



DIETARY PRINCIPLES OF AYURVEDA AND THEIR ROLE IN THE MANAGEMENT OF LIFE STYLE DISORDERS

Dr. Nikhil A. Baxi^{*1}, Dr. Neha N. Baxi² and Dr. Roshan Vijay Vyas³

¹Associate Professor, Dept. of Samhita Siddhant, Dr. R.N. Lahoti Ayurved Medical College, Sultanpur, Tq. Lonar, Dist. Buldana (MS), India.

²Assistant Professor, Streerog Evum Prasutitantra Department, Dr VJD, GAM, Patur, Dist-Akola, (M.S.) India.

³Assistant Professor, Dept. of Panchakarma, Mup's Ayurveda College, Degaon, Tal Risod, Dt. Washim(M.S.) India.

***Corresponding Author: Dr. Nikhil A. Baxi**

Associate Professor, Dept. of Samhita Siddhant, Dr. R.N. Lahoti Ayurved Medical College, Sultanpur, Tq. Lonar, Dist. Buldana (MS), India.

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ABSTRACT

Lifestyle disorders are common health issues of current scenario which mainly arises due to the awful conduction of daily and dietary routine. Cardiovascular disease, hyper tension, dyslipidemia, diabetes and obesity, etc. are considered life style disorders. The present scenario also increases incidences of such cases since stress burden increases day by day. Therefore it is high time to focus on this direction and Ayurveda approaches can help in this regards significantly. Ayurveda focuses towards the health restoration and disease prevention, for this purpose Ayurveda elaborated various theories and principles. As per Ayurveda *Ahara*, *Nidra* and *Bramhacharya* play important role for achieving health and well being, *Ahara* as an vital concept of Ayurveda can provides several health benefits and proper conduction of dietary rules provides resistance against life style disorders. The *Ahara* helps in the maintenance of good health, prevents disease pathogenesis and promote general health. Ayurveda explains some rules which are to be followed during dietary consideration. The conduction of these Ayurveda dietary principles can help to remain free from life style disorders.

KEYWORDS: *Prakriti, Ahara, Diets, Ayurveda, Life Style Disorders.*

INTRODUCTION

Lifestyle disorders are common health problems now days, these disease results as consequences of bad conduction of dietary and daily regimen. The change in physical, psychological, social and spiritual perception as per the current need affecting health of people greatly, the stressful living pattern and unhealthy habits imparting health problems related to the life style

disturbances. As per Ayurveda good conduction of *Ahara* & *Vihara* provides good health and keeps away from life style disorders.^[1-4] The four important components (**Figure 1**) of daily life contributed towards the physical, mental and spiritual health of person, amongst them *Ahara* is one of the important aspect that govern overall health of an individual.



Figure 1: Components of daily life which affects physical, mental and spiritual health.

As per modern science the components can be described as food, daily conduct, behaviour and thoughts. The inappropriate conduction of these factors may result imbalance of *Tridosha* leading to the pathological triggering of diseases. The good conduct of dietary rules (*Ahara*) is very important to acquire all health benefits of consumed foods.^[3-5]

The general dietary rules that can prevent pathogenesis of life style disorders are as follows

- ❖ One should eat food mindfully with gratitude
- ❖ Food must be fresh of good quality.
- ❖ Digestible, delicious and according to the *Prakriti* of individual
- ❖ Consideration of concept of *Kala*, *Desha* and *Matra* important while selecting food
- ❖ One should not consume heavy and oily food, since these types of *Ahara* can causes diseases like obesity and cardiovascular problems.
- ❖ Junk foods and unhygienic foods are to be avoided
- ❖ It is recommended not to eat at late night or before the digestion of previously consumed meal.
- ❖ While eating one should not involve in talking and laughing.
- ❖ *Ahara* should provide satisfaction so one can remain away from habits of overeating, which is important cause of metabolic health ailments.
- ❖ *Ahara* should prepare according to the standard method in appropriate combination.
- ❖ One should consume food according to the time, season and physiological condition of body.

Role of Dietary Role

The dietary guidelines involve various factors i.e.; *Prakriti*, *Dosha*, *Agni*, *Desha*, *Kala* and *Sathmya*, etc. Consideration of these factors helps to prevent metabolic disorders and promote general health. Consideration of dietary guidelines regarding selection of food, method of preparation, manner of intake, storage, climatic condition, seasonal considerations and health status of person, etc. are important to retain normal health status. It is believed that if person follow such guideline that he/she can avoid metabolic disorders related to the life style.

