



## LITERARY REVIEW – ROLE OF AAHAR VIDHI GIVEN BY ACHARYA CHARAKA IN PRESENT ERA

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**ABSTRACT** The treatment of ayurveda is based on the various concepts such as, Dosha, Dhatu, Mala vichar etc. “Strotas vichar” or “Strotas parikshan” is one of the most important and helpful concept for treating diseases. Acharyas have quoted, Dushti Karane, Dushti Lakshne, different types of Vyadhis of these Strotas. Perversity of these Strotas results in many diseases. Annavah Strotas is one of the important Strotas. Vikruti of Annavah Strotas results in many Vyadhis such as grahni, atisar, udar. These Vyadhis can be correlate with diseases of GIT. In present era, due to defective lifestyle peoples are prone various diseases related to GIT. Acharya Charaka have cited “Aahar vidhi”. These are the various rules to be followed and there logical inference for maintaining healthy status of Annavah Strotas that is of GIT. These helps in prevention of Annavah Strotas Vikruti and validate the aim of Ayurveda which is prevention is better than cure and ultimately improving the physical, mental health.

**KEYWORDS :** Strotas Vichar, Annaavha Strotas, GIT, Aahar Vidhi,

### INTRODUCTION

Ayurveda is an ancient science. Its treatment is based on the various concepts such as, Dosha, Dhatu, Mala Vichar, Panchbhautik Siddhant and many other. Among these various concepts, one of the most important and helpful concept for treating the diseases according to Ayurveda is “Strotas Vichar” or “Strotas parikshan”. Various Strotas are described by Acharyas. Acharyas have quoted, Dushti Karane, Dushti Lakshne, different types of Vyadhis of these Strotas. Perversity of these Strotas results in many diseases. Annavah Strotas is one of the most important Strotas among Strotas. Vikruti of Annavah Strotas results in development of many Vyadhis such as Grahni, Atisar, Udar, etc. From modern point of view diseases of gastrointestinal tract (GIT) such as irritable bowel syndrome, ulcerative colitis, etc can be correlate with Vyadhis involving Annavaha Strotas. In present era, faulty eating habits, loss of physical activities, disturbances in normal sleep pattern, irregular eating pattern that is taking meals at irregular interval, avoiding important meals or frequently indulging junk meals are the various important factors for disturbing the normal healthy status of GIT of body. GIT is the long term determinant of health and well being. Healthy digestion leads to healthy life and vice versa. That means indirectly our digestion reflects our health status being healthy or unhealthy. Digestion assures that all of the nutrients taken in through eating are assimilated in a healthy manner into the cells. If digestion is good, body can produce upstanding Dhatus thereby leading to decent physical as well as mental growth. But as mentioned the various factors causes Vikruti of Annavah strotas which leads in improper digestion of food thereby resulting in Vyadhis or diseases. But Ayurveda deals with not only the disease condition but also for maintaining the healthy life of a person. Acharya Charaka have cited “Aahar Vidhi” in Charak Vimansthan 1/24. These are the various rules to be followed and there logical inference for healthy digestion of food there by preventing the Annavah Strotas Vikruti. This ultimately improves the physical and mental health.

So in present study, we have made sincere efforts to elaborate “Aahar vidhi” given by Acharya Charaka so as to maintain the good status of Annavah Strotas.

### Aims and Objectives:-

1. Literary review of “Aahar Vidhi” given by Acharya Charaka.
2. To elaborate importance of “Aahar Vidhi” in present era.

### Material and method:-

This is a literary type of study. Literary study is done from various books and journals

### Review of literature:-

#### Strotas :-

According to Chakrapani, Strotas are the channels which are widely

spread, in all the spaces of body. They are the systems which carry or circulate Dosha, Rasadi Dhatus or their elements to the various organs. Acharya Sushruta have categorized strotas mainly into two types as

1. Bahirmukh Strotas<sup>(1)</sup>
2. Antarmukhi Strotas<sup>(2)</sup>

These Bahirmukhi Strotas are 9 in numbers in male and 12 in number in female.

#### Antarmukhi Strotas :-

According to Charaka<sup>(3)</sup> these are 13 in number.

According to Acharya Sushruta these are 11 pairs called as “Yogvahi Strotas”. He has not described Asthivah Strotas, Majjavah Strotas and Swedavah strotas. But he has described Artavavaha Strotas as extra Strotas.

#### Annavaha Strotas :-

##### Synonyms of Annavah Strotas :-

Annamarg, Annavah Strotas, Aamashay, Aampakwashaya, Kumbh, Koshta, Paktimarg, Paktisthan, Bhakimarg, Bhaktayanani, Mahastrotas, Vipulstrotas,

##### Location of Annavah Strotas:-

Annavah Strotas or Mahastrotas includes the part of body from oral cavity upto anus. In modern science, it can be correlate with the Alimentary canal or Gastrointestinal Tract.<sup>(4)</sup>

##### Annavah Strotas Mulsthan :-

According to Acharya Charak<sup>(5)</sup>:- Aamashaya and Vamparshva According to Acharya Sushruta<sup>(6)</sup> - Aamashaya and Annavahi Dhamnya Annavah Strotas Dushti Karane<sup>(7)</sup>:-

1. Excessive indulging food or avoiding important meals
2. Intake of meals at different intervals of time
3. Eating food which is not healthy for prakriti.
4. Eating Fast food or junk food.

All this leads to Agni Vikruti which results in Agnimandya causing Annavah strotas Dushti.

