



AHARA AS CAUSATIVE AND PREVENTIVE CONSIDERATION W.S.R. TO SOME DISEASES

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ABSTRACT

Ayurveda considered science of *ahara* as God *Brahma*. It is one of the *Trayopstambhas* of maintaining healthy life. Ayurveda believes that various diseases conditions can be managed by balanced *ahara* (food intake). Ayurveda mentions *hita* and *ahita ahara* with respect to particular disease condition. The basic science of Ayurveda includes knowledge about the dietary consideration to avoid prognosis of disease pathology. The traditional text of ayurveda mentioned various type of *ahara* which need to be avoided in certain pathological conditions; similarly ayurveda also mentioned beneficial *ahara* for specific disease conditions. This review article comprises information regarding consideration of food intake with respect to some abnormal physiological conditions like; Malignancy, *Arso Roga* (Haemorrhoids), Wound Healing and Allergy.

KEYWORDS: *Ahara, Ayurveda, Trayopstambhas, Dietary Consideration.*

INTRODUCTION

As per ayurveda *ahara* is most the important reflections of the body means body constructed itself as per the food intake of an individual which also resembles traditional terminology *Dehasyaaharasamb-hava*. The ayurveda suggested some guideline which needs to be follow while taking food stuff; the *ahita* (inappropriate) *ahara* may leads various abnormal conditions like; *Mithyahara, Atimatrashana, Hinamatrashana and Vishamashana* etc. Similarly *Viruddhahara* is one of the incompatibly related to the inappropriate *ahara* which affects *Deha*

Dhatus and *Dosha* which may aggravates many diseases conditions. *Agnyadi Samparka, Aneka Dravyasamyoga & Dravyaprabhava* are the reasons behind the accession of the *Viruddhahara* when two or more *Dravyas* are acts together.^[1, 2] Ayurveda chiefly focuses on science of healing through diet (*Ahara*); since *ahara* play an important role in body repairing and growth. The ayurveda also suggested some specific *ahara* combination with respect to *vyadhi* which need to be avoiding reducing any chances of abnormal physiology due to the food incompatibility.

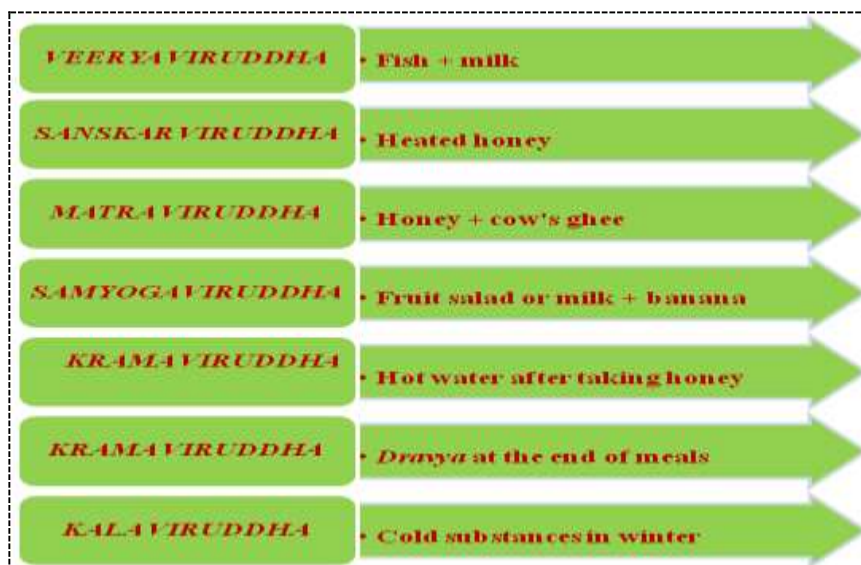


Figure 1. Causes and Types of *Ahara Viruddha*.

