

CRITICAL REVIEW OF AHAR VIDHI VIDHAN FOR MAINTENANCE OF HEALTHY LIFESTYLE

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ABSTRACT

Main objectives of Ayurveda have been divided into two aspects namely: *Swasthasya Swathya Rakshanam* - To protect and maintain the health of a healthy person (Preventive and Social medicine) *Aturasya Vikar Prashamanam* - To treat the disease and giving relief to sick person (Therapeutics). According to Ayurveda, Ahar (Diet) plays very important role for good physical and mental health. If we follow proper rules for consumption of food then it acts as *amruta* (nectar) otherwise it may produce various health issues. Now a day due to changes in life style we cannot maintain to take diet in proper quantity and in proper

time. Ayurveda text books elaborate about proper way of consumption of food. This study was done to converse on proper way of consumption of food as it is one of most important pillar of human life.

KEYWORDS: Upsthamba, aahar, swasthya, ayurveda.

INTRODUCTION

Main objectives of Ayurveda have been divided into two aspects namely:^[1] *Swasthasya Swathya Rakshanam* - To protect and maintain the health of a healthy person (Preventive and Social medicine) *Aturasya Vikar Prashamanam* - To treat the disease and giving relief to sick person (Therapeutics). According to Ayurveda, Ahar (Diet) plays very important role for good physical and mental health. If we follow proper rules for consumption of food then it acts as *amruta* (nectar) otherwise it may produce various health issues. Ayurveda Acharyas constantly emphasise on the proper way i.e. does and don't s during consumption of Ahar. Ahar Vidhi vidhan is one of the important guideline for maintenance of healthy human life.

Acharya charak mentioned a food as *prana* if taken properly and if not taken properly it leads to variety of health problems.

Due to changing life style now a day's person giving least importance to his diet and dietary rules. Many norms regarding diet and regimen have been compromised which is showing the overall decline health status. The proper consumption of food is most important factor for maintenance of positive health because diet or *Ahara* is basic medicament other than any substance. Ayurveda mentioned 3 *Upastahmbh*^[2] (pillars) of life i.e. *Ahar*, *Nidra* & *Bramhacharya*. "Ahar" is most important *Upastahmbh* (pillar) among these *Ahar* supplies bio energy to body. The bio energy supplied by adequate nutrition maintains normal physiology of human life. In order to create awareness about rules and regulations of proper way of food taking and to know Side effects of improper way of consumption of food, this study was selected.

AIMS AND OBJECTVES

1. To understand concept of Ahar Vidhi Vidhan in today's era with reference to physiology
2. To highlight the importance of Ahar Vidhi vidhan in modern era.

MATERIAL AND METHOD

- A) Literature search: Review of literature regarding Ahar vidhi vidhan collected from *Brihatrayi* and available commentaries on it as well as related research articles were searched from various websites.
- B) Type of study: conceptual study.

CONCEPTUAL REVIEW

Ahar means the food which we consume. It is the cause of the existence, energy, colour & ojas. We gain constant growth & proper functioning of *Indriyas* from good food. Improper food consumption is the major cause of illness according to Ayurveda. Ahar Vidhi Vidhan includes guidelines of proper manner of taking food. It includes following guidelines in Ayurveda.

1. Ushnam ashniyat
2. Snigdham ashniyat
3. Matravat ashniyat
4. Jirne ashniyat
5. Virya avirudh ashniyat

6. Ishtadeshe / Ishtasarvopkarne ashniyat
7. Na atidrutam ashniyat
8. Na ativilambit ashniyat
9. Ajalpana, Ahasan, Tanmanabhunjitam
10. Aatanam Abhisamikshya Bhunjitam

CONCEPT OF AHARVIDHIDHAN^[3]

1) Ushnam ashniyat: Acharya charak mentioned that *ushma* is one of the *Aharparinamkarak bhawa*. *Ushma* improves taste of food and digestive power it also helps in *Vatanuloman*, reduces *kapha* which helps in proper digestion. It makes food free from contamination and because of freshness it creates interest in taking food as it stimulates secretion of saliva and gastric juices. Presently people are taking mostly stale food due to lack of time which impacts very badly on health and leads to variety of disease like *amavata* & *amlapitta*.

