

**ANNA SAMRAKSHANA AND AHARA VIDHI VIDHANA AT PRESENT
PANDEMIC COVID -19****Rekha B. V.¹ and Rini P.^{2*}**

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Article Received on
27 July 2021,

Revised on 16 Aug. 2021,
Accepted on 05 Sept. 2021

DOI: 10.20959/wjpr202112-21509

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ABSTRACT

Ayurveda aims to promote and preserve the health, strength and the longevity of the healthy person and to cure the disease by properly channelling with and without Ahara. In present era, diet and lifestyle are major factors thought to influence susceptibility to many diseases. Ayurveda places special emphasis on Ahara and believes that healthy nutrition nourishes the mind, body, and soul. According to Ayurveda the living human body and diseases that afflict it is both the product of Ahara. Ahara is considered as one of the key pillars (Upstambhas) of life in Ayurveda. The concept of Ahara from the collection of food to preservation of food is dealt under the dietetic principles of Ayurveda. The standards for safe food practises developed as part of food safety

measures appear to be focused on food ingredient manufacturing, processing, packaging, and environmental tuning. When it comes to food, safety is a concept that is influenced primarily by the person who consumes it. The Nitya sevaneeya aharas explained in classics provides all macro and micro nutrients which will enhance the immunity. In today's world, altered habits of food consumption may lead to various diseases. So many guidelines are explained in Ayurveda, which are titled as Ahara vidhi, where the laws of do's and don'ts about diet and drinks are given. This article will review the Ahara samrakshana and Ahara vidhi vidhana in COVID-19 pandemic.

KEYWORDS: Covid 19, Ahara vidhi vidhana, Food safety, Anna samrakshana.

INTRODUCTION

COVID-19, which has grown into a global human hazard, is one of the key infections that primarily target the human respiratory system. It's a difficult scenario because of the

coronavirus's ubiquity and the need to focus on the individual's immunity to combat it. Ayurveda is a system of medicine that preserves a healthy person's health while also preventing sickness in those who are sick. Ahara (Diet) is the total amount of food consumed by a person, and it frequently refers to the utilisation of a specific nutritional intake for health.

A balanced diet is one of the most important factors in maintaining good health. Unhealthy eating habits, on the other hand, are linked to a variety of ailments. So, while eating plays an important role in Ayurveda, a nutritious diet encompasses a wide range of aspects, including what is known as "Ahara vidhi," which outlines the dos and don'ts of diet and beverage use. A healthy diet necessitates much more than just having enough nutrients, and Ayurveda places a premium on all aspects of Ahara and Ahara vidhi. The relationship between people and the food system is evolving at an unimaginable rate as the pandemic spreads, and it is becoming increasingly important in daily life, with strict restrictions imposed on people's movement to limit the spread of COVID-19.^[1] At the individual level, the correlation between diet and immunity is the common denominator that drives most of the nutrition and dietary guidelines to fight viral infections, like COVID-19. Specific nutrients or nutrient combinations have been shown to affect the immune system by activating cells, altering the production of signalling molecules, and altering gene expression.^[2]

Ayurveda is not only a medical discipline, but also a holistic science of life that focuses on disease prevention, treatment, and management. The ingestion of Hita, Avirudha, Satmya, and Nitya sevaniya ahara on a daily basis keeps a person disease-free; hence diet should be planned according to the Ashta ahara vidhi viseshayatana.^[3] The Nitya sevaniya dravyas, which is a kin to the balanced diet, was explained by Acharya Charaka and Vagbhata. To draw international attention to the Ayurvedic system of medicine's nutritional programmes, a significant deal of attention must be paid to the function of dietary components in health promotion. Preventive strategies are the foundation of Ayurveda, and food plays an important role because both the body and disease are products of food.

MATERIALS AND METHODS

Information were collected and documented from relevant Ayurvedic and Modern literatures, various websites & online published research articles.

DISCUSSION

Ashtha ahara vidhi viseshayatana (Special rule for diet intake)

A healthy diet necessitates much more than just providing enough nutrients, and Ayurveda places a premium on all aspects of Ahara and Ahara Vidhi. The reasons responsible for the wholesome and unwholesome effects of the Ahara, as well as the methods of Ahara sevana, are referred to as Ahara vidhi viseshayatana (Special rule for diet intake).

