

Dietetics in Ayurveda: A Review Study



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ABSTRACT: The study of nutrition and diet is known as dietetics. It is the area of medicine that focuses on how diet is actually used in relation to health and illness. Diets are recommended for both healthy individuals and those who are ill. An individual's Prakriti determines their diet, whereas their disease's Doshapradhanyata determines their diet. Ayurveda's therapeutic concept is mostly centered on prevention rather than cure. Among Ahara, Nidra, and Brahmacharya. Aahara is known as the first pillar. According to the rules of Aharasevana, Patya-Apathya of the disease, and Ahara Vidhi Visheshayatana, many common health issues can be avoided. Food has therapeutic benefits in addition to being a vital source of nutrition, but it is especially crucial during the post-treatment phase to restore any strength that has been lost as because of the disease's negative impacts. The method we consume food affects our health just as much as the kind of food we eat. It is often known that "prevention is better than cure" and that a healthy, nutrient-dense diet is always recommended to avoid disease.

KEYWORDS: Nutrition, Diet, Dietetics, Ayurveda, Ahara.

INTRODUCTION

Ahara, or nourishment, is one of the Trayopastamba; the remaining two being Brahmacharya and Nidra.¹ Ahara is the substance that we consume orally in order to maintain our existence. Every person has a basic need for food and nutrition. The science that studies nutrition in both health and illness (i.e., meal planning for the healthy and the sick) is called dietetics². Maharshi Kashyapa gave Ahara the name Mahabhaishajya, which refers to "superior medicine."

Happiness and unhappiness, health and illness, are all caused by food³. Food provides immediate strength and vigor. It improves Ojas, zeal, digestive fire, and lifespan⁴. Eating pure foods, or Sathwika Aahara, clears the mind, and a clear mind improves memory. As a result, our diet has an impact on our health. This essay focuses on food, including its types, preparation guidelines, and appropriate consumption.

Ahara's Ayurvedic concept

The foundation of the Ayurvedic system is "Agni," or digestive fire, which is the unit that transforms "food" into nutrients. Agni changes food to make the best use of its nutrients. Our body completely absorbs nutrients and gets rid of things it doesn't require when Agni is strong. Ama is a sticky, hazardous liquid that arises from the partially digested portion of the meal when the digestive fire is weak⁵. Ama can take many different forms, including calcium deposits in the joints, plaque in the arteries, cysts, and tumours. It also stops the body's microchannels and collects in unbalanced parts of the body. Ama can manifest as despondency, unclear thinking, a coated tongue, foul breath, and dullness of the senses.

Drink lots of warm or room temperature water to keep Ama from developing. Avoid eating late in the evening. Steer clear of genetically engineered foods and eat meals that are freshly cooked using seasonal, organic fruits and vegetables. Make Agni stronger by "kindling" it with hot spices and foods like pippali (Piper longum), maricha (Piper nigrum), and ardraka (Ginger officinalis)⁶. Half an hour before eating a large meal, eat a thin slice of fresh ginger that has been mildly salted. Since food is the foundation of the body, one should carefully consider what they eat before consuming it, regardless of whether they are lustful

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or ignorant. According to Ayurveda, food is anything that is absorbed by the five senses: the mouth (food and water), the nose (breath), the ears (chanting and lovely music), the skin (sunlight), and the eyes (nature). A healthy diet results in a long lifespan and young appearance⁷. Toxin production rises as a result of inadequate consumption, which is harmful to life. The first step to living a healthy life is eating the correct foods. However, eating the correct meal alone is insufficient. For a person, the proper ratio and combination of meals are also crucial⁸. Food is divided into three categories by Ayurveda: Satvic, Rajasic, and Tamasic. The body and mind are affected differently by these kinds of nutrients⁹.

According to Yogaratnakara, one should eat after bowel evacuation when the body is light, the senses are clear, there is clear belching, the mind is at ease, there is a desire to eat, the stomach is empty, and hunger flares up. Food should not be consumed within three hours of eating because this can cause Rasodvega. Eating at the right time is essential to maintaining good health.

Particular circumstances for food consumption

Before eating, eight things need to be taken into account. Their names are Prakriti (nature), Karana (processing), Samyoga (combination), Rashi (amount), Desha (location), Kala (time), Upayogasamstha (food regulations), and Upabokta (person who consumes food)¹⁰.

