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# Introductory knowledge of *Annapana Varga* - A Literary Review

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## ABSTRACT

The word *Anna* refers to *Ahara*, means the one which is consumed to nourish the bodily tissues. In other words the nutrients which can be taken to maintain the body in healthy state are called as *Anna*. Carbohydrates, proteins, salts, water, vitamins, minerals, anti-oxidants etc. macro as well as micro nutrients play an important role in the nourishment of the body. *Ayurveda* itself is the only branch which tells about the healthy life style, code of conducts, spiritual practices, medicines along with *Ahara Upayogi Vargas*. The *Vargas* includes - *Jalavarga, Dugdhavarga, Madhuvarga, Tailavarga, Shukadhanyavarga, Shamidhanyavarga, Phalavarga, Shakavarga, Mamsavarga* etc. which all mainly take part in the maintenance of good health as well as to attain the salvation i.e. *Moksha* which is ultimate aim of *Ayurveda*.

**Key words:** *Annapana, Ahara, Macro Nutrients, Micro Nutrients, Ayurveda.*

## INTRODUCTION

Now a days food habit is completely changed due to modernisation, life style modifications, hectic schedule, Because of this the food consumption is also affected, which ultimately leading to malnutrition and life style disorders, and various life threatening diseases. Improper food intake leads to the decline in immunity, and lack of immunity is the store house for number of diseases. Life style disease refers to diseases that results because of choices people make in their life. They are mostly in the developed countries where people indulge toward eating

unhealthy foods, having sedentary life style, and unhealthy lifestyle like smoking and drinking alcohol. The main aim of *Ayurveda*<sup>[1]</sup> is to attain *Moksha* and to maintain the healthy state of the mind as well as body, one should adopt the proper consumption of food articles, code of conducts i.e. *Ahara* and *Viharas* called *Charyas*, as mentioned in *Ayurvedic* classical texts. *Ahara Dravyas* are mainly categorised in two ways viz; Food (*Ahara Dravyas*) and Drinks (*Drava Dravyas*). The first one deals with hard or masticating food articles like *Mamsa, rotis, chapatis, cereals, vegetables* etc. while the second one deals with liquids like water, milk etc. When combined these two words *Anna + Pana = Annapana*<sup>[2]</sup> popularly used for *Ahara Dravyas*.

## DISCUSSION

According to *Charaka Samhita* he mentioned *Ahara Dravyas* and *Drava Dravyas* in one chapter. There are total 12 *Vargas* mentioned by him viz; *Shukadhanya, Shamidhanya, Mamsavarga, Shakavarga, Phalavarga, Haritavarga, Madyavarga, Jalavarga, Gorasvarga, Ikshuvarga, Kritannavarga, Aharopayogivarga*.<sup>[3]</sup>

Whereas *Sushruta* enumerated *Drava Dravya* and *Anna Dravya* separately. The *Drava Dravya* includes;

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*Jalavarga, Ksheeravarga, Dadhivarga, Takravarga, Ghritavarga, Tailavarga, Madhuvarga, Ikshuvarga, Madyavarga, Mutravarga. The Anna dravya includes; Shalivarga, Kudhanyavarga, Vaidalavrga, Mamsavarga, Phalavarga, Shakavarga, Pushpavarga, Kandavarga, Lavanavarga, Ksharavarga, Dhatuvarga, Ratnavarga, Kritannavarga.*<sup>[4]</sup>

But *Vagbhata*<sup>[5]</sup> carefully analysed *Charaka* and *Sushrita's* view and put it in his own way; the *Dravadravya* includes; *Jalavarga, Ksheeravarga, Ikshuvarga, Tailavarga, Madyavarga, Mutravarga.* Where as the *Annavarga* includes; *Shukadhanyavarga, Shimbidhanyavarga, Krutannavarga, Mamsavarga, Shakavarga, Phalavarga.* Apart from this, in place of *Haritavarga* and *Aharopayogivarga, Kutheradigana* is mentioned.<sup>[6]</sup> In this *Varga, Katu Pradhana Dravyas* are mentioned and to this he has given the name *Haritavarga.*

But in *Asthanga Hrudaya*<sup>[7]</sup> a bit difference can be seen like; the description about *Mutravarga* in *Dugdhavarga* and he extended one more *Varga* called *Aushadhi Varga* in this he has elaborated the *Lavana, Kshara* etc. *Aharopayogi Dravyas.*

In *Chakrapanidatta krit Dravyagunasangraha*<sup>[8]</sup> he explained both *Dravadravya* and *Aharadravya* under one category i.e. *Dhanyavarga, Mamsavarga, Shakavarga, Lavanaadivarga, Phalavarga, Jalavarga, Ksheeravarga, Tailavarga, Ikshuvarga, Madyavarga, Krutannavarga, Bhakshyavarga.*

