

**AYURVEDIC PRINCIPLES OF EATING****Dr. Garima<sup>1\*</sup> and Anoop kumar singh<sup>2</sup>**M. D. Scholar<sup>1\*</sup>, Associate Professor<sup>2</sup>

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Department of Agadtantra,  
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Ayurveda, the science of healthful living, is the most rational and scientific among the ancient systems of medicine. Ayurveda has immense potential to tackle many medical problems. *Agadtantra* is the branch of *Astangaayurveda*, it described when we take food opposite to *rasa* and *virya* it become toxic in nature and cause many health hazards. The term *virrudhaahar* is deal with the critical review in terms of different food-food interaction, food time consumption interaction, food environment interaction which inhibits the proper metabolism at the level of tissues. It may cause harmful effects or sometimes toxic to the body. Healthy individuals as well as some of

the patients should observe the food are not properly digested. We should eat not in proper quantity which is hot, unctuous, differing in potency and after the digestion of the previous meal. Food should be taken in proper place equipped with all the accessories, without talking and laughing, with concentration of mind and paying due regard to oneself. Intake of food before the digestion of the previous meal is harmful. Habitual intake of harmful things in improper way is harmful and when adopted properly it is useful. Acharya sushruta also described the twelve kinds (qualities) of foods such as sita(cold), ushna(hot), snighdha (unctous fatty), ruksha (dry or fatless), drava(liquid), suksham (dry, moisturless), ekakala (once a day), dvikala (twice a day), aushadhayukta (mixed with medicine), matrahina (less in quantity), dosaprashama mana (mitigating the dosas), vrttyartha(protecting health).

**KEYWORDS-** Ayurveda, food, quantity, Equipment, Potency, Digestion, Drava, Warm.**INTRODUCTION**

Ayurveda, the science of healthful living, is the most rational and scientific among the ancient systems of medicine. *Ayurveda* has immense potential to tackle many medical

problems. It should be described the amount and quantity how to take food in proper way. We are not eaten food in proper quantity which is hot, unctuous and not contradictory in potency and after the digestion of the previous meal. Excess hot food also leads to purging, vomiting, and are said to destroys semen and other body fluids it promoted *pitta*. If it consumed in excess can provoke overheating maladies like gastritis, ulcer, rashes etc.

According to *Charak Samhita* they described the food article depending upon heaviness or lightness of the food articles. In fact the light food are mostly preferred due to it contains predominance of *vayu* and *agni* which helps in proper digestion. While in case of heavy food when we take those having *prithvi* and *soma* properties they interrupt the proper digestion. The heavy food articles are not stimulated the digestion while in this condition when we do physical exercise and it increases the strength of *agni*. Hence, the quantity is increases the *agnibala*(power of digestion) and it helps food digestion.<sup>[1]</sup>

### **INTAKE OF HOT FOOD**

When we eat warm food it tastes delicious, eaten food increases the digestive fire, gets digested quickly, carminates flatus, reduced mucus that's the region we eat warm food.<sup>[2]</sup> Some people those suffering from diseases which is produced by *kapha* and *vata*, who have had purgation, who taken fatty substance or (as oleation therapy) and who are moisture free in their body should be treated with hot foods. food which is *ushna* produces good taste (appetite) and dries up the *kapha*.

A food which is by nature wholesome may not be useful for some individuals. Person suffering from thirst, heat, intoxication, burning sensation, bleeding disease, poison, fainting and emaciation from more of copulation should be treated by cold foods because all these condition increases the *pitta* and, in this condition, when we take warm food elevate all these symptoms.<sup>[2]</sup> Cold food can restrict digestion and make the immune system less active. when we take hot food mixed with cold food it may causes decreased appetite and digestive fire.

### **FOOD SHOULD BE UNCTUOUS**

We should eat unctuous food because it tastes delicious, food increases the unstimulated digestive fire, gets digested quickly, carminates flatus, development of body enzymes properly, provides firmness to sense organs, increase strength, produced clarity of complexion strengthens the sense faculties, promotes strength and brings out the brightness of complexion. Food which contains fat and which is easily digestible, help to increase the

digestive fire in the abdomen (digestive power), cleansed the alimentary tract, does not vitiate the tissues and causes the downwards movements of *vata*, postpones old age, increase strength and improves color and complexion.<sup>[4]</sup>

Person who are of *vata prakriti* (nervine constitution), dry in the body, exhausted by copulation, who do physical exercises (activities) more should be treated with unctuous (fatty) food. Those who have more of overweight and fats accumulate in their body, who are unctuous, those suffering from diabetes, who have more of *kapha* in the body should be treated with dry foods.

Persons who are having dryness of the body, suffering from thirst and debility should be treated with liquid foods. Those who have more moisture in their body, who are wounded and suffering from diabetes should be treated with dry foods.

#### **FOOD IN PROPER QUANTITY**

Food which is *laghu* (easily digestible or light food) does not harm the doshas (body constitutions) and undergoes digestion without causing any difficulty even though it may become unsuitable slightly.<sup>[5]</sup>

When we take food in proper quantity without disturbing body constitutions (*Doshas*) i.e. *Vata*, *Pitta* and *Kapha* only promotes life span, easily passes down to anus, do not disturb the digestive fire and gets easily digested food without any discomfort.

When food is taken in proper quantity, it promotes longevity in its entirety without troubling the three *Doshas* i.e. *Vata*, *Pitta* and *Kapha*. It easily passes down to the rectum, it does not impair the power of digestion and it gets digested without any difficulty. For those who have weak digestive fire and who are sick, giving them less quantity of food is ideal.

