



ISSN 2456-3110

Vol 6 · Issue 5

Sept-Oct 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Ayurvedic concept of *Aahara Vidhi Vidhana* in maintaining health and preventing diseases

Vijaymahantesh M. Nagathan

Associate Professor, Department of Roga Nidana. BVV Sangha's Ayurvedic Medical College and Hospital, Bagalkot, Karnataka, India.

ABSTRACT

Ayurveda is an ancient science which not only gives effective *Chikitsa* for many *Rogas* but also provides healthy way of living. *Aahara*, *Nidra* and *Bramhacharya* are the three *Upastambhas* of life in Ayurveda. Ayurveda gives immense importance to *Aahara* and explains that how healthy and technique eating is important for *Swastha Shareera*, *Mana* and *Aatma*. Acharya Charaka describes '*Aahara Vidhi*' which explains us about importance of Do's and Don'ts of diet and drink. It gives importance of eating healthy *Aahara* and also describes its various ways. In present era, diet and lifestyle is unknowingly responsible for many diseases. Now a day people are fascinated towards frozen and preserved food which satisfy their taste bud but as well invites many diseases. That's why one should follow Ayurveda principles to prevent various disorders.

Key words: Ayurveda, *Aahara Vidhi Vidhana*, *Aahara*, food, dietetics.

INTRODUCTION

Aahara Vidhi Vidhana literally means method of taking *Aahara*. The concept of *Aahara* in Ayurveda has a broader view beyond ingestion of food. Unlike modern dietetics which is restricted to concept of caloric consumption, Ayurveda recommends methods of taking *Aahara*, its quality and quantity based upon individual's capacity to digest.

Anna and *Aahara* are the two Sanskrit terms applied to denote food and diet. *Anna* is ingested or eaten through mouth. The term *Aahara* includes all substances that are taken in by humans by various

routes, including *Indriyas* and *Mana* too. Now a days there is increased prevalence of lifestyle disorders in which faulty dietary habits play an important role. Acharya Charaka mentions *Aahara* as *Prana* or life of living beings if taken properly, but if taken in a faulty manner may cause death.^[1] In present era, due to change in lifestyle, man is giving least importance to his diet and dietary rules. If Ayurvedic dietary guidelines are followed, many diseases can be prevented arising merely due to faulty dietary habits and maintain *Swastha* status of *Shareera* and *Mana*.

METHODOLOGY

Ayurveda literatures like Charaka Samhita, different *Teekas* and translations were referred and arrived at appropriate interpretations of the descriptions that by following *Aahara Vidhi Vidhana*, one can get *Swastha Shareera*, *Mana* and also can prevent many of the diseases.

DESCRIPTION

According to *Shabdakalpa Druma* and *Jalpakaipataru*, *Aahara* is the food which is ingested it includes all foods like eatables, lickables, drinkables etc. *Taittireeya Upanishad* says that food is *Brahma*. All

Address for correspondence:

Dr. Vijaymahantesh M. Nagathan

Associate Professor, Department of Roga Nidana. BVV Sangha's Ayurvedic Medical College and Hospital, Bagalkot, Karnataka, India.

E-mail: vijaynag639@gmail.com

Submission Date: 19/09/2021 Accepted Date: 21/10/2021

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

beings are originated from food, it is responsible for life of all beings. Food is present in all living beings in the form of foods health i.e., *Annamaya Kosha*. According to *Bhagavad Geeta* healthy and unhealthy *Shareera* depends upon the intake of wholesome and unwholesome food. In the same way happiness and misery or the healthy and unhealthy mind status also depends upon which type of food we consume. According to Acharya Charaka, *Aahara* helps in sustenance of the life of living beings.^[2] All living beings in the world requires food. Complexion clarity, good voice, longevity, intelligence, happiness, satisfaction, nourishment and strength are all present in food. *Samyak Aarogya Lakshanas* are - *Annabhilasha, Sukha Paripaka, Srushta Vin Mootra Vata, Shareera Laghuta, Suprasanna Indriya, Sukha Swapna Prabhodana, Bala-Varna-Ayushya Labha, Soumanas* and *Samagni*. *Aahara* is considered as most basic cause of life. Not only *Aahara* but also *Vidhi Vidhana* of *Aahara* intake has an important role in the continuity of healthy life.^[3] Many diseases which occurs due to faulty food intake habits can be prevented by following *Aahara Vidhi Vidhana*.

