

A Concise Review of Magnitude of “Ahaar” in view of Nature and Physical State

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Abstract - Ayurveda is the science of life with the aim of attaining health and curing disease of ill. According to ayurveda, Ahara is the best preventive medicine and is solely responsible for health and illness, sorrow and happiness. Ahara is one among the three sub pillars of supporting life. All living things in the world require food (ahara). Complexion, Clarity, Good Voice, Longevity, Intelligence, happiness, Satisfaction, Nourishment, Strength and Intellect are all present in food. Ahara is very important for nourishing not just the body, but also the mind and conscience. Hence the time of eating, the right kind of posture, while eating and amount of food concerned matters equally as much as the type of food eaten. Today the dependency on packaged and processed food has also increased exceptionally. It definitely has same destructive effect on both mental and physical well being. In Ayurveda ahara mentioned as a real significant aspect of maintaining good and sound health. A balanced diet and healthy daily habits can contribute profoundly in treatment or prevention of diseases.

Keywords – Ayurved, Science, Health, Ahara, Sub Pillars, Treatment, Prevention.

I. INTRODUCTION

Ayurveda has emphasized diet as one of the essential part of healthy life. Acharya charaka said body as well as diseases are formed by diet, wholesome (pathya) and unwholesome (apathya) diet are responsible for happiness & misery respectively. No medicine is equivalent to food. It is possible to make a person disease free with just proper diet. Ayurveda offers some basic dietary guidelines that include choosing appropriate food, combination of food, cooking method storage, eating atmosphere, hygiene and etiquettes. Ayurveda also suggested that diet (Ahara) should be chosen according to the nature (Prakriti) or constitution of every individual & Seasons (Ritu).

II. MATERIAL AND METHOD

Ayurveda is having an introducing concept that the health & disease both are product of hita & ahita ahar respectively. Acharya charaka has given a single lined sutra regarding the vidhi of diet, which contains alot for a person who wishes to lead a healthy life. Ahara vidhi visayasatana means the factor responsible wholesome and unwholesome effect of ahara & methods of ahara sevana. These eight factors should be considered before taking food. These are prakrti (Nature), Karana, samyoga, Rashi, Desha, Kala, upyoga Sasnatha & upgokta & given below:

➤ **Prakrti (Nature):-** Here prakrti means natural quality of food and medicines like guru (heavy), laghu (light)

etc. As black gram is heavy, green gram is light, pork is heavy & deer's fish is light.

- **Karana (Method of processing food):-** It is also known as Sanskara. Preparation, cleaning, washing and cooking of food grains is called Karana. It means processing of substances which leads to alterations in the inherent properties of substances.
- **Samyoga (combination):-** samyoga is the combination of two or more substances. We should do proper combination by the dravyas to get special guna a some dravyas are contraindicated for samyoga. The combination of madhu and ghrita in equal proportion act as poison, mixing of curd & banana, fish & milk etc.
- **Raashi (Quantum):-** Rasi is the Quantity of food to taken. It is of two types one is Sarva graha, the quantity of food taken in its entirety and quantity of each of its ingredients is parigraha.
- **Desha (place):-** It means place of food grains habitat. Where they are cultivated. The food grains are taken from Himalaya Pradesh they are guru (heavy) & from Rajasthan laghu (light). The person who are living in cold area for those persons, hot & cold dravyas are suitable & for hot area persons cold & snigdha dravyas are suitable.
- **Kaal (time):-** Kaal is of two types; nityaga & avasthika. Nityaga means daily in the form of day & night. In nityaga the regimm of ritucharya is maintained. Aavasthik means conditional or according to disease one should consume food which is conducive to disease. In health one should see his age & consume food accordingly.
- **Upayoga samsthana (Dietetic Rules):-** These are the rules and regulation for taking the food. For diseased as well as healthy persons. One should eat in proper quantity which is hot, unctuous, and not contradictory in potency & that too after proper digestion of previous meals. Food should be taken in proper place, without talking, & laughing, with concentration of mind & considering one self.
- **Upayokta (The users):-** Means user by continuous use one dravyas become satmya. This satmya and physical condition all are comes in upayokta.
- **Diet and Prakriti:-** The Same food which is healthy for one person can be harmful for another one. Due to this reason behind this thing is prakriti and that's why for getting the best out of food or wholesomeness of a diet it must be used according to prakriti. According to

Shrimad Baggvata Geeta, diets can be divided into 3 types based on mansika prakriti.

