

TRADITIONAL METHOD OF CONSUMING FOOD SECRET FOR HEALTHIER LIFE

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ABSTRACT

The aim of ayurveda is to promote and pressure the health, strength and longevity of the healthy person and to cure the disease. As it deals with various aspects of life it is not merely the system of treatment but is "An ideal way of life". To attain a healthy life ayurveda concentrates on various rules and regulations. Diet rule (Aahar vidhi) is also among those that if Aahar vidhi is followed properly it helps to increase health and enhance the life span. Aahar (upsthamba) is the most important requirement of all living beings for a healthy life but without proper dietary guidelines we cannot gain optimum benefits from consumed food. If someone wants to take proper benefit then they must know the aahar as well as the method of intake because both have equal

importance. In the present era there is a change in lifestyle in which altered dietary habits play an important role which increases the number of lifestyle disorders and diseases due to their busy schedule. People are giving least importance to his diet. To cure this if we follow dietary ethics which have been given in charak Samhita as Aahar vidhi vidhana, many diseases can be cured by only changing dietary ethics.

KEYWORDS: Food, Aahar Vidhi Vidhan, Upsthamba.

INTRODUCTION

Food is the only source for our physical body. Aahar is the most essential part of living beings. In the present era humans don't know what to eat or how much is sufficient.

Researchers found that eating too much or too little of certain food and nutrients can raise the risk of dying of heart disease, stroke and type2 diabetes.

Frozen food contains a large amount of trans fat, which can not only clog arteries but also leave you prone to heart disease. Also increase cholesterol levels.

Processing makes food more tasty but affecting the nutritional quality of foods, blanching results in losses of vitamins and minerals. By microwaving food you may be at greater risk for certain cancers, Blood pressure may rise, it alters the chemical change of food, food packed in a plastic container may be carcinogenic to us.

As in charak Samhita said that the body as well as disease was caused by food. Ayurveda has given a detailed process of what to eat, how to eat for the continuity of life, bala, varna, upachaya etc.

By following the dietary ethics which are given in ayurveda one must prevent themselves from many lifestyle disorders.

Aahar is the life of living beings, happiness, voice, life satisfaction, power, intelligence all are dependent on Aahar so aahar is the base of life.

Taking or consuming food as per ayurveda dietary ethics (ahara vidhi vidhana) helps the food to become more digestible and healthier for all living beings.

That's why Aahar should be taken as ahara vidhi vidhana.

Aahar vidhi vishesayatana according to charaka samhita:- (ch. V. 1/21)

1. Prakriti:- Nature of the food substances that is inherent attributes of diet and drugs like

- Black gram (masha) is heavy
- Green gram (mudga) is light

2. Karana:- Means processing of food substances results in transformation of the substances and its attributes.

- Curd aggravates edema
- Butter milk relieves

3. Samyoga:-Combination of two or more substances which gives rise to new properties which is not seen individually.

4. Rashi:- Means quantity of food substances, which determines the result of their administration in adequate and inadequate amounts.

- Sarva Graha- quantity of food taken in its entirety.
- Parigraha- quantity of its ingredients.

5. Desha:- It relates to the habitat . It determines attributes due to growth of a particular type of food in a particular locality or region.

Eg. Aanup – Kapha, ushna, ruksha

Jaangal- vata, snigdha, sheeta

6. Kala:- Kala is nityaga and awasthika-time in the form of day , night etc and the state of the individual that is the condition of health and age. The later is relevant to the disease.

Eg. Milk in nava jwar is contraindicated while can be consumed in jeerna jwar.

7. Upayokta:- It is the person who takes food. The action of the food depends on the psychological and physical attitude of the person.

8. Upayogasamtha:- This stands for the dietetic rules,these are Important for proper digestion.If all the rules and regulations are observed then the food is properly digested, otherwise there may be ama formation, which leads to disease formation.

