

AYURVEDIC ASPECT OF DIETARY MANGEMENT AS A PREVENTIVE MEASURE IN LIFESTYLE DISORDERS

Kodape D. T.¹, Patil Shilpa^{2*}, Dhimdhime R. S.³, Kirte M. C.⁴, Kavitha Thilkan⁵ and Sneha Bhokare⁶

¹Associate Prof. Department of Kriya Sharir, Govt. Ayurved College Osmanbad.

³Prof. & HOD Department of kriya sharir Govt. Ayurved College Osmanabad.

⁴Assistant Prof. Department of Kriya Sharir, Govt. Ayurved College Osmanbad.

^{2,5,6}P. G. Scholar, Department of Kriya Sharir, Govt. Ayurved College Osmanabad.

Article Received on
05 August 2020,

Revised on 25 August 2020,
Accepted on 15 Sept. 2020

DOI: 10.20959/wjpr202012-18724

*Corresponding Author

Dr. Patil Shilpa

P. G. Scholar, Department of
Kriya Sharir, Govt. Ayurved
College Osmanabad.

ABSTRACT

Lifestyle means the way a person or group of people lives and personal behavioural choices, which are related with Health risks. The diseases which arises from abnormal Lifestyle are called as Lifestyle Diseases. In present era prevalence of these diseases has increased in India. The aim of *Ayurveda* is Preservation of Health of Healthy person and to cure the disease. Basically, *Ayurveda* gives more importance to Promotion of health and Prevention of disease. Faulty dietary habit is an important cause of lifestyle disorders. In *Ayurveda Ahara* is included in three pillars of life (*Traya Upsthabha*) which are *Ahara* (food), *Swapna* (sleep), and *Abrahmacharya* (non- celibacy) properly

indulge, support the body constantly. Acharyas had given detail about Dietary guidelines, rules, discipline and process to take *ahara* such as *Aharavidhi Vidhana*, *Pathya-Apathya* and food articles to be consumed and not to be consumed regularly Acharya *Charaka* mentions food as *Prana* (life of healthy human being). When we take proper intake of diet as per guidelines this food (*Bahyaprana*) nourishes and protect *Sharir* (body), *Indriya* (senses), *Mana* and *Atma* which are *Abhyantara prana*. This study gives an aspect of Diet planning which can be used for the treatment of disease and to maintain the health according to *Ayurveda*.

KEYWORDS:- Lifestyle Disorders, *Aharavidhi Vidhana*, dietary guidelines, Dietary rules, *Nityasevan yogya Ahara*.

INTRODUCTION

Life style means the way that you live. One should follow the proper lifestyle which will not affect to body. Any alteration/changes in this routine affects the normal body physiology ultimately in future it results in to diseases called lifestyle disorders. In present era due to urbanization, civilisation, globalization, affection towards adopting western culture quality of life is decreasing and prevalence of these diseases is going to increase rapidly. WHO has list of these disorders such as Hypertension, Diabetes mellitus, Chronic Kidney Disease, Dyslipidaemia, COPD, Cancer, Obesity etc ICMR conduct study on non-communicable diseases (lifestyle disorders) estimated proportion of death due to these diseases has increased from 37.09% in 1990 to 60.4% in 2016.^[1] There are main four causes of lifestyle disorder are Unhealthy diet, Physical inactivity, Tobacco and Alcohol.

In Ayurveda *Ahara* has much importance as medicine therefore called as *Mahabhaishajya*.^[2] Diet planning is given in preventive as well as curative aspect of disease. There is detail explanation about what to eat (*Pathya*) according to ones constitute, age, season, region, digestive fire etc., what to do not eat (*Apathya*). Food have to take on daily basis. Planning of diet on certain principles, dietary guidelines, dietary rules (*Ahara Vidhi Vidhana*). In present modern lifestyle we are avoiding towards our owns health, consequences of our eating habits and other lifestyle, harmful to us therefore there is need to know how to prevent disease before it trapping our body. Basically, in *Ayurveda* promotion of health has more importance than treatment.

AIM AND OBJECTIVES

- 1) To study the role of diet in the management of lifestyle disorder.
- 2) To study *Aharavidhi Vidhana* (Dietary Guidelines as per Ayurveda)
- 3) To study *Nityasevan yogya Ahara*.

Lifestyle disorders

The characteristics of behaviour or day to day habits of people is a lifestyle. The diseases which causes due to sedentary habits, alters health issue are called as lifestyle diseases are also called as Non-communicable diseases. These are chronic in nature take long duration of illness course. Cause difficulty to patients to live normal life. Behavioural risk factors are bad food habits, eating, excessive use of alcohol, smoking, disturbed biological clock, physical inactivity, wrong body posture. The non-modified means the factors which cannot be controlled by one self are Age, Gender, Race, Genetics.

