



DIET THERAPY ACCORDING TO BASIC PRINCIPLES OF AYURVEDA

Gaikwad Nitin Shivaji	Associate professor, Dept. of Kriyasharir SMBT Ayurved College, Dhamangaon, Nashik, Maharashtra, India.
Gavit Manisha Pundlik*	Assistant professor, Dept. of Dravyaguna, SMBT Ayurved College, Dhamangaon, Nashik, Maharashtra, India. *Corresponding Author
Patil Tridev Arun	Assistant professor, Dept. of Rachana Sharir, SMBT Ayurved College, Dhamangaon, Nashik, Maharashtra, India.
Yeolekar Vibhav Anant	Assistant professor, Dept. of Kriyasharir, SMBT Ayurved College, Dhamangaon, Nashik, Maharashtra, India.

ABSTRACT *Ayurveda* is a system of healing which evolved in India. It has both philosophic and practical basis. For the maintenance of health, many factors are responsible like good diet, sleep, environment, etc. Of all the ailments essential for the maintenance of positive health, food taken in proper quantity is regarded as most important. *Ayurveda* describes diet as both medicine and nourishment. *Ayurveda* has the individualistic approach which lacks in modern diet therapy. *Ayurveda* thinks through many angles to advice diet to a person which helps to fulfil all requirements of an individual. So it is today's need to study diet through traditional methodology. So to achieve the complete health, one has to consider the diet which suits his constitutions. *Ayurveda* explains the diet in very broad ways and practically. The diet advised according to the Basic principles of *Ayurveda* – *Prakruti*, different *Rutus*, *Agni* etc. helps to maintain health, prevent the individual from diseases and for longevity of life. Here we will explained the role of Basic Principles to maintain the diet.

KEYWORDS : *Ayurveda*, *Prakruti*, *Rutus*, *Agni* etc

DIET ACCORDING TO DIFFERENT PRAKRUTIS:

The particular combination of energies present in the body since birth is called as constitution or prakruti of an individual. Each constitution has different needs. Meeting these needs assure balance and better chances for good health and peace of mind. The different types of diet according various prakrutis are given as follows:

I) Vata

- Choose warming foods and spices.
- Minimise intake of raw foods especially raw apples and members of cabbage family.
- Avoid daily intake of beans except lentils (urud dal), mung bean (mungdal)
- Include soups, hot drinks, rice with a little oil or butter is must.
- Emphasize sweet, sour and salty taste in food choices.
- Cook food with sesame oil, sunflower oil- neutral oil.
- Keep to regular routine.

II) Pitta

- Keep cool; avoid excess heat, steam and humidity.
- Avoid excess oils, fried foods, caffeine, salt, alcohol, hot spices.
- Emphasize fresh food and vegetables.
- Emphasize sweet, bitter and astringent taste.
- Whole grains like wheat, barley, basmati rice.
- Digestion is fast hence BMR is increased. Pitta needs little more protein than other constitution.
- Most beans except heating lentils are useful.
- Cooling spices like cumin, coriander, saffron, dill, fennel, mint of all kinds and parsley are important.

III) Kapha

- Keep consumption of fat to minimum, including fried foods.
- Avoid iced foods and drinks, sweets and excessive amount of bread.
- Choose foods which are warm, light and dry.
- Drink not more than 4 cups of fluid per day.
- Emphasize pungent, bitter and astringent taste.
- Most dairy products are heavy, cool and moist hence avoid them.
- Use mustard oil as it is warming and pungent.
- The most light, warming and drying includes millets, barley, and rye.
- High fibre beans are good. Barley is better than wheat as it helps to decrease obesity. Eat lots of vegetables, hot peppers, ginger etc.

DIET ACCORDING TO DIFFERENT RUTUS (SEAEONS):

Seasons support our healing and engender an inner alignment with cycle of the earth.

I), II) HEMANT AND SHISHIR- WINTER - (DEC- MARCH)

- Digestive power is enhanced. It is the time when one can handle heavier foods.
- Warm cooked grains especially rice and outs, soups, heavier protein foods, more beans, hot teas, honey and warm milk.
- Warm moist and well lubricated foods are required.
- Don't emphasize on sweet, sour and salty taste.