Nitya Sevaniya Ahara Dravyas's attributes¹¹

1. **Shali** is a variety of rice, sometimes called red rice and it is rich in carbohydrates.
2. **Shashtika** this type of rice is known as shashtika because it matures in just sixty days, making it easy to digest. It has a lot of potassium and carbs.
3. **Saindhava** often known as rock salt, is a light pink, powdered substance. It is claimed that potassium makes up a larger portion of its composition than sodium. Unlike other salts, this one is cooling.
4. **Mudga** is a green gram pulse that is mild in digestion and resembles lentils. Proteins, phosphorus, calcium, and potassium are abundant in it.
5. **Amalaki** is native to India. It is calming to all Doshas, but Pitta in particular, and it is rejuvenating and antioxidant. It is high in calcium and vitamin C.
6. **Paya** best milk, or fresh milk from cows' udders. Bringing it to a boil and then drinking it warm facilitates digestion. Milk is Tri-Doshic, easy to digest, and beneficial to the body. It is high in vitamins, minerals, fat, and protein.
7. **Yava** In addition to being light, laxative, and diuretic, yava (barley) is particularly helpful in clearing the body of excess Kapha. It is high in phosphorus, vitamin B1, vitamin B2, and carbs.
8. **Rain** The text refers to rain water, yet clean water would be a more accurate translation given environmental contamination. Interestingly, the Doshic characteristics of water depend on its source. Moving water is lighter than well water, which is heavier. While cold water raises body weight and Kapha, hot water decreases both. It keeps the body's fluids and minerals stable.
9. **Honey** primarily calms Kapha and then calms Pitta. Honey must always be uncooked, raw, and never added to cooked food. The color's clarity decreases with lightness.
10. **Ghee** The finest oil for soothing Pitta is ghee, which is clarified butter. Additionally, it soothes Vata and does not exacerbate Kapha due to its easy digestion and increased digestive fire. Full with fat.

Pathya Kalpana - Diet in Ayurveda Pathya

In both healthy and sick states, kalpas are essential. Nutrition for prevention and promotion: If a healthy food is provided in a planned manner, why is separate medical therapy necessary? Clinical nutrition: The benefit of treatment is called into doubt if an unhealthy diet is allowed. Pathya could be in Samsarjana Karma, everyday living, or a diseased state. It has a significant impact on preserving health.

DISCUSSION

Many theories for this essential life pillar have been included into Indian traditional medicine. This covers food classification by region, body Tri-Doshas, and mental attributes, as well as the many food processing techniques, the significance of food for the body and mind, wholesome and unwholesome diets, and metabolic patterns.

Certain guidelines, such as eating hot, unctuous meals, help ensure that food is well digested. Eating too quickly or too slowly can cause digestive problems. It is not appropriate to eat while laughing or conversing. Finally, before consuming the next meal, Jeernahara Lakshanas should be properly evaluated.

Arogya is the primary means of achieving Purushartha Chatushtaya. What we eat has an impact on our health. A person can live a disease-free life if he is mindful of his dietary habits. Santarpana Ahara is one of the two main diets we can recommend for Apatarpanotta illnesses. Apatarpana Ahara, which treats Santarpanotta illnesses, is another. A knowledgeable doctor can recommend a diet based on a patient's Prakriti and Dosha Dhatu vitiation.

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CONCLUSION

Eat only when you are hungry, which is known as "taking food at the proper time." Consume food after it has been digested. Indications of healthy digestion should be taken into account. Solid food should fill half of the stomach, liquid should fill the other half, and the other half should stay empty for digestion. Avoid fatty foods, junk food, and foods that are difficult to digest. Dietary guidelines should be appropriately adhered to. Knowing how to eat can help someone live a healthy life and prevent diseases in a sensible way.

ACKNOWLEDGEMENT

We express our gratitude to the Department of Kayachikitsa and Hospital Authority for giving us this opportunity to study "Dietetics in Ayurveda: A Review Study" I Special thanks to Secretary of Maharashtra Arogya Mandal, Hon'ble Mr. Anil Gujar, Hon'ble Principal Dr. Pranita Joshi Deshmukh and Faculty members for co-operating, also thanks to the Head of Department Dr. Sachinkumar Patil and teachers, Dr Vijayalakshmi Patil, Dr. Ritesh Damle, Dr. Kiran Ubhe, for guiding throughout to provide better management.

CONFLICTS OF INTEREST

The authors declare no conflict of interest regarding the publication of this article.

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