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AYURVEDIC FOOD CONCEPT

ROLE OF AHAR IN PREVENTION OF DISEASES AND PROMOTION OF HEALTH

Ahar and Ayurveda

- *Trayopasthamba*
 - *Ahara (food),*
 - *Nidra (Sleep)*
 - *Brahmacarya (Good conduct).*
- “Dehohaya Aharsambhavah”
 - Food has been mentioned as “Mahabhaishajaya” i.e greatest medicine.
 - Food (*Ahar*) has been compared to (*prana*) vital force required for sustenance and vitality of individuals.
 - Food is abode for six tastes and these tastes are cause for increase, decrease and normalcy of biological humors (*doshas*)



Ahar and Ayurveda

- ? Our body and food is made up of five elements
- ? Right balance of 5 Elements in food makes balance of doshas in our body.
- ? Good health and Longevity



Ahar and Ayurveda

- ? Acharya Charaka stated, that a daily diet should be (of such quality), which not only helps to maintain present well-being but serves as a prophylactic against coming diseases.
- ? Lifestyle disorders are a big problem for our society today. Such diseases mainly result from life style related factors such as unhealthy diet and dietary habits, lack of physical activity and lack of awareness regarding the preventive aspects of diseases etc.



Cause is owed to

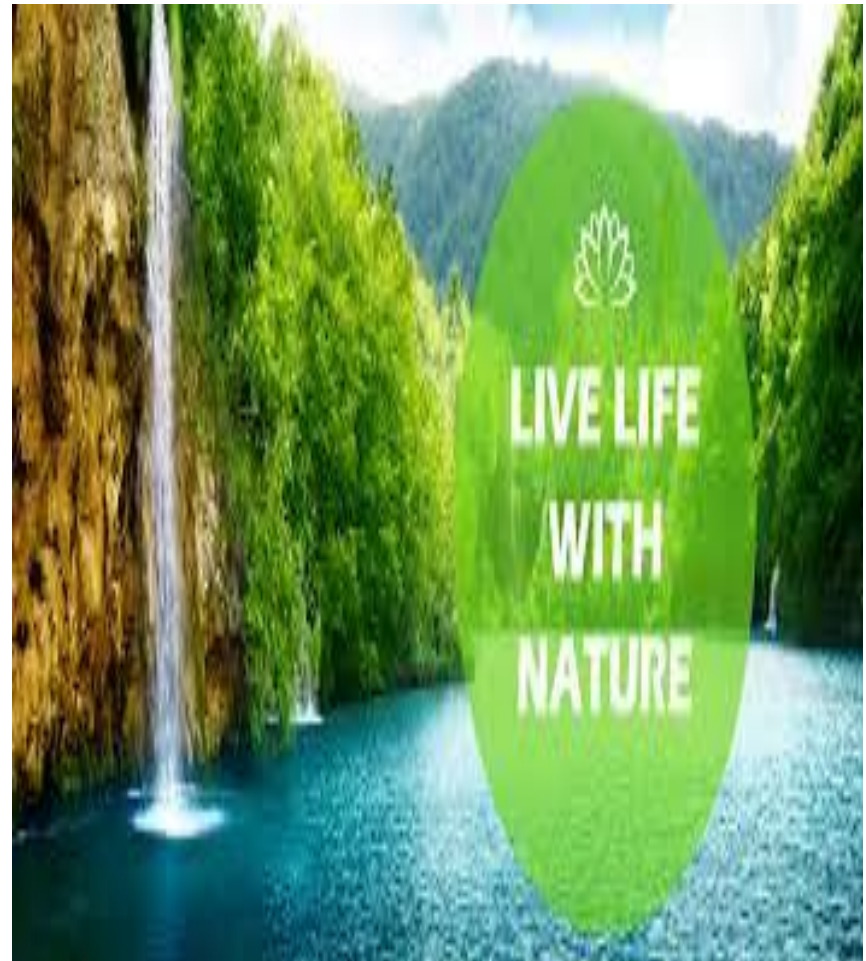
- ❑ **Mithya Ahar (Abnormal Diet)-**
 - ✓ Consumption of Junk/Fast/Packaged Food
 - ✓ Use of Chemical preservatives and Flavoring agents
 - ✓ Use of Incompatible Food items
- ❑ **Mithya Vihar(Abnormal Mode of Life)**
 - ✓ Faulty Cooking Techniques
 - ✓ Meal Skipping due to cosmetic reasons
 - ✓ Disordered Eating Habits
 - ✓ Inappropriate Meal Intake Timings
 - ✓ Non-observance of Eating etiquettes





Ayurveda- Is there any way out??---YESSS....