Prakriti

The Prakriti of the food can aid in making decisions based on digestive ability or a person's Prakriti. As a result, there will be no problems and the food will be well digested. Adequacy and balance of diet-these two principles of modern dietetics are covered under Prakriti. The food which we are consuming should contain proper amount of six nutrient classes i.e. water, carbohydrates, fats, proteins, vitamins and minerals for performance of essential functions. Each nutrient class should be in a balanced proportion in that complete diet.

Karana (Samskara)

This refers to the Samskara or the preparation of food for consumption. Cleaning, soaking, cooking, grinding, impregnation flavouring, maturing, preservation, and food storage are all steps in the Samskara process. It is basically modification in properties of food stuff by various samskaras i.e. Jala samyoga, Agni samyoga, Shaucha, Manthana, Desha, Kaala, Bhavana, Kaala prakarsha and Bhajana.

Samyoga

When two or more foods are combined, it can be beneficial or harmful. If these combinations are mixed, it is important to know which characteristics are inherited. For example, an equal amount of honey and ghee, or a fish and milk mixture, can be harmful to one's health. Combinations of nutrients create magic in diet. If we see it in broader aspect, it's simply principle of density which means packing of most nutrients in a diet.

Rashi

This refers to the amount of food available. The amount of food consumed varies by person. However, the amount of food consumed should not be excessive or less than the desired amount, as both are unhealthy. As a result, food should be consumed in the appropriate quantity based on the individual's digestive capacity. After selecting what to eat "how much

factor” should be analyzed. Charaka mentioned Sarvagraha and Parigraha is which in broader aspect is adequacy of diet and calorie control of diet respectively.

Desha

It refers to the geographical area in which food is grown. Food is grown in the parts of the World that are most appropriate for the people who live in those areas. As a result, selecting food from the appropriate area would be beneficial. Few areas are quite famous for top production of certain grains and pulses etc.

Kaala

The two forms of Kaala for the use of Ahara are Nityaga and Avasthika. Seasonal variations affect Nityaga Kala, in which Ahara is consumed according to a regular routine. The Avasthika kaala, which means diseased conditions, comes into play when food is consumed in accordance with the disease's state.

Upayoga samstha

Specific Rules have been stated in relation to food intake. This is known as the Upayoga samshta, which simply means "dietetic law." It covers everything you need to know about diet, including how to eat, when to eat, and what to eat. Upyoga samstha depends on Jeerna lakshana which is understood by symptoms like Udgaara shuddhi, Utsaah, Yathochit vegautsarga, Laghuta, Kshudha (hunger), Pipasa (thirst). Wide range of symptoms is described in Ayurveda stating when to eat food.

Upayokta

Upayokta is a person who consumes food (Ahara dravya) and is accustomed to it (Oka satmya or Sharira satmya). He is the one Ahara, and he eats as he pleases and gains health as a result of this.^[4]

Based on the above, it can be inferred that food should be consumed in accordance with Ayurvedic (Aharavidhi viseshayatana) dietary recommendations, which are genuinely scientific. Diseases can be avoided simply by changing one's eating habits. Healthy eating habits can help to reduce the risk of a variety of other health issues.

Nityasevaneeya ahara (The concept of balanced diet)

Nutrition is the most important because from a proper wholesome and balanced diet, all the body constituents — Dosha, Dhatu and Mala—are formed. That is why it is said that ‘we are

what we eat'. Food is not only essential for our physical well-being but it provides nutrition for our mind as well.

According to modern science balance diet measured in calories, which is easily digestible for every person. Balanced Diet in Ayurveda for Ideal Health is elaborated in detailed mannered as Agni, Vaya, Avastha, Kala, Desha, Prakriti and Koshttha. Ex:Mandagni person should have to consume Mridu and Laghu Bhojana while Tikshangni person Guru and Snigdha food. Nitya Sheelaniya Ahara Dravyas are completely full of Shadrasa, which is very essential for our perfect health. These Dravyas fit for day to day food habit in proper quantity.

Nitya sevaniya ahara	Nutrition
Shashtika shali	Carbohydrate
Yava	
Madhu	
Mudga	Protein
Jangala mamsa	
Amalaka	Vitamins
Saindava	Minerals
Antariksha jala	Fluid
Ksheera	Proximate principles
Sarpi	Fat

a) Shashtika shali (Rice) is a strong source of energy, as well as a large supply of protein, minerals, and B vitamins. It accounts for 70 to 80 % of total energy use. Rice proteins have a higher concentration of lysine, an important amino acid, than other cereal proteins.^[5]

b) Mudga (Green gram) – Among Shimbhi dhanya, Mudga is the best. It is the most important source of protein. It's also rich in minerals and B vitamins.^[6]

c) Saindhava lavana (Rock salt) - It stimulates the appetite and enhances the flavour of the food. It is preferred over regular cooking salt because it has a lower water retention capacity, making it beneficial to people with heart disease, hypertension, and kidney illness.