2) Snigdham ashniyat: *snigdha guna* provides moistness to food which is important for *vatanuloman* and *agnidepana*. Food having particular level of *snigdha gunas* gives strength, energy & proper colour to body whereas the *ruksha ahar* increases *vata dosha* which results into imbalance of normal physiology of body.

3) Matrvat: *matrvat* means the required amount of food which can digest without any stress & discomfort to body. It is decided according to *prakruti*, *agni* & *bala* of individual. If Ahar not taken in proper amount it leads to imbalance of *doshas* leading to deficiency & disorders.

4) Jirne ashniyat: Food should be taken after digestion of previous food means after intense hunger. Acharya Charka mention the word "*Kalanubhojnam arogyavardhnam*"^[4] means if food taken after digestion of previous food then it extend health. But if food is taken before digestion of previous food it may leads to *ama* production due to improper digestion which later on gives rise to many secondary problems like *amavata*, joint pain, gaseous distension, acidity etc.

5) Virya avirudh ashniyat: If *virya avirudh ahar* means *shita* and *ushna* ahar taken simultaneously then it may creates skin diseases and many *raktadushtijanya vicar*. *Virya* means nothing but the power if substance which is responsible for particular action. *viryavirudh* ahar leads to vitiation of *Dosha*, *Dhatu* & *mala*. So one should eat food which are not opposite in *virya*.

6) *Ishta deshe / Ishtasarvopkarnam ashniyat*: One should eat at proper well cleaned place along with all the required utensils. Proper place gives sound status of mind and creates interest in taking food.

7) *Na atidrutam ashniyat*: If food is taken very fast as people are not having enough time for consumption of food then it may enter into wrong way creating harmful reactions and increases *vata dosha* and reduces *kapha* which may creates sudden harmful reactions to body. So food should be taken with silence.

8) *Na ativilambit ashniyat*: one should eat food with proper speed i.e. not very fast or slow. If it is taken very slowly one may eat more due to lack of satisfaction. It affects proper mixing of saliva into food and reduces interest in taking food.

9) *Ajalpana, ahasan, tanmanabhunjitam*: Food should be taken very peacefully without any disturbance due to laughing or talking as it divert us from taking food with proper concentration. So presently there is need to switch off television and away keep our Smart phones while taking food, to consume food in proper quantity.

10) *Aatanam abhisamikshya bhunjitam*: Person should eat after analyzing ones need which is differ from person to person, according to his *prakruti, bala, agni* etc. If food is taken randomly without taking all above factors into consideration it may be harmful for body and food will not digest properly.

DISCUSSION

In present era most people are hungry only for money so they don't get time to take proper food. They do not pay attention on what and how they are eating. Some people eat routinely in restaurants at any time other than regular time of taking meal, skipping breakfast or lunch. Water is also one of the important factors for digestion of food. It is crucial for your brain cell and every organ in our body. Lot of people are not following proper rules of consumption of food, thought in our Ayurveda text. "You are what you eat" is perfect saying because dietary habits you practise now have a huge effect on your overall health. Today right eating habits will help to reduce risk of diseases. Following healthy diet is not only thing that matters but you also need to make healthy lifestyle changes to maintain health.

Now a days people are continuously answering phone calls, sending messages while taking food. They are not aware about many hazards that may develop because of lack of knowledge

for Ahar Vidhi Vidhan. There are top 10 tables manners are said by Emily post institute Inc^[5], among which keeping smart phones away match exactly with Ahar Vidhi Vidhan. The *ishtadeshe ishtasarvopkarne* is one of the rule which resembles with table manner of keeping required utensils, napkin etc in your lap every time during meal. In short Ayurveda has told very significant thing i.e. “ahar vidhi vidhan” which resembles with all basic table manners necessary for proper health maintenance.

CONCLUSION

By studying rules of Ahar Vidhi Vidhan we can conclude that with the help of Ahar Vidhi vidhan we can maintain healthy lifestyle in present era. Ahar vidhi Vidhan is also important for consumption of food.

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