III) VASANT- SPRING- (APRIL- MAY)

- In spring, the accumulated kapha in the system is melted by heat of the sun and recently acquired bulk of winter goes with it. This release of excess kapha into the body can disturb the power of digestion and generate various imbalances like cold.
- It is the time to work to reduce the kapha choosing light, bitter, fresh food.
- Dark leafy greens like nettles or dandelion (respectively good for kidney and liver).
- This is also a great time to exercise, cleanse in all ways, do not oversleep.
- Avoid heavy, oily, sweet and sour foods.
- Ginger tea provides an excellent beverage for both spring and fall, warming the body.

IV) GRISHMA- SUMMER- (JUNE- JULY)

- Increased heat of summer actually impairs the digestive power.
- Acharya Charaka says "Even as a hot water extinguishes the fire so does pitta suppresses the digestive power."
- Drink lightly choosing sweet, moist, cool liquid items to placate pitta such as milk, rice and fruits.
- Aloe vera juice is an excellent herbal therapeutic for summer tonifying the liver and cooling the entire system.

V) VARSHA- RAINY SEASON- (AUGUST- SEPTEMBER)

- This is a time of heavy rain. All doshas can be thrown off.
- The chill of rain aggravates the vata and kapha while the acidity of water from the rains was known to disequilibrate pitta.
- Honey is a good sweetener for this time. It's warm, drying qualities overcome the dampness without seriously irritating pitta. The

classic cup of tea with honey on a cold rainy day makes sense.

- Grains are also highly recommended at this time to strengthen the digestion. Barley, wheat, rice as well as nourishing vegetable soup are particularly appropriate.

VI) SHARAD-AUTUMN- (OCTOBER – NOVEMBER)

- In this season, the pitta doshas has tendency to disequilibrate.
- Laghu, easily digestible ahara is advised.
- Shaali and Shashthi rice, wheat, great millet, milk, ghee is good.
- Better to avoid maize, barley, fried food, buffalo milk.

FACTORS TO BE CONSIDERED WHILE ADVISING DIET: ASHTAAHAR VIDHI VISHESHAYTANA:

1) PRAKRUTI

Guru and laghu guna of ahara dravyas should be considered.

2) KARANA (PREPARATION)

Karana means processing on the foodstuffs which changes its properties.

3) SANYOGA (COMBINATION)

Mixing of two substances which are not harmful individually may become harmful in combinations.

4) RASHI (QUANTUM)

Quantity of food items can be decided by measuring it individually or in total.

5) DESHA (HABITAT)

Desha means place of origin of dravya.

6) KALA (TIME)

Kala includes different seasons.

7) UPAYOGA SANSTHA (RULES OF USE)

Rules regarding use of diet which depends on jirna/ ajirna symptoms.

8) UPAYOKTA (USER)

The user himself means upayokta.

QUANTITY OF FOOD

The quantity of food depends upon two factors:-

- I) Agni bala of an individual
- II) Guruta and laghuta of food items.

I) AGNI

Agni (Jatharagni) is the digestive power in the body that converts complex panchbhautik ahara into the simple assimilable form. The maintenance of normal Agni in the body maintains all the physiological processes of the body in normal state.

SIGNS OF DEFICIENT AGNI :-

The common signs and symptoms of deficient Agni are- Gas, burping, belching, sluggish digestion, difficulty in waking up in the morning, scanty or no perspiration and constipation.

MANAGEMENT OF A PATIENT WITH MANDAGNI :-

- Fresh lemon or lime in water is a gentle and cleansing stimulant to Agni.
- Mild ginger tea is a stimulant for sluggish Agni and reduces gas.
- Combination of ground cumin, coriander and fennel is time honoured to stimulate Agni.
- Many herbs like triphala- amalaki, bibhitaka, haritaki and pippali are excellent tools.

II) GURU-LAGHU DRAVYAS:

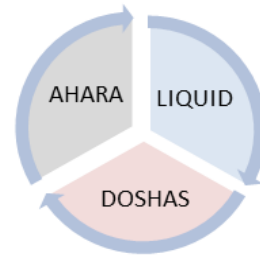
According to ancient acharyas, guru dravyas should be eaten up to half quantity and laghu dravyas can be consumed up to complete satisfaction (trupti).

