



## A REVIEW ON AHARA –VIDHI VIDHAN (DIETETIC RECOMMENDATIONS) BY ACHARYA CHARAKA

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### Abstract

In this Era no one can follow the proper dietary guidelines and adequate nourishment is the simple requirement for healthy life. but without recognize appropriate dietary Guidelines, nobody cannot improve ideal advantage from the diet consumed. There are various advices associated to diet and its contents in modern aspect on the other hand the *Ayurvedic* tactic has its extraordinary significance. Acharya Charak has quoted *Ahara Vidhi Vidhan* (dietetic recommendations) which can avoid several diseases rising simply due to defective dietetic behaviour's. Scientific clarification for each element is explicated.

**Key words:** *Ahara Vidhi Vidhan*, food, dietetic recommendations, dietary instructions

### INTRODUCTION

In Current era there is raised occurrence of life style illnesses in which defective dietary behaviors play a significant role. Acharya Charaka quoted food as *prana* or life of alive beings if it consumes appropriately but if consume in a defective or faulty mode may cause death.<sup>1</sup>

“प्राणाः प्राणभृतामन्नं तदयुक्त्या निहन्त्यसून् । विषं प्राणहरं तच्च युक्तियुक्तं रसायनम् ॥ 24/60 ॥”

In this hurry and worry era, due to modification in lifestyle, human is giving tiniest importance to his diet and dietary guidelines. If as per Acharaya Charaka mentioned Ayurvedic dietary guidelines are followed, many more diseases can be prohibited rising only due to defective dietary behaviors.

### SCIENTIFIC ENLIGHTENMENT OF AHARA VIDHI VIDHAN

*Acharya Charak* has given proper dietary guiding principle called as *Ahara Vidhi Vidhan*.<sup>2</sup>

उष्णं, स्निग्धं, मात्रावतः; जीर्णं, वीर्याविरुद्धम्, इष्टे देशे, इष्ट सर्वोपकरणं; नातिद्रुतं नातिबिलम्बितम् -, अजल्पन्, अहसन्, तन्मना भुञ्जीत, आत्मानमभिसमीक्ष्य सम्यक् ॥ चरक विमानस्थान 1/२४ ॥

scientific justifications are explained in subsequent points.

### 1) *Ushnamashniyat* (consuming warm food)

तस्य साद्गुण्यमुपदेक्ष्यामः—उष्णमश्रीयात् उष्णं हि भुज्यमानं स्वदते, भुक्तं चाग्निमौदर्यं मूवी- रयति, क्षिप्रं जरां गच्छति, बातमनुलोमयति, श्लेष्माणं च परिहासयति; तस्मादुष्णमश्रीयात् ॥ च.विमानस्थान 1/25-1

Warm food has good sense of taste and doesn't affect on Jatharagni. Food is effortlessly digested as food has to come to body temperature for digestion.<sup>3</sup> *Vata* and *kapha* are pacified on consumed warm food. Due to Heating also kills microorganisms likes germs, bacteria etc. On other side consuming cold food much more energy will be used for digestion which may lead to laziness or lethargy. So, warm food i.e. *Ushnamashniyat* must be consumed.

### 2) *Snigdhamashniyat* (Diet should include fat)

स्निग्धमश्रीयात्; स्निग्धं हि भुज्यमानं स्वदते, भुक्तं चानुदीर्णमग्निमुदीरयति, क्षिप्रं जरा गच्छति, बातमनुलोमयति; शरीरमुपचिनोति; वृद्धीकरोतीन्द्रियाणि; बलाभिवृद्धिमुपजनयति वर्णप्रसादं चाभिनिर्वर्तयति; तस्मात् स्निग्धमश्रीयात् ( २ ) ॥

Fat or lipids upgrades the taste of food, rises agni so food straight forwardly digested, calm down *vata* due to *snigdha guna*, improves developmental body growing, supplies strength to our senses, improves strength and also develops complexion and glow of the skin all over the body. Fat supplies a concentrate foundation of energy and necessary fatty acids are required for growth and development, construction of nerve cells in the brain. Fat is physiologically necessary for the absorption of Vit. A, D, E and K. These vitamins are well recognized to intensification of immunity, good for skin and eyes, Vit. E is an antioxidant, Vit. D is significant for Calcium absorption which supplies intense power to bones. High density lipoproteins (HDL) is essential as it decreases risk of heart disease. Eating fatty acids can enrichment metabolism. Dietary fat benefits in breakdown of existing fat by triggering of PRAR-alfa and fat burning pathways through liver.<sup>4</sup> *Ruksha ahara* may perfect reason for obstruction in *srotas*. *Ghrita* is greatest *vata-pitta shamak* and *tail* is greatest *vata-kapha sahamak*<sup>5</sup> so if diet ingredients together then it calms down tridosh. *Acharya Charak* comments *ksheergritabhyaso rasaynanam*.<sup>5</sup> Monounsaturated fatty acids benefit in stabilizer in blood sugar level. Omega -3 fatty acid generate a greater sense of fullness for lengthier times so that stomach does not want food another time, inhibiting obesity, it also boosts serotonin level in brain helping upgrading in mood as well as motivation. It is also stimulating muscle protein synthesis in elder adults.

