

CONCEPT OF AAHAR ACCORDING TO PRAKRITI FOR LONGEVITY

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ABSTRACT

In Ayurveda arrangement of medication, the entire idea of wellbeing and sickness, anticipation and the board depends on kind of constitution and it is established through Tridosha hypothesis of Ayurveda. Subsequently Ayurveda is just applied science which is still practically speaking having solid coherence. Dietetics can be characterized as the part of information worried about Diet and its impacts on wellbeing. As indicated by WHO the happiness regarding the most noteworthy achievable norm of wellbeing is one of the principal privileges of each person. Ayurveda the “Study of life” is an arrangement of medication that uses different treatments including diet, home grown preparations and yoga to reestablish concordance

balance inside the body. It zeros in additional on the sound living and prosperity. One of the fundamental objectives of Ayurveda is to keep up wellbeing of a solid individual and to achieve the wellbeing in the infected. Diet is referenced in 3 sub – column (sub mounts of life), since it is dependable is for development and improvement of the human body. One of the significant ideas in Ayurveda is “*Prakriti*” the intrinsic idea of an individual and is resolved at the hour of origination itself and stays for the duration of the life. Knowing about *Prakriti* helps in keeping up the wellbeing and forestalling the illness. Ayurveda recommends different food varieties and ways of life As indicated by one’s *Prakriti* and proposes that one ought to follow these rules to forestall different problems and to advance wellbeing. In this

time of way of life problems to improve the personal satisfaction and to cut down the expense of medical services one should think about his *Prakriti* and the eating regimen reasonable for his body constitution. Here by this paper is proposed to clarify the ideas of diet in Ayurveda in a backdrop illumination of *Prakriti*.

KEYWORDS:- Dosha, Prakriti, Aahar, Pathya, Pitta.

INTRODUCTION

Ayurveda is a clinical frame works that bargains with body as well as with mind however soul also. As per Ayurveda Health signifies “Adjusted co-appointment of body constitution, psyche and soul.” If we notice, individuals around us are not just similar, each individual has distinctive tallness, weight, structure for example each individual has its own life systems, physiology and brain research. As they have their own particular Panchbhoutik, Doshaj, Trigunatmak constitution at the hour of birth which choose their Prakriti. Prakriti is set up it never shows signs of change for the duration of the life. As per charak assuming vatprakriti individual takes vatprapakaahar (diet) he may experiences vatvikara (disease) and that individual's Bal (strength), varna (lusture), Sukh (happiness), Aayushya (life) might be hampered. This is valid for Pitta and Kapha Prakruti moreover. Consequently, as per Acharya Charak Aahar as indicated by prakriti relies upon Quality of food, Manner of admission, Combination of Aahar and recurrence of admission. So if individual follows diet as per Prakriti he endures 100 years sickness free life.

Concept of prakriti

Prakriti is Ayurvedic profile of an individual, encasing their physical, practical and conduct attributes. It is viewed as that Prakriti is shaped at the origination of individual and ordinarily doesn't adjust during later stage. So the quality by which an individual is brought into the world with is called Prakriti.

Ayurveda has more accentuation on analyzing the Prakriti or common condition of individual first. The infected or Vikriti is analyzed last mentioned. Ayurveda see all activities dependent on three essential capacities called ‘Doshas’ specifically Vata, Pitta and kapha. As each Prakriti have its own extraordinary characteristics for example Physical also mental .So to keep up balance of physical and pshycologicalstatus, diet ought to be keep up as indicated by prakriti.

Ayurvedic idea of aahar

Ayurveda offers accentuation to prakriti or body constitution on thought of food admission. Three fundamental doshas vata, pitta and kapha structures seven kind of prakriti. In this world every individual is a novel, therefore all the nature and great Aahar (diet) can't be reasonable to all person similarly. Each individual should take diet reasonable to his overwhelming sacred dosha's to adjust then in an unexpected way.

Vata dosha guna:- Ruksha (dry), Laghu(light), Chala (portable), Shita (cold), Khara (harsh), Vishad (clear) and Kashay (astringent). So vataprakriti individual needs to follow following example of diet.

