

FOUR TYPE OF RASA IN AYURVEDA AND ITS COMPARATIVE OR TOXICOLOGICAL EFFECT PRODUCE IN MODERN LIFESTYLE

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ABSTRACT

In ayurveda there is huge importance of ras, guna, virya, vipaka, prabhav, karma. in which in different time period so many discussion are happen for them in which one of discussion done for rasa, so in charak samhita sutra sthan there is discussion about different type of rasa so in one of them **Acharya Kaushik Hirnyaksh^[4]** introduce 4 type of rasa swadu, aswadu, hita, ahita and there 4 type of combination so in modern lifestyle we try to correlate these rasa. so in today scenario we cook a food in different way in different utensils so due to they produce different type of toxicity. Like vegetable and natural edible food which cook through tradition methods are come in swaduhita, but most of fast food or other edible food and beverages come under swadu ahita, medicines comes under aswadu hita and the alcohol, liquor drugs, barbiturates come under aswadu ahita. so these some of

example of these rasa these can vary through places and habitual but the main thing due to consumption of these thing can create different pathological changes in human body and produce different diseases like metabolic disorder, skin disorder, damage of soft organ, GIT tract disorder, gonadal or endocrinal disorder.

INTRODUCTION

Food^[5] is major source of nutrition and the determination and attraction toward food is decided by how it tastes like, in Ayurveda there are 6 types of rasa described in different types of samhita and the rasa are **madhur, amla, lavana, katu, tikta, kashaya**. but in ayurveda charak samhita sutra rather than theesre is reference of sambhasha/discussion about rasa, how many types of rasa and which kind of rasa should be more useful and greatful in ayurveda in which there is 1 to 9 and many type of rasa variety should be discuss and as final result 6 type of rasa is majorly decided for it but in sambhasha they give and explain some other example of rasa in which one of them have 4 type of rasa in ayurveda which is explain by **Acharya Kaushik Hirnyaksh** and the 4 rasa are **Hita, Ahita, Swadu, Aswadu** and there 4 type of combination are made from these rasa 1) **Swadu hita**, 2) **Aswadu hita**, 3) **Swadu ahita**, 4) **Aswadu ahita**.^[6]

So in today life style there is different life style and different food habitual are follows due to which so many variation of food and there result happen, In current life style there is two types of toxicity mostly seen first is drug toxicity and the other one is food toxicity, so what is food toxicity - consuming different type of food substance in inadequate ratio or habitual , in different type manner which causes different kind of toxicity so those food are show different type of digestion and there bi-products, which absorbed by digestive track and create pathological abnormalities those cycle and process called food toxicity.

TYPES OF FOOD ACCORDING TO RASA

1) **Swadu Hita**^[7] - It is a that type of food which is good for body and mind, so word swadu means which is good in taste, and like by receptors and there is no abnormality in consuming that food item called swadu. Hita means those food in consumption with beneficial for health also that food easy in consumption and improve metabolism system of body also. so the proper combination of food are come in Swadu Hita. **Example** - all fresh vegetables, grams, nuts, dry fruits, fruits mostly seasonal, cow milk, chicken, fresh meats, eggs, cereals, spices, milk products etc these all type of food products are cook with proper method and consume in proper way and ratio is good for health and improve body immune and metabolic system.

2) **Swadu Ahita**^[8] - In these type of food combination swadu is same as above which are good in taste by it cooking methods, and adding additional things which improves and enhance it food quality but Ahita is those type of food substances which is not good for health while consuming these kind of substances causes toxicity, metabolic abnormality,

disturbed and cause pathological changes in our body called ahita substance. Ahita ras food is made through adding additional substances or adulteration in food material, doing unnecessary food experiment, **Example** making a food with different habitual, opposite quality of food, making so many food items in same container again and again, using cheese, butter, sauce, mayo, vinegar in undistributer manner, cooking sour and spicy food in milk, soft drinks and in chochalte, using burning methods for enhance and adding flavour in food items. So those combination of food called Swadu Ahita ras which is good in taste but not good for human health and its metabolic or organal system.

