

## AAHAR PARINAMKAR BHAVAS IN AYURVEDA: A REVIEW STUDY

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### ABSTRACT

According to *Ayurveda Dosha, Dhātu* and *Mala* are roots of body. The balanced state of *dosha, dhātu* and *mala* reflects the healthy state of body and its unbalanced state reflects disease. The balanced state of these *dosha dhātu* and *mala* are depends upon the *aahara*. Which is one of the three pillars of life i.e. *Trayaupasthamba*. Taking healthy food is not just enough for healthy state, there are many thing related to *aahara* which should be proper for maintaining the health of an individual. One of them is *aahara parinamkar bhavas*. They are six in number described by *Charaka* which are responsible for the digestion in the body. In present era the changes in lifestyle leads to various

diseases. The word life style includes the faulty dieting habits, water drinking habits etc these improper lifestyle modification leads to indigestion. *Ayurveda* states that disorders related to digestion are root of all the diseases. The main factor of this chain is lack of *aahar parinamkar bhavas* which are essential for proper digestion. *Aahar* is the nourisher of the body elements, vitality and other things but its action is depends upon the proper function of *jatharagni* which is one of the important factors of *aahar parinamkar bhavas*. They also include *kleda, sneha, kala, vayu, samayoga*.

**KEYWORDS:** *Aahar parinamkar bhavas, Digestion, Aahar.*

### INTRODUCTION

The substance consumed which on their *vipaka* nourishes the respective *gunas* of *panchamahabhuta* in the body is called as *Aahara*.<sup>[1]</sup> The *aahara* is the nourisher of body elements, vitality and other things. It acts as a renewal agent for constantly deteriorating

body. Whenever the person takes food it has to go through some processes to reach up to end product. During this process the nutrient substance are absorbed by the blood and transported to various system. By getting this nourishment the systems works properly. For all these things to happen food must go through the process called as digestion. In *Ayurveda* this process of digestion is carried out by *aahar parinamkar bhavas*. The *parinamkar* means the process of digestion and metabolism of ingested food. *Bhava* means the factor present in the body. Therefore the factors in our body which carried out the process of digestion and metabolism of food are called as *aahar parinamkar bhavas*. Each of them has specific role in the process of digestion.

These are six in number as given below,<sup>[2]</sup>

1. *Agni (Ushma)*
2. *Vayu(Vata)*
3. *Kleda (Hydrolyzing agent)*
4. *Sneha(Softening agent)*
5. *Kala(Time)*
6. *Samayoga*.

## MATERIALS AND METHOD

All the available Samhita and their respective commentaries have been referred for this literary work. The discussion is mainly based on conceptual part and the effort is made to draw a final conclusion which again depends upon discussion.

## REVIEW

### *Ushma (heat)*

It is the first and most important factor among *aahar parinamkar bhavas* for digestion. The *aacharya* gives the term *Agni* (i.e. *jatharagni*) for this. It converts the taken food in *aahar rasa* and this *aahar rasa* provide the nourishment to body. According to *Ayurveda* the process of digestion is carried out by *Agni* i.e. *Ushma* due to this balance between *Dosha*, *dhatu* and *mala* gets maintained. Hence there is need to conserve the *Agni*. *Charaka* describes *agnidushtikara hetus* in *grahani chikitsa adhyaya* like *abhojana*, *atibhojana*, *ajirnashana*, *asatmya Anna sevan*,<sup>[4]</sup> etc. these *hetus* hampers the *aahar parinamkar bhavas* which causes indigestion. Also there is *vihar janya hetus* like *vegadharana*, *dosha*, *ritu*, *kala vaishamya*, which also contributes in hampering of these *bhavas*.

**Vayu (Vata)**

The function of *vayu* is to receive the food and excrete the waste products which are formed during digestion. *Apakarshana* is the process carried out by *vayu* according to *Ayurveda*. This process of *Vayu* is performed by its types i.e. *prana*, *samana*, *apana* *vayu* which takes part in the process of digestion. If any person does the *Vegavidharan*, *jagarana*, *ajirnahana* etc. like *hetus* it will causes *pratilom gati* of *vayu* leads to vitiation in *Vata dosha* which hampers *deepan karma*.

**Prana Vayu**

Its place is in the oral cavity as described in *Ayurveda*. It is responsible for receiving the food also swallowing process is carried out by it. With the help of it the grinded food is brought closer to *Agni* for the further process of digestion to occur.

**Samana Vayu**

It is responsible for the digestive power of *jatharagni*. It breaks the food into *panchamahabhutatmaka bhava*. As the *aahar* is also a combination of *panchabhutatmaka bhava*. Due to this useful and waste products are formed. The *samana vayu* supply the nutrients products of digestion to *hridayam* and remaining waste products to *koshta*.it also stimulates the digestive juices because of them the process of digestion occurs.

