

## ROLE OF NITYA SEVNIYADRAVYA IN PRESENT LIFESTYLE

Dr. Maya Singh<sup>\*1</sup>, Dr. Jayprakash Sindra<sup>2</sup> and Dr. Salil Kumar Jain<sup>3</sup>

<sup>1,2</sup>PG Scholar, Dept. of Samhita Siddhanta, Pt. Khushilal Sharma Government Ayurveda College and Institute, Bhopal, Madhya Pradesh, India.

<sup>3</sup>Guide and Lecturer, Dept. of Samhita Siddhanta, Pt. Khushilal Sharma Government Ayurveda College and Institute, Bhopal, Madhya Pradesh, India.

Article Received on  
15 June 2021,

Revised on 06 July 2021,  
Accepted on 27 July 2021

DOI: 10.20959/wjpr202110-21283

**\*Corresponding Author****Dr. Maya Singh**

PG Scholar, Dept. of  
Samhita Siddhanta, Pt.  
Khushilal Sharma  
Government Ayurveda  
College and Institute,  
Bhopal, Madhya Pradesh,  
India.

**ABSTRACT**

*Ahara* is considered as *Mahabheshaja*. *Ahara*(food) is sustains the life of living beings; Complexion, clarity, good voice, longevity, brilliancy, happiness, satisfaction, nourishment, strength, energy and intellect all are depend upon food. *Acharya Charak* described importance of *Ahara*. In *Ayurvedic* classics, *NityasevaniyaAhara dravya* (wholesome daily foods) have been described in detail. Daily consumption of *Nitya Sevaniya Dravyas* does the promotion of health of healthy individual and prevents the diseases. *Nitya Sevaniya Dravyas* are very much useful in day today life. The proper *Ahara dravya* consumed in proper manner helps in the proper growth of the body. On other side if taken in improper manner leads to various kinds of diseases. Therefore this review article tries to highlights the importance of *Nitya sevaniya dravya*, in present era.

**KEYWORDS:** *Nitya sevniya dravya*, balance diet.

**INTRODUCTION**

*Acharya Charak* has described that *Ahara*, *Nidra* and *Bramhacharya* as *Trayopasthambas* of life.<sup>[1]</sup> On these sub pillars, whole life of a person is depending but *Ahara* is one of the most important factors of life. All the materials which are swallowed or in which the process of deglutition takes place are known as *Ahara*. According to *Acharya Sushruta*, food enhances vitality, strength and makes our body sturdy. *Ahara* increases enthusiasm, memory, Agni, life span, lustre and *Oja* of the body.<sup>[2]</sup> Therefore *Ahara* has been given the prime place and importance among all three *Trayopasthambhas*. The proper *Ahara* consumed in proper

manner helps in the proper growth of the body. On other side if taken in improper manner leads to various kinds of diseases. All types of diseases can be cured without any type of medicine by just following wholesome regimen. *Acharya Lolimbaraja* also focuses on the same aspect saying that in both the conditions viz. health and disease, the *Pathya Ahara* (wholesome diet) and the *Apathya Ahara* (unwholesome diet) is a prime factor. Health (Happiness) and unhealth (Unhappiness) is depends upon the quality and quantity of *Ahara*.<sup>[3]</sup> *Ayurveda* is not only a medical science but also a complete science of life, which deals with health promotion, prevention and management of disease.

### Constituents of well balanced diet in ayurveda

According to *Acharya Charaka* the list of foods those are advisable to consume daily i.e.: *Shashtika-shali* (rice), *Godhuma* (wheat), *Yava* (barley), *Mudga* (green gram), *Saindhava* (rock salt), *Amalaki* (*Embllica officinalis*), *Antariksha jala* (pure rain water), *Go-Ghrita* (ghee), *Godugdha* (cow milk), *Madhu* (honey), *Jangala Mamsa* (meat of animals from arid land) can be correlated as balance diet in today's era.<sup>[4]</sup> *Acharya Vagbhatta* also said that: *shali*, *Godhuma* (wheat), *yava*, *jangal mansa*, *Sunishannaka*, *Jivanthi*, *Balamulaka*, *haritaki* (*Terminalia chebula*), *amla*, *Mrudwika* (*Vitis vinefra*), *mudga*, *ghee*, *antariksh jala*, *dugdha*, *madhu*, *Patola* (*Trichosanthus doica*), *Sharkara* (sugar), *Dadima* can be consumed habitually.<sup>[5]</sup>