In *Shodhala Nighantu*<sup>[9]</sup> the *Shaka Varga* is included in *Karaviradivarga* where as *Phalavarga* in *Amradivarga.* Where as in *Haritakdravyas; Shigru, Sarshapa, Gandira, Jalapippali* etc. are explained. *The Dravadravya are; Paniyavarga, Ksheeravarga, Dadhivarga, Takravarga, Navaneetvarga, Ghritavarga, Tailavarga, Madhuvarga, Ikshuvarga, Madyavarga, Mutravarga.* Where as the *Annadravya* includes only seven *vargas* viz; *Shukadhanyavarga, Joornavarga, Shimbidhanyavarga, Trinadhanyavarga, Krutannavarga, Anupanavarga, Mamsavarga.*

In *Madanapala Nighantu*<sup>[10]</sup> explained seven *Aharadravyas* under one category viz; *Phalavarga,*

*Shakavarga, Dravavarga, Ikshuadi/Madhuravarga, Dhanyavarga, Krutannavarga, Mamsavarga.*

In *Raja Nighantu*,<sup>[11]</sup> 23 *Vargas* are explained. But only 2 *Vargas* are allotted for *Aharavargas* i.e. *Mulakadivarga* also called *Shakavarga* and *Amradi Varga* mainly deals with fruits.

In *Kaiyadeva Nighantu*<sup>[12]</sup> is divided into 9 *Vargas* but only 4 *Vargas* are explained related to *Ahara* and *Drava*, viz; *Dhanyavarga, Dravavarga, Pakwannavarga* and *Mamsavarga.*

In *Bhavprakash Nighantu*,<sup>[13]</sup> 16 *Aharadravya Vargas* are explained viz; *Amradivarga / Phalavarga, Dhanyavarga, Shakavarga, Mamsavarga, Krutannavarga, Varivarga, Dugdhavarga, Dadhivarga, Takravarga, Navaneetavarga, Ghritavarga, Mutravarga, Tailavarga, Sandhanavarga, Madhuvarga, Ikshuvarga.*

*Lolimbaraja*<sup>[14]</sup> the author of "*Vaidya Vasanta*" explained 7 *Aharadravya Vargas* viz; *Phalavarga, Phalashakavarga, Patrashakavarga, Dhanyavarga, Mamsavarga, Dugdhavarga.*

In *Hrudayadipika Nighantu*<sup>[15]</sup> under *Mishraka Varga* items other than drugs i.e. diet, *Panchakarma*, other therapeutic measures have been described.

In *Madhav Dravya Guna*<sup>[16]</sup> out of 29 *Vargas* except *Vividhaushadhivarga* and *Prakeerna Varga*, 27 *Vargas* are related to *Ahara* and *Dravavargas.* viz; *Lavanavarga, Ikshuvarga, Madhuvarga, Ksheeravarga, Dadhivarga, Takravarga, Navaneetavarga, Ghritavarga, Tailavarga, Snehavarga, Madyavarga, Kanjikavarga, Mutravarga, Toyavarga, Shalivarga, Kudhanyavarga, Shimbidhanyavarga, Mamsavarga, Matsyavarga, Phalavarga, Shakavarga, Shresthavarga, Rasavarga, Mandavarga, Annavarga, Pana- Bhakshyavarga, Anupanavidhi.*

In *Dravyaguna Sangraha*<sup>[17]</sup> by *Chakrapanidatta* explained 15 *Vargas.* Among them 14 *Vargas* are related to *Ahara* and *Dravavargas* except *Mishrakavarga.* These are, *Dhanyavarga, Mamsavarga, Shakavarga, Lavanadivarga, Phalavarga, Paniyavarga, Kshaudravarga, Tailavarga,*

*Ikshuadvarga, Madyadvarga, Kritannavarga, Bhakshyavarga, Aharavidhi, Anupanavidhi*

In *Shaligram Nighantu*<sup>[18]</sup> out of 23 *Vargas* among them only 13 are related to *Ahara* and *Dravavargas*. Viz; *Phalavarga, Dhanyavarga, Shakavarga, Varivarga, Dugdhavarga, Dadhivarga, Takravarga, Navaneetavarga, Ghritavarga, Mutravarga, Tailavarga, Madhuvarga, Ikshuvarga.*

## CONCLUSION

The review indicates that the present mentioned *Vargas* are *Ahara* as well as *Drava* are enumerated by our ancient *Acharyas* elaborately and very effective manner. These *Vargas* can be applied in our daily regimens, will leads us to happy and healthy disease free life.

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