### 3) *Matravatashniyat* (Balanced Diet) –

मात्रावदश्रीयात्; मात्रावद्धिं भुक्तं वातपित्तकफानपीडयदायुरेव विवर्धयति केवलं; सुखं गुदमलु- पर्येति, न चोष्माणमुपहन्ति, अव्यथं च परिपाकमेति; तस्मान्मात्रावदश्रीयात् ( ३ ) ॥

Approving to *Ayurveda matra* (amount) is of two type –

one is *sarvagraha* (whole amount) & other *parigrah* (amount of individual ingredient) so the diet must contain of variation of food stuffs in appropriate quantity from different type of groups so that it contains all micro and macro nutrients. Stable diet does not disturb Dasha position of human body, improves longevity, becomes digested then passes out without any difficulty, Quantity of the diet should be according to *agni* and *bala* of the human body.<sup>6</sup>

### 4) *Jeerneashniyat* (Meal taken after digestion of previous meal)

जीर्णेऽश्रीयात्; अजीर्णे हि भुज्जानस्याभ्यवहृतमाहारजातं पूर्वस्याहारस्य रसमपरिणतमुत्तरेणा- हाररसेनोपसृजत् सर्वान् दोषान् प्रकोपयत्याशु, जीर्णे तु भुज्जानस्य स्वस्थानस्थेषु दोषेण्यग्नौ चोदी जातायां च बुभुक्षायां विवृतेषु च स्रोतसां मुखेषु विशुद्धे चोद्वारे हृदये विशुद्धे वातानुलोम्ये विसृष्टेषु च वातमूत्रपुरीषवेगेष्वभ्यवहृतमाहारजातं सर्वशरीरधातून् प्रदूषयदायुरेवाभिवर्धयति केवलं; तस्माज्जीर्णेऽ- श्रीयात् ( ४ ) ॥

Next meal should be taken after digestion of previous meal. This inhibits *Adhyashan* which leads to *Ama* creation, which is the main causeactive factor of mainstream of diseases. On consuming meal in *Ajeernavastha*, *Grahanidosh* and vitiation of all dosha happens. Thus the food should be eat after digestion of previous diet as *Acharya Charaka* states as *kaalbhojnam arogyakaranam*.<sup>5</sup>

### 5) *Veeryaviruddham ashniyat*

वीर्याविरुद्धं मश्रीयात्; अविरुद्धवीर्यमश्रन् हि विरुद्धवीर्याहारजविकारैर्नोपसृज्यते; तस्माद् वीर्याविरुद्धं मश्रीयात् ( ५ ) ॥

It is crucial to take *veerya-aviruddha aahar* to prohibit problems stand up due to *viruddhaveerya aahara* such as

षण्ढयान्ध वीसर्पदकोदराणां विस्फोटकोन्मादभगन्दराणां ।

मूर्च्छामिदाम्मान गेल ग्रहाणां पाण्ड्वामयस्यामविषस्य चैव ॥ १०२ ॥

किलासकुष्ठ ग्रहणीगदानां शोथाम्लपित्तज्वरपीनसानाम् । सन्तान दोषस्य तथैव मृत्योविरुद्धं मन्त्रं तथैव मृत्यो विरुद्धमन्त्रं प्रवदन्ति हेतुम् ॥ १०३ ॥

Impotency, blindness, raktavikar i.e. herpes zoster, grahani, amavisha, hypersensitivity, kustha (skin disorders), shotha, fever, etc and may even reason to death.<sup>7</sup>

6) *Ishtadeshe ishtasarpokarnam chashniyat* (Meal take at correct place and with appropriate utensils)

इष्टे देशे इष्टसर्वोपकरणं चाश्रीयात्; इष्टे हि देशे भुञ्जानो नानिष्टदेशजे मनोविघातक रे भवेर्मिनो- विघातं प्राप्नोति; तथैवेष्टे: सर्वोपकरणे; तस्मादिष्टे देशे तथेष्टसर्वोपकरणं चाश्रीयात् ( ६ ) ॥