Rules of food intake (ahara vidhi-vidhanam) (ch. Vi. 1/21-24-25)

All persons should follow these rules while eating the food to remain healthy and enhance the span of life.

1. Usha – Food should be warm and freshly prepared.

Charaka;- swadista, agnidipaka, kshigrapachana, kaphahara.

Susrutra:- kaphavata roga, snehapayi

Modern:- appealing to senses, fresh food without contamination and highest bioavailability of nutrients will be suitable nourishment for everyone.

2. Snigdha – Eat food which is not roasted, hard to eat and dry to eat

Charaka- agnidipaka, vataanuloman, balvirdhikar, varnaprasadar

Susrut – vatapravriti, rukshadeha, vyavaya

Modern – food products which are hard, roasted are generally unwholesome in their nutritive value and satiety quotient is also very less hence are not recommended.

3. Parimana:- Adequate quantity neither less or more.

Charaka- ayurvedhak, easily digested

Modern- Quantity based on calorific value and satiety quotient of particular food either alone or in combination with other must be kept in mind ever food is consumed otherwise it will lead to excess nourishment or inadequate nourishment.

4. Jeerna anatar bhojan – Eat only when the food taken is digested (don't munch too much in between)

Charak- Ajirna bhojan – dosha prakopaka

Jirna – ayurvedhak

Modern – digestion process has its own biological clock and pattern. honoring it is very important to ensure smooth functioning of the organism.

5. Virya virudh bhojan- do not take food which is incompatible.

Charaka- virudh aahar janya disease can be avoided.

Modern- incompatibility of food must be viewed in light of bio-availability of nutrients. Sometimes the combination of different kinds of food together may cause local irritation or may result in toxic substances which may cause more harm than good.

6. Ista desha bhojanam – Eat at a suitable and pleasant place where you are comfortable and happy.

Charaka- Gives happiness

Modern- mood plays a vital role in eating digestion and even assimilation of food. Digestion is predominantly a parasympathetic activity which is activated and functions at its best when the organism is relaxed and calm. Here it is necessary to be very relaxed, clean and well settled before taking food.

7. Sheeghra bhojanam – avoid eating too fast (not paying attention to what you are eating and how much you are eating).

Charaka- food is tasteless when consumed fast.

Modern – flight and fright are the responses to emergencies .It is predominantly mediated by sympathetic activity. When this system is on secretions are lowered, blood circulation is shifted from central pool to periphery and the person is very tense. Such a situation is not good for food intake.

8. Alasya bhojanam- Avoid eating too slow.

Charaka- dissatisfaction

Modern- too slow eating may result in excess food intake, hence must be avoided.it may indicate depression and lack of attention. Hence must be attended appropriately.

9. Maun bhojanam

Charaka- food does not go to its place properly

Modern- eating silently without laughing will avoid aerophagia (engulfing air) and ensure proper eating and early satisfaction.

10. Aatma abhivikshana- paying total attention while you take food is essential. It includes what is your choice of food and adds a spiritual dimension to the food.

Charaka- maintains the equilibrium of tridoshas.

Modern- help to make choices regarding what to eat, what not to eat, how much to eat etc.

11. Pathya- apathya- food must be chosen according to individual health status and other special requirements.

Charaka- maintains good health

Modern- helps in preventing food allergy, malnutrition (w.s.t micronutrients) and individual health needs.

Sapta Ahara Kalpana Vishesha By Vagbhata

1. Svabhava:- it means the nature of food. It is also called prakriti according to charaka. By this we are able to know which food is considered too heavy and is not easily digestible and which one is easily digestible. The most important feature is that svabhava can be altered.