3) Aswadu Hita^[7] - Aswadu means a food which is not good in taste might be it taste is bitter, astrigent, and something different which is not accept by the tongue and consuming of such thing induce some habitual and internal changes and mostly we try to avoid such thing so those type of substances called Aswadu, and Hita we all know those type of substances which is good for health and body or immune system which good either bad in taste but consuming those kind of ras product is truly beneficial for health so combination of such thing called Aswadu Hita. **Example** all kind of medicine, kashaypan, spices plant, old ghee, fermented liquids which primary cook in medicine getting preserve in containe for fermentantion process for improve and enhance there quality, and some other substances.

4) Aswadu Ahita^[8] - Aswadu as mention above which is not good in taste not except by mind and tongue where Ahita means not beneficial for health and body immune or physiological system so those combination of food is come under Aswadu Ahita **Example** all kind of liquor like beer, wine, vodka, scotch, rum or addictive substances like afeem, ganja, charas, heroin, morphine deravitives, some house hold thing which inhale and consume as addiction for getting high.

LEVEL OR GRADE OF TOXICITY FROM FOUR TYPE OF RAS CONCEPT^[9]

So as we discussed in above point about four type of ras and its combination or there categories wise food and there food example so now we have clear that which kind of food come in which category, So first Swadu Hita in these all healthy or tasty thing which is good in taste and quality come in these category consuming these type of food is less toxic because as all we know in today scienerio develepoment or farming of food substance is all pass through some chemical or machienary work due to which the quality of that food is affected by those process but these ras product are less toxic or more beneficial for health.

Second Swadu Ahita in these we find a substance which good in taste but there taste is came through enhancement and tempored process, cook in method is uncertain or in disturbed manner these food substance actual causes food toxicity because while prepration of these food has different ras and its quality and combination of such thing leads to higher toxicity which causes fatty liver, endocrinal dissorder, fat, ibs, GIT dissorder, abnormality in enzymes or abnormality in physiolgical and pathological and metabolical system of body. So these type of ras substances causes food toxicity and affect our body.

Third one is Aswadu Hita a ras substances which is not good in taste but good for health and body in which these substance not so toxic because most of them are come under medicine category and these medicine cure the body or improve metabolic and pathological system of body but if some one taking these type of ras for long duration without proper guidance or amount so it leads and causes toxicity which came under the drug toxicity, which is also common in today generation taking drugs or medicine without prescription or proper guidance which later on leads to organ damage, lipid disturbance, cardiac, liver, kidney failure or its dissorder and some time it leads to death also.

Now the final one Aswadu Ahita these substance not good in health also not good in taste but people still taking these substance just for enjoy or for relaxation purpose in these mostly alcoholic or addictive thing are come and consuming these substance damage organ also grow cancer, and disturbe the metabolic system of body these come under addiction or in drug toxicity so as we know today most of people taking these substances and suffer through health issue like liver cirrohsis, kidney failure, infertility, cancer or other symptomatical dissorder like anxiety, depression, voilence low immunity etc.

CONCLUSION

So after proper conceptual study and discussion about the four type of ras concept finally we found that in smahita our acharya mention everything about human and enviornment life cycle they describe each and every point with full detailing. So these four type of ras is totally fit in today life style because we saw in that today generation mostly taken diffrent type of food substances inadequate manner along with difrrent area and habitual so due to these randomise shuffling are the biggest cause and also they disturb there life style and leaving pattern simillary on another site using of pesticides, fertilizers, chemical and other hazardous things give toxics results for human body and there metabolical system, which under goes and produce new type of metabolical and harmonals problem in our body. the second point some

of people are taking strict and punctual diet and they still believe and follow ancient life style so that particular group is mostly being healthy but on same side new generation follow trendy or abnormal life style due to which we saw in young age most of them suffering from hazardous disease like PCOD/hypothyroid, premature ejaculation, acute gastritis, infertility, hair and skin problems, accelerated hypertension, IBS, appendicitis, GIT infection, cardiac diseases, difficulty in conception of pregnancy, and various type of cancers. So as we know all the problems and their causes so we try to maintain our life style as per Ayurveda rules and their references.

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