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# Vegan diet consumption according to *Prakrti* mentioned in *Ayurved* (*Vata, Pitta, Kapha*)

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## ABSTRACT

Vegan diets have been increasing in popularity. A vegan diet has been linked to numerous health benefits. It has more vitamin E, iron, protein, potassium and magnesium. Vegans less thick, have lower serum cholesterol and have lower blood pressure, which lowers their risk of heart disease.<sup>[1]</sup> *Aam* is the result of inadequate digestion, according to *Ayurveda*. Considering that purpose of cleaning is to eliminate the *Aama* out of your gastrointestinal tract, it's best to eat plant based meals that are high in fiber and easily digested.<sup>[2]</sup> *Vata* (space and air) governs movement, *Pitta* (fire and water) regulates metabolism, and *Kapha* (earth and water) manages assimilation in the body. Avoiding dairy products like milk and ghee as well as meals made from animals may also be linked to greater incidence of anxiety and sadness. Calcium, which is crucial for bones, is found in milk. The vitamin K2 in ghee will assist in milks absorption of calcium if it is added. For this reason, milk- ghee combination is recommended in ayurveda as a treatment for joint stiffness and discomfort.<sup>[3]</sup>

**Key words:** Vegan Diet, Vata, Pitta, Kapha Prakrti, Calcium & Vitamin B12 Deficiency, Heart Disease, Food and Nutrition.

## INTRODUCTION

The term “vegan” was initially coined in 1944 to refer to non- dairy vegetarians who refuse from all animal products. According to a research by the United Nations food and agriculture organization (UN FAO), India currently has the lowest rate of meat consumption

in the world, because of Hindus constituting 44% of its 13 billion population. Furthermore, by 2020, India will have almost five million vegans. Vegan diet consists mainly of plant based meals. All animal products, including meat, dairy, eggs should be avoided. Vegans may also avoid wearing garments, soaps and other things that use or contain animal parts, such as leather and animal hair. Some people choose this way of life because of the environmental benefits.<sup>[4]</sup>

### The *Prakrti*'s superior quality<sup>[5]</sup>

<i>Prakrti</i>	Qualities
<i>Vata</i>	Dry, light, cold, mobile, transparent
<i>Pitta</i>	Hot, sharp, light, liquid, spreading, oily
<i>Kapha</i>	Heavy, slow, cool, oily, smooth, firm, soft, stable, gross, sticky

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**Consider the following nutrients when following a**

**vegan diet** - A vegan diet eliminates some nutrient sources, such as vitamin B12 and calcium inadequate supply so people must carefully arrange their meals to avoid nutritional deficits. Before adopting a vegan diet, people should consult with a doctor or a health care professional, especially if they have pre-existing health concerns.<sup>[6]</sup>

Minerals & vitamins in vegan diet

- **Iron** - Red lentils, chia seeds, pumpkin seeds, quinoa, oats, beans and dark leafy greens are good sources.
- **Calcium** - Chia seeds, sesame seeds, blackstrap molasses, almonds, tofu white beans will help keep calcium levels up.
- **Zinc** - Pumpkin seeds, cashews, chia seeds, black beans nutritional yeast, nuts, and oats are high in zinc.
- **Magnesium** - Pumpkin seeds, flax seeds, cashews, almonds, quinoa, oats are high in magnesium.
- **Vitamin A** - Sweet potatoes, carrots, spinach, kale, dried apricots.
- **Vitamin B12** - Vitamin B-12 is mainly found in animal products, but small amounts Can be found in Plant based Moringa leaf powder, corn, spinach, almonds, beet root.
- **Vitamin C** - Lemons, kiwi, kale, oranges, strawberries, broccoli.
- **Vitamin D** - Chharila powder, sesame seeds, spinach, cereals, guduchi, and spending time in the sun can boost vitamin D levels.
- **Vitamin E** - Sunflower seeds, almonds, hazelnuts, peanuts, spinach, mustard greens
- **Vitamin K** - Kale, spinach, watercress, spring onions, brussels sprouts, broccoli.
- **Omega 3** - Chia seeds, flex seeds, tofu, there are three types of omega-3 fatty acid: EPA, DHA, and ALA. Walnuts and flaxseeds are good sources of ALA, but seaweeds and algae are the only plant sources of EPA and DHA.

