

DRAVYA GUNA KARMA VIGYANA OF NITYAPRAYUNJEET AHARA OF CHARAKA

Vidya Shankar Khalkho^{1*}, Ram Gopal Sahu² and Sasmita Tripathy³

^{1,2}Post Graduate Scholar, Post Graduate Department of Swasthavritta and Yoga, Shri N. P. A. Govt. Ayurvedic College, Raipur, Chhattisgarh, India.

³Lecturer, Post Graduate Department of Swasthavritta and Yoga, Shri N. P. A. Govt. Ayurvedic College, Raipur, Chhattisgarh, India.

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*Corresponding Author

Vidya Shankar Khalkho

Post Graduate Scholar, Post
Graduate Department of
Swasthavritta and Yoga,
Shri N. P. A. Govt.
Ayurvedic College, Raipur,
Chhattisgarh, India.

ABSTRACT

The main principle of Ayurveda has got preventive as well as curative aspect. Charak has described *Nityaprayunjeet Ahara* which is similar to balance diet. It is maintain nutrition value such as calories, proteins, minerals, vitamins and other nutrients in proper proportion in the human body which helps with health promotion prevention and disease management. It is balanced all the *Doshas* and *Dhatus*. This article is an attempt to analyze the importance of *Nityaprayunjeet Ahara* and its nutritional value, and easy to take daily life.

KEYWORDS: *Nityaprayunjeet Ahara, Pathya, Dravya, Karma, Nutrition.*

INTRODUCTION

Ayurveda is a science of life. The aim of *Ayurveda* to maintain the health of healthy person and to cure the diseases of the patients.^[1] *Pathya Ahara* plays important role of the prevention of illness and health promotion. *Ayurvedic* literatures keep up this view by expressing the healthy body and mind depends upon the healthy foods. Hence the food we take should be *Pathya* (wholesome). Vaidya Lolambi Raja indicated the importance of *Pathya Ahara* by starting that if a Patients intakes *Pathya ahara* then there is no need of medicine. In the later case medicine will not be effective.^[2] Kashyap stated that food is the best medicine (*Mahabhaisjya*).^[3] Charaka described some habitually taken food (*Nityaprayunjeet Ahara-Shashtika, Sali, Mudga, Saindhav, Amalaka, Yava, Antariksha Jala, Milk, Sarpi, Jangala mamsa* and Honey).^[4] Which should be consumed as daily diet, which not only help to

maintain present well-being, but serves as a prophylactic against disease in future? In this article *Nityaprayunjeet Ahara* is reviewed about its qualities to know the preventive and promotive benefits of *Nityaprayunjeet Ahara*.

*“Shatikashaali mudgaan saindhavaamlake yavan,
Antariksham Payah Sarpi Jangalam Madhu chaabhyaset,
Tatcha Nitya Pranyunjeet, Swasthyam yennanuvartate,
Ajatanam Vikaranam Anutpattikaram cha yat”.*
(Ch.Su.5/12)

Shastika shali

Properties^[5] – *Madhura rasa, Laghu, Snigdha and Mridu guna, Sheeta Virya, Madhura Vipaka and Tridoshasamaka.*

Effect (karma) on body^[6]- *Grahi, Balya* (increases strength), *Sukrala* (increase semen), *Brimhana*(improves complexion), *Pathya* (wholesome diet) and *Moothrala* (increase urine).

Chemical composition- It contains 13.7g moisture, 78.2g of Carbohydrate, 0.6g Minerals, 10mg Calcium, 160mg Phosphorous, 7.5g Protein, 0.05g fat, 0.2g Crude fiber and 0.7mg Iron each 100gm.

Sali dhanya- properties^[7]- *Madhura rasa, Kashya Anurasa, Laghu and Snigdha guna, Sheeta Virya, Katu (Madhura) Vipaka, Pittasamaka and AlpaVatakapha Vardhaka.*

Effect (Karma) on body^[8]- *Balya* (increases strength/nutritive), *Brimhana* (improves complexion), constipative and produce less faeces (because of the less fiber content), *Laghu* (light to digest), *Ruchya*, *Moothrala* (increase urine), *Ruchya*, *Swarya*(beneficial for voice) and *Vrishya* (increase semen).

Chemical composition- moisture 14%, Protein 7.3%, Crude fat 2.2%, Fiber (water insoluble 2.7%, Dietary 4.0% and Lignin 0.1%), Crude ash 1.4%.

Mudga

Mudga is the best among the legumes used as pulses.