It is important to take food of right tastes, as per the *Prakriti* of person in hygienic atmosphere and optimum quantity of food should be consumed at appropriate time. Consideration of *Agnibala* is necessary since person with low digestive fire can't digest heavy food items, similarly elderly, children and pregnant women requires specific diets.

It is also important to follow right sequence of *Rasa* while consuming food, in this regards it is advised to consume *Madhura rasa* then *Amlalavana* followed by *Katu* and *Tikta Rasa* and finally substance of *Kashaya rasa*. Dietary incompatibility must be avoided to prevent any consequences of incompatible foods; in this

connection it is suggested not to take fish with milk, since these are *Veerya virudha*.^[4-7]

Role of Dietary Principles for Preventing Metabolic & Life Disorders

Hita Ahara (*Shaali*, *Yava*, *Mudga*, *Jangala Mamsa* and *Saindhava*, etc.) provides happiness and satisfaction while unwholesome diet can affect *Satvaguna*, *Rajoguna* and *Tamoguna* thus many psychological and associated disorders can be arises. The metabolic and life style disorders can be avoided by reducing caloric consumption. Vegetables, fruits, whole-grain cereals and skimmed dairy products, etc. can be used in daily meal while fried & oily foods, daily consumption of meat, soft drink, fats and oils, etc. are to be avoided since these food items can increase risk of obesity and diabetes.

Foods possess similar qualities to that of *Dosha* increases that particular *Dosha* while foods with opposite properties of any specific *Dosha* can decrease that particular *Dosha*, therefore one should consume food accordingly. Person suffering with obesity and diabetes should avoid *Kapha* aggravating food; similarly person with digestive insufficiency should take *Pitta* aggravating *Ahara*. The sweet, salty, warm and moist qualities of food help to balance *Vata*. Similarly food possessing sweet, cool and heavy properties balances *Pitta* while pungent, astringent, bitter, and light and warm food substances balances *Kapha Dosha*. Thus person suffering from specific *Dosha* aggravation can take diet accordingly which pacify that particular *Doshas*.

Food posses nourishing property and easy to digest are recommended for maintenance of general health and prevention of metabolic disorders associated with life style pattern. The concept of balance diets which includes carbohydrates, protein, fat and vitamins also important in this regard.^[7-10]

The dietary items generally recommended in each category as part of balance diet in daily meal are as follows:

- ❖ Whole grains, rice, wheat, barley and maize, etc. can be used as carbohydrate source in daily meal.
- ❖ Beans, green gram, fenu greek, meat, egg and pulses, etc. can be used as protein source in daily meal.
- ❖ Clarified butter, butter milk, mustard oil, *Ghee* and fat, etc. are advised as fat sources.
- ❖ Vegetables, fruits, juices, leafy vegetables and micronutrients, etc. are advised as source of vitamins.

Specific Ahara for Obesity

- ❖ Oily and heavy foods should be avoided.
- ❖ Grains, fruits and vegetables advised.
- ❖ *Bilva*, *Amalaki*, *Haritaki*, *Patol*, *Shigru*, *Trapusha* and *Vartaka*, etc. can be used in case of obesity.

Specific Ahara for Diabetes

- ❖ *Karela, Patola, Methi and Rasona*, etc. are advised.
- ❖ *Chanaka, Mudga, Kulattha & Adhaki*, etc. can be used.
- ❖ *Kapitta, Jambu and Amalaki*, etc. are also advised for avoiding pathological progression of diabetes.

CONCLUSION

Lifestyle disorders put huge health burden to the society as well as nation. The metabolic disorders are main consequences of health associated with disturbed pattern of life style. Obesity, diabetes, cardio-vascular events and dyslipidemia, etc. are major health issues which may occurs due to the awful daily and dietary conduct. The dietary principles of Ayurveda can works significantly towards the prevention of life style and metabolic disorders. The healthy, balanced and nutrients diet if consumed in appropriate manner then one can remain away from the pathological conditions. The disturbed conduction of daily and dietary routine not only responsible for metabolic disorders but also affects mental and spiritual health of an individual. The dietary habits as per the *Prakriti, Desha, Kala*, age and season, etc. can provides health benefits of consumed food and resist pathological initiation of common metabolic disorders. Therefore one should always follow dietary guidelines related to the preparation and consumption of *Ahara*. As per Ayurveda *Ahara* acts as *Mahabhaishajya* (superior medicine) thus conduction of rules of *Pathya Ahara* (wholesome diet) itself acts as prophylactic approach which can prevent prevalence of common metabolic and life style disorders.

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