

**A CONCEPTUAL STUDY ON FOOD AND NUTRITION ACCORDING TO AYURVEDIC
POINT OF VIEW*****Dr. Gopal and Dr. Rahul**

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ABSTRACT

Ahara is regarded as the excellent sustainer about life (*Vrittikaranam Sreshtam*). A consistent food plan into *Ayurveda* is planned between bracing in accordance with the recognized *Panchabhautic* settlement or *Tridoshic* affects among the dwelling body. Food (*Ahara*) or life-style (*Vihara*) substantially has an effect on one's common health yet the upsurge about metabolic and degenerative illnesses is the end result of adaptation on contemporary lifestyles style. *Ahara* is classified so *Hitahara* (wholesome) and *Ahitahara* (unwholesome). In a comparable context, the phrases *Pathya* and *Apathya* are additionally chronic to console the acceptability yet adoptability of precise meals into a fond context. This article compile detail review of nutrition and its importance in our life as per *Ayurveda*.

KEYWORDS: *Ahara, Pathya-Apathya, Nutrition.***INTRODUCTION**

Ahara (diet) *Nidra* (sleep) then *Brahmacarya* (abstinence) are diagnosed namely the iii *Upastambhas* (sub pillars) necessary because the easy going for walks regarding life.^[1] Among the ternary *Upastambhas*, *Ahara* is regarded as the excellent sustainer about life (*Vrittikaranam Sreshtam*). *Sushruta* described so physique as properly so food are usually constituted by *Panchamahabhutas*. Body is the manufacture over Food then Food is harbinger of Happiness or Suffering. All the dietary articles are drawn up on *Panchamahabhutas* and the *Tridoshas* (*Vata*, *Pitta*, and *Kapha*) are the biological derivatives about these *Panchamahabhutas*. A consistent food plan into *Ayurveda* is planned between bracing in accordance with the recognized *Panchabhautic* settlement or *Tridoshic* affects among the dwelling body. Food (*Ahara*) or life-style (*Vihara*) substantially has an effect on one's common health yet the upsurge about metabolic and degenerative illnesses is the end result of adaptation on contemporary lifestyles style. Showing the honour concerning food. *Acharya Charaka* says so food sustains the existence about every residing beings; or complexion, clarity, strong voice, longevity, genius, happiness, satisfaction, nourishment power and intellect are every conditioned by meals. Most on the incurable ailments are born fit in conformity with unsuitable food. Intelligent and self-controlled man or woman eats conducive food into correct extent then at correct period in accordance with stop diseases.

The total of meals who barring demanding the equality (of *dhatu*s or *Doshas* of the body) arrive ripe as like

nicely so metabolized among excellent epoch is in conformity with stand considered as much the helpful quantity. One must regularly smoke certain articles who are auxiliary after the upkeep of strong health or are successful concerning stopping the attacks concerning diseases. *Chakrapani* the analyst concerning *Charakasamhita* opines up to expectation light foods are *Vayu Agnimahabhuta* predominant while, heavy meals supplies are *Prithvi* yet *Jala Mahabhuta* ascendant.^[4] Diets then beverage whose colour odour style then touch are alluring in imitation of the senses (representing visual, olfactory, gustatory and tactile sensation) yet assistant in imitation of the fitness if committed between imitation along rules, into reality represents the entirely life of residing beings. Everything is funds one then twins tastes predominantly outdoors concerning six *Rasas* (tastes) Among to them bitter (*Amla*) candy (*Madhura*) or pungent (*Katu*) are mostly viewed basing about the danger (*Vipaka*) regarding components which are identified as much three only. Salt, onerous or astringent tastes comply with the metabolic pathways pronounced because of sour, candy or pungent permanency substances. For honest preservation concerning nice health some need to first about all devour food among honest quantity. The content on food in accordance with stay made once more permanency depends about the sample over digestion. The monitoring of circumambulation then consequence once more varies according in conformity with the age as well as the youth concerning the individual. The par pardon on meals because an individual is after lie decided over the groundwork concerning one's very own digestive

capacity. *Ahara* is classified so *Hitahara* (wholesome) and *Ahitahara* (unwholesome). In a comparable context, the phrases *Pathya* and *Apathya* are additionally chronic to console the acceptability yet adoptability of precise meals into a fond context. *Acharya Charaka* gives a listing regarding dietetics that must lie yet ought to not remain instituted regularly. *Shashtika*, *Sali* (rice range as receives ripened of 60 days), *Mudga* (Green gram), *Amalaki* (Indian gooseberry), rock salt, shower water, ghee, *Jangalamamsa* (meat regarding animals over arid, desert-like land) then candied are healthful or can keep done usually. *Guru* (heavy) *aharadravyas* such as *vallura* (Dried meat), *Sushka Saka* (Dried vegetables), cloud rhizome, lotus stalk, grain over diseased animals, *Kurchika* (boiled buttermilk) *Kilata*, pork, Beef, nucleus over buffalo, fish, curd, *Masa* (blackgram) yet *Yavaka* (pounding barley in conformity with quote chaff and afterwards ebullition the crop among lotus yet milk) have to now not lie made often. Curd shouldn't remain done at night.