- Heavy – divyodaka, rakta shali, shastika shali, mudga etc

2. Samyoga:- it is the mixing of two or more substances.

3. **Sanskara:-** it is the result of shoucha (washing), manthana (churning), desha (place), kala (time), bhavna (trituration), bhajana (vessel).
4. **Matra:-** it is the quantity of food consumed. it is of 2 types-
 - Panda parimana- total quantity of food to be consumed.
 - Pratyeka dravya parimana- quantity of individual items.
5. **Desha:-** it refers to both where the food is grown and where the upyogta lives. upyogta is one who consumes food.
6. **Kala:-** it refers to both the season and the stage of disease and also the sign of proper digestion and improper digestion. If food is taken after a very long period then it will cause the obstruction of vata, undergoes difficulty in digestion, makes the body weak and destroys the desire for food.
7. **Upyogta vyavastha:-** it is the manner of taking food.

Dwadash Anna Vicharam:- Susruta in uttartantra has explained the following twelve principles about diet. (SU. UT. 64/56)

1. **Shita guna aahara** -shita ahara given to one who is suffering from trishna, ushanta, mad, daha raktapitta, visha
2. **Ushna guna ahara** – kapha vata roga, snehpayi
3. **Snigdha** – vata prakruti, rukshadeha
4. **Ruksha** – meda, snigdha, sharir, premeha pidita
5. **Dravahar** – sushkadeha, durbala
6. **Sushka** – pramehi
7. **Ek kaal** – increases agni
8. **Dwikaal** – samagni
9. **Aushadh yukta** – aushadhdweshi
10. **Alpa ahara** – mandagni
11. **Dosha prashamana** – according to ritu kaal
12. **Virtyartha** – for healthy persons

Proper Time to Take Food

- After urination and defecation.
- When all indriyas are having prasannata.
- When apan vayu is normal and eliminated.
- When “kukshi” is shithil.

- When the body feels lightness.
- When there is shuddha udgara.
- When there is a desire to eat food.

DISCUSSION

As mentioned changes in lifestyle of people results in many disorders as their busy schedule don't let them eat properly so their faulty and changed habits of food are reason for many disease. a faulty habits of taking food directly affect normal body mechanism that's why everyone have to learn about the ways, time quantity, quality of taking food which leads to healthier life. Ayurveda gives more importance to aahar and rules of taking it. Many people are taking food according to their schedule without knowing the jeerna awastha of aahar. Everyone must know the rules of taking food (basic principles of intake of aahar). These principles are described in ayurveda as written above which is applicable in every kaala. Aahara, Nidra and Brahmacharya are three sub pillars which support the main pillar, the body itself. Aahar plays an important role in maintaining the health and prevention of disease so, if we know the quantity and quality of food and the regimen related to aahar described in ayurveda, a positive health can be achieved easily.

CONCLUSION

Human body is said to be the bioproduct of food. Healthy life start with healthy food. The strength and complexion of a person will enhance only if he practices correct diet and regimen Aahara plays vital role in healthy and diseased condition. Everyone should know the rules of taking food as it is very much important for life. Everyone knows the ways, when, quantity and quality of food intake. Food should be warm because human digestive system works better with food and liquids that are at warmer temperature Food should be unctuous because it provokes the power of digestion. Intake of food having no contradictory potencies. Intake not in hurry and not too slow also. Intake after the digestion of previous meal by this there is no mixture of undigested and digested food if this happen then this results in the provocation of doshas instantaneously Intake of food in proper place and with all accessories results to built up people's emotional strain.as we all know drinking water in standing position is bad, similarly eating while standing position is dangerous or digestive system and body. Food in proper quantity, promotes longevity without affecting vata, pitta, kapha. quantity of food is that which does not harm. Depends on digestion fire and varies from individual to individual. Good food habits are the reason for maintaining dosha in the body,

proper nourishment of dhatus and excretion of mala which gives a healthy life. It is the need of the hour to create awareness and educate the people regarding the concept and methodology of proper food selection, preparation, and food intake as detailed in the ayurvedic principles like ahara vidhi vidhanam, sapta ahara Kalpana vishesha and asta ahara vidhi visheshayatana.

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