Properties^[9]- *Kashaya and Madhura Rasa, Laghu, Ruksha and Vishad Guna, Sheeta Veerya and Katu Vipaka. Dosakarma-Kapha and Pitta Samaka.*

Nutritional fact of *mudga*^[10]- *Mudga* is also known for his nutritional value. Carbohydrates 56.7g, Potassium 843mg, Magnesium 127 mg, phosphorus 326 mg, Iron 4.4 mg, Calcium 124 mg. Vitamins like Niacin, Carotene, Thiamine, Riboflavin, Folic Acid and Ascorbic acid Are also present in *Mudga*. It is also considered one of the best sources of proteins and produces 334 Kcal of energy.

Effect (*Karma*) on body- *Alpa Vatakara*, *Dristiprasadana*, *Baddha Mutra* and *Purisa*^[11] and also reduces *Jwra*.^[12]

Saindhava lavana- It acts as *ruhcy*a (improves taste), *agni dipana* (Improves digestion strength), *ama pachana* (digest toxic substances), *laghu*, *sita*, *vrsya* (acts as aphrodisiac), *netrya* (good for eyes, help to relieve infection) and *tridos*a *hara*. *Saindhava lavana* or rock salt is considered best among all salt. It is advised for daily use as per *Ayurveda*.

Properties^[13]- *Lavana rasa*, *Kinchit Guru*, *Snigdha* and *Laghu guna*, *Madhura Vipaka* and *Sheeta Virya* in Nature.

Effect on tridhosa-Generally salt increases *Pitta*, but *Saindhava lavana*, being cold in potency help to balance *Pitta*. Because of its salt taste, it balances *Vata* and it helps to relieve chest congestion due to sputum accumulation, because it also relieves *Kapha*. Hence it is one of the rare *Ayurvedic* substance that balances all the three *Dosh*as.

Chemical composition- Sodium chloride is the major ingredient making up to 98%. It contains many useful minerals and elements. It also contains Iodine, Lithium, Magnesium, Phosphorus, Potassium, Chromium, Manganese, Iron, Zinc, Strontium, etc.

Daily requirement- 5gm/day.

Scientific details of salt^[13]- Salt is also an important additive to our diets. Sea salt do not contribute anything but NaCl. Salt intake in Indian is About 15 g per caput/day which may appear on the higher side. High salt intakes are associated with hypertension. It is possible in a tropical country like India where there may be excessive loss of Na through sweat, high level of NaCl is needed. Sodium derived from foods is not significant. But potassium required by the body is primarily derived from food. A proper Ratio of sodium to Potassium intakes should be maintained to satisfy electrolyte balance and avoid undesirable consequences of excessive sodium. However in the management of hypertension the concept

should be “low salt diet but not free salt diet”.

Aamalaki

It is considered the “mother” as it performs the job of the taking total care of the mind body system and is known as the ultimate healer due to its immune restorative properties.

Propertise^[15]- *Pancharasa* (Except *Lavana*), *Amlapradhana Rasa*, *Laghu*, *Ruksha* and *Sheeta Guna*, *Sheeta Virya* and *Madhura Vipaka*.

Effect (Karma) on body^[16]-It is a laxative, is beneficial for eyes, pacifies all the Dosas and is spermatogenic. Due to its sourness (taste) it eliminates *Vata*; due to its sweetness and coolness it eliminates *Pitta*; due to its dryness and astringent property (it pacifies) *Kapha* and hence it is the best of all the fruits.

Chemical Constituents and Nutritive value - Fruit contains phyllembin, linolic acid, indole acetic acid and ayxubsm, trigaloylglucose, Corilagin, allagic acid, phyllemblic acid and salts. Nutritive value/100 gm of Amalaki fruit is moisture 81.20%, protein 0.5%, fat 0.1%, minerals 0.7%, fibre 3.4%, carbohydrate 14.1%, calcium 0.05%, phosphorus 0.02 % and iron 1.2 mg%, nicotinic acid 0.2 mg%. The fruit is one of the richest natural source of vitamin C.

Yava

Yava which is also known as Barley is rich with essential nutrients like protein, dietary fiber and other micronutrients. Use of *Yava* in daily diet would be beneficial to maintain good health.

Properties of yava^[17]

Yava is *Kashaya* and *Madhura rasa*, *Ruksha* and *Laghu guna*, *Sita Viraya*, *Katu Vipaka*, *Kaphapittahara* and *Vatakara* in nature.

Effect (Karma) on body^[18]- *Yava* are deplete body fats, soft, considered as favourable diet in ulcers like sesame seeds, drying, increases brainpower and appetite. They are pungent in post-digestive effect, do not block channels, good for voice, strengthening heavy, enhance the quality of faeces and flatus (because the high fiber content, promote complexion and stamina, unctuous (which promote the sticky substances inside). They cure the disease of throat, skin, *Kapha*, *Pitta* and *Medas* (fats). They alleviate chronic cold, dyspnoea, cough, rigid pelvis,

disease of *Rakta* and thirst. *Yava* is considered as a best diet in *Prameha*.