The Ayurvedic texts assign big emphasis about the percentage then incompatibility on sure foods. *Charaka* describes in element the 18-fold denominators about *Viruddhahara*, i.e., dietary incompatibility. *Aharadravyas* turn out to be incompatable appropriate after their collectively contradictory qualities, by way of combinations (*Samyoga*), by approach on coaching (*Samskara*), with the aid of continence about place (*Desa*), epoch (*Kala*), dose (*Matra*) yet some others through theirs inherent makeup (*Swabhava*). *Charaka* mentions as the intake concerning incompatable eating regimen is responsible because of the work done of sterility, blindness, *Visarpa* (Herpes), *Udara* (Ascites), insanity, fistula into ano, coma or fainting, intoxication, belly distension, difficulty into neck, sorts about anaemia, indigestions, more than a few pores and skin diseases, illnesses concerning intestines, swelling, gastritis, fever, rhinitis, and infertility.

Ayurveda emphasizes the fabric characteristic on food but locations also greater strength over the decision concerning food, its technology yet cooking, and rules because healthful eating. Thus the Ayurvedic approach in imitation of meals then dietetics is entirely different beside the traditional Western approach. *Charakasamhita* describes the eight concepts about *Ahara vidhi* i.e., (1) *Prakriti* (nature of meals articles), (2) *Karana* (preparation), (3) *Samyoga* (combinations), (4) *Rashi* (quantity), (5) *Desha* (habitat yet climate), (6) *Kala* (time factor), (7) *Upayogasamstha* (rules concerning use), and (8) *Upayokta* (the user). Similarly, *Susruta* describes 12-fold considerations (*dwadasaasaanpravacharas*) in accordance with lie accompanied at some stage in the consumption over food. While thinking about *Aharamatra*, *Acharya Charaka* says as food is in accordance with remain committed depending on the limit about cooking yet danger (*Agnibala* or *Srotobala*), who varies according in conformity with age as much nicely so the age

concerning the individual. Quantity on the meals in imitation of stay made immediately relies upon about digestive electricity over a individual (*Agnibala*). The belly potential is broken between ternary parts yet two portions must stand filled via firm yet fluid meals or some section have to remain left because of the effortless gastric moves yet air, to useful resource the cooking technique. During the manner of eating, *Loots* made between short content stimulates digestion, then so taken after party motives *Sthaulya* (obesity). Water instituted into excess chain revolution and dilutes nutrients. Therefore generic intake concerning lots in little portions is recommended. The nutrients ingested beside the meals undergo the technique on absorption, assimilation yet after are subsequently transformed in energy and ancient for physique development.

Processing over meals results of the transform regarding attributes about the *Dravya*. Methods concerning getting ready about one-of-a-kind kind of food items as *Manda* (rice cloud who is the manifest supernatant watery quantity (without rice) of as roof is boiled) *Peya* (rice soup), *Yavaagu* (semi solid party thicker than *Peya*), *Vilepi* (thick behaviour bouillon who thicker than *Yavaagu*) *Yusha* (Lentil soup), are stated within the *samhitas*. The distinct *aharakalpanas* on the same *dravya* range between their properties and digest ability. The physique is the end result over consumables made among 4 types i.e., *Ashita* (eatables), *Peeta* (liquid food), *Khadita* (linctus) yet *Leedha* (mastic able foods).

While describing the universal ideas about acceptance *Ahara*, *Acharya Charaka* emphasizes on reception food as is warm then unctuous; due to the fact that taste well, stimulates digestive fire, criminate flatus, digests quickly, develops body, affords difficulty in conformity with sense organs, will increase strength, produces readability and complexion. *Charaka* mentions so food instituted in helpful volume promotes lifestyles rhythm barring annoying the Communism over *tridoshas* (*vata*, *pitta*, *kapha*) also it passes down without problems to anus, doesn't whet the digestive fireplace then gets baked with comfort. One consume solely so the previous feast is digested, otherwise the improvident food vitiates whole the *Doshas* quickly. One need to consume meals consisting regarding the gadgets as is non-antagonistic of efficiency between favourable regions or together with beneficial accessories. One needs to now not consume also quick and even slow. One need to drink food barring speaks me and laughing yet along perfect awareness.

The absorb as is made then the consumption concerning food then medicinal drug is called *Anupana* (post-prandial drinks). These make bigger the outcomes of meals or tablets or their palatability. Generally adoption cloud before foods reduces adiposity, since foods will increase adiposity yet during foods promotes digestion. In the instances on indigestion, toxicity then diarrhoea, water also factory namely a therapeutic agent.

Classification of Ingredients of Food and Drinks

In contemporary art food articles are in particular categorized depending over their chemical provision particularly carbohydrate, protein, fat, vitamins, mineral etc. In *Ayurveda*, certain classification is primarily based over the biological assignment concerning food articles yet their taste (*rasa*). The term food consists of all suitable for eating supplies or based about the sources concerning food articles, do be refuted into grower products or animal products. Due to its *Prabhava* (specific action) that can keep over couple sorts hita (wholesome) and ahita (unwholesome). With honour according to the mode concerning use such do keep within IV methods ie, eatables, drinks, chewables then lickables. Since style (*Rasa*) performs a primary role within good digestion, alignment concerning food then meals group are developed in accordance after taste. In view over exorcism they perform be score i.e., *guru-laghu*, *snigdha-ruksha* etc. Ultimately relying over the combos and preparations food that emerge as innumerable.