**Balance diet in modern science:** According to modern science balance diet is measured in calories, which is easily digestible for every person. Modern science states that so much carbohydrate, fat, proteins, vitamins and minerals are required for well balanced diet. . In every food there are certain factors developing the mental faculties and certain other factors developing the physical built of the body.

### Nityasevniya dravyas are

1. *Shashtika Shali* - *Shali* is best among all *shukdhanya*. Its properties are; *madhur rasa*, *madhur vipak*, *snigdha*, *shukra mutrala*, *trishnashamak* and *tridoshshamak*.<sup>[6]</sup> *Shashtika* is *snigdha*, *madhur*, *sheet*, *laghu*, *tridoshanashak*.<sup>[7]</sup>
2. *Mudga* (green gram)- *Mudga* is the best among *Shimbhi Dhanya*. *Kashaya madhur rasa*, *ruksha*, *katu vipak*, *kapha pitta shamak*.<sup>[8]</sup>
3. *Saindhava Lavana* - According to *Acharya Charak*, *Saindhava Lavana* is considered best for internal use. *Saindhava* is the best among salts. *Alpa madhur*, *rochan*, *deepan*, *vrishya*, *tridosh shamak*, *laghu*, *avidahi*, beneficial for eyesight.<sup>[9]</sup>

4. *Amalaki* is a great *Rasayana* that helps to protect from disease and reduce the possibilities of premature ageing. *Acharya Charak* and *Vagbhata* have admired *Amalaki* as the drug of choice for *Vayasthapana karma*.<sup>[10]</sup> *Dhatriphala* is equal(similer) to *Haritaki* (in properties) and still specially cures bleeding disorders, diabetes, best aphrodisiac and rejuvenator, mitigates *vata* by its sour taste, *pitta* by its sweet taste and cold potency, *kapha* by dryness and astringent taste, thus fruit of *Dhatr* mitigates all the three *doshas*.<sup>[11]</sup> *Vagbhata* describes *Amalaki* as the best drug for *Prameha* (diabetes) along with *Haldi* (turmeric).<sup>[12]</sup>
5. *Yava* (barley): It is used in a wide range in *Ayurveda* and described under *Shukadhanya Varga*. *Yava* (barley) is having *Madhura*, *Kashaya Rasa*, *Laghu*, *Ruksha Guna*. It is *bala vardhak*, *Kapha Shamaka*.<sup>[13]</sup>
6. *Antariksha Jala* (rain water) is the basic requirement. It is the prime source of all the water and purest water in the nature. Its properties are - *sheet*, *shuchi*, *shivam*, *laghu*, *vimal*.<sup>[14]</sup>
7. *Go – Ghrita* (Cow's Ghee) - *Ghrita*, *Taila*, *Vasa*, and *Majja* are the best *sneha dravyas* of all. *Ghrita* is one of the most important milk products widely used in India from immemorial times. Among all *Sneha Dravya*, it is considered as best owing to its special properties i.e. "*Samskarasya Anuvartana*" which means that Ghee carries property of drug without leaving its own property. *Ghrit* is works as a *Vrana - shodhak* and *Vrana ropak*. It improves memory, *Buddhi* (intelligence) and personal beauty of the body. It is also useful in *Vriddha*, *Abala* and *Krishna*. *Ghrita* alleviates *Pitta* and *Vata dosha*. *Ayurveda* recommends the *Go - Ghrita* as best and the *Ghrita* of choice for both food and medicinal purposes.
8. *Go-Dugdha* (Cow's milk) - *Go-Dugdha* is one of best rejuvenate food according to *Acharya Charak*.<sup>[15]</sup> It is a good source of protein, fat, sugar, vitamins and minerals. It is also a rich source of calcium. Milk, when digested properly, nourishes all the tissues, and helps to balance all the *doshas*. *Go-Dugdha* enhances *Ojas*, *Dhatu*, *Vata & Pitta shamak* and is *Vrishya*. It is best among *Jivaniya* substances. *Go dugdha* is beneficial in *Kshatakshina* (Those who are weak or emaciated due to injury). It is beneficial in chronic fever, *shwasa kasa*, *dysuria* and bleeding disorders.<sup>[16],[17]</sup> *Acharya Charaka* states regular intake of *Go dugdha* with ghee is best among the anti-ageing substances.
9. *Jangala mamsa*: *laghu*, *sheet virya*, *madhur kashaya rasa*. *Aja Mamsa* (Goat meat) is *Na-Ati-Sheeta Na-atiguru, na ati snigdha*. It does not lead to *Dushti* of any *Doshas* and is homologous with muscle of human body<sup>[18],[19]</sup> *Aja Mamsa* possesses similar qualities to