Chemical composition- Moisture 12.5g, Carbohydrate -70.0g, protein 11.5g, Phosphorous 15mg, fiber 4.0g, iron 1.67mg and calcium 26mg each 100gm.

Water (Antariksha jala)

Water is the major constituents of cell, tissue and organs and is vital for life. It is an essential nutrient and plays a key role in the human body. The rain water has, by nature, these six qualities-cold, pure wholesome, palatable, clean and light. Entire water is only one which falls down as rain from the sky. That while falling or having fallen down depends on place and time.^[19]

Properties of water^[20]- *Avyakta Rasa, Laghu and Snigdha, Sheeta Virya, Madhura Vipaka* in nature.

Water nutrition facts- The following nutrition information is provided by the USDA for 1 cup of tap water. Calories-0, Fat- 0g, Sodium-9.5mg Carbohydrates 0g, fiber 0g Sugars 0g, and Protein 0g, provide trace elements, such as copper, magnesium and chloride. Springwater and sparkling mineral water are the most nutritious, as they come from underground source rich in mineral and trace elements.

Effect (Karma) on body^[21]- It is *Kaphapitta Samaka, Vatakara, Jeevniya, Tarpaniya, Hridya* and *Buddhivardhaka*. Water relieves fatigue, tiredness, syncope, thirst, drowsiness and constipation. It is cordial, eliminates excess sleep, nutritious and gives strength to heart. It has non-manifested taste and cures indigestion. Its regular use is ideal, cooling, light to digest, helps in the formation of different taste principles and is like divine nectar for the formation of life.

Characters of ideal drinking water^[22]- Water, ideal for consumption should have no smell, no taste and should be cool, capable of pacifying this, clear, light to digest and cordial.

Milk (Godugdha)

After water, milk is the most commonly used liquids and is also an essential part of nutrition. Milk and milk products are considered to be one of the animal origin *dravya* which is important for persons of all age as a wholesome food (*Pathya*).

Properties of milk^[23]-*Madhura rasa, Guru* (heavy), *Snigdha, Mridu* (soft) and *Pichhila Guna, Sheeta Virya, Madhura Vipaka, Vatapitta samaka* and in nature.

Effect on body^[24]- Milk is *Medhya, vrisya, balya, Brihana* and *Rasayana*. Due to the ten qualities of *Oja* in milk, it is completely *Ojovardhaka* and *Jivniya*. For this reason the opposite of *Oja* is the destroyer of poison. Milk is *Sara, Sonitasthapana, snehana, sandhaniya, Garbhashthapana, Stanyajanana, Varnya, Mutrala* and *Dahaprasamana*. It is very beneficial in disorder like *Kshya, Jirna Jwar, Amlapitta, Parinamaula, Raktapitta, Uwaroga, Bibandha, ukrakshya* and *Sosha*. Milk is best in *Jivniya dravya*. Among all type of milk, cow milk is said to be the best.

Chemical composition- In general the gross composition of cow's milk is water 87.7%, lactose (carbohydrate) 4.9%, fat 3.4%, protein 3.3% and minerals (referred to as ash) 0.7%.

Scientific background of milk^[25]

Milk has always been considered as an ideal food for infants and children and a good supplementary food for adults. Unless the whey is discarded the products of milk retain all the nutrient present in the milk. Milk find place in any balanced diet particularly in a vegetarian diet, to provide some good quality protein, sufficient calcium and riboflavin which are difficult to obtain in adequate quantities solely from plant food. Milk is however deficient in iron and vitamin C.

Sarpi (ghrita)

Grita also known as clarified butter, has been utilized for thousands of years in *Ayurveda* as a therapeutic agent. *Ghrita* forms an important component of the diet of human beings due to its rich flavor and high nutritive value.

Properties of sarpi^[26]

Madhura rasa, Guru, snigdha and *sheeta Guna, Sheeta Virya, Madhura Vipaka, Vatapittasamaka* and *Kaphasamaka* in nature.

Chemical composition-Triglycerides, diglycerides, monoglyceride, ketoacid, glycerol ester, free fatty acid, phospholipids, sterol vitamin D-7, Vit-E, Vit-K-4, fat, protein lauric acid, myristic acid, palmitic acid, stearic acid, arachidic acid, oleic acid.