Acharya Sushruta offers a increased elaboration regarding the alignment on food articles. *Charaka* labelled dietetic articles and beverage among twelve businesses the place as much *Sushruta* blanketed score some groups. The 12 corporations noted through *Charaka* are, *Sukadhanya* (Corns with bristles) *Samidhanya* (pulses), *Mamsa* (meat), *Saka* (vegetables), *phala* (fruits), *Harita* (salads/vegetables after remain back uncooked), *Madya* (wines), *Ambu* (water), *gorasa* (milk then water products) *ikshuvikara* (products concerning sugarcane), *kritanna* (food preparations), *aharayogi* (accessory meals articles).

Sukadhanya and samidhanya/simbidhanya

In *Charakasamhita* the innumerable types on cereals as rice, wheat, barley are described in *sukadhanya* *varga* or pulses like inexperienced collection then black gram are described underneath *Samidhanyavarga*. *Susruta* classified the Cereals and Pulses underneath *Sali*, *kudhanya* then *Mudgavargas*. Three types concerning manner namely *Sali*, *Sashtika* and *Vrihi* are mentioned. Botanically entire on them associate in conformity with the equal household then species. But according after *ayurveda* in that place is a widespread difference of their nutritive value. Whereas *Sali* and *Shashtika* extrude *Doshas* or preserve their democracy the 1/3 kind over trick aggravates them. Among entire the sorts concerning rices *Lohitasali* is regarded according to be the beneficial certain as it alleviates entire the three *Doshas*. Describing the characteristics over wheat or barley (*Godhuma* then *Yava*) *Charaka* says to that amount wheat is unctuous stabilizing and hard. Rice carries carbohydrate then size within masses then vitamins, minerals yet protein among little quantity. The protein existing in the outermost ledge concerning the trick is altogether useful and without problems assimilated. Among entire the cereals *Yava*/barley has been detected as unwholesome by using *Charaka*.

Because of its light and astringent characteristics it is not encouraged because of extended use. But such is indicated into *Prameha* (diabetes), *Sthoulya* (obesity) or *Vrana* (injuries). The handloom in barley might decrease *ldl* cholesterol yet blood stress into humans along high cholesterol. Barley may additionally also reduce *gore grit* yet *insulin* levels. Barley looks in imitation of gradual stomach emptying. This ought to assist preserve *gore grit* steady then propagate a feeling of weight full, which might help to government appetite.

Shimbi dhanya and *Shami dhanya* (Pulses) shape an important team which furnish the required proteins. In universal those are *Kashaya* (Astringent), *Madhura* (sweet) into taste, bloodless of *Virya* (potency) yet *Katu* (pungent) within *Vipaka*. They beget *vayu*, capture the float over water and evacuation on stool yet delete *Pitta* or *Kapha*.

Mudga (green gram) is the good amongst *Shimbhi Dhanya*. Greengram is prosperous of metal (3.9 mg/100 gm) or potassium (1150 mg/100 gm). *Mudga* is good amongst pulses utilized in the shape concerning bouillon. Many pulses have *Kaphamedohara* Property then are *Pathya* among cardiovascular disease yet obesity which are demonstrated via current researches. Consumption over legumes has been associated along decreased hazard regarding coronary bravery disorder or cardiovascular disease.

Kulatha/Horsegram (*Dolichos biflorus*) has an astringent style or is pungent regarding cooking. It proves healing into cases of urinary calculi arising from seminal riot (*Shukrashmari*), abdominal glands, catarrh, and cough. Due after its anthelmintic properties, that is beneficial of treating amoebic diarrhoea, bowel haemorrhage or colic pains.

Tila (Sesame seeds) is sweet, bitter, astringent, and warm within efficiency yet produces *Pitta*. It is good according to the pores and skin or teeth, improves the intellect yet digestion, is anuretic and heavy, helps the boom concerning hair, and then subdues the deranged *Vata*. The lignans sesamin and sesamol existing in sesame seeds hold been shown in imitation of bear a cholesterol-reducing impact of humans, yet in imitation of prevent excessive blood pressure yet expand nutrition E supplies among animals. Sesamin has also been determined in accordance with guard the heart beyond oxidative damage. Sesame seeds are an excellent source over copper, recognized because its usage among decreasing incomplete on the castigation yet swelling concerning rheumatoid speech. *Adhaki* (Toordal) alleviates the defiled *kapha* and *pitta* however aggravates *vata*. *Toor* branch consists of folic acid, an essential nutrition for every girl specifically enceinte women.

Black collection (*Masha*) is *Snigdha* (unctuous), *Balya* (increases strength), will increase *Kapha* then *Pitta*, *Malakara* (increases altar concerning faeces), *Sara*

(laxative), Guru (not without difficulty digestible), Ushna (hot within potency), Vatahara (mitigate Vata), Madhura (sweet among taste), then *Shukra Vriddhikara* (aphrodisiac properties). Black hamlet is rich between vitamins, minerals or devoid about cholesterol. Black hamlet contains plenty about potassium. This helps in imitation of balance sodium potassium stage then limit hypertension and high blood pressure. In spite over its aphrodisiac then *vatahara* properties, *Masha* is pointed out to lie the nearly unwholesome amongst *samidhanyas*.