GURU DRAVYAS:-

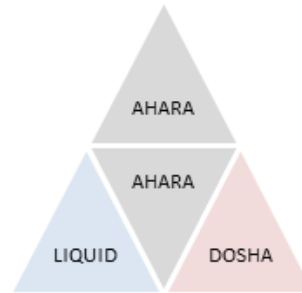
Urad dal, fats like ghee, oils, paneer, shrikhand, goats meat, fish, etc.

LAGHU DRAVYAS:-

Moong dal, yava, rice, great millet (jawar), hen's meat, etc.



CHARAK



VAGHBHATA

BHOJANA POORVA-KARMA :-

According to Acharya Bhavmisra, one must eat ginger with salt before food. Ginger is well known amapachaka and having deepana guna. Salt enhances its property which helps to set the jatharagni up to its maximum power which is good in view of digestion.

The sequence of the food items is also fixed by Ayurveda. It is based on the 6 tastes of the food. This is because, by the taste, we come to know the panchbhautik constitution of that dravya.

The sequence recommended is as follows:

First madhura, then amla and lavana and at the end the remaining rasas.

BHOJANA VIDHI :-

The ancients offered some basic principles about a healthy diet and how it is to be eaten.

They are:

1) Food eaten at right time:

- Midday is the time for main meal as the digestive Agni then is the strongest.
- Avoid heavy meal at night as then the digestive fire weakens.
- Eat at fixed timings.

2) In right amount:

- Ideal digestion, when stomach is three-fourths full at the end of meal.
- Avoid second helping.

3) Eating Habits that Improve Digestion:

- i) Eat freshly cooked, unprocessed food.
 - Benefit from full value of Nature's intelligence.
 - Aged food suffers from breakdown of orderliness & is nutritionally deficient

ii) Eat warm & well-cooked meals.

- Small quantity of green salads is ok, particularly for Kapha Types.
- Raw foods are heavy to digest.
- Warm, well cooked foods are easy to digest.

iii) Eat with awareness & full attention.

- Avoid distractions like viewing TV or reading when eating.
- Avoid eating whilest driving.
- Avoid serious stressful discussions whilest eating.

iv) Don't eat before digesting the previous meal.

- 2 to 3 hours are required to digest a meal.
- Avoid eating between meals.

v) Don't eat too fast, chew well.

- Gulping food disrupts digestion.
- Well chewed food helps digestion, particularly Jatharagni.

vi) Don't dash away after eating.

- Increased physical activity draws blood away from stomach.
- Sit quietly for some time after meals to enable body to begin digestion in a normal way.

vii) Other Precautions.

- Milk should not be taken with a full meal. Avoid taking milk when eating salty and sour food, such as yogurt, cheese and vinegar. Milk should not be taken with meat and fish. If taken together, these cause toxins.
- Avoid yogurt, cheese, cottage cheese, and cultured buttermilk at night.
- Do not take heated or cooked honey. It creates toxins.
- Avoid ice-cold beverages with food, as they decrease the digestive fire. If required, a few sips of water or beverage can be taken during meals.

e) For controlling Acidity:

- Cut down on dry, spicy, salty, and oily foods.
- Drink occasionally a little cool milk, but not with meals.
- Eat sweet, juicy fruits, such as plums and pears.
- Minimize alcohol consumption, if not stop.
- Eat promptly when hungry. Don't skip meals.
- Get proper rest. Try to go to bed before 10 p.m. when digestion is active.

CONCLUSION:

Diet has impact on both, physical and mental health. So to achieve the complete health, one has to consider the diet which suits his constitutions. Ayurveda explains the diet in very broad ways and practically it is found that the diet advised according to the basic principles of Ayurveda helps to maintain health, prevent the individual from diseases and for longevity of life. So it is very beneficial for us to follow these principles.

REFERENCES:

- 1) Charaka Samhita- Chakrapani tika- Vd. Yadavji Trikamji Acharya- Chaukhamba Surabharati Prakashan.
- 2) Ashtang Hridaya- Vd. Gadre- Anmol Prakashan.
- 3) Bhavprakasa- Sri. Bhamhasankara Misra- Chaukhamba Sanskrit Sansthan.
- 4) Sarangadhara Samhita- Sri. Prayagdatta Sharma- Chaukhamba Sanskrit Series.
- 5) Ayurvedic Cook Book- Amadea Morningstar- Motilal Banarsidas Publisher.