Acharya Charaka has explained *Aahara Vidhi Vidhana* *Aahara Vidhi Vidhana*^[4] as follows;

1) Ushnam Ashniyat: *Ushna Aahara Sevana* causes^[5]

- Ushna Aahara* tastes good.
- It does not pacify *Jatharagni*.
- Aahara* gets easily digested as *Aahara* has to come to body temperature for digestion.^[6]
- Vata* and *Kapha* gets pacified.
- Heating also kills microbes.
- On taking *Sheeta Aahara*, more energy will be used for digestion which may lead to lethargy, So, *Ushna Aahara* should be consumed. So, one should consume *Ushna Aahara* for *Swastha Shareera* and *Mana*.

2) Snigdham Ashniyat: *Snigdha Aahara sevana* causes^[7]

- It is delicious

- It increases *Agni*
- Provokes subdued power of digestion
- It gets digested fast
- It does *Vatanulomana*
- Nourishes the body
- Increases the stoutness of the body
- Strengthens the sense organs
- Promotes strength
- Brings out the brightness of complexion. So, one should consume *Snigdha Aahara* to prevent diseases and to maintain *Swasthata*.

3) Matravat Ashniyat: *Matravat ashniyat* causes^[8]

- It promotes longevity in its entirety without afflicting *Vata, Pitta* and *Kapha*.
- It does not aggravate *Doshas*.
- Prolongs life
- It does not impair power of digestion
- It easily passes down to the rectum
- It gets digested easily without any difficulties. So one should take *Aahara* in *Matravat*. So, one should cultivate the habit of having *Matravat Aahara* to prevent metabolic disorders.

4) Jeerne Ashniyat: *Jeerne Ashniyat* causes^[9,10]

- Doshas* will be in their proper places
- Does *Agnivridhhi*
- Proper and timely *Kshudha Pravrutti*
- It opens all the *Srotases*
- Clears belching
- Imparts *Hridaya* and *Uro Laghuta*
- Does *Vatanulomana*
- Initiates the natural evacuation of the bowels
- Then the product of the *Aahara* does not vitiate the *Dhatu*s of the *Shareera*, but on the other hand it promotes longevity in its entirety.

If *Aahara* is taken before the digestion of the previous meal, the digestive product of the previous food i.e., immature *Rasa* gets mixed up with the product of the *Aahara* taken afterwards resulting in the provocation of all the *Doshas* immediately. So, one should take *Aahara* only after digestion of the previously taken food, which can be known by *Lakshanas* like *Udgara Shuddhi*, *Utsaha*, *Yathochita Vegotsarga*, *Laghuta*, *Kshudha* and *Pipasa*. So, one should consume *Aahara* only after digestion of previously taken food.

5) Veerya Aviruddha Ashniyat: Intake of *Veerya Aviruddha Ashana* causes^[11,12]

- Prevents diseases which occurs due to intake of *Veerya Viruddha Aahara*.
- Prevents *Shandata*, *Aandhya*, *Visarpa*, *Dakodara*, *Visphota*, *Unmada*, *Bhagandara*, *Moorcha* etc. So, one should consume *Veerya Aviruddha Aahara* to remain *Swastha*.

6) Ishte Deshe Ishta Sarvopakaranam Cha Ashniyat: Causes^[13]

- By following this one does not get afflicted with factor which results in emotional strain or *Manovighata*. So, one should take *Aahara* in proper place which is pleasant to *Mana* and *Aatma* with all accessories.

7) Na Ati Dhrutam Ashniyat^[14]

- If one takes food too hurriedly, it enters into wrong passage. So, one should not take food in very fast action.

8) Na Ati Vilambita Ashniyat^[15]

- If one takes *Aahara* very slowly, it will not give *Trupti* to an individual and one eats in more quantity which leads many of the diseases. So, one should not eat *Aahara* very slowly.

9) Ajalpan, Ahasan, Tanmana Bhunjeeta^[16]

- One should not talk or laugh or be unmindful while taking *Aahara*, because by doing this so, *Aahara* enters into wrong passage and produce many diseases. So, one should be connected with his *Shareera* and *Mana* while taking *Aahara*.

So, one should take *Aahara* in the prescribed manner, with due regard to his own self. The knowledge of *Satmya*, *Asatmya* is important. To maintain healthy status of *Shareera* and *Mana* and to prevent diseases, to lead healthy life one should follow *Ayurvedokta Aahara Vidhi Vidhana*.