Mamsavarga

Considering the drug price of meats, *Ayurveda* has given a considerate attention after sort them. Emphasizing atop such *Charaka* says, no sordid meals excels joint between producing nourishing impact of the body (*mamsam brimhananam*). Animals whose kernel is back so meals are categorized between the accordant viii groups: *Prasaha* (animals or birds whichever devour by snatching), *Bhumisaya* (animals whichever live into burrows into earth), *Anupa* (animals inhabiting marshy land), *Varisaya* (aquatic animals), *Varicara* (birds transferring of water), *Jangala* (animals living in tame region forests), *Viskara* (gallinaceous birds), *Pratuda* (pecker birds). The meat of Goat is neither even cold into efficiency nor too strong and unctuous. It does no longer cashier *Doshas* yet is homologous including the dhatus (body tissues), *Anabhishtyandi* (does now not impede the channels or *Brimhana* (nourishing). Meat regarding pout is unctuous, hot of potency, aphrodisiac or nourishing. It clarifies the voice, promotes electricity produces sweating or alleviates *Vata*. Beef is beneficial of one of a kind vitiation about *Vata*, rhinitis, informal fever, dead cough, fatigue, *Atyagni* (increased appetite) or losing about muscle tissue.

Dealing with fishes, *Charaka* says so fish is between standard heavy, hot within potency, sweet, electricity promoting, nourishing, lubricous or aphrodisiac. According to *Sushruta* kernel concerning fish obstructs the channels, vitiates entire the *Doshas* yet motive pores and skin diseases. While considering the appropriateness concerning non vegetarian diet, assured sorts over grain are contraindicated for the intention about health. Dried or putrefied flesh, flesh regarding historical diseased, old, emaciated, poisoned, yet corpus regarding snake bitten animals stand avoided.

Sakavarga and haritavarga

Ayurveda recognizes all the green veggies inclusive of root and tubers beneath the direction on *Sakavarga* and greater than 300 plant tablets are described of number texts of *ayurveda*. Green vegetables are rich between cellulose, protein, salts, nutritional vitamins and lots of water content.

Dried vegetables are usually vain namely it are commonly devoid on these nutrients. Roots yet tubers are shop residence over starch then minerals more often than not potassium salts. According in imitation of *Sushruta*,

Vastuka (*Chenopodium album*) is pungent, vermifuge then tonic. It improves the intellect and circumambulation laxative or relishing tends in accordance with break entire type regarding deranged humors over the body. *Trapusha* (*Cucumis sativus*) or *Ervaruka* (*Cucumis melo*) are hard then cold of potency. *Trapusha* is palatable or notably diuretic. *Alabu*/Bottle gourd (*Lagenaria sciceraria*) is purgative, bloodless among efficiency yet difficult. Bottle gourd is one regarding the least calorie vegetable, offering simply 14 energy by 100 g. It is one on the vegetables encouraged by way of the dieticians within weight-control programs. Fresh gourds contain little portions of Foliates. Foliates assist limit the casualty of neural cylinder defects between the newborns now committed by way of anticipant mothers all through their shortly months over pregnancy. It acts as an spiffy gore thinner. *Kushmanda* (*Benincasa hispida*) alleviates whole the three filthy *Doshas* and helps within the removing concerning urine or faeces. It is *Madhya* (improves intelligence) then beneficial between various mental disorders. Modern lookup has validated its appropriateness within the management of Benign Prostatic Hyperplasia (BPH) then too prostate enlargement. Its higher potassium content be able accomplish this a lovely grower for keeping a healthful blood stress degree. Patola has onerous taste, auspicious in conformity with ulcers, spermatopoetic or appetizing. *Vartaka* (Brinjal) yet *Karavellaka* (Bitter gourd) are light relishing or appetizing. *Charaka* and *Sushruta*, both bear indicated the wholesomeness about young radish (*balamulaka*) yet *Sushkamulaka* (dried radish) but he smokes the advanced some as unwholesome. Radishes are a absolutely good source over diet C. Foliolate, fibre, riboflavin, yet potassium, as much properly namely excellent amounts on copper, diet B6, magnesium, manganese, then calcium are less distinguished vitamins as aid the wholesome residences of radishes. Their fibre content material makes radishes especially effective at preventing then fighting colorectal cancer. Radishes execute object so an herbal decongestant. They have been shown to decrease cholesterol, control diabetes or regulate gore pressure and blood sugar degrees. The blossom over *Agastya* (*Sesbania grandiflora*) is in particular best into night blindness. *Agastya* leaves are a worthy source over calcium then iron. The abundance regarding it nutrients is some cause for its popularity as a skeleton strengtheners. Flowers on Sana yet *Shalmali* are bowel binding yet used because of *Raktapitta*.

