



AN OPTIMAL APPROACH TOWARDS INTAKE OF SALT (LAVAN) FOR HEALTHY WELLBEING

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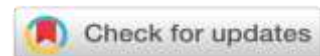
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ABSTRACT

Including salt in our dietary habits remains crucial in contemporary food consumption. However, excessive intake of salt has evolved into a widespread issue that significantly contributes to the onset and persistence of various diseases, including cardiovascular disease and high blood pressure. To avoid medical conditions, it is essential to limit our salt intake. Eliminating salt from our diet, on the other hand, may lead to low sodium levels, which can cause diseases such as hyponatremia and sudden death. As such, established guidelines exist to determine the appropriate amount of salt intake. Therefore, adhering to classical and modern salt consumption regulations is crucial to maintaining a healthy lifestyle.

AIMS AND OBJECTIVE

- ✓ To study the importance of salt
- ✓ To study low-intake and high-intake salt risk factors
- ✓ To understand classical and modern methods for the consumption of salt.

Keywords: Salt, sodium, etc.

INTRODUCTION

Certainly, salt plays a vital role in the human diet. Salts are a crucial element as a food flavour enhancer in daily diets. However, excessive salt consumption can result in various body pathologies. Sudden withdrawal may lead to fatality. Decrease or increase in salt intake leads to different health issues. The proper way to consume salts in appropriate amounts based on classical and modern approaches should be understood thoroughly. In classics, salt is considered a vital rasa, which is lavan rasa.

METHOD AND MATERIALS

Salt is the most significant source of sodium in your diet. Also known as sodium chloride (NaCl), it comprises 40% sodium and 60% chloride. Ayurveda classical text emphasises the importance of salt. It has mentioned the various properties of salt in detail. It provides descriptions of how salt should be consumed in Charak Viman. It has been explained salt should be consumed daily with food additives. It should be consumed in small quantities but regularly. It was estimated that the human body contains, on average, 100g of sodium, mainly present together with chloride anions. The AHA and the World Health Organization recommend not exceeding a daily sodium intake of 1,500 mg, 1.5 g a day, or just over half a teaspoon of table salt. An average daily diet contains 3 – 6g of Na; in other words, around 10g of NaCl. The primary source of sodium in the diet is processed foods, which account for a whopping 77% of sodium found in the average diet. The consumption of salt varies considerably from individual to individual, and there is nothing like a “recommended daily intake.”

Guna	Properties
Rucyam, rocanam	Relish
Rucipradam	Imparting relishing qualities of food
Snigdham	Unctuous, moistening
Tiksnam	Sharp, Quick action,
Vyavayi	Penetrative
Deepan	Digestive fire
Suksman	Minute

In the modern approach, salt, also known as sodium chloride, is a compound of about 40% sodium and 60% chloride, two minerals that play an essential role in health. The body carefully regulates concentrations

of sodium, and fluctuations can lead to adverse side effects. Sodium is involved in muscle contractions, and losses through sweat or fluid can contribute to muscle cramps in athletes. It also maintains nerve

Importance of Salt

When man took to consuming salt in this diet, it was a matter of pure conjecture. The human body requires a small amount of sodium to conduct nerve impulses, relax and contract muscles, maintain water-electrolyte balance, etc.

Ayurveda explains the properties and potency of lavan in various ways: ‘Relish—giving’ is a rendering of Sanskrit ‘rucyam’, ‘rocanam’, and ‘Rucipradam’, meaning ‘imparting relishing qualities of food’. Stimulating—a desire to taste and enjoy the food, less precisely as ‘Appetising’ because this word would imply a physical craving accompanied by an uneasy sensation, e.g., Hunger or thirst.

Unctuous is a rendering of the Sanskrit ‘snigdham’; this would make ‘snigdham’ close to ‘moistening’.

Sharp is a rendering of Sanskrit ‘tiksnam’. Mooss consistently translates it as ‘acute’, which is linguistically correct (latin: acutus is past participle from acuere, to sharpen). However, the current understanding of acute is shifted towards the time: acute fever, acute accident, acute pain, meaning sudden, high, but all in a negative context. Thus, ‘tiksnam’ may mean a swift action, while ‘manda’ means a slow action.