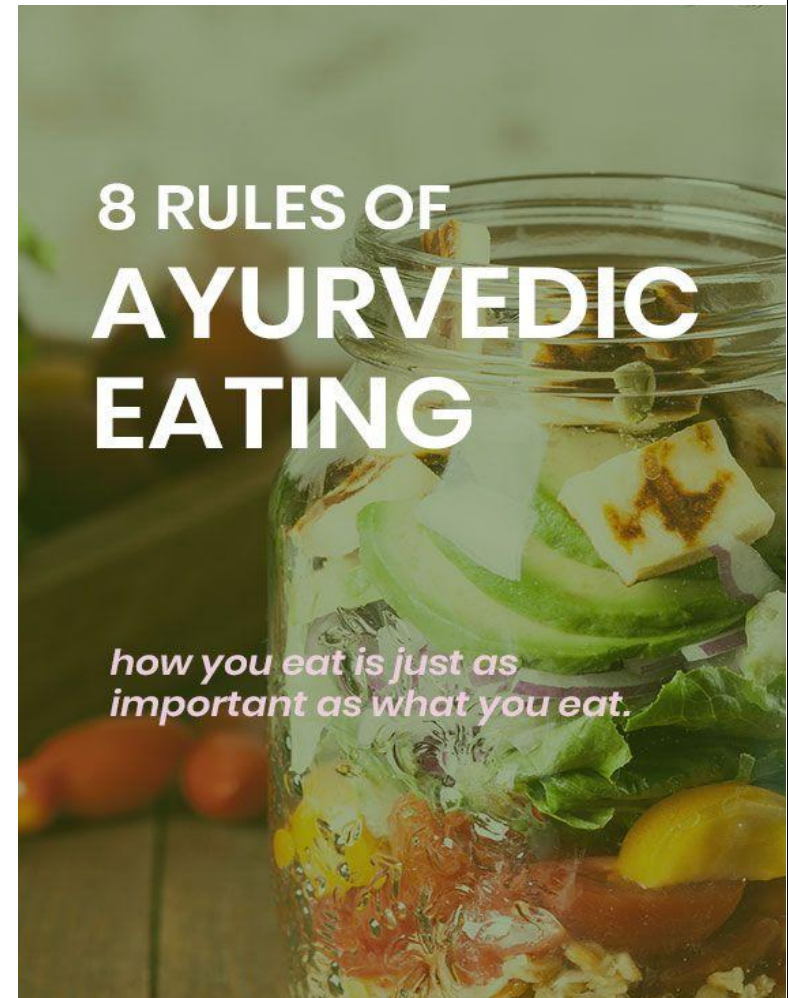
- ✓ Ayurveda has balanced approach for balanced eating.
- ✓ Body as well as diseases both are product of food.
- ✓ Greatly emphasized on nature of food articles, quantity , intake timings, disciplines of eating for healthy life and longevity.
- ✓ A healthy diet plays an important role in maintaining hormonal balance in women.





Considerations of Ayurveda Dietetics

- ? Aharvidhivisheshayana means certain dietary customs responsible for wholesome and unwholesome effect of food
- ? These eight methods of Aharvidhi are-
 - ✓ Prakriti (Nature of food articles)
 - ✓ Karan(modifications/preparation
 - ✓ Samyoga (combination)
 - ✓ Rashi (quantity),
 - ✓ Desha (habitat),
 - ✓ Kala (time factor),
 - ✓ Upyogasamstha (rules of use) and upyokta (user).





RULES OF TAKING AHARA (FOOD)

- Ushna Manyata (Warm food)
- Snigdha Manyata(slimy food)
- Matravatasniyata(adequate quantity)
- Jirneasniyata(food to be ingested only when previous meal is digested)
- Viryaavirudhamasniyata (foods of different potency to be avoided)
- Naati Drutam Asiata (not very fast)
- Naativilambitam Asiata (not very slow)
- Ajalpan, Ahasana, Tanmanabhunjita
- Atmanamabhisamiksya(ethics like food to be taken with mindfulness , no laughter no other activity)



RULES OF TAKING AHARA (FOOD)

