

CONCEPT OF AHARA VIDHI VISHESHA AYATAN**¹*Dr. Ruby Jain, ²Dr. Umapati Vyas, ³Dr. Krishna Kumar Tiwari and ⁴Dr. Shailesh Jain**

¹PG Scholar, ²Professor and HOD, ³Associate Professor, ⁴MD Professor and HOD
^{1,2,3}Dept. of P.G. Studies in Basic Principle Mansarovar Ayurved College Bhopal (MP)
⁴Dept. of Kaumarbhritya L N Ayurved College Bhopal MP.

***Corresponding Author: Dr. Ruby Jain**

PG Scholar, Dept. of P.G. Studies in Basic Principle Mansarovar Ayurved College Bhopal (MP)

Article Received on 24/05/2023

Article Revised on 14/06/2023

Article Accepted on 04/07/2023

ABSTRACT

Ahara vidhi literally means method of taking diet. It includes diet and dietary guidelines. The concept of diet in Ayurveda has a broader view beyond ingestion of food. Unlike modern dietetics, which is restricted to concept of calorie consumption, Ayurveda recommends methods of taking food, its quality and quantity based upon individual's capacity to agni. In this article, various aspects of concept of diet in Ayurveda are discussed. Eight specific factors shall be considered while consuming food as they are responsible for good and bad effects on the health. Ahara is very important for maintain good health but rules related to preparation and consumption of food also play vital role. These all aspects greatly emphasized in Ayurveda texts and ancient Ayurveda literatures presented concept of Ahara Vidhi Vishesha Ayatan, consideration of this concept helps to achieve nutritional value of food and provide all health benefits of ingested food stuffs.

KEYWORDS: Ayurveda, Ahara, Vidhi, Nutrition.**INTRODUCTION**

Ahara is the most important factor in life 'Health as well as disease is depending on Ahara. Proper diet, taken in proper manner can lead to better health or else can lead to disease. Faulty diet results in disturbed functions of the body. That is the reason why while describing causative factors of disease, Pathya-Apathya have been given prime importance. According to Ayurveda the reasons for all the diseases lies within our Agni. Each food we take either has some specific action on doshas which affects on human body. The Mandagni produces Ama which leads to majority of diseases. In today's modern era due to lack of knowledge about incorrect eating habits, irregular timing, wrong cooking procedure, imbalance diet and not following the proper rules of eating leads various problem or disease. Therefore Ayurveda described concepts of Ahara Vidhi Vishesha Ayatan for achieving nutritious health benefits of Ahara. Acharya Charak has stated that diet sustain life if taken with discipline in a proper manner. He has described 8 specific factors of method of dieting in a very systemic and scientific manner which is known as Ashta ahar vidhi visheshayatana. Ahar has main important role in maintaining health and also in treating various disorders.

Ashta Ahar Vidhi Visheshayatana

- 1) Prakruti (nature of food)
- 2) Karan (methods of preparation of food)
- 3) Samyoga (combination of food substances)
- 4) Rashi (quantity of food)

- 5) Desha (place where food items are grown)
 - 6) Kala (time of consumption of food)
 - 7) Upyogamstha (rules of consumption of food)
 - 8) Upabhokta/upyokta-the person who consumes food
- Prakruti (Nature of Food) Prakruti means nature of food i.e. natural.

The general considerations related to the Aahar vidhi vidhan are as follows:

- ✓ One should eat appropriately warm food
- ✓ One should eat food in sufficient quantity not too less or not in excess
- ✓ One should eat food after proper digestion of previously ingested food
- ✓ Food should be prepared by using appropriate combinations of ingredients.
- ✓ Proper place and utensils should be used for taking food
- ✓ One should not eat food too quickly or too slowly
- ✓ Food should be consumed without talking and laughing

Prakriti

Considerations of Prakriti is very important to pacify Doshas and Agni, one should consume food as per his/her internal constitution.

Karana

Action of food also needs to be consider since specific diet offers particular health benefits.

Samyoga

Appropriate combinations of ingredients lead health benefits while incompatible combinations cause health problems.

Rashi

Ahara should be consumed in proper amount since less food causes malnutrition while excess food leads indigestion and felling of heaviness.

Desha

The place of meal affect process of digestion and particular meal required to take in specific demographic region.

Kala

Time of meal also affects nutritious value of food thus time and season should be consider befor taking meal.

Upyoga sanstha

Food for specific purpose sometimes required to take in particular conditions.

Upayokta

Considerations of Upayokta also play vital role towards achieving health benefits of consumed food.

Health benefits of Ahara Vidhi Vishesh Ayatan

- ✓ Consideration of concept of Ahara Vidhi Vishesh Ayatan pacifies vitiated Vata thus relieve pain and joint stiffness.
- ✓ When vitiated Pitta get pacify then symptoms of fever, diarrhea and indigestion get reduced.
- ✓ Ahara Vidhi prevents vitiation of Kapha thus suppress heaviness and anorexia.
- ✓ Ahara Vidhi Vishesh Ayatan helps to prevent pathogenesis of many diseases including; diabetes, obesity, cardiovascular problems, anemia, infertility, infectious diseases, gastric disorders and metabolic abnormalities.
- ✓ The good conduction of Ahara Vidhi prevents formations of toxins/Ama and boost Dhatus.