Importance of ahara

As we know faulty dietary habits like eating fast food, junk food, timing of eating etc. is cause of lifestyle disorders. Ayurveda is having two-fold objective that is to preserve the health of healthy and to relieve the disease of ailing^[3] Food is responsible for health as well as to form diseases as described by Ayurvedic texts. As *Charaka* mentioned that Increase in skin complexion, keep mind fresh, liveliness, maintains body & mind peaceful, healthy, intelligence and strength these all things are depends up on *Ahara*.^[4] In *Trayopasthambha* *Ahara* has first position which is responsible for Strength, Skin Complexion and nourishment of *Mansadi Dhatu*.^[5]

Now we will see – 1) *Ahara Vidhi Vidhana*

2) *Nitya (Nirantar) sevan yogya Ahara*.

Ahara vidhi vidhana

Acharya *Charaka* mentioned the Dietary Guidelines which are termed as *Aharavidhi Vidhana*.^[6] It includes guidelines about how should be your meal that's properties, quantity, environmental conditions etc. these are as follows-

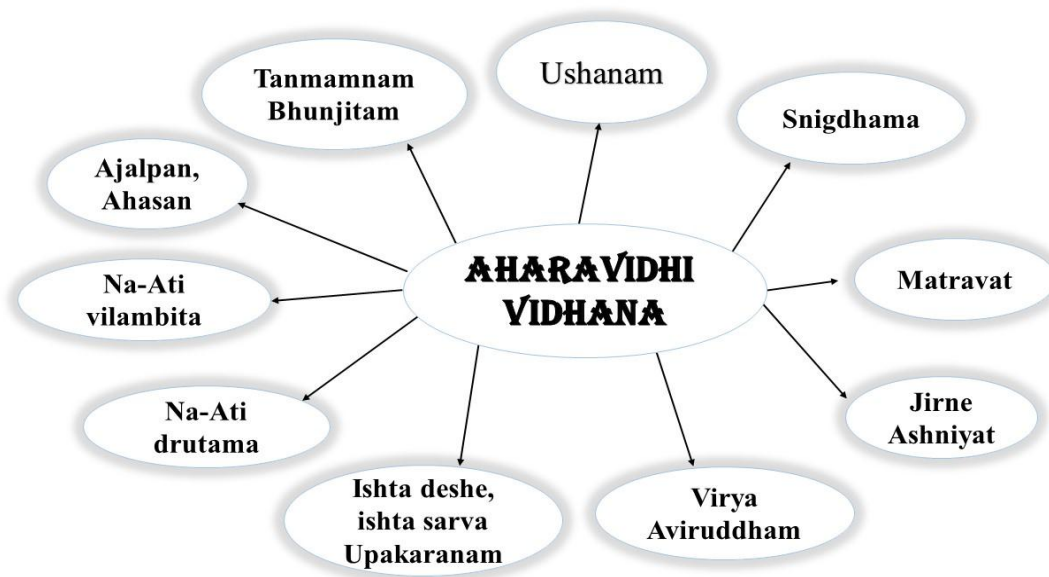


Fig. 1: Aharavidhi vidhana.

1) *Ushnam ashniyata* (Consume warm food)

This is a first requisite of food served. We should take warm/ hot food. It gives proper taste, stimulates *Agni* that is increases digestive power which leads to early digestion or digest food in proper time, does *Vatanulomana*, reduction in *Kapha*.^[7]

Due to hot food secretion of saliva occurs more helps in the formation of bolus, early digestion and absorption occurs, it also kills the bacteria or microorganism. In Ayurveda also recommends to drink *USHNODAKA* (Hot water) daily before and after meals. As cold water weakens digestive fire (Agni).

2) *Snigdhamā ashniyat* (Diet should include fat)

Meal should be taken *Snigdha* because it tastes good, *Agnideepan*, early digestion occurs, does *Vatanuloman* due to this *paka of mala* then break the bond between *mala* and finally excretion through *guda*, *snigdha ahara* mainly acts on *Madhura avathapaka* and increases strength of body, power of *Indriyas*(senses), *Varnaprasanam* (improve skin complexion).^[8]

Food should contain some fat which helps in growth and development of body. It requires for absorption of fat-soluble vitamins that is Vit. A, D, E & K. As HDL is good cholesterol which is important to decrease risk of Heart diseases. Dietary fat helps in breakdown of existing fat by activation of PRAR-alfa and fat burning pathways through liver.^[9] *Snigdha Ahara* does not means it should be only oil, Ghee...etc also other grains having *Snigdha Guna* like wheat (*godhuma*), Rice (*Shali*).