- **Satavika Ahara**- It is digest easily, suitable for mind, helps in building immunity and improving healing response. Such as fresh cow's milk, fresh fruits, an ideal diet containing vegetarian, non oily & non spicy food.
- **Rajasik Ahar**: - It is one that is greasy, too spicy, hot sour, salty food. These food exaggerate the mind, aggression and accomplishment such as Non vegetation food like meat, fish eggs, etc.
- **Tamasika Ahara**- It includes all kinds that are cover cooked, not fresh, too oily, tasteless, & heavy food that leads to lethargic or dull mind. Such as alcohol, frozen food, Drugs, tea, coffee etc.

III. DIET AND DOSHA

In ayurveda, doshas are also known as governing principles as every living thing in nature is characterized by doshas, The doshas are constantly moving in dynamic balance, one with the others. The three doshas are called Vata, Pitta & Kapha. It is to be known that disharmony in the doshas results in disease. And aim of the science of Ayurveda is to maintain the harmony. With changes in diet & life style, there are changes in the state of Tridosha, Which is bound to affect us, resulting disharmony, causing many diseases. These are some foods that are considered helpful and some food that may be harmful for each dosha.

- **Vata aggravating food**- Yava, corn, dryfruits, apples, melons, potatoes, tomatoes peas, green salads madhu, tinda, onions, spinach, karela, torai, mushrooms.
- **Vat beneficial food** - Jai, all sweet fruits, apricot, avocadus, coconut brown rice, ajmoda, patola, changeri, jeeraka, ginger, ajwain tulsi, saffron, hingu, lavanga, black peeper, cow, goat milk, butter, ghee, ice cream, sugarcane, cheese etc.
- **Pitta aggravating food**- Corn, sour fruit spicy foods, peanut, butter, carrot, garlic, onion, spinach, reddish, bananas, papayas, plums, tomatoes, Dadhi, jeeraka, black pepper, meat etc.
- **Pitta beneficial food** – Yava, jai (oats), rice, wheat, all sweet fruits gourd, broccoli, cabbage, carrot, cauliflower, green beans, leaty greens, potatoes, beans, milk, butter, ghee saffron, naridra, sugarcane, etc.
- **Kapha aggra vating food**- Sweet & sour fruits, torai, bananas, melon, coconut, dates, pineapples, papayas, plums, dadhi, (dairy products) etc.
- **Kapha beneficial food** - Yava, corn, pear, almonds, apples, apricots, dry fruits, peaches, basmati rice, sprout, wheat, kidney beans, honey, ginger, balckpepper, saffron, dalchini, cumin, lavanga, coriander etc.

Diet for different seasons: -

- **Summer**- During summer pitta dosha usually predominates. It is not recommended to eat. hot, spicy or pungent foods during this time because they aggravate pitta. In this season, one should have intake of sweet cold liquid diets and drinks.

- **Autumn**- During this time vata dosh usvaly predominates. At this time dry fruit, high protein foods and other foods that increase vata should be avoided. In this season, one should generally used honey in all diets and drinks.
- **Winter**- Winter is season of kapha, During this period cold drink, ice-cream& yogurt should be avoided, such food, increase kapha. Intake preparation of cow's milk, hot water, fat, & oil is good for health.

IV. DIET AND AGNIBALA (DIGESTION POWER)

According to Ayurveda Quantity of Ahara depends upon agni bala (digestion power), Desh, vaya (age), prakriti etc. of a person. In ayurveda agni is four different states samagni (normal), vishamagni (abnormal), Tikshanagni (increased) and Mandaghi (decreased). A person should have diet according to his digestive power (agni). Acharya charaka says that Kukshi (Stomach) is divided into three parts, one part should be filled With solid food, second part with liquid and third part left empty for movement of dosha.

V. DISCUSSION

Ahara is included in three pillars of life. Ahara is the best preventive medicine and is solely responsible for health and illness, sorrow and happiness. The ahara enhances vitality, strength, memory, agni, life span & lusture & ojas. Ayurveda offers some basic dietary guidelines, that include choosing appropriate food, combination of food, cooking method, storage, rules for taking food, hygiene, and etiquettes. According to Ayurveda a balanced diet depend upon.

Desh, kaal, prakriti, ritu, and dosh. A balance diet and healthy daily habits can contribute profoundly in treatment or prevention of diseases, A Self controlled man blessed by noble man lives for hundred years and free from diseases by the intake of healthy diet.

VI. CONCLUSION

Form above discussion, it is clear that ahara is an important characteristic of today's dietary habits. Ahara is considered as the basic most cause of life. Not only diet but also method of diet intake has important role in the continuity of healthy life. The application of food intake rules are effective in maintenance of health as well as in the curative aspect for many diseases. In recent years modern concepts of food and nourishment has also be developed in a scientific manner. Ayurvedic overview on the subject can help it grow further and ultimately will benefit the mankind.

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