*Mamsa* of human beings, hence acts as *Bruhmhaniya*. *Aja Mamsa* is said to be the most compatible of human tissues and it is included in whole some food in the meat of soup.

This is the only type of red meat *Ayurveda* allows on regular basis or as medicinal diet.

10. *Madhu* (Honey) aggravates *Vata*, *Pitta Kapha* - har, *Ruksha*, *Kashaya* & *Madhura rasa*, *hridya*, *sandhan*, *shodhan*, *ropan*.<sup>[20]</sup> Honey has also been used topically as an antiseptic therapeutic agent for the treatment of ulcers, burns and wounds.

## DISCUSSION

*Acharya Charaka* and *Vagbhata* explained the *Nitya sevaniya Dravyas* which is similar to the balance diet. *Nityasevaniya Dravyas* are nothing but the *Dravyas* which are necessary for maintenance of health, proper body growth and development. This *nitya sevniya dravyas* are easily digestible without increases *tridosh* and provide nourishment to the *Saptadhatu*. *Acharya Charak* has given three types of *dravyas*- *doshprashamak*, *dhatuprakopak* and *swasthivrittomatam*. These *nityasevniya dravyas* have *doshshamak* property and maintain the health of human beings, so they should be used daily.

The properly digested food yields the nutrient fluid *Ahara Rasa* that is capable of nourishing the body constituents and thus ensures continuation of life process. When the digestion is not complete or improper the result is a highly contaminating and toxic metabolite called *Ama*. Since it is produced in place of *Ahara Rasa* it has access to all the body constituents and thus it results in malnourishment. The chronic indigestion lies at the root of most of the disease states. It is absolutely essential that one consume food that is wholesome, at proper time, in adequate amount, in a sequence prescribed and not too fast or too slow. According to *Ayurveda*, the diet which nourishes both the mental and physical built, is called balanced diet. According to modern science a balanced diet includes foods from five groups and fulfills all of a person's nutritional needs. Eating a balanced diet helps people maintain good health and reduce their risk of disease. These 5 groups are Carbohydrates, Proteins, Fat, Minerals and Vitamins. The *nitya sevaniya dravyas* can be included in these groups.

### Critical analysis of *nitya sevniya dravyas*

- *shali shashtik* (Carbohydrate): carbohydrate provide a great part of the energy(50-70%) in all human diets. *Shali*, *shashtika* rice, wheat, oats. carbohydrates also supply fiber. Fiber is a type of carbohydrate that your body cannot digest. It is found in many foods that come from plants, including fruits, vegetables, nuts, seeds, beans, and whole grains.

Eating food with fiber can help prevent stomach or intestinal problems, such as constipation. It might also help lower cholesterol and blood sugar.