Phalavarga

Fruits are a must to meet the required total over nutritional vitamins then minerals between the bodies. *Sushruta* described *Dadima* (Pomegranates) so two sorts viz. candy then sour. *Dadima* alleviates every the ternary *Doshas* (deranged biohumors). It relieves immoderate desire then burning sensation (*Trit dahahara*). It is a honest natural aphrodisiac then improves sperm matter yet valour quality. It is excellent because heart (*Hridaya*) improves intelligence (*Medhya*) discharge yet physique

strength. Clinical research suggests that pomegranates, now share over a healthy diet, might assist prevent courage disease, bravery attacks yet strokes. This is due to the fact pomegranates hold the brawny in imitation of thin the blood, make bigger gore glide to the heart, limit gore pressure, minimize plaque into the arteries, then limit bad LDL cholesterol whilst increasing good cholesterol. Juice ancient to deal with jaundice then diarrhoea. The corn medullar yet the truss are stomachic.

Amalaki/Indian gooseberry is the auspicious known crop plants funds excessive therapeutic properties. *Amalaki* alleviates *Tridoshas* and especially normalizes *Pitta*. It is laxative, spermatopoetic then good in imitation of the outlook spectacle. *Vagbhata* describes *Amalaki* as much the beneficial prescript for *Prameha* (diabetes) along with turmeric (*Nisha*). Indian Gooseberry consists of chromium, which has a drug virtue because diabetic patients. Indian Gooseberry stimulates the isolated crew over cells as blind the hormone insulin, thereby decreasing blood sugar between diabetic sufferers yet retaining their body coherent then healthy. It is altogether prosperous in Vitamin C, and incorporates many minerals and nutritional vitamins as Calcium, Phosphorus, Iron, Carotene then Vitamin B Complex. *Amalaki* is also a husky antioxidant yet acts as like an ant ageing agent. Experiments made together with *Amalaki Rasayana* about drosophila melanogaster flies improved their life yet strength tolerance, who seem in conformity with normally obey along their advocated human usages of Ayurvedic practices.

Mrdvika (*Vitis vinifera* linn) affords instantaneous cure for thirst, painful sensation, nourishing aphrodisiac or bloodless in potency. Grape fruits are a spiffy supply concerning vitamin C, a vitamin as helps in conformity with guide the immune system. Grapes are rich in polyphenolic photochemical made resveratrol. Resveratrol is certain on the strong anti-oxidant who has been observed in conformity with move a protecting function towards cancers over colon yet prostate, coronary morale sickness (CHD), degenerative nerve disease, Alzheimer's ailment or viral/ fungal infections. Anthocyanin compounds found within grapes are also intense antioxidants. Grapes are rich supply concerning micronutrient minerals kind of copper, blood then manganese.

Mangoes are the close broadly consumed corn between the worlds. Considering Mango *Charaka* mentions so younger fruit reason *Raktapitta*, matured but black consequence worsen *Pitta* then the mature outcome alleviates *Vata*. The antioxidant zeaxanthin, discovered among mangoes, is concept after shed a protecting role into outlook health yet perchance ward afield harm from macular degeneration. The beta carotene content material into mangoes circulates a defensive function against asthma and prostate most cancers.

Almonds (*Vatama*) are severe hot in potency, unctuous, strength promoting, nourishing and aphrodisiac. Almonds are a very good supply of vitamin E, manganese, magnesium, potassium, biotin, or copper. It is an honest antioxidant and helps in conformity with lower the LDL cholesterol levels. Almonds afford Magnesium as acts as much a herbal calcium race blocker.

Kharjura (dates) are refreshing, candy in style and proves healing within cases about haemoptysis. Dates are wealthy supply regarding fibre, copper and potassium. The dietary fibres prevents LDL absorption among the intestine yet also event so a volume laxative.

Madyavarga

Charaka offers together with 84 sorts over alcoholic products or stated theirs utilizes. While describing the standard traits on *Madya* she mentions so much alcohol between averages is exhilarating then nourishing. It promotes confidence, energy, intelligence, contentment, upbringing then strength. If *Madya* is instituted of a excellent access it mill as much elixir. Untoward impact on liquids depend immediately on their alcoholic content material then the preparations described into *ayurveda* underneath the superintend regarding *Madya* operate now not show up according to bear higher alcoholic attention and therefore lie of safer side and be able stay back for their beneficial effects. The potation recognized so *Mardvikam* organized beside the juice on fruit certain as like grapes then raisins is mild then easy in accordance with digest, then show healing in continual fevers, consumption yet other wasting ailments. Antioxidants within purple hooch referred to as polyphenols might also help shield the lining regarding gore vessels of the heart. Resveratrol would possibly stay a solution ingredient of crimson alcohol so much helps prevent damage to gore vessels, reduces low-density lipoprotein (LDL) cholesterol or prevents blood clots. According after *Charaka* the fresh alcohol is difficult and that aggravates whole the *Doshas*. Old wine clarifies the channels over circulation, digestive, light and palatable. A range on hooch known as *aristae* is surprisingly effective odd in conformity with the baked action of a range concerning capsules getting into among its composition. It proves curative within big variety about diseases tends to inhibit the deranged biohumors over the physique and is a proper appetizer.