**Risk of Vitamin B12 deficiency**

Since vitamin B12 predominantly obtained from animal products, those who follow a vegan diet are at significant danger of being deficient in this crucial nutrient. B12 is an essential vitamin and a lack of it can result in several irreversible harm to the body. In order to maintain the body working properly when eating a vegan diet, you may want to think about taking a vitamin B12 supplement.<sup>[7]</sup>

**Lack of iron**

Vegetarians and vegans are at a higher risk of iron insufficiency since plant-based diets contain iron, but it is of a low heme from that is poorly absorbed by the body. Lack of heme iron in the body can result in a number of symptoms, such as fatigue and anaemia. While iron supplements can be taken to address the issue, there may be a few uncomfortable side-effects of having it.<sup>[8]</sup>

According to the Healthline report, a raw food diet has several benefits including weight loss, improved heart health and a lower risk of diabetes, but the regimen also has some downside if not planned well. Zhanna Samsonova, a vegan food influencer, passed away at the age of 39. The influencer reportedly died due to starvation as she was subsisting on a raw vegan diet for the past 10 years.<sup>[9]</sup>

**The Prakrti and their functions**

Each of the three *Prakrtis* has a distinct personality based on the particular elements and characteristics it possesses. In the end, each *Prakrti* naturally controls particular physiological processes.<sup>[10]</sup>

<i>Prakrti</i>	Primary functions
<b>Vata</b>	Movement and Communication
<b>Pitta</b>	Digestion and transformation
<b>Kapha</b>	Cohesiveness, Structure, and Lubrication

**Vata**

*Vata* is frequently linked to wind and the air element because it embodies the energy of movement. *Vata* is associated with imagination and adaptability, it

controls all body motion, including breathing, heartbeat, all muscle contractions, tissue movements, cellular mobility and nervous system and mind connection.

### **Pitta**

*Pitta* is intimately associated with the fire element since it signifies the energy of transformation. However, *Pitta* is mostly a liquid in living things, thus the reason why water constitutes its secondary ingredient. *Pitta* is neither movable nor stable, yet it spreads much like how a fire's warmth permeates its surroundings or like how water moves in the way that landscape requires.

*Pitta* regulates nutrition and metabolism, body temperature and the light of knowledge. It is directly tied to intellect, understanding and the digestion of meals, thoughts, emotions and experiences.

### **Kapha**

*Kapha* lends structure, solidity, and cohesiveness to all things, and is therefore associated primarily with the earth and water elements. *Kapha* also embodies the watery energies of love and compassion. This *Dosha* hydrates all cells and systems, lubricates the joints, moisturizes the skin, maintains immunity, and protects the tissues.

### **Benefit of Vegan diet**

Vegan diets are particularly healthful since they emphasize fruits, vegetables and whole grains. It offers the same benefits of a typical a healthy vegetarian diet, including lower risks of:<sup>[11]</sup>

- Advantages of typical healthy vegetarian diet, such as less risks of heart disease: People who eat a vegan diet have a 30% lower risk of dying from ischemic heart disease than meat eaters. Plant based diets are lower in saturated fat and cholesterol and higher in fiber.
- Maintaining a healthy weight and eating a plant based diet can reduce the risk of developing type 2 diabetes. Acquire type 2 diabetes additionally, studies demonstrate that vegetarians are less likely to develop compared to meat eaters of the same weight, have type 2 diabetes.

- Stroke: A plant-based diet can lower your risk of having a stroke. In this context, a healthy diet means avoiding adding lots of sugars, refined grains, and potatoes while eating plenty of leafy grains, beans, and whole grains.

### **CONCLUSION**

#### **Try to determine if this vegan diet is suitable for you**

- Many people can adjust to vegan diets, however *Kapha* is the main *Dosha* that should avoid heavy and animal or dairy based meals. This is due to the fact that this *Dosha* (*Prakrti*) tends to lighten the constitution of our bodies as well as the energies.
- If *Pitta* is your main *Dosha*, it suggests you have powerful digestive fires in your constitution and could not too much benefit greatly from vegan diet.
- *Vata* is the dominating *Dosha* for those who should exercise prudence. This is because they naturally possess the characteristics of dryness and lightness. Such *Doshas* require very substantial, dense and rich dietary sources. Such supplies, which primarily come from the animal universe are required to help nourish and ground such *Doshas*. Finding the correct source of protein and fat for your diet may require a little more effort if *Vata* is your main *Dosha*. You can stay stable, moist and grounded by doing this.
- Anemia, interference with hormone production, vitamin B12 deficiency, and depression brought on by a lack of omega-3 fatty acids are a few of the potential adverse effects of going vegan. For this reason, it's essential to have a diet that is high in proteins, vitamin B12, vitamin D, iron, calcium, iodine, zinc, and omega-3 fatty acids.

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