DISCUSSION

As described above, current faulty and altered habits of *Aahara Sevana* are *Hetus* for many kinds of diseases. Ayurveda gives more importance to *Aahara* and rules of taking *Aahara*. Ayurveda says that *Shareera* is the result of *Aahara* and also the diseases are also results of *Aahara*. So, one should take *Aahara* as per *Aahara Vidhi Vidhana* to maintain health and to prevent diseases.

CONCLUSION

Aahara Vidhi Vidhana are relative factors that can change from person to person. The quantity of *Aahara* is different for everyone. The statement '*Snigdha*' can differ according to *Prakruti*, *Rutu* and *Desha* of the person. A person with *Mandagni* should avoid excess of *Snigdha*, while *Teekshnagni* person should not eat the *Aahara* in less quantity. All the rules of diet intake are dependent on each other and they should be considered collectively. By application of only one of these rules one cannot achieve the expected results, so one should follow all *Aahara Vidhi Vidhana*.

REFERENCES

- Charaka Samhita Chikitsa sthana chapter 24, shloka 60, with Ayurveda Deepika commentary by Chakrapanidutta, Chaukhambha Sanskrit Sansthana, Varanasi, 2001.
- Charaka Samhita Sutrasthana chapter 27, shloka 349-350.
- Charaka Samhita Sutrasthana chapter 25, shloka 40.
- Charaka Samhita Vimanasthana chapter 1, shloka 24, with Ayurveda Deepika commentary by Chakrapanidutta, Chaukhambha Sanskrit Sansthana, Varanasi, 2001.

5. <https://www.luncheaze.com/hot-or-cold-meals-which-is-better-for-you>
6. Chemistry of the molecular nature of matter and change, Martin Silberberg; 2008.
7. R.K.Sharma, Vaidya Bhagwan Dash, Agnivesha's Charaka Samhita, English translation, vol-II, Vimanasthana, chapter 1, shloka 24(2), Varanasi, Chaukhambha Sanskrit Series Office, Reprint 2011, p-128.
8. R.K.Sharma, Vaidya Bhagwan Dash, Agnivesha's Charaka Samhita, English translation, vol-II, Vimanasthana, chapter 1, shloka 24(3), Varanasi, Chaukhambha Sanskrit Series Office, Reprint 2011, p-128.
9. Sagar Sharma, *Aahara Vidhi* slideshare (June 22, 2014), available from <https://www.slideshare.net/drsagarhk87/Aahara-Vidhi>.
10. Charaka Samhita Vimanasthana chapter 1, shloka 24.
11. R.K.Sharma and Vaidya Bhagwan Dash, Agnivesha's Charaka Samhita, English translation, vol-II, Vimanasthana, chapter 1, shloka 24(5), Varanasi, Chaukhambha Sanskrit Series Office, Reprint 2011, p-129.
12. Charaka Samhita Sutrasthana, chapter 26, shloka 102-103.
13. R.K.Sharma and Vaidya Bhagwan Dash, Agnivesha's Charaka Samhita, English translation, vol-II, Vimanasthana, chapter 1, shloka 24(6), Varanasi, Chaukhambha Sanskrit Series Office, Reprint 2011, p-129-130.
14. R.K.Sharma and Vaidya Bhagwan Dash, Agnivesha's Charaka Samhita, English translation, vol-II, Vimanasthana, chapter 1, shloka 24(7), Varanasi, Chaukhambha Sanskrit Series Office, Reprint 2011, p-130.
15. R.K.Sharma and Vaidya Bhagwan Dash, Agnivesha's Charaka Samhita, English translation, vol-II, Vimanasthana, chapter 1, shloka 24(8), Varanasi, Chaukhambha Sanskrit Series Office, Reprint 2011, p-130.
16. R.K.Sharma and Vaidya Bhagwan Dash, Agnivesha's Charaka Samhita, English translation, vol-II, Vimanasthana, chapter 1, shloka 24(9), Varanasi, Chaukhambha Sanskrit Series Office, Reprint 2011, p-130-131.

How to cite this article: Vijaymahantesh M. Nagathan. Ayurvedic concept of Aahara Vidhi Vidhana in maintaining health and preventing diseases. J Ayurveda Integ Med Sci 2021;5:166-169.

Source of Support: Nil, **Conflict of Interest:** None declared.
