



Ayurveda

AAHARAVIDHIVIDHAN – AN OBSERVATIONAL SURVEY STUDY IN PEOPLE OF AGE BETWEEN 21 TO 60 YEARS IN MAHARASHTRA

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ABSTRACT Life expectancy is now reduced than 100 years by making mistakes in taking food, and it may also be responsible for the increase of incidence rate of many diseases before the age of 40 years, very few people will live for more than 100 years having healthy life till the end. How a person eats that matters for long life expectancy rather than what he eats. These are stated in *Ayurveda – Charaka Samhita* thousand years ago, termed as *Aaharavidhividhan*. In this busy life people forget to follow these rules, and thus life expectancy is reduced than 100 years in past few decades. People don't know about the *Aaharavidhividhan* and unknowingly hampering the health which ultimately results in decreased life expectancy. Total 271 people were screened under this observational survey study, and 250 were selected by lottery method of simple random sampling to conclude. At the end of an observational survey study, it was found that 73 % people were following *Aaharavidhividhan* as a whole and it is necessary to educate them to follow these rules for maintaining healthy life which will help to increase the life expectancy.

KEYWORDS : *Aaharavidhividhan, Aahara, Viruddha aahara, Healthy life*

INTRODUCTION

New born baby starts breathing at the time birth and may drink Mother's milk within 3 to 4 hours after birth. Two things are necessary for life one is oxygen and second one is *aahar*; i.e., food. So without oxygen humans cannot live for more than 5 minutes and it is also stated that without food humans can live for 21 days⁽¹⁾ but with food humans can live for more than 36500 days i.e. 100 years. Inhalation of oxygen is involuntary procedure but taking food is the voluntary procedure, and people make mistakes while doing voluntary things. Life expectancy is now reduced than 100 years by making mistakes in taking food, and it may also be responsible for the increase of incidence rate of many diseases before the age of 40 years, very few people will live for more than 100 years having healthy life till the end.

Annam vruttikarana shreshtham⁽²⁾. *Anna*, i.e., diet is very much important in maintaining the health of the body. A person born in any country in this world can live for more than 100 years irrespective of the type of food whichever he/she is taking, as a type of food changes according to the availability of in that surrounding area. It means what a person eats that doesn't matter but how a person eats that matters for long life expectancy. We only heard that some hundred years before life expectancy of people is more than 100 years and they must be following some common rules / procedures of making food or taking food as a secret of healthy 100 years life. This secret or rules are stated in *Ayurveda – Charaka Samhita* thousands year before termed as *Aaharavidhividhan*⁽³⁾. But in this busy life people forget to follow these rules and invite diseases at an early stage of their life which becomes vital in some cases, and thus life expectancy is reduced than 100 years in past some decades. Some peoples don't know about the *Aaharavidhividhan* and unknowingly hampering the health which ultimately results in decreased life expectancy.

Aahara, Nidra, and Brahmacharya are the three upastambha⁽⁴⁾ i.e., pillars of healthy life explained in *Charaka Samhita*. *Aahara* plays very important role in maintaining a healthy life. *Aahara vidhi viadhan* is elaborated in *Charaka Samhita*. Under the heading of *Aaharavidhividhan, Acharya Charaka* explained some rules which to be followed by people for healthy life.

Purpose of Selection of this Topic –

Ayurveda was originated to fulfill the two main purposes, one maintaining the health of the healthy or normal person and second to cure the ailment of the ill persons⁽⁵⁾. First purpose *Ayurveda* will be achieved only by maintaining good health, and good health is

maintained by taking healthy diet according to the *Aaharavidhividhan*. So the purpose of selection of this topic was to know whether the people are following the *Aaharavidhividhan* and if they are not following it then educates them to follow this in future for better healthy life.

AIM AND OBJECTIVES

- To estimate whether the people in society are following *Aahaarvidhividhan* explained in *Charaka Samhita*.
- To educates them to follow *Aahaarvidhividhan* in future for healthy and long life..

MATERIAL AND METHODS

Inclusion criteria

- Age between 21 to 60 years of both genders.

Exclusion criteria

- Age below 21 years and more than 60 years.

It was an observational survey study with the questionnaire was filled by an individual by reading it himself / herself, and as the study was conducted in Maharashtra, the questionnaire was in the Marathi language. All the questions were of closed typed with dichotomous options⁽⁶⁾ as yes and no. According to the collected data percentage calculation was done as how many people gave Yes answer and how many have given No answer to all ten questions.

Aaharavidhividhan – Questionnaire

- | | |
|--|--------|
| 1) Have you take hot & fresh Food? | Yes No |
| 2) Is the food is containing sufficient amount of Ghee & Oil? | Yes No |
| 3) Have you take quantity of food according to your hunger? | Yes No |
| 4) Have you take next meal after complete digestion of meal taken earlier? | Yes No |
| 5) Have you take <i>Viruddha Aahara</i> ⁽⁷⁾ ? | Yes No |

For example – Milk and Fish, Honey and Ghee (in same quantity), Milk and Banana / any other fruit (Milkshake), Eat curd in night, Drink milk after consumption of Garlic or food containing garlic, Drink milk after consumption of Moth beans, Milk and Mango, Honey and Hot water, Take a breakfast every day before defecation, Less or more cocked rice.

