

AYURVEDA SIGNIFICANCE OF AHARA AND CONCEPT OF AHARA VIDHI
VISHESHA AYATAN: A REVIEW

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Article Received on 08/02/2020

Article Revised on 29/02/2020

Article Accepted on 19/03/2020

ABSTRACT

Ayurveda the ancient Indian science elaborated various aspects for maintaining normal health including balancing state of *Doshas*, *Dhatus* and *Agni*. Similarly synchronization between *Indriyas* and *Manas* provides good health status and social wellbeing. In this regards furthermore ayurveda mentioned that proper nutrition value of consumed foods helps to achieve such types of balances and synchronization. *Ahara* is very important for maintain good health but rules related to preparation and consumption of food also play vital role. These all aspects greatly emphasized in ayurveda texts and ancient ayurveda literatures presented concept of *Ahara Vidhi Vishesha Ayatan*, consideration of this concept helps to achieve nutritional value of food and provide all health benefits of ingested food stuffs. Present article emphasized importance of *Ahara* and concept of *Ahara Vidhi Vishesha Ayatan*.

KEYWORDS: Ayurveda, Ahara, Vidhi, Nutrition.

INTRODUCTION

Ahara (food) is very important to sustain life and maintaining normal physiological functioning of human body. *Ahara* provides longevity, complexion, satisfaction, strength, nourishment and immunity. *Ahara* not only provide nourishment but protects from infections, enhances process of growth & development, improves functioning of sense organs and imparts physical & mental well being. *Ahara* provides health benefits when through its nutritional value, when food not prepared/consumed in proper manner then such food deprived from nutrition does not provide significant health benefits. Therefore ayurveda described concepts of *Ahara Vidhi Vishesha Ayatan* for achieving mutinous health benefits of *Ahara*. This concept prescribed by *Acharya Charaka* which involves different types of rules & regulation regarding ingestion & preparation of food. **Figure 1** depicted some considerations related to the *Ahara Vidhi Vishesha Ayatan*:

**Figure 1: Considerations related to the Ahara Vidhi Vishesha Ayatan.**

The general considerations related to the *Aahar vidhi vidhan* are as follows:

- ✓ One should eat appropriately warm food
- ✓ One should eat food in sufficient quantity not too less or not in excess
- ✓ One should eat food after proper digestion of previously ingested food
- ✓ Food should be prepared by using appropriate combinations of ingredients.

- ✓ Proper place and utensils should be used for taking food
- ✓ One should not eat food too quickly or too slowly
- ✓ Food should be consumed without talking and laughing

Prakriti

Considerations of *Prakriti* is very important to pacify *Doshas* and *Agni*, one should consume food as per his/her internal constitution.

Karana

Action of food also needs to be consider since specific diet offers particular health benefits.

Samyoga

Appropriate combinations of ingredients lead health benefits while incompatible combinations cause health problems.

Rashi

Ahara should be consumed in proper amount since less food causes malnutrition while excess food leads indigestion and felling of heaviness.

Desha

The place of meal affect process of digestion and particular meal required to take in specific demographic region.

Kala

Time of meal also affects nutritious value of food thus time and season should be consider befor taking meal

Upyoga sanstha

Food for specific purpose sometimes required to take in particular conditions.

Upayokta

Considerations of *Upayokta* also play vital role towards achieving health benefits of consumed food.

Health benefits of Ahara Vidhi Vishesh Ayatan

The conduction *Ahara Vidhi Vishesh Ayatan* helps to prevent pathogenesis of many diseases including; diabetes, obesity, cardiovascular problems, anemia, infertility, infectious diseases, gastric disorders and metabolic abnormalities. The good conduction of *Ahara Vidhi* prevents formations of toxins/*Ama* and boost *Dhatu*s.

Consideration of concept of *Ahara Vidhi Vishesh Ayatan* pacifies vitiated *Vata* thus relieve pain and joint stiffness. When vitiated *Pitta* get pacify then symptoms of fever, diarrhea and indigestion get reduced. *Ahara Vidhi* prevents vitiation of *Kapha* thus suppress heaviness and anorexia.

Nutritional effect of Ahara Vidhi Vishesh Ayatan

- ❖ Food consumed in proper manner offers vital energy of life.
- ❖ Proper diet improves *Rajas* quality thus enhances thinking and taking making capacities.
- ❖ Appropriate dietary conduction balances *Tamas* quality thus control sleep, emotions and mental stress.
- ❖ Similarly improvement in *Satva* quality contributes towards the peace and relaxation.
- ❖ *Aahar Vidhi Visheshayatan* prevent obstruction of channels thus enhances nutritional supply
- ❖ Provide physical and mental strength
- ❖ Boost *Dhatu*s thus enhances *Balya/Oja*
- ❖ Improves sexual strength, vigor and luster
- ❖ Provide good complexion, voice and compact body
- ❖ Provides immunity
- ❖ Enhances process of growth & development
- ❖ Improves sensory activities

Dietary rules and their effect on Doshas

- ❖ The good conduction of dietary rules helps to pacify vitiated *Vata*, *Pitta* and *Kapha*.
- ❖ Diet as per *Prakriti* of an individual balances *Pitta* thus helps to cure diarrhoea, indigestion and hyperacidity.
- ❖ Diet balances *Kapha* helps to prevent heaviness cure cough & cold and pacify symptoms of anorexia.
- ❖ Consideration of *Kala* play vital role to maintain *Dosha* equilibrium, in *Balya Awastha* one should eat *Kapha* pacifying diet, in *Madhyam Awastha* balancing of *Pitta* needed and in *Vridhdha Awastha* one need to balance *Vata Dosha* through appropriate diet.

CONCLUSION

Ahara is one of the vital aspects of life and provides several health benefits especially when consumed in proper manner. The food consumed in proper manner helps to balances *Doshas*, *Dhatu*s and *Agni*. The appropriate dietary considerations synchronize physical, mental and spiritual health. Ayurveda presented concept of *Ahara Vidhi Vishesh Ayatan* as rules of preparing and consuming meal which helps to achieve health benefits of food. As per ayurveda considerations of *Ahara Vidhi Vishesh Ayatan* provides longevity, complexion, strength and immunity, etc. The consumption of meal asp per rule imparts many health benefits and gives maximum nutritious value of consumed foods, while avoidance of concept of *Ahara Vidhi Vishesh Ayatan* not only deprived nutritious value of food but also causes many health ailments including; diarrhoea, indigestion, hyperacidity and anorexia, etc.

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