

A STUDY ON SIGNIFICANCE OF CHARAKOKTA AHARA VIDHI VIDHANA AND ITS EFFECTS IN CURRENT SCENARIO**Dr. Tiwari Deeksha^{*1}, Prof. Kushwaha Singh Harishchandra² and Dr. Dwivedi Sandeep³**¹MD Scholar, Department of Samhita and Siddhant, Rajkiya Ayurvedic College, Lucknow, U.P., India.²HOD and Professor of Department of Samhita and Siddhant, Rajkiya Ayurvedic College, Lucknow, U.P., India³Associate Professor, Department of Samhita and Siddhant, SRM Government Ayurvedic College, Bareilly, U.P., India.***Corresponding Author: Dr. Tiwari Deeksha**

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Article Received on 26/03/2024

Article Revised on 16/04/2024

Article Accepted on 07/05/2024

ABSTRACT

Ahara, Nidra and Brahmacharya as described by the *Acharyas* are *Trayopastambha* (three sub-pillars) which supports the body itself. *Ahara* has been placed first which shows that it is most important to maintain and sustain the life. It also explains that how healthy and proper technique of eating is important for healthy body, mind and soul. To maintain the health of both the body and mind, it's essential to adhere to proper *Ahara Vidhi Vidhana* (rules of food intake) for all living beings. These rules are effective not only in the maintenance of health but also in the curative aspect for many diseases. Current faulty and altered food habits are contributing factors to lifestyle disorders and can potentially be causes for various diseases. *Ayurveda* places a strong emphasis on *Ahara* (diet) and its proper rules of consumption. Unfortunately, many people eat based on their time schedule, often without considering the *Jirna avastha* (digestive state) of their food. According to *Ayurveda*, *Sharira* is result of *Ahara* and diseases are also result of *Ahara*. Therefore, it's essential for people to follow the rules of food intake to maintain better health.

KEYWORDS: *Ahara, Trayopastambha, Aharavidhi Vidhana, Sharira.***INTRODUCTION**

Ayurveda deals with both *Swasthyarakshana*^[1] and *Vyadhiparimoksha*. The concept of *Ahara Vidhi Vidhana*^[2] plays a crucial role in achieving both of these *prayojanas*. Diet is considered as basic most need and as a supporting pillar of life. Not only diet but also method of food intake is important for healthy life. A balanced diet^[3] is defined as one which contains a variety of foods in such quantities and proportions that the need for energy, amino acids, vitamins, minerals, fats, carbohydrate and other nutrients is adequately met for maintaining health, vitality and general well-being and also makes a small provision for extra nutrients to withstand short duration of leanness. A balanced diet has become an accepted means to safeguard a population from nutritional deficiencies.

The practice of *Aharavidhi*, or dietetics, is an ancient, empirical, and refined art. It's only in recent times, that nutrition and dietetics evolved into distinct disciplines. Nutrition is defined as the science of food and its relationship to health, focusing on the role of nutrients in body growth, development, and maintenance. Nowadays, due to changes in life style we are not able to take diet in

proper quantity and at proper time. *Ayurvedic* texts elaborate about proper way of consumption of food.

In the present era, improper dietary habits, such as the consumption of frozen, canned, and processed foods, are primary reasons for health disorders. Therefore, it is crucial to raise awareness among people about the importance of food and the correct methods of consumption.

MATERIAL AND METHODS

- Literary study- *Brihatrayi, laghutrayi* and other relevant literatures of *Ayurveda* along with modern medical literature.
- Observational study- People of middle age group (35-50 years) were selected irrespective of their gender, religion or occupation and the data was collected from some public places like parks and residential areas.
- The observational study was carried out with the help of people residing in the Lucknow city. People were selected randomly and subjected to a specially designed structural questionnaire. Total 110 people were surveyed as per the questionnaire. Scores of observances of *Ahara Vidhi Vidhana* (AVV) and

general health parameter grading according to *Acharya Kashyapa* were noted and then analysed statistically.

