

Diarrhea leads to the loss of ample amounts of water and salts. Therefore, it requires the breakfast, especially if accompanied by fever and severe during the critical phase.

5. REFLUX TO THE ESOPHAGUS (STOMACH HERNIA)

This means that some of the disease and digestive secretions that have the character of an acid in the stomach in order to digest the food go up from the stomach into the esophagus, which is the channel that connects the mouth and stomach Esophagi. If the mucous membrane of the stomach lining or protective does not affect where these juices, the esophagus lacks such Lining Therefore, these secretions flowing towards the top cause burning sensation. This feeling is caused heartburn and reflux in particular the presence of gastric hernia, and this happens hernia particularly in people suffering from obesity and obesity, especially among women around the age of thirty. In this particular case the patient not has of any symptoms but may suffer from heartburn and acidity, especially when the stomach is filled with food or doing too much by leaning forward or when lying on the bed where Part of the contents of the stomach back. Doctors recommend this sample of patients to eat small meals at breakfast taking care to take medication regularly and stay away from fatty diets and quitting smoking, coffee and combat obesity in particular. As these patients are advised to leave for up to 4 hours between meal eating and sleeping. But in

the case of whether the patient felt uncomfortable or from Ramadan burden to him or worsened symptoms breakfast he can ward off complications. Operations cut the stomach: They are patients who have already undergone an interest to the digestive system, stomach ulcer, for example, has been cut or remove a portion of their stomachs. These patients due to lack of the remaining portion of their stomachs may have to eat small meals and frequent eating. Therefore, they cannot fast in most cases.

6. IRRITABLE BOWEL SYNDROME

We mean by a group of symptoms that include abdominal cramps, bloating, diarrhea, constipation, a very common disease that affects 30% of people. The doctors diagnosed the disease after getting a thorough history of the situation and ask about the quality of food stimuli and psychological potential for irritation of the colon and in all cases remain blood tests and examinations natural telescope.

Attention to nutrition is the first step in treatment, if the patient noticed that certain foods or liquids provoke symptoms, he avoided. The doctor adds drugs often pay the symptoms of the disease in the patient. Acting IBS patients differently during Ramadan, and if the patient was aware of his world in details often take the necessary precautions during eating in Ramadan shall judge this month in good health, but may improve symptoms, especially since Ramadan is commonly an atmosphere of tranquility within the soul and calms the nerves and pushes the tension. If the patient's illness and unknowing ignorant of its causes and gone during this month in overeating and lack of food selection. It is expected to worsen symptoms and feel more without a little fatigue and discomfort. In general, each patient list of foods banned by up to himself through experience, but with so doctors advised all IBS patients to stay away from caffeine, and vegetable-producing gases like bean, cabbage and dairy products and fatty foods and soft drinks ... etc..

7. GALLSTONES

In most cases, the gallstones not Cause the appearance of any symptoms but with that always involve potentially dangerous. The gallbladder stores bile juice which is one of the secretions of the liver to facilitate the process of digesting fats; this includes sound bitterness balanced amounts of bile acids and cholesterol, but rises when the concentration of cholesterol is made up of gravel. Cause gallstones in the incidence of sudden sharp pain and for several hours usually begins after eating and start this pain on the one hand and wrap the liver to the back and sometimes accompanied by nausea and fever.

Women are the most vulnerable to gallstones because the female hormone estrogen, which it also provides them with a pill and HRT after menopause and gallstones pose some problems for his patients are women and men, especially when the disease is diagnosed during Ramadan through examination echo. Faced with this situation there are several options: If the patient does not complain of any symptoms or complications and the discovery of gallstones may have been a coincidence, he should continue his fast and postpone the solution to the problem of gravel until after Eid al-Fitr. If the symptoms are so severe that affect the life of the patient natural (and this is rare) or the patient is suffering from some complications, such as chronic cholecystitis with fever, the doctor who knows how to estimate case of urgency following may initiate treatment of a patient on the spot and who is forced in this case for breakfast. In any case, observations have shown a number of doctors that the symptoms of gallstones may sometimes fade in September, giving patients waiting for a lull in the surgical treatment.

8. LIVER DISEASE

For liver disease is recommended doctors' breakfast in a lot of cases that affect the overall health of the body, especially in advanced disease like liver Cirrhosis and liver tumors in the incidence of acute viral hepatitis. The cases of dropsy in the abdomen.

9. MEASURES ARE NECESSARY

In the latter has to be noted that fasting is always a rest of the stomach is shrinking throughout the day in the days of fasting after eating because of stretched throughout the year, helping to heal the wounds of small. But our food during Ramadan should remain as it was always balanced and rich foods slow digestion where you must avoid fatty foods or sugar-rich and not drinking too much coffee, tea, and training to quit smoking ... etc.. Then checks the Tomb of Dr. Shelton a pioneer treatment fasting «The stomach ailing or weak benefit from the respite offered by her fasting Improved level of function and increase

the activity and return after fasting to work energetically more» is achieved as well as pointed out by Dr. Dewey «Fasting is considered as comfort hospital. The comforts not heal a broken bone or wound healing but create all the necessary conditions for healing ». This is exactly what the benefit of the stomach and also benefit from the gastrointestinal tract during Ramadan.

10. CONCLUSION

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