- *Mudga, jangal mamsa* are protein rich diet. Proteins are often called the body's building blocks. They are used to build and repair tissues. They help you fight infection. Your body uses extra protein for energy. The protein foods group includes. Protein from plant source tends to be lower in saturated fat, contains no cholesterol, and provides fiber and other health-promoting nutrients. *Jangala mamsa* has 20% protein and 3-5% of fat, 100gm of meat if used will yield 194 calories of energy. *Jangala Mamsa* is a rich source of protein of a high biological value and also has all the amino acids and vitamin B complex. Riboflavin and nicotinic acid from vitamin B complex group, iron and phosphorous are present in an adequate quantity in such meat. It is main source of protein. But regards to quality, vegetables proteins are inferior to animal protein. It is also rich in minerals and vitamin B complex.
- *Yava* (barley). - The use of *Yava* both as *Pathya* and *Aushadha* is established in ancient texts and modern research experiments. Barley is rich in vitamins, minerals and other beneficial plant compounds. It's available in many forms, ranging from hulled barley to barley grits, flakes and flour. Barley can boost your intestinal health. Once again, its high fiber content is responsible — and in this case, particularly its insoluble fiber. Most of the fiber found in barley is insoluble, which — unlike soluble fiber — does not dissolve in water. Instead, it adds bulk to your stool and accelerates intestinal movement, reducing your likelihood of constipation
- *Godugdha* is a good source of protein, fat, sugar, vitamins and minerals. It is also a rich source of calcium. Milk, when digested properly, nourishes all the tissues, and helps to balance all the *doshas*. *Ghrita* and milk are fat rich diet Fats give you energy, and they help the body absorb certain vitamins A, D, E and vitamin K. some Essential fatty acids help the body function, but they aren't made by your body, you have to consume them. *Goghrit* is easily digested compared to *mahishi ghrit*. *Godugdha* is a complete diet because it contains plenty of carbohydrate protein, fat, vitamins and minerals.
- *Amalaki* (*Embllica officinalis*) is the most concentrated source of vitamin C in the plant kingdom. The active Ingredients in *Amalaki* are 'phyllembelin', gallic acid, tannins, pectin, and ascorbic acid (Vitamin C). It is well known for its ability to boost bio-availability and absorption of calcium for yielding healthier bones, teeth, hair and nails It is especially nourishing for the eyes, heart and digestion. *Amalaki* fruit possess Antioxidants, Hepatoprotective and Anti-inflammatory activities.

- *Antariksha jal*: water is very important for various reasons for our body. Our body is basically made up of 50-70% water. drinking water sufficiently helps you flush out the toxins through urine. Enough water and frequent urination will reduce the probability of kidney stones. It regulating body temperature and helping in our brain functions. it helps in development of our body. Some facts about the water content in our body.

Blood: Contains 83% water

Muscles: Are made up of 75% water

Bones: Are made up of 22% water

Brain: Contains 74% water

- ***Sandhav lavana***: In traditional *Ayurvedic* practices, rock salt is used as a home remedy for various digestive ailments, including stomach worms, heartburn, bloating, constipation, stomach pain, and vomiting. Gargling with salt water is a common home remedy for sore throats. *Sendhav lavana*, or rock salt, has long been used in *Ayurvedic* medicine to boost skin health and treat coughs, colds, and stomach conditions. While research on many of these benefits is lacking, rock salts offer trace minerals and may help treat sore throats and low sodium levels.
- ***Madhu***: Honey has also been used topically as an antiseptic therapeutic agent for the treatment of ulcers, burns and wounds. Raw honey act as antioxidants. Research has shown that raw honey can kill unwanted bacteria and fungus. It naturally contains hydrogen peroxide, an antiseptic. honey is used in medical settings to treat wounds because it's been found to be an effective germ killer and also aids in tissue regeneration.