3) *Matravata ashniyata* (Balanced diet)

Third Vidhana is to take food in proper quantity that is in adequate amount. *Matra vata ahara* gives freedom from pain in stomach, Absence of any cardiac uneasiness, The non-distension of flanks, freedom from heaviness of the stomach, satisfaction of senses, subsiding of hunger and thirst, sense of ease in the standing, sitting, walking, lying position, inhaling- exhaling, talking.^[10] *charak* mentioned that *Ahara-Matra* is depends up on ones *Agni* (digestive power) and *Bala* (strength).^[11]

If we take *Matravata Ahara* it does not vitiates *Vata-Pitta-Kapha*, Enhances Longevity, It digest properly and reached up anus(*Gudadwara*), Does not impair *Agni* and get easily digested.^[12] We can call this as Balanced diet which contain each and every element such as fibres, protein, vitamins, minerals which is important for health.

4) *Jirne ashniyata* (Take meal after digestion of previous meal)

It means Eat food after digestion of previously taken meal. According to *Madhav Nidan* symptoms like Eructation (*Udagarshuddhi*), *Utsaha*, excretion of faeces, flatus and urine at

right time, Lightness of body, Hunger sensation born, Thirst sensation born.^[13] These all are evidence of digestion of previous meal.

If we take food earlier than previous undigested *Ahara Rasa* get mix with newly formed *Ahara Rasa* result in to *Aama* production it vitiates *Tridoshas* which causes diseases.

5) *Virya aviruddhama* (Eat food which is having similar element like body)

Virya is a Quality of Drug by which action or effect take place. The diet having property dissimilar to body elements which are not acceptable with system called as *Virudhha Ahara* there-fore eat those food which is not a antagonist of potency that is *Virya*. It is essential to take *virya-aviruddha ahara* to prevent problems arising due to *virudhhavirya ahara* such as Impotency, Blindness, *Raktavikara*, *Grahani*, *Aamvisha*, Hypersensitivity, *Kushta* (skin diseases), *Shotha*, Fever. etc and may even cause death.^[14]

6) *Ishtadeshe, ishata sarva-upkaranam* (take meal at proper place and proper equipment)

The place where food should be prepared and taken it must be Hygienic, Peaceful, Clean and should not produce any disturbing emotions like Stress, *Kama*, *Krodha*, *Bhaya*, *Chinta*, there should be piece of mind. Eat with loving persons at environment free from any dust, soil, pollution. Because place of eating and surrounding environment as well as psychological condition during meal affects to body.

There is relation between Gut and Nervous system. Independent Enteric Nervous System lines the Gastro-intestinal Tract which is also called as “Gut-Brain Axis” this second brain controls our digestion and work both independently and in conjunction with brain. Our digestion responds to the thoughts and emotions. We can experience these things-

- a. In stressful condition- brain can alter nerve function between stomach and Oesophagus resulting in Heartburn.
- b. With Extreme stress- brain sends signals to the gut immune cells that release Chemicals leading to Inflammation, this leads to Malabsorption.
- c. Stress becomes Chronic - Food Sensitivities.^[15]

7) *Na ati-drutama* (Do not eat too fast)

It means do not eat too fast, it goes in to wrong pathway that is in to the Respiratory tract. The destination/ place of food is Stomach, when it goes in to another tract causes respiratory

tract infection and choking, and we do not recognize the taste, quality of food, foreign particles like hair.^[16]

Stomach takes 20 min to recognise it is full if we eat too fast then large quantity of food get eaten cause fullness of stomach digestion occurs slowly. According to a new study accepted for publication in The Endocrine Society's Journals of Clinical Endocrinology and Metabolism (JCEM), eating a meal quickly, as compare to slowly, curtails the release of hormones in the gut that induce feeling of being full. The decreased release of these hormones, can often lead to overeating.^[17]

8) *Na ati-vilambita* (Do not eat too slowly)

It means do not eat too slowly, who eat over slow does not get satiety, eats more food, meal becomes cold and it affects the digestion process that sometimes it digests properly and sometime not.^[18]

9) *Ajalpa, ahasana, tanmana bhunjit* (Eat without Talking, laughing and mindful eating)

It means do not talk, laugh while eating, eat with concentration. If it is not followed then it affects body same as per, we eat too hurriedly (*Ati-drutama*).^[19] Due to talking, laughing it diverts mind, get food eating too much quantity. Digestion process is psychosomatic action.

10) *Aatmanambhisamikshya bhunjit samyaka* (Eating after analysing once's necessities)

Eat according to everyone needs that is on the basis of constitution, digestive power, age, season, region, strength, *Hita-Ahitakara, satmya* etc.^[20]

***Nirantar sevan yogya ahara* (Food articles to be consumed regularly)**

For healthy body as well as mind needs proper diet on regular basis. What should eat daily? Which ingredients they are? only veg or non veg diet is sufficient for body? shall we get every element from daily food we consume? These questions have answers in Ayurveda ancient acharyas studied very minute-minute things in detail.