d) Amalaki (Embllica officinalis) is the most concentrated source of vitamin C. Phyllemblin, Gallic acid, tannins, pectin, and ascorbic acid are the active components in Amalaki (Vitamin C). Vitamin C comes in a unique form that is very easy for the human body to absorb. It's well-known for increasing calcium bioavailability and absorption, resulting in stronger bones, teeth, hair, and nails. It also aids iron absorption for a healthy blood supply. It is extremely beneficial to the eyes, heart, and digestive system. Amalaki is also great for keeping stomach acidity in check. When combined with a high-protein, high-nutrient diet, Amalaki has a unique activity that promotes strength and lean muscle growth.

e) Yava (Barley) - Ancient writings and recent research trials both support the use of Yava as Pathya and Aushadha.^[7]

f) Antariksha jala (Rain water) is the purest and most abundant source of water in the world. Antariksha jala (sky water) is tasteless and has attributes such as nectar, important for life, satiating, maintaining the body, stimulating, and allaying exhaustion, lethargy, thirst, drunkenness, fainting, drowsiness, sleep, and scorching sensations.

g) Go-Ghrita (Cow's Ghee) - It can form bonds with lipid-soluble nutrients and herbs, allowing them to pass through the body's lipid-based cell walls. In nature, it is Pitta-Vatahara, beneficial to Shukra, Oja, Swara, Varna, Nirvapanam, and Samskara anuvartanam. Ghrita acts as a Vrana shodhaka and Vrana ropaka, removing toxins from the body.^[8]

h) Jangala Mamsa (Animal Flesh) – Animal meat has 20% protein and 3-5% fat; 100g of meat will provide 194 calories of energy if consumed. Jangala mamsa is a high-protein, high-biological-value meat that contains all of the essential amino acids and vitamins, as well as iron and phosphorus in suitable amounts.

i) Madhu (Honey) is made up of 38 % fructose, 31 % glucose, 1 % sucrose, and 9% other sugars, as well as water and trace amounts of vitamins, minerals, and acids. Honey has also been used topically to treat ulcers, burns, and wounds as an antiseptic therapeutic agent. It is an excellent diet for lowering cholesterol and thereby preventing ailments such as coronary heart disease and obesity.^[9]

j) Dugdha (Cow's Milk) is one of the greatest rejuvenating foods. It has a well-balanced mix of all nutrients. Protein, fat, sugar, vitamins, and minerals are all abundant in it. All of the necessary amino acids are found in milk protein. The milk of cows roaming in Jangala, Anupa, and hilly areas is heavy for digestion in successive orders, and its unctuousness is determined by the type of food consumed by the animal.

DIET in COVID-19

Adopting the Ashta ahara vidhi and Nitya sevaneeya ahara concept Shad-rasayukta ahara, one should consume foods which are Madhura, Amla, Lavana, Katu, Tikta, and Kashaya rasa to enhance the strength. One should not practice eka rasa ie, only the particular food which is having single taste and Apararpana ahara i.e, non-nourishing food), Laghu, Snigdha, Ushna, Drava, Sthira, Sara and Teekshna guna. Laghu ahara (light food), Ushna ahara (food served should be hot) & Maatrayukta ahara (quantity sufficient) is to be provided based on his/her Agni bala (digestive power). The Ahara which are Picchila, Khara, Ruksha and Abhishyandhi guna which causes aggravation of Kapha are to be avoided.