**Apana vayu**

The *aahara rasa* and *kitta bhaga* are the two end products of digestion of which *aahar rasa* is absorbed by tissue while the *kitta bhaga* which we can be called as waste products are stored in *pakvashaya* i.e. Rectum. The waste products are *purisha*, *mutra* and *vayu*. The *apana vayu* situated in *pakvashaya* stored the *mala* for some time i.e. up to *vegakala*.when person got sensation of excretion the *malas* are excreted through their excretion channels.

**Kleda (Hydrolyzing agent)**

The *bodhak* and *kledak kapha* perform the *kledan* process during digestion. Due to this the food particles become soften and moisten which makes the digestion easy. They also help in providing covering to inner surface of stomach because of this it gets protected from *pitta*.

**Sneha (Softening Agent)**

Because of sneha the food particles becomes smooth and soften which help in working of *jatharagni* when *snehpana* occurs in proper quantity. If it taken in large quantity or in improper way this will cause the *dravyagunadhikya* which leads to *agnimadhya*.<sup>[4]</sup>

**Kala**

It is normal time taken for digestion of food, taken in normal quantity. After taking food it takes 1-2hrs to make chime in stomach. It takes 4-5hrs for complete digestion. According to *Ayurveda* it has to go through *Avasthapaka* process i.e. *Madhur*, *Amla*, and *Katu*. If any person takes food before the digestion of previously taken food, it will leads to indigestion hence it is advisable before the complete digestion of previously taken food one should not go for the other. *Guruaahar* takes more time to digest. Whereas *abhojana* and *alpashana* food gets digested fastly before the time. If these things go on continue then it causes *agnidushti*,<sup>[5]</sup> by hampering *Kala bhava* of *aahar parinamkar bhavas*.

**Samayoga**

To get the benefits of *aahara*, *samayoga* of *asta aahara vidhi visheshayatana* is important. This *visheshayatana* gives the guidelines which is to be followed by individuals for the healthy life. It includes all the things like preparation of food, quantity of food taken, place, time, rules of eating etc. when the person follows this guidelines the *aahar parinamkar bhavas* can perform their work properly.

**DISCUSSION**

The *aacharya kashyapa* says that *aahara* is *mahabhaishyajya* i.e. a good medicine. *Ayurveda* has aim to maintain the health of healthy person and cure the diseased one. This aim is achieved by *aahara*. The *aahara* acts as a fuel for *Agni*. This shows the mutual relationship between *aahara* and *Agni*. To fulfill the requirement of body the *aahara* has to go through the series of changes which converts the *aahara* to *aahara rasa*. These changes are made possible by the process of digestion. In *Ayurveda* it is carried out by *aahara parinamkar bhavas*. All the factors in it play an important role in digestion. From the previous researches it is come to know that warm food gets digest easily as compared to cold. Which we can be corelated with *Ushma* in *aahar parinamkar bhavas*. The *vayu* helps in propelling of food and it does the *Apakarshana* of food. Also *vayu* helps in movement of guts and proper mixing of various enzymes with food which gets secreted by the digestive system during digestion. *Kleda* and *sneha* are helps in softening and moistening of food due to which digestion

becomes easy. Modern science already proved that hard food cannot get digested properly. *Kala* is the time to take food which our body tells us whenever there is need of food. After the digestion of previously taken food there is natural *ergs* occurs to take food. If the *kala* of *aahara* is not maintain and food taken before digestion of previous food it will leads to indigestion by causing *agnidushti*. *Samayoga* is the combination of six *aahar parinamkar bhavas*. If any of them not work properly it will leads to indigestion. The habits like *Adhdhyashana* (intake of food before digestion of previously taken food), *Vishamashana* (intake of food in improper quantity), leads to disturbances in *aahar parinamkar bhavas* and ultimately vitiation of *Agni*. *Samayoga* also includes the *ashta aahar vidhi visheshayatana*. These are the guidelines given by *aacharya* to follow during eating. *Ayurveda* says that vitiated *Agni* is the root cause of all diseases. To avoid such things there is need of proper functioning of *aahar parinamkar bhavas*.

## CONCLUSION

The aim of *Ayurveda* i.e. preventing the health of healthy person and curing the diseased one is achieved by *aahara*. As *aahara* is act as medicine said by *kashyapa*. The *aahara* can do these things only when he undergoes the process of digestion which is carried out by *aahar parinamkar bhavas*. Each of them play important role in process of digestion. If they not work properly leads to vitiation in *Agni* which in turn causes imbalance in *tridosha*, *dhatu*, *mala*. Hence there is importance of *aahar parinamkar bhavas*.

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