## CONCLUSION

There is much talk about well balanced diet in this day. *Ayurveda* has considered about the *Ahara* in detail. *Ahara* is one that not only nourishes the body, but also restores balance of 'Tridoshas' which is very much essential for maintaining Health. In *Ayurveda*, the concept of *Nitya Sevaniya Dravyas* mentioned by *Acharya Charka* and *Vagbhatta* clearly indicates the importance of nutrition in today life. *Ahara* consumed in proper manner and quantity helps in the proper growth of the body. It provides strength, vigour, good complexion and nurtures the health of the tissues. On other side if taken in improper manner leads to various kinds of diseases. From above various references, a conclusion is drawn that *Nitya Sevaneeya Dravya* plays important role in maintaining healthy life and prevents the forthcoming disease. The



most important is that the food should not only be nutritious from the physical stand point but it should be such as would develop the intellectual and spiritual aspects of man.

## REFERENCES

1. Vd. harish Chandra singh kushwaha charak samhita, Sutra Sthana Chapter 11, Ver.35, Chaukhamba Prakashan, Reprint edition, 2018; 171.
2. Ambikadutta Shastri, sushrut samhita, chikitsa sthan, chapter 24, ver.68, chaukhambha Sanskrit sansthan, Reprint edition, 2014; 136.
3. Vd. Harish Chandra singh kushwaha, charak samhita, sutra sthan, chapter25, ver.31, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 348.
4. Vd. Harish Chandra Singh Kushwaha, Charaka Samhita, Sutra Sthana, chapter 5, ver.12, Chaukhambha prakashan, Vranasi, Reprint edition, 2018; 75.
5. Kaviraj atridev gupt, Astanga Hridayam, Sutra sthan chapter 8, ver.42-43, Chaukhamba Prakashan; Varanasi; Reprint edition, 2011; 102.
6. Vd.harish Chandra singh kushwaha, charak samhita, sutra sthana, chapter27, ver.10-11, chaukhamba prakashan; Varanasi; Reprint edition, 2018; 409.
7. Vd.harish Chandra singh kushwaha, charak samhita, sutra sthan, chapter27, ver.13chaukhamba prakashan; Varanasi; Reprint edition, 2018; 409.
8. Vd.harish Chandra singh kushwaha, charak samhita, sutra sthan. chapter27, ver.23, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 411.
9. Vd.harish Chandra singh kushwaha, charak samhita, sutra sthan. chapter27, ver.300, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 455.
10. Vd.harish Chandra singh kushwaha, charak samhita, sutra sthan. chapter25, ver.40, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 353.
11. Prof.K.R. srikantha murthy, bhavprakash nighantu, 1, chapter 6, haritakyadi varga, ver.39-40, chowkhanbha krishnadas academy; Varanasi; rReprint edition, 2016; 164.
12. Vd.harish Chandra singh kushwaha, charak samhita, sutra sthan.chapter27, ver.147, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 425.
13. Kaviraj atridev gupt, Ashtanga hridaya, Uttara sthana, chapter40, ver.48, Chaukhambha Prakashan, Varanasi, reprint edition, 2007; 611.
14. Vd.harish Chandra singh kushwaha, charak samhita, sutra sthan. chapter27, ver.19, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 410.
15. Vd. harish Chandra singh kushwaha, charak samhita, sutra sthan.chapter27, ver.198, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 436.

16. Vd. harish Chandra singh kushwaha, charak samhita, sutra sthan.chapter25, ver.40, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 353.
17. Vd. harish Chandra singh kushwaha, charak samhita, sutra sthan. chapter25, ver.40, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 353.
18. Kaviraj atridev gupt, Ashtanga Hridaya, Sutrasthana Chapter 5, Verse 22, Reprint, edi. Varanasi. Chaukhamba Sanskrit Sansthan, 2007; 43.
19. Vd. harish Chandra singh kushwaha, charak samhita, sutra sthan.chapter27, ver.61, chaukhambha prakashan; Varanasi; Reprint edition, 2018; 417.
20. Kaviraj atridev gupt, Ashtanga Hridaya, Sutrasthana, chapter6,Verse 63. Reprint, ed., Varanasi. Chaukhamba Sanskrit sansthan, 2007; 57.
21. Kaviraj ambikadutta shastri, sushrut samhita, sutrashtan, chapter45, ver.132, Reprint edition, Varanasi, chaukhambha Sanskrit sansthan, 2014; 232.