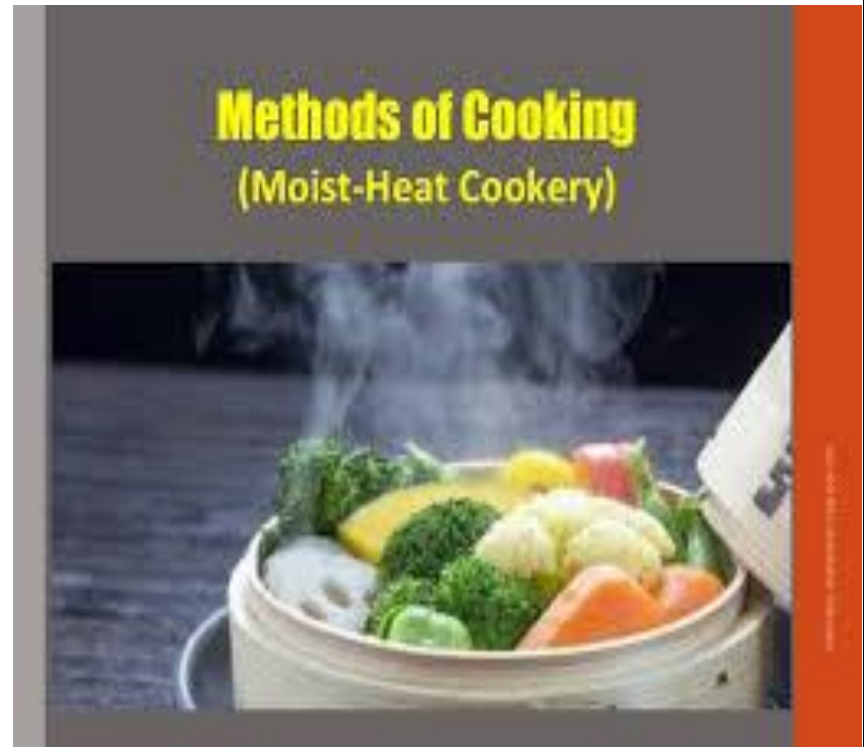
- ? Sushruta Samhita gives very descriptive view regarding this subject such as..
- ? Paaka Sthana Vichara (Kitchen regimen)
- ? Bhojana Sthana Vichara (Dining place)
- ? KaalaBhedenaAharaVidhi (Dining time)
- ? Akaala Bhojne Dosha Kathnama (Disadvantages of improper dining time)
- ? Heya Anna Kathnam (Inedible food)
- ? Swadishta Anna Guna Laksana (Considerations with tasteful food)
- ? Bhojan Uttar Devayani Varjani (Post meal regimen)
- ? Bhojane Krama Vichara (Sequence of eating food articles)



Ayurvedic RULES OF Healthy EATING

Do's

- ✓ Eat warm, emollient food in proper quantity .
- ✓ Eat only after previous meal is digested.
- ✓ Consume food having non-antagonistic property .
- ✓ Include all the tastes namely sweet, salty, sour, pungent, bitter and astringent in daily diet because it provides immune strength.





- ✓ Consume sweet substances first followed by sour and salty and later on pungent, bitter and astringent substances at the closure of meal for ensuring good digestion.
- ✓ Consume fruits first followed by liquids and at last end by solid food.
- ✓ Sit in *Sukhasan* (easy posture) with erect body during eating.





- ✓ Consume light, easily digestible food in the evening.
- ✓ Consume food neither too hurriedly nor too slowly for uniform digestion. Fast eating will end up in less intake while slow eating will end up in excess food intake.
- ✓ Consume food with full concentration.
- ✓ Take water in between the meals.
- ✓ Always take a pinch of Rock salt with ginger before meal for proper digestion.



? Don'ts-

- ✓ The food should not be contrary to each other in action, e.g. Fish and milk together, honey and ghee in equal quantity.
- ✓ Eating should not be too slowly not in hurry.
- ✓ Don't consume too much of any of six taste because it is not conducive for health.



INSIGHT INTO DAILY REGIMEN OF AHARA

- ? According to Acharya Charaka one should regularly take Shali rice, Sastika rice, Mudga, Saindhava Lavana, Amalaki, Yava, Rain water collected before falling on the ground, Milk, Ghrita, Jangala Mamsa (meat of animals dwelling in arid climate) and honey.
- ? Shastika and Shali varieties of rice are examples of the carbohydrate food.
- ? Rakta Shali (red rice) which is classified as glutinous rice is specially recommended. It possesses special nutrient properties.
- ? Mudga (green gram), which represents the protein content of food, is considered the best of all pulses.



INSIGHT INTO DAILY REGIMEN OF AHARA

- ? Masha (black gram) which is known to be more nutritious, was not preferred, because it was comparatively too hard to digest. Though both are rich in protein, light and digestible protein has been preferred to a heavy one.
- ? Saindhava Lavana balances Tridosha in body.
- ? Amlaka represents the vitamin content of a balanced diet in addition to milk and vegetable



INSIGHT INTO DAILY REGIMEN OF AHARA

- ? A scientific analysis of this above said ingredient of food stuff rightly justifies the entire requirements of the body in a better way.
- ? Yava (Barley) is an efficient food to prevent many lifestyle disorders. Barley contains varying amount of total tocopherol, selenium, molybdenum, manganese dietary fiber and Vit. E content which are antioxidant so can act as Balya and Rasayana and beneficial in diseases like Diabetes, Cardiac Disorders, Cancer, Hypertension, Obesity.