Meal should be taken in proper place and with appropriate instruments therefore proper sanitation is maintained and no hassle rises for the duration of mealtime. In stressful illness, cortisol levels are upsurges. In a study showed on 59 healthy women, they were exposed to both a stress session and a control session on different days, stress rises cortisol level in body, so they consumed much additional calories on stress day than on control day. More sweet foodstuff was eating done by them. Increase in negative temperament in reacted as stress, lead to maximum food eating.<sup>8</sup>

7) *Naatidrut amashniyat* (Not eating too fast)

नातिद्रुतमश्रीयात्; अतिद्रुतं हि भुञ्जानस्योत्स्रेहनमवसादनं भोजनस्याप्रतिष्ठानं च, भोज्यदोष- साद्गुण्योपलब्धिश्च न नियता; तस्मान्नातिद्रुतमश्रीयात् ( ७ ) ॥

Too fast eating of food can produce numerous problematic illnesses. If food particle goes in respiratory tract it can causing choking or further respiratory tract infections or difficulties like GERD. If food is eating in appropriate speed, enzymatic juices mixture accurately therefore food becomes simply digested. Human Brain takings around 20 minutes to identify that stomach is full, hence eating with optimal speed avoids over consuming of food. In a study on 30 young women of normal weight & eating same lunch on two dissimilar times. 1<sup>st</sup> time they eating as speedily as possible and 2<sup>nd</sup> time eating slowly. Once they consume food quickly, gain 646 calories in nine minutes and remained less satisfied and recognized hungry as compared to when they eating slowly gain only 579 calories in 29 minutes with more satisfaction and completeness.<sup>9</sup> Eating slowly can reduction food ingestion inhibiting over eating, healthier absorption of nutrients, improved appetite parameter and better satisfaction.<sup>10</sup>

8) *Naati vilambitamashniyat* (Not eating too slowly)

नातिविलम्बितमश्रीयात्; अतिविलम्बितं हि भुञ्जानो न तृप्तिमधिगच्छति, बहु भुते, शनीभवत्याहारजातं -, विषमं च पच्यते; तस्मान्नातिविलम्बितमश्रीयात् ॥ ( ८ )

If foodstuff is consumed too slowly, it is not accurately digested as enzymatic secretions does not mixture appropriately with the foodstuff leading to inadequate digestion, it doesn't gets satisfied, eats more and food becomes getting cool.

9) *Ajalpanahasana tanmanabhunjeet* (Eating without speaking or laughing, Mindful eating)

अजल्पन्नहसन् तन्मना भुञ्जीत; जल्पतो हसतोऽन्यमनसो वा भुञ्जानस्य त एव हि दोषा भवन्ति य एवातिद्रुतमश्रतः; तस्मादजल्पन्नहसन्तन्मना भुञ्जीत ॥ ( ९ )

No gossip or laughing throughout the time of meal but it should be eating with full concentration. Acharya Charaka mentioned that the even *pathyaahar* taken in appropriate quantity does not become digested, due to *chinta* (worry), *shok* (sorrow), *bhaya* (fear), *krodh* (anger), *dukh* (sadness) and in incorrect bed time and sleep.<sup>11</sup> There are probabilities to ingest discriminating food substances by error. *Indriyas* also intake food through senses, hence food also essential to be of good rupa, rasa, gandha and sparsh. We can simply sense these once we concentrate on food at the time of eating. Children and adults also these days eat while running to, tuition, school or office resulting that there is no relaxation, deprived digestion or nutrition, reduced performance and as a final point depression occurs. Watching TV while eating, interpret that more foodstuff eating as no attention is compensated on food.

10) *Aatmanamabhisamikshya bhunjeet samyak* (Eating after analyzing self observing needs)

आत्मानमभिसमीक्ष्य भुञ्जीत सम्यक्, इदं ममोपशेते इदं नोपशेत इत्येवं विदितं ह्यस्यात्मन आत्मसात्त्यं भवति; तस्मादात्मानमभिसमीक्ष्य भुञ्जीत सम्यगिति ॥ २५ ॥

Food should be consumed permitting to satmya, prakruti, agni and bala. It should be taken allowing to self-energy and nutritional necessity for example in case of pregnancy, child, laborer, intellectual, old people or sick people. Old individual has lesser appetite but required nutritive diet. Energy necessity enlarged for the duration of puberty, adolescence, pregnancy and lactation. Diet of sick persons should be giving to disease phase or conditional.

## CONCLUSION

Present day to day life highest lawbreaker is diet/Ahara so that Observing the all above facts, it can be concluding that diet or ahara should be consume as per to Ahara Vidhi Vidhan (dietary recommendations) which are accurately scientific as stated by our Acharya Charaka. Several diseases can be prohibited rising only due to defective nutritive behaviors. In good health

eating behaviors may benefit lower risk for type-2 diabetes, heart disease, stroke, cancer, infertility and various other health related difficulties.

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