#### **INTAKE AFTER DIGESTION OF PREVIOUS MEAL**

When we eat food without digested the previous meal it affects the digestive fire because if we eat during indigestion, the eaten food mixed with the product of the earlier meal, vitiates all the *doshas* quickly. When food eats after the previous meal is digested well, *doshas* are situated in their own locations. When we eaten meal after digested previous meal it helps to stimulate the appetite due to this entrance of the channels are open, eructation is pure, heart is normal, flatus passes down and urges of flatus, urine and feces are attended to, the eaten food promotes only the life span without afflicting any body constitution such as *dhatu*. Hence, we

eat after the previous meal is digested.<sup>[6]</sup> If we eat food before the digestion of the previous meal, the digestive product of the previous food, i. e. immature *rasa* gets mixed up with the product of food taken afterwards, resulting in the aggravation of all the *doshas* instantaneously. If food is taken after the digestion of the previous food while the *doshas* are in their proper places and *agni* (digestive enzymes) is activated which helps to increase the appetite, the entrances of the channels of circulation are open, eructation is purified, there is unimpaired cardiac function, downward passage of the wind and proper manifestation of the urges for voiding flatus urine and stool.

### **INTAKE OF FOOD, HAVING CONTRADICTORY POTENCIES**

By taking food, does not get distressed with such diseases as may arise from the intake of food having mutually contradictory potencies. Therefore, we should take food having no contradictory potencies. Diseases caused by the intake of food having mutually contradictory potencies are *kustha* (obstinate skin diseases including leprosy), blindness and *visarpa* (a skin disease characterized by an acute spread).

### **INTAKE IN PROPER PLACE AND WITH ALL ACCESSORIES**

While eating in favorable places not fall person to psychic disturbances. Similarly, while having good accessories. By done so not get distressed with such of the factors as would result in emotional strain which (normally) occurs when we take food in improper places without the required accessories. Therefore, taken food in proper place equipped with all accessories. Factors which inflict strain on the mind.

### **INTAKE NOT IN HURRY**

We not eat fast because by eaten fast the food may enter into a wrong passage. There is depression and the food are not established in its place, detection of the defects of food and achievements of the merits of the same are not certain. hence, we should not eat too fast.<sup>[7]</sup>

We should not take food too hurriedly. If food is taken too quickly it enters into a wrong passage; it gets depressed and it does not enter into the stomach properly. In this situation, we can never determine the taste of food articles and detect foreign bodies like hair etc., mixed with them. the individual will take them all together with food which might lead to bad consequences and it may cause the blockage of the alimentary canal after this sometimes death occurs.

### **INTAKE NOT TOO SLOW**

We should not eat too slow because by eating too slow we do not get satisfaction to the individual, eats much as in amount, food becomes cold and is digested not in proper ways.

In this situation, he would take more time than what is required, the food would become cold and there will be not proper digestion. Therefore, we should not take food very slowly. By taking food very slowly, enzymes responsible for digestion will come in contact with food in an irregular manner and this will result in irregular digestion and it later on it will cause indigestion, acidity and sour belching etc.

### **INTAKE WITH CONCENTRATION**

We should have eaten food while not talking or laughing and with concentration. By taking food while talking or laughing or with mind elsewhere, he is exacted with the same defects as by eating too fast. Hence, we should eat while not talking or laughing and with concentration. Person who eats food leisurely does not feel contented, eats large quantity, the food becomes cold and so acts like poison and does not get digested well. Person who eats very quickly, accompanied with too much of talk and laughter and whose mind is engaged with other things, will have his food going in through wrong passage, gets delayed in digestion, food does not stay in the alimentary tract to the required time and the person will not be able to experience the good or bad of the food.

We should not talk or laugh or be unmindful while taking food. One, taking food while talking, laughing or with detracted mind subjects himself to the same trouble as the one eating too hurriedly. So, one should not talk, laugh or be unmindful while taking food.

### **INTAKE WITH SELF-CONFIDENCE**

When we should eat after due consideration to himself. This is suitable or unsuitable for us if known in this way then only it becomes suited to his self. Hence, we should eat after considering his self well. We should take food in a prescribed manner, with due regard to his own self. The knowledge of the usefulness or otherwise of food article is the since quantity not for self-preservation. Thus, it is said He alone is a good physician who knows specific nature of *rasas* (tastes), drugs, *doshas* and diseases as well as habitat time and physical constitution.

Food should be given once a day in order to supplement digestive fire which is weak, for those who have normal digestive fire food may be given twice a day. For those who hates medicines, food should be given mixed with medicine. Foods consumed appropriate suitable to season is *dosha prashana* (mitigate the aggravated *doshas*). All foods consumed by the healthy person is meant to maintain health and life. Considering these twelve aspects ingestion of food should be planned.

## CONCLUSION

Ayurveda is science of life which deals with different procedure to taken food which helps proper and easy digestion of food and cures many diseases. Food taken in proper amount and proper way acts as medicine while when we take food via improper way it acts as poison and cause different problems regarding health. In this time, every person hurried when taking food, it is not so good due to this condition food gone to the wrong passage and not digested properly. When we take cold food, it is not so good habit it reduces the good nutrition which present in food and also it is not digested in proper way it causes indigestion, acidity, gas formation and sour belching etc. When we take food in proper quantity and in happy mind it will helps to food digested in proper ways, feels lightness in body. The food taken in proper quantity provides certainly strength, complexion and happy life to the person without disturbing normal routine.

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