Annavah Strotas Dushti Lakshane<sup>(8)</sup>

Acharya Charaka has mentioned Dushti Lakshne as:-Anannabhilasha, Arochaka, Avipaka, Chhardi, etc.

Acharya Sushruta has quoted the Annavah Strotas Viddha lakshne as:-Shul, Annadwesh, Chhardi, Pipasa, and Aandhya.<sup>(9)</sup>

Also as mentioned earlier in introduction, there are many hazardous effects of Annavah Strotas Dushti on health. There are many diseases mentioned by Ayurveda such as Grahani, Parinamshool, Udar which involves Vikruti of Annavah Strotas. The diseases of GIT such as gastric ulcer, irritable bowel syndrome etc also occurs due to faulty food habits.<sup>(10)</sup> This disease can be prevented by two ways, by

controlling the diet and regular exercise like Ardha-matsyendrasana.<sup>(11)</sup> Acharya Charaka have quoted regarding the "Aahar vidhi" in Vimanstan chapter 1. In Aahar Vidhi he has described quantity of food to be taken, timing for food taking, how should be the diet and many more important things. The elaboration and scientific approach of these Aahar Vidhi visheshyatana is as given below<sup>(12)</sup>

**1) Ushnamashaniyat<sup>(13)</sup> :-** (One should consume warm food.)

Warm food consumption increases the taste of food. It enhances Jatharagni which leads to easy and early digestion of food. It leads to Vatanuloman of Vayu. On the contrarily on taking cold food, more energy requires leading into lethargy. It causes subsidence of Kapha. Heating also causes killing of microbes.

**2) Snigdhashniyat<sup>(14)</sup> :-** (One should consume fatty food.)

It improves the taste of diet. It enhances Agni, due to which diet digest easily. It also causes Vatanuloman. It enhances body growth. It provides strength to senses. Enhances complexion of skin. Fat has many important functions for maintaining the health. It is the important source of energy and essential fatty acids are needed for growth and development, building of nerves, cells and brains. It is important for absorption of vitamin A,D,E,K. On the contrarily, there are many adverse effects of Ruksha Aahar which may cause obstruction of strotas.

**3) Matravatashniyat<sup>(15)</sup> :-** (One should consume balanced diet)

Matrvat Aahar does not hamper normal functions of Doshas. It fully enhances the growth of body, thereby leading to healthy life. Matravat Aahar fully gets digested and gets prepared for excretion and excretes without any problem. It does not pacify Agni. Balance diet can be defined as the diet which consists of variety of food items in proper amount from different groups, so that it contains all micro-macronutrients. Amount of diet should be taken by considering the "Bala" and "Agni" of the body. Balance diet enhances longevity of life.

**4) Jirneashniyat<sup>(16)</sup> :-** (Meal should be taken after digestion of previous meal.)

This prevents Adhyasan which leads to Aam formation which is the root cause of majority of diseases. Due to this vitiation of Doshas does not occur. It enhances functions of all the Dhatus. Charaka also have quoted that "Kalbhajan Arogyakaranam". That is it improves the longevity of life.

**5) Viryaaviruddha Ashniyat<sup>(17)</sup> :-** (One should consume viryaviruddha anna)

This type of diet prevents from occurrence of diseases due to intake of Strotas Viryaviruddha aahar such as Raktvikar, Grahni, Aamvish, Jwar, Kushtha, Shotha, etc.

**6) Ishtdeshe Ishtasarpokaranamchasniyat<sup>(18)</sup> :-** (Meal should be taken at proper place and with proper instruments.)

It causes maintenance of hygiene. It inhibits occurrence of Manovikar which can be lead due to adverse place for taking food. Due to this no stress is arise during meal which causes increase level of cortisol and many other health problems.

**7) Natidrutmashniyat<sup>(19)</sup> :-** (One should not eat too fast)

Too fast eating may cause choking if the food particle goes in respiratory tract. This causes respiratory tract infection or problems like GERD. Eating fast can neglect hair or any other small defects in the food. If the food is taken in proper speed enzymatic juices get mixed properly leading to easy digestion of food.

**8) Nativilmbitamashniyat<sup>(20)</sup> :-** (One should not eat too slowly)

Due to this one can not get satiety, consumes more, food gets cold. Food sometimes may get digested or sometimes not. It can prevent overeating, causes better absorption of nutrients, better appetite regulation and satiety.

**9) Ajalphan Tanmanabhunjeet<sup>(21)</sup> :-** (One should eat without talking or laughing that is mindful eating)

It leads to problem same as above discussed in problems due to too fast eating. One should take food with full concentration. But in present era, children and adults can not concentrate on mindful eating due to busy lifestyle. There is no relaxation in life which leads to much more stress and there are many pathological changes occurring due to stress. This causes poor digestion or nutrition and finally depression counts.

**10) Atmanabhisamiksha Bhunjit Samyak<sup>(22)</sup> :-** (One should

consume food after analyzing one's need.)

Diet should be taken according to Satmya, Prakriti, Agni, Bala. It should be taken according to self energy and nutrient requirements as in case of pregnancy, child, adolescent, old should take diet according to their energy requirement.

**CONCLUSION:-**

From all the above literary study, we can conclude that Acharya Charaka has cited definite scientific and useful dietary guidelines. One must follow these guidelines given in the form of "Aahar Vidhi". These can definitely prevent from the diseases merely due to faulty habits. Healthier habits may lower the risk of many diseases. It surely upstand the Annavaah strotas which is the back bone of healthy life.

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