AHARA CONSIDERATION FOR MALIGNANCY

Malignant tumor (Cancer) is an abnormal tissue growth now has become leading cause of death around the world. The ayurveda considered *ahita-ahara* is a major cause of cancer which involves; low fruit and vegetable intake, intake of tobacco and alcohol. The life style and nutritional factors were found to be major risk factors for cancer in past few years. Research suggested that cancer may be prevented by changes in diet and life style. The medical science considered various food stuffs as cancer causing agents like; fast foods, dried and spicy foods, contaminated colour and preserved foods. As per ayurveda the *Varjya ahara* (avoidable food) are widely consuming worldwide now a day like; food which is contaminated, *Chira sidha*, *Sthira*, *Upadagha* which disturb balance of *tridoshas*, *agni*, produces *ama* and leads pathological conditions correlated to cancer with the involvement of *rakta*, *medha* and *dhatu*. Ayurveda suggested *rasas* containing *ahara* which is *Ushna*, *Snigdha*, *Satmya* and *Manoghna* should be consumed to avoid risk of cancer; but intake of *ati ushna anna* and *paana* should be avoided which can vitiate *rakta dhatu* and may increase risk of cancer. *Ahara* which is refined, polished and processed should be avoided because this may lead condition like obesity has a risk of breast cancer. The food with high fat value should also be avoided. The commonly used spices must be included in daily food intake in low level which may possess anti-cancer properties are *Jeeraka*, *Hingu*, *Ocimum basil*, *Piper nigrum* and *Elet-taria*.^[3]

AHARA CONSIDERATION FOR ARSO ROGA

The indiscipline food habits like; consumption of fast foods and irregular food timing disturb the digestive system resulting into many diseases including anorectal disorders. The anorectal disorders occur due to the derangement of *Jatharagni* which leads constipation followed by *arso roga* (piles) which is described under *Astamahagada*. Intake of *aharaiya dravyas* in excess quantity like; pulses considered as *apathya dravya* and *is guru* which is responsible for indigestion may cause *arso roga*. The ayurveda text reveals that intake of spicy, hard to digest and *doshic prakriti* food mainly possesses condition like constipation which ultimately accumulates all causative factors of *arso roga*. Ayurveda suggested discipline life routine along with moderate food to prevent disease prognosis. Study suggested that faulty dietary habits and irregular life style aggravated *arso* disease due to the reduction in *jatharagni*.^[4]

AHARA CONSIDERATION FOR WOUND HEALING

Wound healing is a problem specially related with surgical procedure and ayurveda considered diet as an important tool for effective wound healing. Intake of *ahara* which is suitable for early and effective wound healing help greatly in surgical procedure since it's possess proper calories and nutrient values in the form of proteins, vitamins and minerals, etc. Ayurveda suggested freshly cooked *laghu ahara* for the patient having wound

problem along with fatty articles. Liquefied food, mixed with *Goghrita* in small quantity with *mamsa rasa* may be beneficial for wound healing. Malnutrition may cause problem in early wound healing. *Goghrita* found to be very effective in wound healing since it possess beneficial effects on the digestion, absorption and delivery of herbs. The fatty *ahara* suggested for wound healing since it's also improve *agni*, *ojas* and maintain *tridoshic* balance which improve circulation of body fluid and provide effective wound healing. Intake of *ahara* with lack of nutrient value may delay the wound healing process. Traditional text described some food regimen to be follow for effective wound healing process such as; fresh fruits, vegetables, and whole grains.^[5]

ROLE OF AHARA IN ALLERGY

Allergy has now become common problem around the world and affects individual of every ages and possess symptoms like *kotha*, *kandu* and *udarda*. *Udarda* and *kandu*, resembles predominance *kapha dosha* while *kotha* possess dominant *pitta sansarga*. Allergy may occur due to some specific food material which is considered as *viruddha ahara* in ayurveda and *dushivisha*. There are some incompatible food articles *satmya viruddha ahara* can be considered as food allergy; *viruddha ahara* is defined as food which exaggerates *doshas* and may generate some abnormal physiological response in the form of allergy this type of *ahara* termed as *ahitakaraka ahara*. Ayurveda mentioned *satmya viruddha ahara* as food allergy; *satmya viruddha* means food which does not suit for an individual hence causes *asatmyaja vyadhi* means allergy.^[6, 7] *Satmya Viruddha* means incompatible food intake with respect to individual *prakriti* like; intake of light to digest and dry food by an individual who is habitual to eat heavy and unctuous foods, use of diet which having similar qualities to the predominant *doshic prakriti* of an individual, consuming cold water just after hot tea or coffee are the examples of incompatible food which may causes allergy and allergic symptoms. Many classical researchers well proved the causative and preventive role of *ahara* in allergy. Thus a person of allergic *prakriti* must avoid intake of *satmya viruddha ahara*.

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