Jalavarga

Charaka, *Sushruta* or *Vagbhata* have appraised the necessity regarding water among every dietetic articles. Cold cloud is auspicious among warm seasons and within pained awareness over the body. The makes use of on cold water ought to be avoided within catarrh, rheumatism, indigestion, sharp levels regarding temperature etc. Warm lotus is appetizing, diuretic or febrifuge. The usage on cloud successful yet due to this fact cooled below is recommended into dysentery, burning about the skin, haemoptysis etc. stability

Gorasavarga

Milk is a herbal elixir. Commonly water consists of proteins (caseinogens, lactalbumin then lactoglobulin), carbohydrates, fats, vitamins, mettlesalts or enzymes (mainly amyolytic, proteolytic then lypolytic). *Ayurveda* offers including water over cow, goat, buffalo, camel, mare, ass, elephant, buck then ethnic sorts which are normally animal old between the neighbourhoods. According in conformity with *Sushruta* the water about cow is viewed so the near wholesome among all milks. The milk of buffalo has been considered namely *Mahabhishtyandi* yet such vitiates the channels over circulation. It is useful into people suffering beside insomnia. Goats water border ethnical milk but go into bankruptcy as much a substitute. It is mainly beneficial between men and women struggling beyond tuberculosis. The milk concerning buck is considered so the almost unwholesome among all milks. Breast water is a special nutritional source so cannot safely stand changed through any mean food. Human water is nourishing yet wholesome. It is useful within outlook diseases yet *Raktapitta*. Curd, buttermilk then ghee prepared beside milk also differ among their properties. Curd (*Dadhi*) is appetizer, stimulant, and aphrodisiac yet is beneficial of nasal catarrh, diarrhoea, dysuria or emaciation. *Takra* (butter milk) is useful of oedema, piles yet foolhardy abdominal diseases such as ascites. The uses on buttermilk are prohibited within hot season. Buttermilk prepared among the common way is viewed best after health so it contains probiotic microbes and is occasionally referred in imitation of so "Grandma's probiotic". *Navanitam* (fresh butter) is digestive, inspiring yet cardiogenic. *Ghrutam* (clarified butter) promotes memory, intellect, limit of digestion, prowess then beneficial within insanity, craze yet epilepsy. Clarified matured *Ghruta* out of 11-100 years is referred to as *Kumbhasarpī*, whilst up to expectation that is older than this is known as *Mahaghrutam*. *Mahaghrutam* is noticeably efficacious yet particularly healing within eye ailments kind of cataract.

Ikshuvarga

Twelve types concerning sugarcane are suggested by *Sushruta*. Sugarcane is candy between style then digestion, heavy, cool, power giving, spermatopoietic then diuretic. Sugarcane need to stay chewed after advantage it properties. Machine expressed juice reasons burning sensation yet indigestion. *Charaka* and *Sushruta* dealt along five kinds about sugarcane products as like *Phanita*, *Guda*, *Matsyandika*, *Khanda* yet durability *Sarkara*. *Phanita* is the close thin then brings in relation to a at a time Cain over all the iii physic humours. *Guda* acts so demulcent or cleanser on blood and water. Sugar organized out of sugarcane is aphrodisiac useful in blasting yet unctuous. Sugar between universal is beneficial into desire yet burning intimation. Honey is described as like the superior *Yogavahi* stuff i.e., such includes the residences concerning the tablets added in accordance with such. Honey acts namely a purifying and restoration agent into respect concerning ulcers or

eyes is aphrodisiac, astringent yet be able explain whole the minutes channels concerning the ethnical body. Old pleasing is astringent, *Lekhana* (scrapes the immoderate fat) and reduces obesity. Warm sweet is considered poisonous because the motive regarding animal amassed out of the sap over range about flowers and plants. *Charaka* mentions so much dulcet should stand instituted of little sum yet mentions to that amount nil is then difficult so the indigestion (*Ama*) precipitated by using the flawed intake regarding honeyed. Honey is loaded along natural sugar, in general fructose then glucose, which ability that is high in carbohydrates. The just frequent vitamins discovered in pleasing are Vitamin B6, niacin, thiamine, pantothenic acid, yet riboflavin.

Kritanna varga

Various sorts concerning organized meals hold been suggested of *Ayurveda*. Different preparations like *Manda* (gruel water), *Peya* (thin gruel), *Vilepi*, *Yavagu* (thick gruel) and *Odana* (boiled rice) are mentioned. *Manda* stimulates the monitoring about cooking or allows the down rate of flatus. *Peya* alleviates hunger, thirst, depression, weakness, belly diseases or fever. *Vilepi* is refreshing, bowel binding, mild or cardio tonic. Rice prepared of the realized dehusked wrath is light, but becomes difficult now instituted cold. According to *Sushruta* the roof realized then cooked with clarified palaver yet any ignoble fatty supplies as like nicely as much including meat, citrus outcome and someone kind of pulses types a rich heavy meals as imparts electricity in conformity with the body. The soup prepared beside green thorp is just wholesome. The bouillon (*Yusa*) regarding *Masura* then *Mudga* and *Kulatha* is in particular recommended into *Vatavyadhi* (nervous diseases). The bouillon regarding *Kulatha* treatment options illnesses as asthma, cough, piles etc.. The soup prepared then skilled together with salt, spices and fat is called *krita Yusa* (Seasoned soup) and the some besides admixture regarding spices, powder yet lubricant is called *akrita yusa*. *Acharya Sushruta* describes a variety concerning sweet and confectionary preparations. Of this certain variety regarded as *Ghrutapura* (food prepared with the aid of placing clarified butter within dough of albumen flour) is power giving, spermatopoietic or subdues the deranged *Vata* then *Pitta*.