Penetrativeis, a rendering of Sanskrit ‘Vyavayi’, is that property that makes (does, enables) a substance to permeate, diffuse, or penetrate throughout the body. The ‘minute’ or ‘fine’ is closely related to and accessory to suksman and ‘vyavayi’. In addition to being permeating and fine, ‘vyavayi’ causes ‘paka’, i.e., Digestion or ripening.

function and tightly regulates blood volume and blood pressure. On the other hand, chloride is the second most abundant electrolyte in the blood after sodium. Electrolytes are atoms in bodily fluid that carry an electrical charge and are essential to everything from nerve impulses to fluid balance.

Low sodium level

Low sodium levels can result if there is too much fluid in the body, for example, because of fluid retention. While too much salt can be harmful, so can too little. Some evidence suggests that a low salt diet can lower blood pressure, dehydrate the system, lower sodium levels, and elevate blood fat levels. It's possible for those with normal blood pressure to become hypotensive, which is when blood pressure is lower than usual. Low chloride levels can lead to respiratory acidosis, in which carbon dioxide builds up in the blood, causing the blood to become more acidic. Hypotension can be dangerous. Some of the signs and symptoms include dizziness, nausea, fainting, blurred vision, depression, and dehydration.

Other causes of low sodium in the body include Addison's disease, hyponatremia, a blockage in the small intestine, diarrhoea and vomiting, an underactive thyroid, heart failure, drinking too much water, burns, etc. If sodium levels fall in the blood, this affects brain activity. The person may feel sluggish and lethargic. They may experience muscle cramps, followed by seizures, a loss of consciousness, coma, and death. If sodium levels fall quickly, this may happen very fast. Dehydration- As sodium plays a prominent role in managing fluid balance, a low salt diet could cause dehydration when there isn't enough fluid. A low salt diet can cause hyponatremia, a condition in which sodium levels in the blood are lower than usual. People with hyponatremia may experience serious neurological problems like impaired mental status, seizures, water on the brain, coma, and death. Some people with this condition experience gastrointestinal (GI tract) symptoms like appetite loss, vomiting, and nausea. Salt restriction has been linked to elevated LDL (bad) C and triglyceride levels.

Twelve thousand two hundred ten adults with and without hypertension examined how reducing salt in

the diet affected blood fat levels. A reduced-salt diet increased cholesterol by 2.9% and triglycerides by 6.3% in both groups.

How LOW is low.

If a serving contains 1400mg [\(1.4gm\) or less](#) trusted source of sodium per serving, the salt and sodium content is classed as low. A food with a high sodium content contains more than 20 % of the recommended daily intake or more than 480 mg (0.48 g) per serving. People with high blood pressure, DM or cardiovascular diseases should be especially vigilant in keeping their intake below the 1,500 mg threshold.

Excessive intake of salt

As per the classical description, Salt is endowed with hotness and sharpness and is not so heavy and unctuous, moistening, laxative, relishing, apparently beneficial of exerting sound effects if used properly, but later on causes accumulation of doshas. It is used to promote relish, digestion, moistening, and purgation, and from excessive use, it produces malaise, laxity, and debility in the body. The people of villages, cities, and districts who use it are exceedingly depressed, having loose muscles and blood and unable to bear pain. Hence, one should use salt sparingly. Even the persons suited to excessive use of salt fall victim to baldness, greying of hair and wrinkles.

Intake of salt is a biological imperative, inextricably woven into physiological systems, human societies and global culture. However, excessive salt intake is associated with high blood pressure. As this effect likely drives cardiovascular morbidity and mortality, excessive salt intake is estimated to cause ~5 million deaths per annum worldwide. Stomach cancer, also known as gastric cancer, is one of the most common types of cancer and the fourth leading cause of cancer death worldwide. Several studies associate high salt diets, typically including foods like salted meats and pickled vegetables, with an increased risk of stomach cancer. Although the detrimental effects of high salt on the skeleton have been reported, longitudinal assessment of calcium balance together with changes in bone. Elevation of blood pressure, cardiac hypertrophy and glomerular deterioration have been recorded. SALT – 'Healthy or Unhealthy'.

Salt is essential for the body to function correctly and for good health. However, eating too much or too little salt can be harmful and unhealthy. As with most other nutrients and foods, eating a balanced diet is key.

Many healthy, nutrient-rich foods, including fruits, vegetables, grains, raw nuts, legumes, and seeds, naturally contain little to no salt. Following a healthy eating pattern with whole foods like these can reduce your risk of salt-associated disease.

Everyone needs salt for optimal health. Yet, eating both too much and too little carries some health risks.

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