(If you are taking one of the above foods together then give yes answer)
Yes No

- 6) A place to cook food and took food is clean? **Yes No**
 7) Do you required less time to finish meal? **Yes No**
 8) Do you required more time to finish meal? **Yes No**
 9) Do you eat food with full concentration (Full concentration means to not to talk or laugh or watch TV or watch mobile while taking food)? **Yes No**
 10) Have you considered that the food to be good for myself & eaten with a fresh mind? **Yes No**

OBSERVATIONS

Table no. 1 - Age wise distribution

Age Group (years)	No. of participants	Percentage
21-30	114	45.60%
31-40	106	42.40%
41-50	22	8.80%
51-60	8	3.20%
Total	250	100 %

Table no. 2 - Gender wise distribution

Gender	No. of participants	Percentage
Female	107	42.80 %
Male	152	57.20 %
Total	250	100 %

Table no. 3 – Questionnaire of Aaharavidhidhan

Questions	Answers			
	Yes		No	
	Number of participants	Percentage	Number of participants	Percentage
Question 1 Have u take hot & fresh Food?	178	71.20 %	72	28.80 %
Question 2 Is the food is containing sufficient amount of Ghee & Oil?	229	91.60 %	21	8.40 %
Question 3 Have you take a quantity of food according to your hunger?	138	55.20 %	112	44.80 %
Question 4 Have you take next meal after complete digestion of meal taken earlier?	204	81.60 %	46	18.40 %
Question 5 Have you take Viruddha Aahara?	67	26.80 %	183	73.20 %
Question 6 A place to cook food and took food is clean?	246	98.40 %	4	1.60 %
Question 7 Do you required less time to finish food?	89	35.60 %	161	64.40 %
Question 8 Do you required more time to finish food?	51	20.40 %	199	79.60 %
Question 9 Do you eat food with full concentration (Full concentration means to not to talk or laugh or watch TV or watch mobile while taking food)?	76	30.40 %	174	69.60 %
Question 10 Have you considered that the food to be good for myself & eaten with a fresh mind?	208	83.20 %	42	16.80 %

DISCUSSION

Hot & fresh food is better in taste, and it helps to regulate maintain *Jatharagni*. It also plays an important role in proper digestion of food, and it regulates *Kapha dosha* for its regular equilibrium. **71.20 %** participants had hot & fresh food.

Food with sufficient quantity of Ghee & Oil also better in taste, maintain *Jatharagni*, and does proper digestion of food. It also helps to do *Vatanulomana*. *Vatanulomana* helps to do proper defecation. It is important to increase physical health of the person. **91.60 %** participants were having sufficient quantity of oil and ghee in their food.

If one should take a quantity of food according to hunger, then it does not only keep *tridosha* in a normal state but also increases life expectancy. Food is taken in normal quantity also reaches to rectum easily. It helps to maintain the *Jatharagni*. *Agnibhojana* results in *Agnideeptikaraka*⁽²⁾. It gets digested without any difficulty. *Atimatrashana* results in *Amadoshavardhaka*⁽²⁾. *Atimatrashana* means having a quantity of food during meal more than the required quantity. *Ama dosha* may be termed as impurities in the body which can get accumulated in the body while doing *atimatrashana*. Only **55.20 %** participants were taking a quantity of food according to hunger.

Food should be taken when earlier taken food is digested completely. If we take a meal before digestion of food which is taken earlier, then it vitiates the *tri-dosha* in the body and because of this *dhatu* in the body is not formed properly. **81.60 %** participants had next meal only after complete digestion of food which was taken earlier.

If *viruddha aahara* is taken, then it may result in *Kushtha vyadhi* or various skin disorders. **73.20 %** participants did not have *Viruddha aahara*.

If we prepare food at the clean place and also eat it at a clean place, then *Manasika vikara* are not acquired. **98.40 %** participants were having a clean place for preparation of food and also to eat food.

If we took less time to eat a meal then it may enter in respiratory tract, i.e. trachea and results into the serious medical issue. One can also not feel the taste of the food. **64.40 %** participants were not required less time to eat a meal.

If we took more time to eat a meal then one cannot feel comfortable regarding food taken. It also results in increase in the quantity of food eat by a person. Hot food became cold, and it may take more time to digest. **79.60 %** participants were not required more time to eat a meal.

If we took food talking with each other, laughing, talking on mobile phone, watching TV, then the one may face same problems discussed above for less time to eat a meal. Only **30.40 %** participants had a meal with full concentration of mind.

One should eat food considering it is good for me and to be eaten with a fresh mind so that food gets digested easily and physical health to be maintained. **83.20 %** participants were considered that the food was good for them and ate with a fresh mind.

CONCLUSION

At the end of this observational survey study, it was concluded that **73 %** people were following *Aaharavidhidhan* as a whole and it is necessary to educate people in society to follow these rules for maintaining healthy life which will help to increase the life expectancy.

Further scope of study

Aaharavidhidhan survey should be done in people of age group between 61 to 100 years, and then the percentage result can be compared in both the groups.

A single question can be taken for survey study such as if people have *Viruddha aahra* then the screening of those people can be made to see whether they are suffering from any skin disorder or not.

Brahmacharya is *shreshtha* as *Ayurvedhaka* so that study can be done on *Brahamcharya palana* by people in society.

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