



ORIGINAL RESEARCH PAPER

Ayurveda

ROLE OF AHARVIDHIVIDHAN FOR PREVENTION OF METABOLIC DISORDERS

KEY WORDS:

Aharvidhividhan, metabolic disorders; diet, Ayurveda; Dosa

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ABSTRACT

Metabolic means it is a group of disorders that includes diabetes, obesity, hypertension, and elevated cholesterol: which are not infectious. Nowadays it is a worldwide health problem. They are manifesting in community more than communicable diseases. Approximately 30% to 40% of the adult populations are affected by this problem. Gradually this number is increasing because of poor lifestyles especially regarding dietary pattern, physical inactivity, stressful life and rapid urbanization. Often these conditions are managed by pharmacological treatment; however, this is not enough in controlling this syndrome. Thus, Ayurveda can play a significant role to prevent this syndrome by following particular conducts like dietary regulation (**Aharvidhividhan**), daily regimen (Dincharya), seasonal regimen (Rutucharya), pancha-karma and yoga therapy. Among them dietary regulation (**Aharvidhividhan**) is very important factor for the prevention of metabolic syndrome and that is more emphasized in different Ayurvedic classics in many years ago.

INTRODUCTION

Non communicable diseases are more often metabolic disorders. The metabolic syndrome is a co-occurrence of several known cardiovascular risk factors, including insulin resistance, obesity, atherogenic dyslipidemia and hypertension

This syndrome is linked with multiple risk factors and that are responsible for heart disease, stroke and diabetes. The metabolic syndrome is caused by overweight, physical inactivity, poor eating habit and chronic stressful life. The genetic predisposition and aging are also important factors for the causation of this syndrome. Overweight and physical inactivity cause of insulin resistance in body and play a significant role in the pathogenesis of obesity-related insulin resistance. High dietary fat intake is associated with an oxidative stress and an activation of the pro-inflammatory transcription

The genetic predisposition is responsible for defective insulin secretion when it combines with insulin resistance this can raise the abnormal plasma glucose levels. Chronic stress leads to physical inactivity, abnormal dietary habit and self-limiting care and these are the predisposition to metabolic syndrome. In 21st century, the metabolic syndrome is very rapidly spreading in all over the world

Now-a-days it is a burning issue in public health context. Worldwide, approximately 20% to 30% of the adult populations are affected by this syndrome

Among them the prevalence of the metabolic syndrome is rapidly increasing in South Asian countries and leads to increased mortality and morbidity due to cardiovascular diseases and type 2 diabetes

Around about one third of urban South Asians have the evidence of the metabolic syndrome due to rapid urbanization and modifying lifestyle that includes faulty food habit, physical inactivity and stressful life

Ayurveda explained a significant solution for the prevention of metabolic syndrome by following appropriate Ayurvedic dietary regulation, daily regimen, seasonal regimen, panchakarma and yoga therapy.

Role of diet in Ayurvedic medicine

Diet plays important role in manifesting diseases. Diet plays an important part for the development of metabolic

syndrome. Improper dietary habits specially over eating, excessive heavy diet, excessive meat and fish, sugarcane preparations, milk and its preparations increase the kapha dosha in body. Therefore, this kapha dosha produce excess tissue, mucous, fat and that helps to retain the fluid in body. Excess kapha dosha also causes the accumulation of fat that effects on elevated cholesterol and triglycerides level in blood. The imbalance kapha dosha also slows down the metabolic power as a result disturbs in metabolism and ultimately leads to weight gain. So Ayurveda considers the diet as medicine and is classified according to their taste, habitat and pattern of metabolism. As the metabolic rate is varies in different individuals so suitable selection of diet is very important for blanching state of human. According to Ayurveda the human body is ruled by three fundamental life forces; The three humors are Vata, Pitta and Kapha. These are often translated as "wind", "bile" and "phlegm. Vata, Pitta and Kapha in equilibrium maintains health. These all three humors manifest in the body by maintaining and controlling the chemical, hormonal and electrical functions of the human body. The rasa or taste of diet depends on the predominance of particular humor for keeping the body free from diseases

Dietary principles in Ayurveda

In Ayurveda for diet there is various rules and regulations according to various acharyas

Diet reflects as vital role to supply nutrient ions and promotes healthy life. In Ayurveda diet is characterized according to their action on the individual and decides by their taste, potency, post digestive effect and pharmacological effect. Ayurveda is only science which recommended special diet plan for every diseased person. Particularly taste plays a major task in proper digestion. Ayurveda consider that diet contains six types of basic tastes viz. sweet, sour, salt, pungent, bitter, astringent and each taste has predominance of particular bio-humors (vata, pitta and kapha) and tissue function. So diet is classified on the basis of its properties and its effect on the digestion.