Effect (Karma) on body^[27]- *Ghrita* prolongs the age, strengthens the body, provides a

delicacy and luster, improve intellect, memory-power and quells the feeling of coldness. It is wholesome during childhood and good strength giving in young and old ages. There is nothing more wholesome and efficacious in the world than *Ghrita*. Cow *ghrita* is the best among all type of *ghrita*.

Jangala mamsa

Meat is a form of food to us from animal flesh. In general meat is considered a protein source, but it is also composed of water and Fat. Charaka says meat is the best *Brhamna* food.^[28]

Properties^[29]- *Madhura Rasa, Ruksha* and *Guru Guna*.

Effect (Karma) on body- It facify *Pitta* and *Kapha Dosha*. Though, it increase *Vata* moderately, it is light to digest and highly nourishing,^[30] promote semen and digestive power, control *Doshas* and cure dumbness, stammering, Facial palsy, deafness distaste, vomiting, glycosuria, disease of oral cavity, filariasis and thyroid ailments, along with all type of *Vatadosa*.^[31] Meat of *Aja* is not to cold, too heavy and too unctuous, does not vitiate *doshas*, because of simililarity with *dhatu* it promotes the bulk of body and does not block the channels. Mutton is sweet, cold heavy and bulk-promoting.^[32]

Composition of meat- Per 100gm of meat consists of approximately 75% of water, 19% of protein, 2.5% of fat, 1.2% of carbohydrates and 1.65% of nitrogen compounds. It also contains a great amount of several minerals (calcium, phosphorus, sodium, potassium, chlorine, magnesium and Trace elements such as iron, copper, zinc and many others).^[33]

Madhu

Madhu or honey is one of the most extensively used food products all over the world. Honey is the natural resource of sugar.

Properties of madhu^[34]- *Kasaya rasa, ruksa-sita-laghu guna*.

Action^[35]- *Dipana* (increase appetite), *Varnya* (increase complexion), *Svarya* (good for voice, bring softness), *caksusya* (good for vision), *Vajikarana* (acts as aphrodisiac), *Hrdya* (good for heart), *Lekhana* (has scraping out effect), *Grahi* (seizes the urine and feces), *Varnasodhana* (cleanses), *Ropana* (heals wounds), *Sandhana* (heals fracture quickly) and *Tridosaghana*.

Chemical composition- Honey is primarily fructose (38%), glucose (31%), water (17%), maltose (7%) and small amount of trisaccharides, other higher carbohydrates, sucrose, minerals, vitamins and enzymes.

Effect on dosha- It also eliminates *Kapha* due to its being light (*laghu*) in property and also (eliminates) *Vata* and *Pitta* by its sliminess (*pichilla guna*), sweetness (*Madhura rasa*) and astringent (*Kasaya rasa*) quality.

Uses of honey in diseases^[36]- Honey cure skin disease, haemorrhoids, cough, aggravation of *Pitta*, *Rakta* and *Kapha*, glycosuria and other disease of urinary system, Tired someness, worm infestation, excess of body fats, thirst, vomiting, dyspnoea, hiccup, diarrhoea, constipation, burning sensation, wounds and emaciation. It is a very good adjuvant and slightly induces *Vata*.

DISCUSSION

The concept of *Nityapraunjeet Ahara* explained in *Charaka Samhita* mentions in concise all the components of a well balanced food determined by modern medical science. *Sastika*, *Sali*, *Yava*, *Mudga* is main source of carbohydrates, protein and fiber, *Saindhava Lavan* and Water maintains the minerals, body fluid and electrolyte balance, *Amalaki* is antioxidant and rich source of vitamin –C, Milk and *Ghrta* maintains the carbohydrates, protein, mineral, Triglycerides, diglycerides, monoglyceride, steril vitamin D-7, Vit-E, Vit-K-4, *Jangala mamsa* is balanced rich protein, nitrogen compounds and several minerals and Honey maintains fructose, glucose and water and also maintain other micro and macro-nutrients in the human body. *Nityaprayunjeet* diets are nourishing the body with balancing all three *Doshas*. From the ancient time to till present, *Nityaprayunjeet* diet have been playing a key role in the Indian healthcare system. It is prevent the illness and health promotion.

CONCLUSION

The purpose of the *Ayurveda* is to maintain the equilibrium of all the *Dhatus*, *Doshas* are the entity which are responsible for vitiation of *Dhatus*. *Pathya Ahara* and *Vihara* are the tools to maintain the equilibrium or normalcy of *Doshas* and *Dhatus*. *Nityaprayunjeet Ahara* explained by *Charaka* possess qualities that it doesn't vitiate the one *Dosha* but all are more or less *Tridosha Samaka*, hence can be consumed as daily recommendable diet.

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