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# A review article on Modern Perspective of *Nitya Sevaniya Ahara* (Wholesome Daily Food)

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## ABSTRACT

In Ayurveda, *Ahara* (food) has been recognized as an important constituent for human being, both in healthy and diseased state. Ayurveda *Acharyas* have been described in detail about *Nitya Sevaniya* and *Nitya Asevaniya Ahara* in detail. If one person consumes wholesome food daily with wholesome activities will get free from diseases. Acharya Charaka mentioning that we have to consider *dosa, desa, prakruthi, satmya* while selecting wholesome food. With rapid globalization the food habits have changed, people started to consume acidic foods. These are the major cause of many lifestyle disorders. So here we analyzing the effect of *Nitya Sevaniya Ahara* from different angles other than balanced food. That is with respect to alkalizing concept of food, fibrous content, prebiotics and effect of *Ahara* on gut microbiome.

**Key words:** *Wholesome Food, Alkaline Food, Gut Microbiome, Fibrous Food.*

## INTRODUCTION

*Ahara* is the most important factor for sustenance of life. It is described as foremost pillars of life (*Trayopastamba*).<sup>[1]</sup> when body is supported by *Trayopastamba*, it is favored by growth, strength and complexion. *Ahara* is considered as *Mahabhaishajya* (the superior medicine). Various life style disorders and numerous diseases occur due to faulty dietary habits which may be prevented by proper *Ahara* and eating habits. *Ahara* should be chosen in accordance to the *Prakruthi* (constitution) of individual, time, season and place.

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## NITYA SEVANIYA AHARA

The food to be taken regularly is said to be *Nitya Sevaniya Ahara*. It includes *Shashtika Shali, Mudga, Saindhava Lavana, Amalaki, Yava* (barley), *Varshajala, Godugdha* (cow milk), *Madhu, Go Ghritha, Jangala Mamsa*. Here *Nitya Sevaniya Ahara* described by *Charaka* is taken to analyze along with *Ksheera* from *Nitya Sevaniya Ahara* of *Astanga Sangraha*.

### Concept of Alkalizing Diet

All foods after digestion and absorption leave either an acid or alkaline ash in the body depending on their mineral composition. Normal body is 20% acid and 80% alkaline. This is the acid alkaline balance. Carbohydrates and fats after digestion converted to carbon dioxide gas and water. Blood transport the acid formed after digestion to excretory sites like lungs. Only alkaline blood can do this acid transport. Few foods will alter the alkalinity of blood resulting in acidosis, a condition of accumulation of acid in tissues. After digestion and ash residue is left behind. This residue may be alkaline, neutral or acidic. According to acid ash hypothesis acid ash making us vulnerable to illness, whereas alkaline ash is protective. Alkaline diet

improves K/Na ratio and may benefit bone health, reduce muscle wasting.<sup>[3]</sup>

### Concept of Prebiotics

These are specialized plant fiber that act as food for the good bacteria of our gut. That is stimulating growth of pre-existing good bacteria. Prebiotic food help with various digestive problems and boost our immune system. Fructo oligosaccharides and galacto oligosaccharides are the two important group of prebiotics with beneficial effect in human health.<sup>[4]</sup>

### Fibrous food

Fibrous content of food items mainly involves soluble fiber and insoluble fiber. Some type of soluble fiber may help lower risk of heart disease and diabetes. Soluble fiber easily dissolves in water and is broken down into a gel like substance in the part of the gut known as colon and insoluble fiber does not dissolve in water and is left intact as food moves through the gastro intestinal tract. Insoluble fiber attract water to stool, make it softer and easier to pass with less strain on bowel. Dietary fiber is resistant to enzymatic digestion.<sup>[5]</sup>

### Amalaki (*Embllica officinalis*)

*Amalaki* is helpful for a wide variety of health problems, improving healthy functioning of the liver, heart, brain, and lungs. Antimicrobial, antioxidant, anti-inflammatory, radio-protective, hepatoprotective. Alkaline. Due to its fiber rich content (5 g/100gm), it cures constipation and all other abdominal diseases. Reduces acidity in the stomach, potassium (6%). Extracts can significantly affect a dysbiotic gut microbiota. That can be consumed on daily basis (*Nitya Sheelaneeya*) and among fruits *Amalaki (Embellica officinalis)* is given first priority. This may be because it pacifies *Tridoshas*.