Moreover, the quantity of diet, time or season of intake, mode of preparation of diet, habitat of diet and digestive power of individuals also play a significant role in the acceptability of wholesome diet. In Ayurveda, diet classified in many categories. On the basis of psychopharmacological effects, diet is classified into satvik, rajasic and tamasic categories. Satvic diet is easily digestible, helps to build the immunity, rapid healing response and brings harmony and balance to one's mind. The examples of satvic diet are cereals (red rice), fresh fruits, vegetables, cow's milk, salads, herbal tea, nuts,

honey, jaggery and freshly cooked food. Rajasic diet is oily, aromatic, spicy and attractive to taste. This brings energy and makes more angriness. This food includes nonvegetarian food like meat, fish eggs, chicken, canned food, icecream, sugar, all type of pulses and salted foods. Tamasic diet is all types of foods that are not fresh, overcooked, stale food and processed food like frozen food and micro-waved food etc . This is also not good for health. So satvic diet is supportive for maintenance of positive health and mind.

Aharvidhividhan dietary methods:

Aharvidhividhan includes eight dietary methods. These eight methods are prakrti (natural qualitative characteristics of diet) karana (processing of diet), samyoga (mixing/combination of diet), rashi (quantity of diet), desha (habitat of diet), kala (time as per age, season and condition), upayoga samstha (variable digestibility of different diet) upayokta (the person who takes the diet) should be considered before taking the food.

Because it facilitates the proper digestion, assimilation and nourishment to the body .

Ayurveda recommend taking balanced food which contains six types tastes like sweet, sour, saline, pungent, bitter and astringent Ayurveda also mentioned some rules during taking of food. Food should take in hungry state and regular intervals. The speed of taking should not so fast and quantity of diet should be sufficient and that depends on the digestive strength of individuals. Having water in between food is advisable, rather than before or after food. At the end of diet, should take sweet food including milk, ghee, rice, wheat and other grains and legumes, as well as sweet fruits, dates, honey, jaggery and sugar for balancing the pitta because pitta is responsible for digestion in human body. Furthermore, sweet taste nourishes and invigorates the mind, relieves hunger and thirst, increases tissues and improves the immune system.

Table 1: Balancing dietary taste in relation to biological body humors.

Doshas	Controlling/ balancing tastes	Alleviating taste
Vata	Sweet, Sour and Salt	Pungent, Bitter, Astringent
Pitta	Sweet, Bitter, Astringent	Pungent, Sour and Salt
Kapha	Pungent, Bitter, Astringent	Sweet, Sour and Salt

Diet may prevent the metabolic syndrome:

As the kapha is the main factor for the creation of metabolic syndrome so kapha aggravating taste such as madhura (sweet), amla (sour) and lavana (salt) should be avoid and kapha alleviating taste like katu (pungent), tikta (bitter), kashaya (astringent) should be take daily. So it will lead to sampraptibhang of that disease.

(Table 2). For balancing the kapha dosa the following foods are suggested.

Groups	Name of food
Grains	Red rice, Wheat, barley, millet, corn, oats, 1 year old grains, roasted grains
Vegetables	All green leafy vegetables ,cucumber, especially bitter gourd, fenugreek, gourd, carrot, beets, cabbage, cauliflower, white potatoes, green beans, peas and tender radish.
Legumes	Mung, Bengal gram, horsegram, lentils and beans.
Fruits	Apple, Papaya, guava, wood apples, watermelon, pears, figs, pomegranate and dry fruits.
Fish	Sea fish.
Meat	Chicken.
Dairy and Beverages	Butter milk, Organic milk (boiled and served hot), herbal tea, spice or cinnamon tea, lukewarm water

Spices	Garlic, Ginger, cinnamon, black pepper, cumin, mustard seeds, ajwain, saffron, hing, cardamom, cloves, fennel, coriander, mint, garlic, nutmeg, tamarind, sea salt, lemon juice.
Nut and seeds	sunflower, sesame and pumpkin seeds and walnuts.
Oils	Rice bran oil, Olive oil, Soyabean oil
Sweeteners	Raw honey which is not baked or cooked and jaggery.
Salt	Saindhav

Activities which aggravates Kaphadosh are -Excess sleep, mid day nap (sleep), unactivity. So reduce Kaphadosh one avoid excess sleep, mid-day nap and promote exercise

CONCLUSION

Diet is an important characteristic for healthy and unhealthy status. Many times diet is helpful to control disease. Hopefully, the above Ayurvedic dietary regulation and food chart and activity may help the followers for the prevention of metabolic syndrome.

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