Nutritional effect of Ahara Vidhi Vishesh Ayatan

- ❖ Aahar Vidhi Visheshayatan prevent obstruction of channels thus enhances nutritional supply.
- ❖ The good conduction of dietary rules helps to pacify vitiated Vata, Pitta and Kapha.
- ❖ Proper diet improves Rajas quality thus enhances thinking and taking making capacities.
- ❖ Appropriate dietary conduction balances Tamas quality thus control sleep, emotions and mental stress.
- ❖ Similarly improvement in Satva quality contributes towards the peace and relaxation.
- ❖ Provide physical and mental strength
- ❖ Food consumed in proper manner offers vital energy of life.
- ❖ Boost Dhatus thus enhances Balya/Oja
- ❖ Improves sexual strength, vigor and luster

- ❖ Provide good complexion, voice and compact body
- ❖ Provides immunity
- ❖ Enhances process of growth & development
- ❖ Improves sensory activities

CONCLUSION

The food consumed in proper manner helps to balances Doshas, Dhatus and Agni. An individual consuming wholesome food is not afflicted by disease. However, intake of wholesome food is not the only causative factor for a disease or can prevent diseases. Apart from unwholesome food, there are many other etiological factors that lead to a disease, such as change in season, intellectual errors, unwholesome contacts, excessive, wrong and over-utilization of senses of sound, touch, vision, taste and smell.

These etiological factors can cause diseases in an individual despite wholesome intake of tastes (rasa) and diet. Hence, an individual taking wholesome food has also been observed to have taken ill.

Similarly, consuming unwholesome diet does not immediately produce untoward effects. All unwholesome food articles are not equally harmful, all the dosha are not of equal strength, and all the bodies are not capable of preventing disease.

Unwholesome food can be more harmful depending upon the habitat, season, combination, potency, and intake in excessive quantity. The dosha become acute and extremely difficult to manage when they get associated with multiple factors, treated with wrong therapies, become deep rooted, chronic, get vitiated in one of the ten seats of vitality (prana), and when they afflict vital centers within the body known as 'marma'. Ayurveda presented concept of Ahara Vidhi Vishesh Ayatan as rules of preparing and consuming meal which helps to achieve health benefits of food. As per ayurveda considerations of Ahara Vidhi Vishesh Ayatan provides longevity, complexion, strength and immunity, etc. The consumption of meal asp per rule imparts many health benefits and gives maximum nutritious value of consumed foods, while avoidance of concept of Ahara Vidhi Vishesh Ayatan not only deprived nutritious value of food but also causes many health ailments including; diarrhoea, indigestion, hyperacidity and anorexia, etc.

REFERENCES

1. Pandey K, Chaurvedi G, eds Vimansthana, Rasvimanadhyaya, Charaka Samhita. Varanasi, India: Chaukambha Bhartiya Academy, 2015; 21: 680.
2. Pandey K, Chaurvedi G, eds Vimansthana, Rasvimanadhyaya, Charaka Samhita. Varanasi, India: Chaukambha Bhartiya Academy, Shlok, 2015; 21(8): 682.
3. Agnivesha Charak Samhita Introduction by Vaidya Samrat Sri Satya Narayan Sastri with Vidyotini

- Hindi Commentary of Pt. Kashinath Sastri And Dr. Gorakha Nath Chaturvedi Ji, Chaukambha Bharti Academy Varanasi. Reprint Year: Vimana Sthana Chapter 1 Verse, 2015; 21-2.
4. Agnivesha Charak Samhita Introduction by Vaidya Samrat Sri Satya Narayan Sastri with Vidyotini Hindi Commentary of Pt. Kashinath Sastri and Dr. Gorakha Nath Chaturvedi Ji, Chaukambha Bharti Academy Varanasi. Reprint Year: Vimana Sthana Chapter 1 Verse, 2015; 21-3.
 5. Agnivesha Charak Samhita Introduction by Vaidya Samrat Sri Satya Narayan Sastri with Vidyotini Hindi Commentary of Pt. Kashinath Sastri And Dr. Gorakha Nath Chaturvedi Ji, Chaukambha Bharti Academy Varanasi. Reprint Year: Vimana Sthana Chapter 1 Verse, 2015; 21-7.
 6. Agnivesha Charak Samhita Introduction by Vaidya Samrat Sri Satya Narayan Sastri with Vidyotini Hindi Commentary of Pt. Kashinath Sastri and Dr. Gorakha Nath Chaturvedi Ji, Chaukambha Bharti Academy Varanasi. Reprint Year, Vimana Sthana Chapter 1 Verse, 2015; 21-8.
 7. Charaka. Charaka Samhita (Charak Chandrika Hindi commentary). Brahmanand Tripathi, Ganga Sahay Pandey, editors. 1st ed. Varanasi: Chaukhamba Surbharti Prakashan. Sutra Sthana, 2007; 27/349: 544.
 8. Vd M H Pachghare, Ph D dissertation on Critical study of Charakokta sanyog viruddha & vishamasana in an etiology of Vicharchika i.e. eczema, TMV Pune 2012, shodhganga.inflibnet.ac.iin-14 chapter pdf, assessment date 20 march, 2017.
 9. Dr Brahmanand Tripathi & Dr Gangasahay Pandey, Charak samhita, charak chandrika- hindi commentary, edition, Chaukhamba subharati Prakashan, Varanasi, sutrasthana, chapter 26, sutra 102-103, 1995; 498-499.
 10. Vd Deepali Pisal, Kushtha vyadhi aharaj hetu adhyayana, International journal of applied Ayurved research Jan-Feb, 2016; 568 & 569.