



Digestive disorders : Ayurveda Approach

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The Gastrointestinal Tract The Digestive Process

The gastrointestinal (GI) tract is a long muscular tube that functions as the food processor for the human body. The digestive system includes the following organs: mouth and salivary glands, stomach, small and large intestines, colon, liver, pancreas, and gallbladder.

Irritations or inflammation of the various sections of the GI tract are identified as gastritis (stomach), colitis (colon), ileitis (ileum or small intestines), hepatitis (liver), and cholecystitis (gallbladder).

The GI tract is not a passive system. Rather, it has the capability to sense and react to materials passed through it. For a healthy digestive system, every person requires different food selections that match their GI tract capacity.

The GI tract breaks down foods by first using mechanical means (e.g., chewing) and then via the application of a host of complex chemical processes (from saliva to colon microbes). Since the GI tract is the point of entry for the human body, everything eaten has an impact on the body. The food eaten and passed through the GI tract contains nutrients as well as toxins. Toxins can include, but are not limited to, food additives, pesticides, and specific foods that induce a reaction from the GI tract.

The process of digestion is accomplished via the surface of the GI tract using secretions from accessory glands. The two glands providing the majority of digestive chemicals utilized by the GI tract are the liver and the pancreas. The function of the liver is to control the food supply for the rest of the body by further processing the food molecules absorbed through the intestines. The liver does this by dispensing those food molecules in a controlled manner and filtering out toxins that may have passed through the GI tract wall.

This health talk will explain more on gastritis , liver disorders and colitis

For registration and further details:

Date & Time
25th November 2017
2:00 pm to 4:00 pm

Venue
Ayur Centre
Number , 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd

 For registration, please contact:

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