### Shastika Shali (*Oriza sativum*)

Rice is known as a queen of cereal crops that have a high nutritional value such as carbohydrate, fat, fiber, protein, vitamins as well as food energy, minerals profile and fatty acids. Outer bran layer is intact. This makes it high in fiber, as well as slightly nutty in flavor.

Fiber is important for regular bowel movements and overall bowel health. Fiber may also help with losing weight and lowering cholesterol and blood pressure. Anthocyanin in *Oriza sativum* have prebiotic activity by effecting bifido bacteria and lactobacillus.

### Mudga (*Phaseolus mudga*)

Rich in fiber (16g/100gm) especially soluble fiber pectin. The husks are found to be resistant to in-vitro gastrointestinal digestion, and thus contain non-digestible constituents, and support the growth of beneficial microorganisms commonly present in the gastrointestinal tract.<sup>[6]</sup>

### Saindava Lavana (Sodium chloride)

Saindhava Lavana boosts cellular absorption of minerals and helps in replenishing the body's electrolytes and maintaining the pH balance.<sup>7</sup> Hence, it is used to stimulate your body's metabolism

### Yava (*Hordeum vulgare*)

Barley is high in fiber (17gm/100), especially beta-glucan, which may reduce cholesterol and blood sugar levels. It may also aid weight loss and improve digestion. Effects of barley  $\beta$ -glucans on growth and probiotic features of four Lactobacillus strains.<sup>[8]</sup> It is rich in Potassium.

### Antariksha Jala

Neutral PH, help to breakdown all nutrients for its assimilation. It contains alkaline pH, which has detoxifying effects and also promotes a healthy digestion. The toxins and free radicals we ingest and absorb every day make our blood more acidic. Rainwater, with its alkaline pH, helps to neutralize our blood pH, thus helping to make our body function in a more efficient manner.

### Go Dugdham (cow's milk)

Bovine Milk as a Source of Functional Oligosaccharides for Improving Human Health.<sup>[9]</sup> Milk is presumed to be alkaline, although it actually comes in at between pH 6.5 and 6.7 which makes it slightly acidic. Milk and dairy products do not cause metabolic acidosis.<sup>[10]</sup> Studies show that increasing the amount of tyrosine and phenylalanine in the milk can increase dopamine levels

in the brain, which may promote deep thinking and improve memory.

#### **Madhu (Honey)**

Honey when consumed become alkaline (its  $P_H$  ranges from 3.4 -6). Unlike most sugars, raw honey is not known to aggravate a sensitive digestive tract. Additionally, raw honey is alkaline forming, as opposed to acid forming, which means that it helps your body maintain a neutral and alkaline balance. Also, honey enhances the endogenous colonic probiotic bacteria (bifidogenic effects) that has several beneficial effects (i.e., detoxification and antigenotoxicity).<sup>[11]</sup>

#### **Ghrita (Butyrum departum)**

Saturated fat (desi ghee) has action in gut liver axis in alcoholic hepatitis by correcting dysbiosis. Butyric acid help to maintain the integrity of gut wall. It is medically proven that omega 3 fatty acid is good for brain health and ghee contains Docosahexaenoic acid (DHA), which is an omega 3 fatty acid. So, ghee in diet is certainly beneficial for brain health.

#### **Jangala Mamsa**

Meat is generally an acidic food, no fiber content. Meat plays important role in efforts to meet daily vitamin B12 intake recommendation. Rich source of Complete protein (>20% Daily Value) Niacin, Iron, Zinc. As per classics *Janagala Mamsa* is constipative, cold in potency, easy to digest, wholesome, useful in *Pittothara*, *Vata Madhya Kapahanuka Sannipata* cases (*Tridosha* vitiation of increased *Pitta*, moderately vitiated *Vata* with *Kapha*)

#### **CONCLUSION**

*Nitya Sevaniya Ahara Dravyas* satisfy daily nutritional requirement as it is a balanced diet. *Nitya Sevaniya Ahara* as Balanced food and as antioxidant discussed in many articles. It also has some special roles which still not explored. Alkalinity of food after digestion, role on influencing microbiota, action of fibrous content of food are only few of them. Among *Nitya Sevaniya Ahara Jangala Maamsa* (meat) not satisfying the above

concepts. But meat is an important source of high-quality protein, B complex vitamins: thiamin, riboflavin, niacin, vitamin B6 and vitamin B12.

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