



Review on the Significance of Ahara Vidhi Visheshayatana for the Prevention of Lifes Disorders.

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ABSTRACT

The "Trayopastambha" emphasizes the importance of Ahara, a food consumed during the process, in Ayurveda. However, many lifestyle disorders arise from inadequate knowledge about proper cooking techniques, erratic eating schedules, and imbalanced diets. Ayurvedic literature provides detailed explanations of dietetic laws, focusing on factors like origin, environmental conditions, and cooking techniques. This essay aims to highlight the true Ayurvedic eating plan for treating and preventing lifestyle disorders.

KEYWORDS: Ahar-vidhivisheshayatana, Ahara, life style Disorders.

INTRODUCTION

Ayurveda aims to promote and maintain healthy individuals and cure diseases. Ahara (diet) and Vihar (lifestyle) are crucial factors affecting health status and disease generation. Following the Ashta-Ahara-Vidhi-Visheshaya-Ayatanani (Eight aspects of Dietetics) laws is essential for maintaining good health and avoiding health problems.

They are briefly discussed below:

1. Prakriti: Qualitative characteristic of food
2. Karana: Processing of food
3. Samyoga: Combination/ mixing
4. Rashi: The Quantity
5. Desha: Habitat
6. Kaala: Time & Seasonal variation
7. Upayoga Samstha: Classical Ayurvedic Rules of eating
8. Upayokta: The person who eats the food/user.

1. **Prakriti:** (Qualitative characteristic of food)-Prakriti refers to the natural qualities or properties of food, such as its weight, lightness, or temperature. Foods like Masha and Mudga have specific characteristics, while hybrids are becoming more common. To maintain health, individuals should consider the properties of food and their agni, dosha, and prakriti. For instance, those with pitta Vriddhi symptoms should avoid hot, spicy, oily foods.
2. **Karana:** (Processing of food) Karana is the process of modifying food items to enhance their good qualities, reduce their bad ones, and improve taste and digestion. Vario aras, such as Jalasamyoga, Agnisannikarsha, Shaucha, Manthana, Desha, Kala, Bhavana, Kalapakarsha, and Bhaajna, are used to pacify doshas and nourish body elements.

Ayurveda focuses on various aspects of food, including samskara, which are responsible for preserving food and enhancing its bioavailability. Unhygienic food can lead to diseases, so cleaning Sanskar is essential to remove impurities. Agnisannikarsha, which involves contact with fire or cooking, affects the properties of substances, with well-cooked food having better taste and easier digestion. Manthana, which results in the transformation of substances, is used as a remedy for Shotha. Traditional food processing methods, such as thermal, mechanical, soaking, fermentation, and germination, aim to increase

micronutrient accessibility. Different regions have different methods of food preparation, and consuming old food, like rice, honey, and ghee, is beneficial for health.

3. **Samyoga:** (Combination/ mixing) Samyoga involves combining two or more substances to achieve special qualities. However, some combinations can be harmful, such as combining honey and ghee in equal quantities, milk and fish, or even combining Guda and curd. Ayurveda explains the concept of incompatible food, and modern science, specifically "Trophology," deals with food combination and nutritional approaches. Modern science does not allow mixing carbohydrate-rich and protein-rich foods in the same meal, as the breakdown of protein requires an acidic medium, while digestion requires an alkaline medium.

4. **Rashi** (The Quantity)

Rashi is a measure of total food and its constituents to determine the effects of right and wrong doses. Ayurveda emphasizes the importance of Ahara Matra, which affects digestion. Proper quantity of food activates digestive functions without disturbing the body's Dhatus and Doshas. Ayurveda also explains the importance of balancing the stomach capacity for heavy food with water or other liquids. The modern dietetic science emphasizes Parigraha type, which specifies the quantity of carbohydrates, fats, and proteins in calories. Heena Matra (less) Ahara can lead to impairment of strength, complexion, and vitality, while Ati Matra (excess) Ahara is considered Sarvadosha Prakopka and aggravates all Doshas.

