

## AHAR ACCORDING TO PRAKRITI AND TRIDOSH

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### ABSTRACT

Aurveda is one of oldest health science of the world with concepts of Prakriti, Tridosh, Panchmhabhut, Ahar etc. Prakriti is of two types: Deha prakriti and Manas prakriti. Prakriti is defined as uniqueness of one's personality. It plays an important role in the selection and implantation of every factor that affect a person in their full life time eg. Ahar(food), Dinacharya(daily regimen), Ritucharya(seasonal regimen) etc. Prakriti is decided at the time of conception<sup>[1]</sup> according to predominance of dosha so prakriti is defined as nature of body of a person in terms of dosha. Prakriti dose not changed during the whole life. The characteristics, physical and mental health of a person depends on the Prakriti of that person. Ahar is considered one among three pillars of life (Tryupsthmbh) and acharya has given remarkable importance

to ahar. In Kashyap samhita aacharya mention ahar as Mhabhaisajya which means superior medicine.<sup>[2]</sup> Ahar is responsible for maintaining one's health. Every food substance has its own qualities. The knowledge of Ahar and its consumption according to prakriti can be helpful in preventing dosha prokopa and there by diseases. Ahar that is opposite to Prakriti is beneficial for person's health as mentioned in charak samhita- Viparitagunastēsām svasthavṛttērvividhirhitafi. (Diet and exercise regimen with opposite/ neutralizing dosha properties are prescribed for maintaining health. Habitual intake of balanced diet with all rasa in proportionate quantity is recommended for equilibrium state of dosha).<sup>[3]</sup>

**KEYWORDS:** Prakriti, Ahar, Dosha, Mhabhaisajya, Prokopa.



## INTRODUCTION

The aim of Ayurveda – to protect health of the healthy and alleviate in the diseased.<sup>[4]</sup> The motive of maintaining health in healthy one can be achieved by if a person control his habits considering his prakriti. Acharya Charka mention that if a person consume ahar opposite to his prakriti (body constitution) is beneficial for person's health. Prakriti is define as the nature of body in terms of dosha. There are mainly 7 type of prakriti mentioned in Charak samhita- Vatik, pittaj, kaphaj, sansargj(dual), and Sam doshaj Prakriti.<sup>[5]</sup> Ahar is placed first in Tryoupsthmbh -Ahar, Nidra and Bhramchrya it shows us the importance of ahar in persons life. Ahar is the one which keeps the person healthy and maintain normal body functions.

## PRAKRITI

Constitution/ body- mind type is a important concept of Ayurveda. The concept of prakriti says that we all are different every individual has different physical, physiological and psychological functions as his/her prakriti. Prakriti is the unique nature of every individual. Prakriti is formed at the time of union of sperm and ovum. Predominance of Trigunas, Panchmahabhutas and nature of season and the condition inside uterus, Food and other regimens adopted by the mother during pregnancy decides the constitution of individual.<sup>[6]</sup> Person having predominance of vata dosha is known as vatik prakriti, having pitta dosha predominance is known as pittaj Prakriti, having kapha dosha predominance is known as kapha Prakriti, Individuals having a constitution dominated by a combination of two doshas are characterized by the combination of the manifestations of the respective doshas. person having vata and kapha predominance is known as vata- kaphaj Prakriti, having vata and pitta predominance known as vata- pittaj Prakriti, having pitta and kapha predominance known as Pitta- Kapha Prakriti, and a person having tridosha(V,P,K) nearly at the same level is called samadoshaja prakriti. Sama doshaja Prakriti is rarely found. Ayurveda prescribes a different Ahar (food), drinks and exercise to remain healthy for each individual based on his constitution.

## AHAR

Ahar is placed at first in Tryoupsthmbh.<sup>[7]</sup> The pathya ahar is the one which keeps the person healthy, maintain body functions, prevent disease and at the same time corrects the irregularities that may occur in the body. A person who take ahar considering his constitution may help him to stay healthy. Acharya Charka mention that ahar that is opposite to Prakriti is beneficial for person's health. Diet and exercise regimen with oppositedosha properties are



prescribed for maintaining health.