- **Shooka dhanya:** Puraana dhanya (More than one year old stored cereals will not increase the kapha and it is light for the digestion) such as Shaali (Rice), Yava (Barley), Godhuma (Wheat).
- **Shami dhanya:** Kulattha (Horse gram), Mudga (Green gram), Chanaka (chick pea), Makushtaka (Moth bean).
- **Ksheera and Gorasayukta:** Milk should be boiled before its consumption; Ghee, Butter, Samskaarita takra.
- **Aharopayogi varga (Spices/Condiments):** Rasona (Garlic), Aardraka (Ginger), Haridra (Turmeric), Jeeraka (Cumin seeds), Ajamoda, Twak (Cinnamomum), Lavanga (Clove), Palandu (Onion), Hingu (Asfoetida).
- **Phala varga (Fruits):** Amra (Mango fruit), Draksha (Dry Grapes), Pakwa madhu-karkati (Papaya), Daadima (Pomegranate), Amalaki, Naaranga (Orange), Mosambi, Nimbu (lemon), Gajalimbe or Citrus lemon, Maatulunga (Citrus medica).
- **Krutanna varga:** Ashta guna manda, Panchakola peya, Kruta yoosha, Krushara.
- **Ksheera paka:** Lashuna ksheerapaka, Haridra ksheera paka.
- **Jala:** Ushna jala (Boiled water) Sukhoshna jala (Luke warm water), Shunthi jala (Ginger water), Jeeraka jala (Jeera water), Madhudaka (Water mixed with honey), Triphala rasa (Decoction of Triphala).
- **Satvika Ahara- Food for Mind:** *Satvika* means pure essence. This is the purest diet for a consciously spiritual and healthy life. It nourishes the body and maintains it in a peaceful state. According to Ayurveda, this is the best diet for physical strength, a good mind, good health, and longevity. And it calms and purifies the mind, enabling it to function at its maximum potential. A *satvika* diet thus leads to true health: a peaceful mind in control of a fit body, with a balanced flow of energy between them. A *Satvika* diet is excellent for those individuals who desire to live a quiet, peaceful and meditative life. *Satvika* foods include sprouted whole grains, fresh fruit, land and sea vegetables, pure fruit juices, nut and seed milk and cheese, legumes, nuts, seeds, sprouted seeds, honey and herbal teas. *Satvika* foods are those foods which do not agitate your stomach at all.

These Ayurvedic concepts can be applied to improve the immune system for the prevention and promotion of health, depending on the situation. Covid 19 Patients will have poor appetite, thus food must be tasty and tailored to the patients' likes and dislikes. By following Ashta ahara vidhi and including Nitya sevaneeya ahara in diet gives proper nutrition and immunity. In modern view also the diet consists primarily of fluids and tiny feeds given at

frequent intervals for the first two or three days. Supplementing with citrus fruits such as oranges, delicious limes, lemons, gooseberries, or ascorbic acid is essential. High-calorie, high-protein foods, as well as plenty of water, vitamins and minerals should be provided. To compensate for sweat losses and to provide appropriate volume of urine for waste excretion, a large amount of fluid must be consumed. The diet explained here under the headings of Vargas also fulfilling these requirements. The proper administration of these Ayurvedic principles will prevent the diseases and can adopt in Covid and post Covid condition also.

Anna Samrakshana - Food safety

The current methods are based on principles to prevent contamination, such as separating raw and cooked food, cooking food for an adequate amount of time at an appropriate temperature, storing food at an appropriate temperature, and using safe water and raw materials. Farm to fork, as defined by Rutgers, is "a food system in which food production, processing, distribution, and consumption are integrated to improve a given place's environmental, economic, social, and nutritional health." The ethics of food production are the fundamental driving reasons behind the farm to table or farm to fork movement, whichever you like to call it. The movement is built on four pillars: (1) food security, (2) proximity, (3) self-reliance, and (4) sustainability.^[10] Table is the chain's endpoint in the aforementioned idea. Typically, safety considerations focus on some requirements to ensure safety, security, and long-term viability, with a focus on food ingredients. Food safety is usually mentioned in Ayurvedic texts in the context of Annaraksha. This background describes how food is protected from various pollutants and hazardous substances. Especially in the meal supplied to the King, such pollutants should be avoided. In this situation, the concept of Gara visha comes into play. Contaminants and pesticide residues are now strong predisposing factors for such foods to become Gara visha. Annaraksha practises provide many ways for testing food (cooked or raw) for the presence of harmful compounds, with unique measurements for various food sources. These techniques resemble various testing (in vitro or in vivo) to assure safety, and when such tests show that the materials are free of toxins, they are pronounced safe (tested OK). The contaminants/toxins in substances that pass the OK test are not completely free of them; rather, they are tested to be within allowed levels.^[11]

CONCLUSION

COVID 19, a new strain of virus causing mortality all over the world, can be avoided with proper nutrition, hygiene, and social isolation. The stage of the sickness in the community

must be determined, and the Roga bala and Rogi bala must be determined before medicine can be administered. “The doctor of the future will provide no medicine, but will interest his patient in the care of the human structure, in diet, and in the cause and prevention of disease,” remarked Thomas Edison in 1903. Nutrition and food could provide a strategy for improved health conditions in the existing pandemic condition.

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