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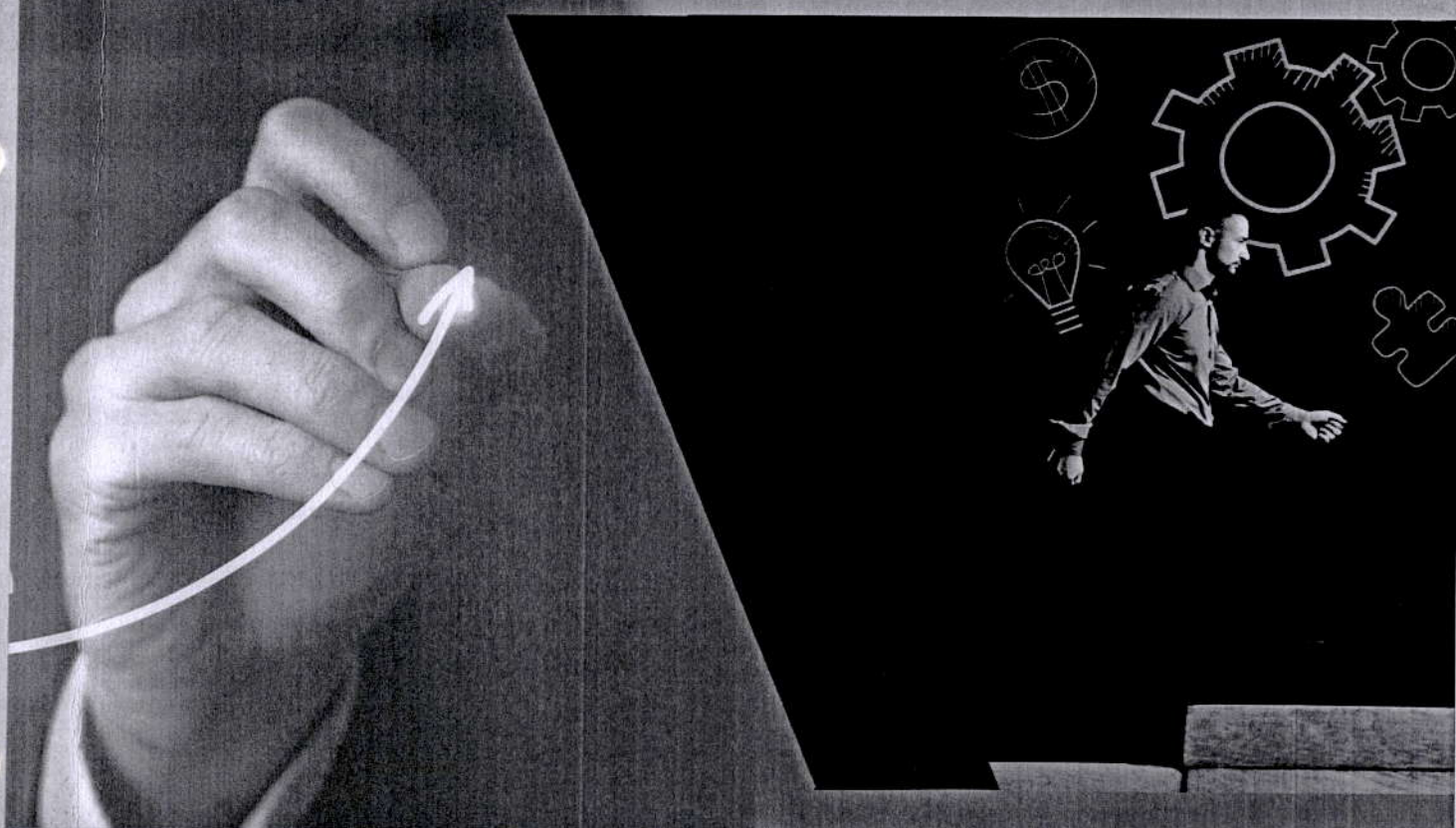


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11. Healthy Life: A Gift from Environment

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Abstract

pH (Power of Hydrogen) is a logarithmic measure of the acidity or alkalinity of a solution. As blood pH of our body falls, blood becomes acidic. As blood pH increases, blood becomes alkaline. The healthy pH range of human blood is between 7.35 and 7.45. When there is an increase in the acid level in the blood fluid of our body, it creates acidosis. The people who suffer from unbalanced pH, are too acidic, so they should study causes, effects and preventive measures of Acidosis. Within the shortest possible time, with minimum efforts and without disturbing your daily routine, anyone can maintain our blood pH at 7.4. When we try to balance our blood pH, we will get relief from many problems. We have to change our diet and we have to strictly avoid some food material like sugar, tea, coffee, bakery products and refined oils, then only we will get good health and vitality.

Key Words- pH, Acidosis, Buffer.

Introduction

When we are suffering from any disease, we thought that it could be past karma, it could be a faulty diet and it could also be an imbalance of Kapha, Pitta and Vata. Thus we have multiple causes, but it is very important to focus on one more important cause- "BLOOD PH". As blood pH falls, blood becomes acidic. As blood pH increases, blood becomes alkaline. Any extreme deviation creates deterioration of health at the cellular level. It may result in various diseases. The metabolism of the body influences balances of blood pH of every second. This is a natural process. pH (Power of Hydrogen) is a logarithmic measure of the acidity or alkalinity of a solution. It is measured on a scale of 0 to 14. If the concentration of H⁺ is more it will lower the pH and solution become more acidic. If the concentration of H⁺ is less, then it will higher the pH and solution become more alkaline. The healthy pH range of human blood is between 7.35 and 7.45.