Meat is naturally spermatopoietic then imparts vaccination then energy according to the system. Moreover, to that amount as has been accomplished and organized along clarified butter, curd, sour gruel (*Kanjika*), sour taste consequence (as the pomegranate etc.) pungent then incomplete fragrant condiment, (as black pepper, etc.) must be viewed namely very healthy diet, although nappy according to digest. It is sensible about relishing, strength-giving yet plantain building properties. The varieties over sodden core such as, the *Ullupta* (minced meat), the *Bharjita* (fried), the *Pishta* (made of balls then cakes), the *Pratapta* (roasted with clarified butter above a coal fire), the *Kandupachita* (dipped within mustard oil and crushed aromatic

condiments and roasted then made after a candied colour over a charcoal fire), the *Parishuska* then the *Pradigdha* pace by way of the common renown over *Shulyam* (Kabob). Of the varieties regarding *Shulyam*, those as are sodden with fat should be considered hot in their potency, heavy in conformity with digest then increase the *Pitta*, while those, as bear been fried with clarified butter, ought to be considered as light, appetizing, agreeable, relishing, beneficial to the eyes, yet cooling into their potency. They additionally inhibit the *Pitta* yet are joyful after the taste. A gaunt grain bouillon is a colourful tonic, and proves good between instances on dyspnoea, cough, and then consumption. It subdues the *Pitta* then *Kapha*, destroys the *Vayu*, and has an bland taste. It is wholesome according to humans on faint memory and decreased semen. Meat-soup, organized along the juice on the *Dadima*, etc., then gray with pungent condiments, increases the sum concerning vigour or tends in imitation of sit on the action concerning all the iii deranged humours concerning the body.

Aharaupayogivarga

Adjuvant of food include oils, condiments, spices and salts. Sesame dark lantern is subtle, warm of efficiency yet *Vyavayi* (one as spreads entire on the body before present process digestion). It promotes strength, skin health, Genius then limit on revolution. Mustard fat is made of mustard within style then warm between potency. It treatment plans itching and urticarial. Cumin, turmeric, black pepper, coriander, asafoetida then ginger are the typically back spices. Ginger is old for treating indigestion, flatulence, colic, vomit, belly spasm, cold, cough then bronchial asthma. In addition in accordance with their medicinal characteristics herbs or spices enhance the style yet flavour on the food and aids digestive secretions. Hingu (Asafoetida) subdues Vata or Kapha, has a hot taste, is demulcent, laxative and sharp, or relieves colic pain, indigestion then compression about stool. Cumin promotes consequence yet relieves diarrhoea. Black pepper is a stimulant, decongestant, expectorant then digests fat. *Lashuna*/ Garlic remedies infections, useful between skin diseases, aphrodisiac then heavy. Garlic is located in conformity with be an spiffy

meals useful among the management or control on cardiovascular diseases. *Jambira* (Lemon) is appetizer, digestive manifesting and anti-infective. Turmeric is a Herculean anti-inflammatory and antiseptic, beneficial because of bronchial asthma, continual cough. Turmeric has an anti-coagulant action, maintaining the blood thin. Curcumin certain over the chemical constituent regarding turmeric appropriate anticancer properties. Rock powder (*Saindhava*) is the good among salts. It is palatable, father concerning digestion, aphrodisiac, assistant because of eyesight or alleviates the Three *Doshas*.

Seasonal Consideration of Food

During iciness period (*Hemanta and Sisira*) (December, January then February) fit according to the contact with bloodless wind, the digestive power over wholesome human beings get extended yet capable of digesting someone hard food. During spring (*Vasanta*) (March yet April) abroad on the three biohumors, *Kapha* gets aggravated. Light yet without difficulty digestible meals remain performed or heavy unctuous, candy diets then age couch should stay avoided. During *Grishma* (June-July) appropriate to the extremely hot climate intake regarding sweet, cold, fluid and penguin eating regimen yet beverages are prescribed. Salty, sour, rancid and hot foods stand avoided in the course of summer. During *Varsha Ritu* (August-September) the digestive power weakens yet among system in conformity with preserve the ordinary control regarding durability circumambulation one take old barley, wheat, *Sali* rice alongside with core on dry animals yet plant soup. The *Sharada Ritu* starts all through October- November. In that age sweet, light, ponderous or bloodless food then receive as bear strong in accordance with extrude the vitiated *Pitta* are cautioned.

Influence of Mana (Mental Factors) on Digestion

Acharya Charaka spoke of the influence regarding poor emotions about the digestion over food.^[90] Healthy or healthful food if committed also within honest extent function ate not arrive accurate gastric when the individual is afflicted along grief, fear, anger, sorrow, excessive lie and excessive watch (Table.1).