5. **Desha** (Habitat)

Habitat refers to the geographic region where food substances are grown, with different qualities depending on soil and climate. Bhumi Desha, grouped into Jangla, Anoop, and Sadharana Desha, are based on the preponderance of different doshas and climate. Acclimating to different desha types involves using opposite qualities substances. Deha desha examines body dosha status and is included in patient's dashvidh pariksha bhava for disease understanding and treatment.

6. **Kaala** (Time & Seasonal variation):

Kala is a basic cause for the Parinaman of immature substance to mature & also its destruction i.e., Uttpati-Sthithi-Laya. Nityaga and Avasthika are two types of Kala.

- ❖ Nityaga: is one in which Ahara is consumed according to Ritu. For example, during rainy season sweet, sour and salty foods are preferred to pacify increased vata. During summer, the sun draws up the moisture of the nature. Hence, sweet, cold, liquid food and more drinks are beneficial.
- ❖ Avasthika: Intake of Ahara according to condition of body i.e. vyadhi awastha. For example, langhana is advised in atisara, spicy food should be avoided in jaundice, in navajwara, langhana should be done for 7 days, but in jeernajwara ghrithapana is indicated. Also, food should be taken only after complete digestion of previous food.

7. **Upayoga Samstha** (Rules of eating) Aahar-vidhi-vidhan are guidelines for proper food

digestion, including how to eat, when to eat, and what to eat, as described in classics.

The text outlines various dietary rules and practices to promote good health. It emphasizes the importance of eating hot meals for proper taste, stimulating digestion, and achieving agni (digestive power). It also emphasizes the importance of snigdham (unctuous) meals for early digestion and strengthening of sense organs. Matravat (adequate) meals should be eaten after digestion of the previous meal to avoid imbalances in doshas. Virya Aviruddham (potency) foods should be eaten in a proper place with proper ventilation and light. It also advises against eating too fast, as it can affect digestion and increase vata. It also advises against talking or laughing while eating to avoid disorders. The text concludes by advising individuals to eat based on their body needs, hunger, digestive capacity, prakriti, and doshadi awastha to determine wholesomeness for each individual.

8. **Upayokta** (The person who takes the food/ User) The Aaharavyas are dietetic rules for both healthy and unhealthy individuals, advising individuals to consider their constitution, digestive capacity, season, time of day, and digestion. For unhealthy individuals, dwadasha- asana-pravicharana is provided. The diet consists of different types of Ahara and Ahara Vidhi, with discarding dirty, Dushta, Utsrutam, Pashana-truna-lashtavata, Dwishta, vyushitam, Aswadu, and Puti. Aaharopachara is a method of partaking the diet, with items of Ahara served in increasing sweetness.

DISCUSSION –

Improper dietary habits are a major cause of health disorders in today's society. Ayurveda's "Aaharvidhivisheshayatana" (methods of cooking and eating food) emphasizes the importance of fresh food and proper diet intake. Modern lifestyles, such as obesity, stroke, HT, some cancers, and diabetes mellitus, are linked to lifestyle disorders. Ayurveda explains these diseases under the heading of "Prajnaparadha" and includes aspects like Dinacharya, Rutucharya, Panchakarma, and Rasayana.

Today's generation is more concerned with appearance, presentation, taste, packaging, and cost of food than its nutritional value. The use of refrigerators, microwaved food, and non-stick cookware can alter food properties and be harmful. Traditional cookware and plastic are preferred for storage, as they cause chemical changes in food. Samyoga (combination of food items) is the main cause of health disturbances. People should eat in the right quantity and at the right time, following the body's circadian clock. Eating in inappropriate positions, while traveling, working on computers, or with distractions can lead to digestive distress. Everyone should consider their digestive power, body needs, hunger, dosha status, prakriti, and habitat when eating.

CONCLUSION

In today's fast-paced society, many diet rules have been compromised, resulting in a decline in health. Ayurveda, a valuable knowledge source for disease-free living, emphasizes the importance of Ahar Vidhi Visheshayatana, which focuses on Swasthyarakshana and Vyadhiparimoksha. Food, considered Mahabhaishyaja (most important medicine), is crucial for maintaining health and preventing diseases. Healthy eating habits can lower the risk of lifestyle disorders.