Our body continuously strives to maintain the pH balance. The systems which balance the deviation in pH are known as 'Buffers'. There are two types of buffers- Chemical and

physiological; in the human body, which are helpful to balance the deviation in pH. When this balance will distributed many problems can occur.

Theory

When there is increased in the acid level in the blood fluid, it is called acidosis. We required food for our daily routine. However, the food which provides us the nutrients, minerals, energy, vitamins and also produces waste products which are highly acidic. Due to this all chemical processes which are taking place in our body we will suffer from acidity.

We have to suffer the problems because of unbalanced pH. The people who suffer from unbalanced pH are too acidic. This condition forces the body to borrow minerals including potassium, sodium, magnesium from our vital organs and bones. The body will get long term damage because of this more stress and strain. When it happens, we start losing calcium from our blood, bones and tissues.

Causes of Acidosis

- ❖ Our diet which is too high in acid - producing animal products like meat, eggs and too low in alkali producing foods like fresh vegetables and fruits.
- ❖ Acid containing processed food like Vanaspati Ghee, Jaggary (Chemical), and Sugar. Acid producing beverages like tea, coffee and soft drinks.
- ❖ Protein food containing phosphoric acid liberates Hions and creates acidity.
- ❖ Different metabolic processes of our body produces fats, oil generate fatty acids and ketone and create acidity.
- ❖ Carbon dioxide which is transported by the blood creates acidity.
- ❖ Hydrochloric acid when secreted in stomach liberates Hions and creates acidity, many drugs which are acid forming, which creates acidity in our body.
- ❖ Many people use artificial chemical sweeteners which are extremely acidforming.
- ❖ We all use mosquito repellent, which contain Allethrin. Long term use of Allethrin belongs to the class of synthetic Parathyroid is very dangerous for our body and causes asthma, corneal damage, and liver damage.
- ❖ Presence of insecticides and pesticides in our foods also creates acidity.

Effect of Acidosis

- ❖ All these acid waste is excreted from human body in the form of urine or sweat. But the waste product which is not excreted from our body will keep circulating around in the blood, throughout the body. It will accumulate in our blood capillaries and block them up. Due to this the cells of our body will get less supply of oxygen and essential nutrients. Our cells become inactive in reproduction. That is the main reason why we become old. After the blood vessel blocked, the function of every organ in the human body start to deteriorate and it will result in very serious illness of our body.
- ❖ As the acidity of blood increases, the capacity of red blood cells to carry oxygen decreases. A person may feel chronic fatigue and uneasiness.
- ❖ Acidic sperms could not produce healthy sperms in healthy count. It badly affects the fertility of male.
- ❖ Acidic uterus in female affects the conception and they will suffer infertility problem.
- ❖ If the pH value of urine is within normal range, excess calcium from our body is urinated but when urine becomes acidic it precipitates calcium resulting in the formation of kidney stones. When we try to balance the urine pH, it will help to dissolve kidney stones.
- ❖ Due to acidosis, we may suffer from weight gain, diabetes, cardiovascular damage, immune deficiency, premature aging, osteoporosis, chronic fatigue, infertility, gall stone etc.

Preventive Measures of Acidosis

When we try to balance our blood pH, we will get relief from many problems. We have to change our diet and we have to strictly avoid some food material like sugar, tea, coffee, bakery products and refined oils, then only we will get good health and vitality. Let us take a serious look at certain foods which destroy the health and increases acidosis in our body, when they are consumed.

- **Refined Sugar** - Sugar create burden on the digestive system without providing any nutrition .The process of digestion of sugar destroys vit B and calcium and absorption of ion is related to the presence of vit B. It ultimately leads to anemia. Adrenalin, Thyroid and pituitary gland also affect during the digestion process of the sugar. So avoid the use of sugar is the first step towards good health.

- **Refined oil** - During the process of refining, it involves the use of HCL and NaOH. Both are corrosive in nature and harmful for our body. The refining process destroys precious natural vitamins and minerals present in the oil. So we have to shift to the filtered oil instead of refined oil.
- **Hydrogenated vegetable oil**- The process of hydrogenation involves use of dangerous chemical like HCL and NaOH. So natural vitamins and minerals are destroyed. This may result in the various disorders like cancer, diabetes, obesity, infertility.
- **Bakery products**- All the bakery products are processed in hydrogenated vegetable oil and sugar. No amount of nutrition is present, which destroys our health and vitality. The process "Hydrogenation" increases H' in the oil in the presence of nickel electrodes to make vanaspati ghee. The traces of nickel remain in it. It is very harmful for our liver.
- **Tea and Coffee** - The tannin contained in the tea converts absorbable ferrous iron (Fe^{**}) available in our food to non-absorbable ferric iron (Fe). So it would be extremely difficult to improve the Hb count in blood resulting in chronic fatigue and weakness. Tannic acid in tea contributes to hardening of blood vessels and tissues.

We have to avoid pickle, papad, food colours and preservatives also to maintain blood pH.

Conclusion

Lastly it concludes that within the shortest possible time, with minimum efforts and without disturbing your daily routine, anyone can maintain our blood at 7.4 and can enjoy healthy life. It will help to maintain fitness for all, rich or poor across the country also. So all are blessed with good health, wealth and peace.

We have to eat vegetables and fruits also. All sprouts having alkali pH. So we should increase the use of sprouts.

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