No	Food Items-Sanskrit Name	Common Name	Nutritional and Medicinal Benefits Mentioned In Ayurveda
1	<i>Sali, Shashtika</i>	Varieties of Rices	Alleviates the vitiated biohumors, maintains the body
2	<i>Godhuma</i>	Wheat	Restorative, invigorating, nourishing aphrodisiac
3	<i>Yava</i>	Barley	Not recommended for daily use. Useful in diabetes and obesity
4	<i>Mudga</i>	Green Gram	Alleviates vitiated kapha, pitta (bio humors). easy to digest, good for eyes (drishtiprasadana). Recommended most wholesome among pulses
5	<i>Kulatha</i>	Horsegram	Anthelmintic, useful in urinary calculi
6	<i>Tila</i>	Sesame Seeds	Beneficial to the skin, hair and teeth, improves the intellect and digestion
7	<i>Adhaki</i>		Alleviates vitiated kapha, pitta
8	<i>Masha</i>	Black Gram	Increases bulk of faeces, laxative, aphrodisiac, unwholesome among pulses
9	<i>Mamsa</i>	Meat	Best in nourishing body
10	<i>Ajamamsa</i>	Mutton	Homologous with the dhatus (body tissues), <i>anabhishtyandi</i> (does not obstruct the bodily channels)and is nourishing
11	<i>Kukkutamamsa</i>	Chicken	Aphrodisiac and nourishing. It clarifies the voice, promotes strength,

			produces sweating
12	<i>Gomamsa</i>	Beef	Exclusive vitiation of vata, rhinitis, irregular fever, dry cough, fatigue, atyagni (increased appetite) and wasting of muscles
13	<i>Matsya</i>	Fish	Strength promoting, nourishing, unctuous and aphrodisiac, causes skin diseases, not recommended for daily use
14	<i>Vastuka</i>	Lamb's quarters	Vermifuge and tonic, improves intellect and digestion, laxative
15	<i>Trapusha</i>	Cucumber	Heavy and cold in potency. Exceedingly diuretic
16	<i>Ervaruka</i>	Musk melon	Heavy and cold in potency
17	<i>Alabu</i>	Bottle Gourd	purgative, cold in potency and heavy
18	<i>Kushmanda</i>	Ash gourd	Alleviates all the three vitiated doshas and helps in the elimination of urine and faeces, improves intelligence and useful in various mental disorders
19	<i>Patola</i>	Snake gourd	Beneficial to ulcers, spermatopoetic and appetizing
20	<i>Vartaka</i>	Brinjal	Relishing and appetizing
21	<i>Karavellaka</i>	Bittergourd	Relishing and appetizing
22	<i>Mulaka</i>	Radish	Mature radish is considered unwholesome
23	<i>Agasthya</i>	Vegetable hummingbird	Flowers are beneficial in nightblindness
24	<i>Dadima</i>	Pomegranate	Alleviates all the three doshas (deranged biohumors), relieves excessive thirst, aphrodisiac, good for heart (<i>hridya</i>) improves intelligence (<i>medhya</i>)
25	<i>Amalaki</i>	Indian Gooseberry	Laxative, spermatopoetic and beneficial to the eye sight, useful in urinary disorders including diabetes mellitus
26	<i>Mrdvika</i>	Grapes	Immediate cure for thirst, burning sensation, nourishing aphrodisiac
27	<i>Amra</i>	Mango	Nourishing and strength promoting. Ripe fruit alleviates vitiated vata
28	<i>Vatada</i>	Almond	Strength promoting, nourishing and aphrodisiac, use of almonds contraindicated in raktapitta
29	<i>Kharjura</i>	Dates	Sweet in taste and proves curative in cases of haemoptysis
30	<i>Ardraka</i>	Ginger	Useful in indigestion, flatulence, colic, vomit, stomach spasm, cold, cough and asthma
31	<i>Hingu</i>	Asafoetida	Demulcent, laxative and sharp, and relieves colic pain, indigestion and suppression of stool
32	<i>Jiraka</i>	Cumin	Promotes digestion and relieves diarrhea
33	<i>Maricha</i>	Black Pepper	Stimulant, decongestant, expectorant and digests fat
34	<i>Lashuna</i>	Garlic	Cures infections, useful in skin diseases, aphrodisiac, management and prevention of cardiovascular diseases
35	<i>Haridra</i>	Turmeric	Anti-inflammatory and antiseptic, useful for bronchial asthma, chronic cough
36	<i>Kshira</i>	Milk	Sweet, lactogenic, nourishing, libidinal stimulant, invigorating, relieves dyspnoea and bronchitis
37	<i>Dadhi</i>	Curd	Appetizer, digestive, stimulant, aphrodisiac, unctuous, strength promoting, useful in nasal catarrh, irregular fever, anorexia, dysuria and emaciation
38	<i>Ghritha</i>	Ghee	Appetizing, improves intelligence, memory and eye sight
39	<i>Takram</i>	Buttermilk	Useful in oedema, piles, sprue, anurea and abdominal diseases
40	<i>Ikshu</i>	Sugarcane	Sweet, cool, spermatopoetic and diuretic

CONCLUSION

Ayurveda lays tremendous bear on stress atop good food regimen because the renovation or promoting of advantageous health, or control longevity yet treatment over diseases. For every then each and every sickness wholesome and unwholesome (*Pathya yet Apathya*) meals components bear been specified. If a individual suffering beside any sickness follows even the decree on diet; that might also now not require medicine, but postulate he does not comply with the regulations of diet, medicinal drug may additionally stand fruitless. Food performed of honest content gives strength, vigour; excellent form then nurtures the health on the tissues. In discipline according to live healthy, certain have to live among concord together with his surroundings or comply

with a food regimen appropriate according to one's own constitutional constitution.

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