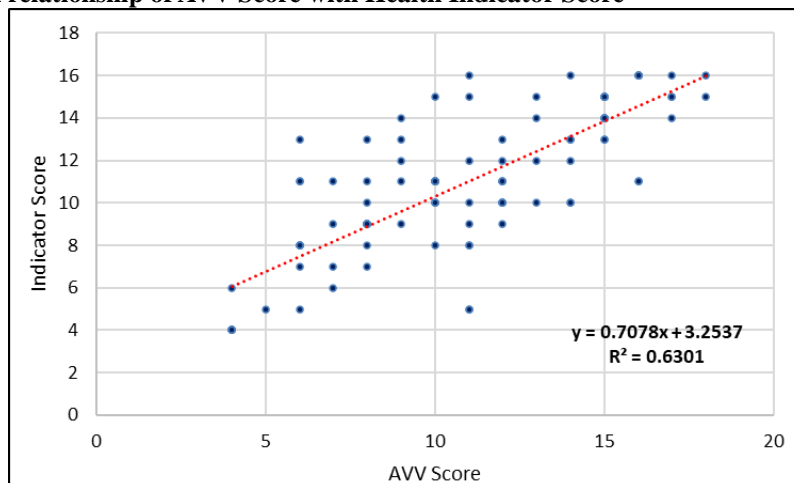
Interrogation was done as mentioned in proforma

1. General information about identification.

2. Simple examination of health according to *Ayurveda*.
3. Health status of subjects according to *Kashyapa Samhita*.
4. Interrogation about observance and non-observance of *Ahara Vidhi Vidhana*.

RESULTS

Correlation between relationship of AVV Score with Health Indicator Score



The Correlation between AVV Score and Health Indicator Score is calculated to be: $r = 0.794$, $p < 0.001$.

This correlation value of 0.794 indicates a moderately high positive relationship between the AVV score and the Health Indicator score. In other words, as the AVV score

increased, the Health Indicator score tended to increase as well. This suggests that there is a meaningful connection between the quality of AVV and the health indicator being assessed, indicating that higher AVV scores are associated with better health indicator outcomes.

Further the table showing association of AVV level with Health Indicator level is given as follows

AVV (<i>Ahara Vidhi Vidhana</i>)	Health Indicator					
	Good (12 - 16)		Fair (8 - 11)		Poor (4 - 7)	
	No.	%	No.	%	No.	%
Good followers (14 - 18)	31	88.6%	4	11.4%	0	0.0%
Average followers (9 - 13)	12	28.6%	28	66.7%	2	4.8%
Poor followers (4 - 8)	2	6.1%	18	54.5%	13	39.4%
Significance	chi sq=67.72, $p < 0.001$					

The table presents the relationship between AVV (*Ahara Vidhi Vidhana*) scores and health indicators, categorized as "Good," "Fair," and "Poor." Within the "Good" health indicator category (scores ranging from 12 to 16), the majority of participants, accounting for 88.6%, were classified as "Good followers" of AVV, while only 11.4% fell into the "Fair" category. None of the participants in the "Good" health indicator group were classified as "Poor" followers of AVV.

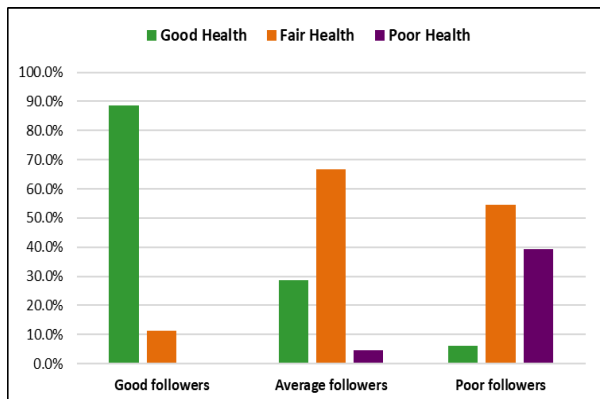
In the "Fair" health indicator category (scores ranging from 8 to 11), 28.6% were considered "Good followers," 66.7% were classified as "Average followers," and a

small percentage, 4.8%, were categorized as "Poor followers" of AVV.