Acharya Charaka mentioned- Nirantara Sevan Yogya Ahara^[21]

1. *Shashtika* (A kind of Rice harvested in sixty days)
2. *Shali* (A type of Rice)
3. *Mudaga* (Pulse-Green Gram)
4. *Saindhava* (Type of Salt)

5. *Aamlaki*
6. *Yava*
7. *Aantariksha* (Rain water)
8. *Paya* (milk)
9. *Sarpi* (*Ghruta*)
10. *Jangal mansa* (Meat of animals dwelling in dry climate)
11. *Madhu* (Honey)

From this list of *Ahara* get every element that is fibres, fat, carbohydrates, protein, vitamins etc.

DISCUSSION

In twenty first century due to development of every individual there is lack of attention towards health. Everyone is running to achieve the success this leads to improper sleep, unhealthy diet, addictions etc. It hampers or affects the body as well as mind this alters in alarming problems like Diabetes, Hypertension, Obesity, CKD, Anxiety, Stress, Peptic Ulcer like Lifestyle disorders. There is need to pay attention towards own health. Ayurveda has preventive as well as therapeutic aspects but it gives more importance to prevention.

The dietary guidelines, rules mentioned in Ayurveda that is *Ahara Vidhi Vidhana* and *Nirantar Sevan Yogya Ahara* is very important to follow these rules in busy life if it found difficult to follow think about solutions for example, we should take hot food on working place there is no facilities are available then wrap your tiffin in aluminium foil or get in to a thermos. When we avoid the root cause of disease, will definitely get rid of disease. *Ayurveda* thinks at its basic level.

In Ayurveda there are many techniques to keep digestive fire strong. Once digestive fire is corrected then we are rare likely to get disease.

CONCLUSION

From the above study can be concluded that the lifestyle disorders due to unhealthy diet are controlled by following dietary guidelines, rules. It is necessary to know about the *Ahara Viadhi Vidhana* and *Nitya Sevan Yogya Ahara* to receive all benefits of *Ahara*. Along with these guidelines' changes in daily regimen, habits will definitely good for health.

Right Attitude + Right Mindset + Right Food + Right Supplements + Right Exercise =
Healthy Lifestyle.

REFERENCES

1. <https://pib.gov.in> Lifestyle diseases in India-PIB.
2. Shrisatyapala Bhisagacharya edited Kashyap Samhita (Hindi translation) 7th ed, Khilasthan, adhyaya4, verse6, chaukhambha Sanskrit pratisthan, new Delhi, 2000; 149.
3. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *sutrasthana*, *adhyaya1*, verse41, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 11.
4. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *sutrasthana*, *adhyaya27*, verse 348, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 424.
5. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *sutrasthana*, *adhyaya11*, verse35, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 171.
6. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *vimanasthana*, *adhyaya1*, verse24, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 557.
7. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *vimanasthana*, *adhyaya1*, verse24-1, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 558.
8. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *vimanasthana*, *adhyaya1*, verse24-2, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 558.
9. Deepa Sharma et al. scientific explanation of charak's Ahara-Vidhi Vidhana (Dietary gGuidelines), IMAJ, 2015; 3(4): 1.
10. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *vimanasthana*, *adhyaya2*, verse6, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 561.
11. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *sutrasthana*, *adhyaya5*, verse3, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 81.
12. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *vimanasthana*, *adhyaya1*, verse24-3, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 558.
13. Shastri N., Madhav Nidan, Varanasi; Motilal Banarasidas, 1979; 1: 234.
14. Deepa Sharma et al. scientific explanation of charak's Ahara-Vidhi Vidhana (Dietary gGuidelines), IMAJ, 2015; 3(4): 2.
15. Dr.Pankaj Jindal Ahar Vidhi Vidhana as Digestion Modifying Lifestyle Intervention.
16. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *vimanasthana*, *adhyaya1*, verse24-7, *chaukhambha Sanskrit pratisthan*, Delhi; 2011; 559.
17. Dr. Pankaj Jindal Ahar Vidhi Vidhana as Digestion Modifying Lifestyle Intervention.

18. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *vimanasthana*, *adhyaya1*, verse24-8, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 559.
19. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *vimanasthana*, *adhyaya1*, verse24-9, *chaukhambha Sanskrit pratisthan*, Delhi; 2011; 559.
20. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *vimanasthana*, *adhyaya1*, verse25, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 559.
21. Prof. Ravidatta Tripathi edited *charaka Samhita* (Hindi translation) *sutrasthana*, *adhyaya5*, verse12, *chaukhambha Sanskrit pratisthan*, Delhi, 2011; 86.