



The Effect Of Islamic Fasting On Gastrointestinal And Liver Diseases



It seems that patients with duodenal ulcers can fast during Ramadan without worrying about the side effects of fasting.

► Reflux ◀

Sometimes long-term starvation exacerbates reflux, although reduced food intake alleviates the symptoms of reflux.

► Inflammatory Bowel Disease ◀

In autoimmune diseases, fasting is generally safe. Fasting is not allowed in patients with inflammatory bowel disease who suffer from chronic and prolonged diarrhea and weight loss and are not controlled by drugs.

► Irritable Bowel Syndrome ◀

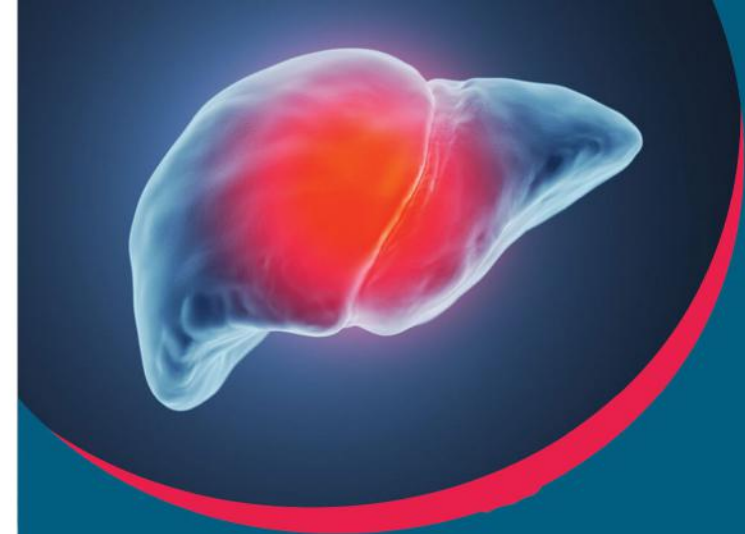
Fasting can reduce stress, caffeine and cigarette intake during Ramadan. Symptoms of patients also become better. Excessive intake of sugars and starches during Iftar and Sahar, aggravates the digestive symptoms.

► Liver Disease ◀

Fasting caused changes in liver enzymes and bilirubin. Although these changes were within the normal range, in patients with chronic hepatitis in the absence of cirrhosis, these patients are generally able to fast, and taking oral hepatitis viral medications is not an obstacle for fasting.

► Acute Hepatitis With Or Without Liver Failure ◀

If the patient suffers from other diseases at the same time, especially chronic liver disease, the disease is more severe, so fasting is prohibited in these patients.



► Non-Alcoholic Fatty Liver ◀

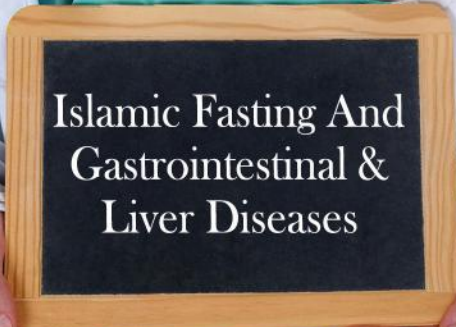
No effective treatment has yet been found for this disease, and doctors are using a combination of drugs and taking its risk factors into account. Studies have shown that regular fasting from dawn to iftar can be a cost-effective way to prevent non-alcoholic fatty liver disease, although more studies are needed to confirm this.

► Chronic Liver Disease And Liver Cirrhosis ◀

Compensated cirrhosis patients can fast with good nutritional and medical care, but fasting should not be prohibited in uncompensated cirrhosis.

► Conclusion ◀

The diet of starvation and weight loss during Ramadan will improve many diseases as long as they follow the principles of proper nutrition at dawn and iftar.



Islamic Fasting And
Gastrointestinal &
Liver Diseases

Gastrointestinal And ► Hepatic Changes ◀ Of Fasting In Healthy Individuals

Fasting has positive effects on relieving the symptoms of a fasting person by reducing the stress of depression and anxiety. The only thing that may have a negative effect during fasting is constipation.

The Effect Of Islamic Fasting ► On Gastrointestinal ◀ And Liver Diseases

Gastrointestinal diseases and symptoms are the most common reason for patients to see a doctor and medical staff. During fasting, the gastrointestinal tract is more affected than other parts of the body. Based on the experiences that patients have during fasting, symptoms of bloating, abdominal pain and the fluctuation of their moods are much better, but in diseases of the gastrointestinal tract, such as gastric ulcers and gastrointestinal cancers, it is necessary to judge and make the necessary recommendations based on the person's condition and severity of the disease.



3 Prolonged fasting causes the gastrointestinal tract to rest so that bowel movements occur less quickly and bile is emptied from the gallbladder less frequently.

► Fasting And Gastrointestinal ◀ Cancers

The incidence of cancer in Muslims is lower than others. Decreased food intake, followed by ketosis, weakens tumor cells. Calorie restriction is an effective way to prevent tumors. Hunger sensitizes tumor cells and increases the outcome and effects of radiotherapy.

► Fasting And Peptic Ulcer ◀

In some studies, the response to treatment and the rate of wound complications were not different in fasting individuals from those in non-fasting individuals.