Pathya – Apathya aahar according to vataj prakriti

Aahar	Pathya	Apathya
Grains	Rice, Wheat, Moong, Urad	Barley, Legumes
Fruits	Banana, Coconut, Anjeer, Bilva, Watermelon, Pomegranate	Pear, Apple, Chestnut, Jamun
Vegetables	Shatawari, Carrot, Cucumber, Garlic, Onion, Raddish, Pumpkin, Parwal	Tinda, Potato, Turai, Palak, Chulai, Karela
Masale	Jeera, Ginger, Mustard, Coriander, Cloves, Carrum seeds, Black pepper	NIL
Dairy Product	Cow – Buffalo-goat milk, Butter	Honey
Others	Sugarcane, Sesame Oil	Food which are in property of Ruksha, Sheeta, Katu-Tikta- Kashay Ras

Nature of food

Vata prakriti individual's quantity of Aahar depends on their Agni as in Vata prakriti Agni is visham. So there is Vaishamya in food intake i.e. individual take more or less quantity of Aahar (Diet).

Recurrence of admission: Vata parakriti individual take Aahar(diet) Repeatedly.

Pitta dosha guna:- Ushna (Hot), Tikshna (Sharp), Drava (Liquid), Vistra (Fleshy smell), Katu (Pungent), Amla (sour). So Pitta Prakriti Individuals has to follow following pattern of Aahar (diet).

Pathya – Apathya aahar according to pittaj prakriti

Aahar	Pathya	Apathya
Grains	Rice, Wheat, Moong, Barley	Urad, Kulattha
Fruits	Apple, Coconut, Anjeer, Munakka, Pear, Aamla, Anar, Papaya	Orange and other Amla rase rich Fruits
Vegetables	Shatavari, Makoy, Cucumber, Pumpkin, praval, Karela, Guard, jeevanti	Brinjal, Garlic, Onion, Spinach, Carrot, Raw-Raddish
Masale	Jeera, Dhaniya, Kesar, Dalchini, Clove, Fennel, Turmeric	Asafoetida, Blackpepper, carom seeds, ginger
Dairy Product	Cow- Buffalo- goat milk, Butter	Yoghurt, Amla-Takra, Aanoop maans
Others	Sugarcaine, Mishri, Jaangal - Maans	Alchole, Jaggery, Food which property of Ushna - Teekshna

Nature of food:- In pitta prakriti Agni is tikshna (Sharp) so people takes greater amount of Aahar.

Recurrence of admission:- Pitta prakriti singular takes Aahar (diet) more than once.

Kapha dosha guna:- Snigadha (thick), mridu (soft), Shlakshana (smooth), Madhur (sweet in taste), Ghan (thick), Mand (moderate), Kathin (inflexible), Swachya (clear), Sheet (cold). So kaphaprakriti individual needs to follow following example of diet.

Pathya – Apathya aahar according to kaphaj prakriti

Aahar	Pathya	Apathya
Grains	Rice, Moonga, Barley	Wheat, urad, Maida
Fruits	Pomegranate, Mango, Apple, Papaya, Lemon	Banana, Jackfruit
Vegetables	Shatavari, Garlic, Raddish, Brinjal, Suran	Potato, Spinch
Masale	Jeera, Ginger, Dry ginger, Musterd, Coriander, Clove, Blackpepper, Carom seeds	Nil
Dairy Product	Cow- Goat milk and Ghee	Yoghurt
Others	Honey, Flaxseeds	Sugarcaine Product, Foods which are in properties of Snigdha, Sheeta, Pichchhil, Madhur, Amla, Lawan Rasa

Nature of food:- In kaphaprakriti iagni is mand so people take less amount of aahar (Diet).

Frequency of admission:- Less occasions than vata and pitta prakriti.

Generally Healthy and Unwholesome dietary item

Acharya charak has portrayed different dietary articles which are generally healthy and unwholesome ordinarily.

Group	Healthy (Hitakar Aahar)	Unwholesome (AhitkarAahar)
Cereals	Red shali rice (Oryzasativa)	Yawaka
Pulses	Mudga (green Gram)	Mash(Black gram)
Green Vegetables	Jivanti	Sarshapa
Rhizomes	Shrungavera (Ginger)	Aaluka (Potato)
Fruits	Mrudvika (Dried grapes)	Nikucha
Salts	Saindhava (Rock Salt)	Usara
Sugarcane product	Sharkara	Faanita
Drinking Water	Antariksha jala	River Water
Milk	Cow Milk	Avika Milk
Ghrita	Govagrita	Avika ghrita
Vegitable Oil	Til Tail	Kusumb Oil

CONCLUSION

Healthy residents are the roots for advancement of any country. So we need to improve strength of each individual physical, physical, mental, social, scholarly, enthusiastic and spirituals. These all components of wellbeing could be adjusted by taking food as indicated by prakriti. Evrery individual ought to know about nature of diet, method of readiness and rules of admission as indicated by their prakriti. Legitimate information on ayurvedic aahar (diet) as indicated by prakriti and its application in our every day schedule is fundamental for sound life.

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