### **AAHAR FOR VATA PRAKRITI**

Vata Prakriti person are lean and thin (krisha), have dry skin because of ruksh guna of vata.<sup>[8]</sup> Person should take nutritive and strengthening diet. Ahar should be fresh, warm, moist and soothing. Person having vataik Prakriti should avoid food which increases vata dosha like kattu(bitter), tikta (pungent), kashya (astringent) rasa pradhan dravya. Madhur (sweet), A(sour), Lavana (salty) rasa guna pradhan dravya are generally good for vata Prakriti person. Vata prakriti person should take frequent and regular meals considering digestion capacity because they have variable appetite. Person should avoid too much fasting or dieting. Eat foods which are warming containing butter, Ghee, Oil to reduce dryness due to ruksh guna of vata. Avoid nightshades like potatoes, tomatoes, egg plant and chillies as they increase vata dosha in body and cause digestive disturbance. Eat in a clean, calm and quiet atmosphere.<sup>[9]</sup>

### **SOME BEST EDIBLES FOR VATA PRAKRITI**

Asparagus, Beets, Carrots, Celery, Garlic, Green beans, Water Chestnut, Mangoes, Melons, papaya.

### **AAHAR FOR PITTA PRAKRITI**

In pitta Prakriti person an excess of fire element creates heat in body so person should take food which increases shitalta (coldness) in body as Madhur(sweet), Tikta (bitter), kashya (astringent) rasa pradhan dravya, shital virya dravya and avoid amla, lavana and kattu rasa pradhan dravya. They have tikshna agni (strong digestive fire) due to pitta dosha predominance<sup>[10]</sup> so person should eat every 4 to 5 hours. Increase consumption of sweet fruit, herbal teas, vegetarian diet, raw food. Person should avoid nightshades, fermented or fried food, smoking, alcohol and fasting. Grain fruit and vegetables cool the pitta heat in pitta Prakriti person.

### **SOME BEST EDIBLES FOR PITTA PRAKRITI**

Leafy greens, Cucumber, Mushroom, Parsley, Coconuts, Figs, Avocados, Apples.

### **AHAR FOR KAPHAJA PRAKRITI**

In Kapha Prakriti person have excess jala (water) mhabhuta (element) creates shitalata (coldness), Guruta (heaviness) and oiliness in the body. The balance of health in Kapha Prakriti person can be achieved if they consume kattu, Tikta and Kashya rasa pradhan dravya



and avoid Madhur, Amla and Lavana rasa pradhan drvyas. Occassionally fasting is good for kafa Prakriti person. Food should be warm and easy to digest. Avoid too much butter, fried, frozen edible, cold water and cool, oily and heavy substances. The hot, drying grains buckwheat and Millet are best for Kapha Prakriti. All vegetables are good for Kapha Prakriti person except potatoes, tomatoes and water chestnut.

### **AHAR FOR DWANDVAJA PRAKRITI**

Generally in dwandvaja prakriti person should take food which controll both dosha as in VP prakriti person should follow both V and P controlling dite. VPs should specially avoid spicy, Tikta rasa pradhan drvya because tikta rasa increase both vata and pitta. They should take madhur rasa pradhan drvya.

PK prakriti person should take Tikta ans Kashya rasa pradhan drvya because both decrease kapha and pitta dosha. Avoid Amla and Lavana rasa pradhan drvya because both increase both pitta and kapha.

VK Prakriti people should prefer ushna virya drvya because both are cold in nature and need heat.

### **AHAR FOR SAMA DOSHAJA PRAKRITI**

Samadoshaja prakriti person should take all rasa in a balanced quantity because they have all tridosha in a same level.

### **CONCLUSION**

It can be concluded that if a person consume ahara considering his prakriti it can help him to pacify his doshas and prevent the disease.

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