



ASHT Aahar Vidhi Vishesh Aayatan

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ABSTRACT

As we know very well that in today's day to day life majority of people intake unhealthy junk food which are spicy, heavy(guru aahar) and with low fibre content which affects health of large scale of people around world. In recent data about 422 million people worldwide have been suffering from diabetes and in INDIA near about 77 million people (1 in 11) diagnosed with diabetes (mainly in type 2 diabetes on the other hand diseases like heart diseases, obesity, metabolic syndrome, stroke, hypertension are most common. Diseases caused by unhealthy food sedentary life style and lack of exercise. In Ayurveda different types of methods regarding AAHAR are mentioned by our aacharyacharak, aacharyashusurat and aacharyavagbhat like *Prakriti (Natural qualities), Karan(Preparation), Sanyog (Combination), Rashi(quantity), Desh (habitat), Kaal(Time), Upyogsanstha (Rule of use) and Upyokta(User)[1]*.

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INTRODUCTION

The Sutrasthan of Charak Samhita in Ayurveda describes the "Trividha Upastambha". The three pillars of Shareerain are Ahara, Swapna (Nidra), and Brahmacharya, with Ahara serving as its primary necessity. Life would not last very long without Ahara. We may clearly see the significance of the dietic concept among them if we study the Ancient Literature dating back to the Vedic era. Everywhere there is a general awareness of diet, its laws, and regulations. Ahara is essential to the preservation of health. Ahara has been assigned the top spot among the Trayopastambha as a result. Ahara is crucial for life's protection & sustenance. The quality of food has an impact on how the senses, the intellect, and the body develop. Fitness is wealth. "A state of physical mental and social welfare and not only an absence of disease," is how the World Health Organization defines health. The Ahara determines normal health. Ahara is crucial in helping the body get the nutrition it needs. The Ramayana mentions that "Bhukhebhajanna hue gopala" (Ramchirtar Manas). This passage from the Ramayana, quoted by Sant Kavi Tulsi Das Ji, makes it very evident that a hungry person cannot grow. The body receives sustenance from hara, however it is more useful when a flawless technique specified in ayurvedic literature is used instead of just consuming Ahara in large quantities. This approach demonstrates that Ayurveda literature makes it obvious that maintaining perfect health does not require just the right amount of ahara; rather, each man must adhere to certain dietary guidelines that are made explicit in the Charaka Samhita.

The details about the *AharaVidhiVisheshAayatan[2]* (special direction of food) are as given below.

- 1) *Prakriti*
- 2) *Karana*
- 3) *Sanyoga*
- 4) *Rashi*
- 5) *Desha*
- 6) *Kala*
- 7) *Upyogasanstha*
- 8) *Upayokta*

Main text

Ayurveda is not just a pathy it's a science which promote healthy and disease free lifes(Either physical ,mental or social) as mentioned by our aacharyacharakSWASTHASYA SWASTHYA RAKSHADAM ATURASYA VIKAAAR PRASAMANAM CHAwhich means how healthy people remains healthy and if some howAND ALL THESE THINGS ARE ACHIVED ONLY IF WE TAKE A PROPER DIET(SAMYAK AAHAR) Therefore we mentioned some points regarding proper way of taking food and also disvantages if not being follow[]

(A) **PRAKRITI^[2](NATURAL QUALITIES)**-Prakriti is defined as the nature of any plant or food material like *guru*(Heavy),*Laghu*(light)etc. for example *URAD* is heavy where as*MUNG* is light .Therefore if we take regular guru aahar then it causes obesity,hypertension,atherosclerosis and diabetes

(B) **KARAN^[3](PREPARATION)**-)-Karan(processing) is the making or refienement of the natural product which means imparting other properties.This process enhanced the property of any product and also assimilates virtue of that dravya

(C) **SANYOG^[4](COMBINATION)**-Aggregation of two or more than two product is called as sanyog .This combination is increses the quality of product .But some time mixing of materials is harmful for our body like mixing of honey and ghee in same amount causes poisonous effect in our body .also eating fish and milk together is same .

(D) **RASHI^[5](QUANTITY)**-Quantity is defined as the amount of product which is beneficial for our health. It consists of two parts *SARVAGRAHA*(Total account) AND *PARIGRAH*(individual account) which ascertain the results of the food taken in proper and improper quantity.The accounting of thr quantity of the entire food in totality is sarvagrah while parigrah is that of the individual items in food.

(E) **DESH^[6](HABITAT)**-Origin and distributive place of any plant is defined its habitat.And it also affects the peoples nature at that place.Like those people who lived in desert areas have to take *laghu*(light) food

8-(F) **KALA^[7](TIME)**-Kala is eternally moving(time) as well as conditional.The conditional one is related to disorder while eternally moving one to seasonal suitability.

9- **UPYOGASAMSTHA [8] (RULE OF USE)**-Upyogasamstha denotes the rules for dieting.This depends on the digested food

10- **UPAYOKTA ^[9] (USER)** It means who consumes the food. Sometimes due to continuous utilization of a particular food it becomes *Satmyato* the individual and is not harmful at any cost, but is beneficial for the life. For eg: - due to continuous utilization of curd it becomes *Satmyato* the individual and is not harmful at all rather beneficial for the life.

Structure

Benefits of AharaVidhiVisheshAyatan^[10]

A healthy and balanced diet according to the above mentioned special directions can protect the human body against certain type of disease, in particular non communicable disease such as obesity, diabetes, cardiovascular diseases some type of cancer and skeletal disorder and All the eight types of special direction food are very essential for good and happy life. The person and physician having knowledge of special direction of food are beneficial for healthy and long life. This knowledge is very helpful for treat the any type's diseased patient and change all type of physically, mental as well as social status of the diseased patient.

DISCUSSION

Ahara is one of the three supporting fac- tors of life i.e., *Ahara*, *Nidra*and *Brahmcharya*, which plays a key role in the promotion of health & prevention of diseases. Physical, Men- tal, Social, Intellectual, Emotional health could be balanced by congenial diet. *Ahara*being a part of daily routine, if one concentrates a little more on dietetic rules along with quality, quan- tity and mode of intake then overall effect on health can be enhanced. Nowadays, we are ne- glecting the digestive capacity, nutritional value of food products, time sense of food intake and are more interested in eating tasty, ready to eat food materials. All these factors lead to mani- festation of different metabolic diseases. It is also observed that many diseases are arising merely due to these faulty dietary habits. In this context, concept of *AshtaAharavidhivisheshayataneis* most ideal in today's lifestyle. Nowadays life has become superfast. So, peo- ple are adopting convenient ways of diet which is causing various health problems. The codes & conducts related to *Ahara*have been forgot- ten. Therefore, there is a need to enlighten this concept of *AharVidhiVisheshayataneas* ex- plained in ancient Ayurveda classics. Ayurveda deals with both *Swasthyarakshana*and *Vyad- hiparimoksha*. The adaptation of the concept of *AshtaAharaVidhiVisheshayatanas*will be helpful in fulfillment of both these *Prayojanas*..

CONCLUSION

On the basis of the above mentioned description and discussion we have come to the conclusion that everybody should follow the rules and regulation whenever he takes any AharaDravya in his daily routine. Some person having Vatajaprakriti, Pittajaprakriti, and Kaphajaprakriti; some people are generally prone to the disease of Vataja, pittaja, KaphajaDoshas. Because the Prakriti plays an important role in the formation of the disease of it the diet is taken as per the guideline everybody may protects his health to control the imbalance of Doshas in the body and will be able to maintain his health

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