INSIGHT INTO DAILY REGIMEN OF AHARA

- ? Milk represents a complete food containing proteins, carbohydrates, fat, minerals, vitamins and all nutrients that are required for man from infancy to old age.
- ? Ghrita represents not merely the fat content but also the intellect building principle. It helps to promote memory, intelligence, vital fire, semen vital essence. It is curative of Vata, Pitta, toxicities and insanity.
- ? Madhu (honey) is most refined glucose in a liquid form. It maintains the equilibrium of three Doshas



Incompatible food combinations

- ? Fish or its soup along with milk.
- ? Milk or milk products with alcoholic beverages .
- ? Radish consumed with milk
- ? Lotus stem with honey etc.
- ? Equal quantity of honey with ghee



- ? Life style disorders mainly results from the factors like unhealthy diet, bad food habits, lack of physical activity etc.
- ? Taking food in irregular quantity and improper time and also taking more quantity of junk food disrupts normal digestion process.
- ? About Ahara Vidhi Vidhana, Acharyas have advised to take Ushna and Snigdha food in proper quantity and proper time and place with full concentration of Manas due to which the food gets easily digested.
- ? It has also been advised to take food as suitable to Prakriti (Constitution) of particular person, age, habitat etc.
- ? So, we have to adopt various regimens of diet and dietetics principles as mentioned in Ayurveda to prevent various Lifestyle disorders.



AHAR VARG (CLASSIFICATION OF FOOD ARTICLES)

- ? Shook dhanya (corn with the bristles)
- ? Shami dhanya (pulses)
- ? Mamsa (flesh)
- ? Shaaka (vegetables)
- ? Phala (fruits)
- ? Harita (greens , salads)
- ? Madya (wine)
- ? Ambu (water)
- ? Gorasa (milk and milk products)
- ? Ikshu vikarsa(products of sugarcane)
- ? Krittana (food preparations)
- ? Ahar upyogi (accessory food articles)



Phala varga (fruits)

- ? Raisins :- indicated for fever , thirst , burning sensation , bleeding disorders , TB , Asthma , improve nourishment , aphrodisiac .
- ? Dates :- sweet , cool , heavy , provide nourishment , balance vata and pitta, TB , respiratory disorders



- ? Amrataka (wild mango) :- sweet , heavy , nourishes , umripped is used to make various chatni , pickles . Ripe is nourishes , heavy , cause bloating , increases kapha .
- ? Palm and coconut fruits are cold ,sweet , snigdha (oily) in nature , nourishes the tissues
- ? Sour varieties of draksha (sour grapes) , badara (zizyphus jujuba) , aruka (prunus persica) ,nikuch(monkey fruit, jackfruit , artocarpus lakandhu) aggravates pitta and kapha.



- ? Ripe aruka is not hot in potency , heavy , sweetish , nourishing , does not aggravates much of doshas)
- ? Kapittha (wood apple) (unripe) :- sweet , astringent .harmful for voice , anti toxic, increase vata , cause constipation ,
ripe variety balance all doshas , anti toxic and heavy
Bael :- ripe fruit aggravates all doshas ,heavy to digest , foul smell flatus
Unripe fruit is hot in potency and aggravates pitta , good in digestion



- ? Jambu fruit :- sweet ,cool ,astringent , heavy , heavy , cause bloating , bowel binding
- ? Amla :- all tastes except salt , dry , sweet , astringent , balance pitta and kapha .
- ? Dadima (pomegranate) :-sour , astringent , digestive , cardiogenic
- ? Matulunga :- (citrus variety) :- increased appetite , enhance taste of food , digestive , help in colic pain , cough , hiccups , vomiting



HARITA (GREEN / RAW VEGETABLES)

- ? GINGER :- appetiser , digestive , aggravates pitta , useful in vata kapha doshas .
- ? Radish :- ripe radish cause aggravation of all doshas , tender radish decrease the doshas .
- ? Tulsi :- cures fever , cough , kapha disorders , respiratory disorders ,



- ? Yavani (ajwain). Shigru (moringa oleifera) are cardio tonic
- ? Dhanyaka :- fragrant , appetizer , and does not provoke doshas
- ? Onion :- aggravates the kapha , heavy , aphrodisiac , decrease the vata
- ? Garlic :- hot , pungent and heavy. , cure diseases from vata vyadhi .



Wine (madya varga)

- ? All wines are sour in taste and hot in potency
- ? Sura
- ? Madira
- ? Jagala
- ? Arista
- ? Asavas
- ? Sauviraka
- ? Tushonka



- ? Generally speaking fresh wine is heavy and aggravates all the doshas .old wine purify the channels . It is light , digestive



Thank You

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