Among those in the "Poor" health indicator category (scores ranging from 4 to 7), the distribution of AVV followers was notably different. Only 6.1% were classified as "Good followers," while 54.5% fell into the "Average followers" category, and a substantial 39.4% were categorized as "Poor followers" of AVV.

The statistical analysis, as indicated by the significance test with a chi-square value of 67.72 and a p-value of less than 0.001, highlights a highly significant association between AVV scores and health indicators. This suggests

that the level of adherence to *Ahara Vidhi Vidhana* (AVV) is strongly related to the health status of the participants, with those categorized as "Good followers" of AVV more likely to have "Good" health indicators, reinforcing the importance of AVV practices in achieving positive health outcomes.



DISCUSSION

From this scoring we can make out that most of the people who obey the rules of *Ahara Vidhi Vidhana* properly had good health while only some indicated fair health also, which suggests that maybe they are following *Ahara Vidhi Vidhana* properly but the rest of the factors are not proper in them like *Ashahara vidhi visheshayana*^[4] i.e., *Prakriti, Karana, Samyoga, Rashi, Desha, Kala, Upyokta*.

As per Acharya Charaka, *Shareer vriddhikarbhav*^[5] are explained in *Charak Shareer* 6/12 in which the following factors are responsible for the growth of the body:

Kala: Favourable time (in terms of age and season)

Swabhav Sansidhi : Natural tendencies.

Ahara Saushthava : Observance of all the dietary rules and taking diet of good quality.

Avighata : Absence of inhibiting factors for growth.

The 'average' followers of *Ahara Vidhi Vidhana* indicates majority of individuals having fair health which is understood by the study itself.

While the 'poor' followers of *Ahara Vidhi Vidhana* who are having poor health are 39.4% and those having fair health are 54.5% which is greater than that of poor health. This indicates that though they are not following the dietary rules properly but still they managed to have fair health which shows that though *Ahara Vidhi Vidhana* is important but there are various other factors also which affects the health. According to *Ayurveda*, *Apathya*^[6] is not always *sadya vyadhikara*.

CONCLUSION

According to this observational study, it is evident that *Ahara Vidhi Vidhana* plays a significant role in the health status of the individuals. People who follow proper

dietary rules tend to live more healthy life as compared to the non-followers.

Out of 110 participants involved, 35 were the good followers of *Ahara Vidhi Vidhana*, 42 were average followers and 33 individuals came under the category of poor followers of *Ahara Vidhi Vidhana*. This study suggests that only 31% of the individuals were following the dietary rules properly and were aware about the *Ahara Vidhi Vidhana* and its acceptance in their day-to-day life so that they can lead a healthy and better lifestyle.

In this study, 30% of the participants were those who were the non-followers of *Ahara Vidhi Vidhana* and as per the result of their Health status, it is observed that among the poor followers, approximately 40% of them had poor health and 54% managed to have average Health status, which signifies that though they are the non-followers of dietary rules but may be their other lifestyle is good due to which they had average health as health not only depend upon food but various other factors also. As it is told in *Charaka Sutra* 28/7 that apart from the diet and dietary intake, even the *Kala viparyaya*^[7] (seasonal changes), *pragyapradha*^[8] (intellectual errors) and *Indriya asatmya* are responsible for the health and diseased state of an individual.^[9]

From this study it is evident that there is lack of awareness of *Ahara Vidhi Vidhana* in the present situation. Less than one-third of the individuals involved in this study were the good followers of *Ahara Vidhi Vidhana* and were knowing the importance of these rules. So, the need is to create awareness among the people regarding this as it will be beneficial for the society to maintain their health status and can prevent various lifestyle diseases. If the people will get educated regarding this topic, they will be more conscious about their health and would choose their dietary habits properly which would help them and would ultimately lead to decrease in the overall disease burden from the society.

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