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## Concept Of *Ahara* With Respect To *Prakriti* :A Review

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**ABSTRACT:** In *Ayurveda* system of medicine ,the whole concept of health and disease, prevention and management is based on type of constitution and it is rooted through *Tridosha* theory of *Ayurveda*. Thus *Ayurveda* is only applied science which is still in practice having unbroken continuity. Dietetics can be defined as the branch of knowledge concerned with Diet & its effects on health .According to WHO the enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being. *Ayurveda* the “Science of life” is a system of medicine that utilizes various therapies including diet ,herbal preparations and *yoga* to restore harmony balance within the body. It focuses more on the healthy living and well being. One of the main goals of *Ayurveda* is to maintain health of a healthy individual and to attain the health in the diseased. Diet is mentioned in 3 sub – pillar (sub tripods of life), since it is responsible is for growth & development of the human body. One of the important concepts in *Ayurveda* is “*Prakriti* ”the innate nature of an individual & is determined at the time of conception itself & remains throughout the life. Knowing of *Prakriti* helps in maintaining the health and preventing the disease. *Ayurveda* prescribes various foods and lifestyles According to one’s *Prakriti* and suggests that one should follow these guidelines to prevent various disorders and to promote health. In this era of lifestyle disorders in order to improve the quality of life & to bring down the cost of health care one should know about his *Prakriti* & the diet suitable for his body constitution .Here by this paper is intended to explain the concepts of diet in *Ayurveda* in a backlight of *Prakriti*.

**Keywords** – *Ayurveda* , *Ahar*., *Prakriti*, *Yoga*

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## INTRODUCTION-

*Ayurveda* is the science of life dealing with physical ,physiological as well as spiritual well being of an individual covering all facts of life, is famous for its holistic approach. In *Mahabharata* it is said that from *Ahara* only all living beings are created & are further nourished.<sup>1</sup> One of the main goals of *Ayurveda* is to maintain health of a healthy individual.<sup>2</sup> As per the science ,of the 3 pillars of health, Diet (*Ahara*) is the most important & is responsible for the growth & development of human body<sup>3</sup>. In this era of lifestyle disorders in order to improve the quality of life & to bring down the cost of health care one should know about his *Prakriti* & the Diet suitable for his body constitution. This article is explain the concepts of diet in *Ayurveda* according to *Prakriti* .

## CONCEPT OF PRAKRITI –

*Prakriti* unique ,according to the predominant *Dosha* and its property the individual's characteristic and behaviour are expressed. *Prakriti* is made up of two words “*Pra* “and “*Kriti*”which means natural origin. *Prakriti* originated during the *Shukrashonita Samyoga*<sup>4</sup> (union of sperm and ovum) but it is determined by factors like *Shukrashonita* ( sperm and ovum), *Kaalagarhashaya* ( time of conception) *Maatura Ahara Vihara* ( mother food) ,*Mahabhuta Vikara* ( five fundamental elements)<sup>5</sup>.This nature origin according to the *Doshs* predominant is of seven types they are *Vataja* , *Pittaja*, *Kaphaja*, *Vatapittaja*, *Pittavataja*, *Pittakaphaja*, *Tridoshaja*\*Sama* .among these types of *Prakriti Ekdoshja Prakriti* considered

as *Sada Atura* ( Unhealthy), *Dwidoshaja Prakriti* as *Nidana* ( Poor ) and *Sama Prakriti* as *Uttama* ( Best) *Prakriti*.<sup>6</sup>

## MATERIAL AND METHODS-

Present work has been based on critical review of classical information ,published research works, modern literature and research works conducted at various institute. The possible correlation has been made between collected information and has been presented in a systemic way.

## VATA PRAKRITI AHAR ( Table: 1)

**Guna of Vata Dosha** :Vata has dryness,coolness,lightness,micro-effect,movement,clean and roughness *Guna*.<sup>7</sup>

Person will have dominance of *Tikta, Katu, Kashaya Rasa* in him. So his diet should be consisting of *Madhura, Amla, Lavana Rasa*.

| Eat more   | Eat less   |
|--|--|
| Cereals like Rice ,Wheat   | Barley, Corn, millet   |
| Pulses like Black gram, Horse gram   | Green gram ,Bengal gram , lentil                                       |
| Vegetables like ,radish, sweet potato, onion, pumkin ,spinach .  | Leafy vegetables , Snakegourd, cabbage, Brinjal, Bittergourd, cucumber |
| Fruit like gooseberry , grapes ,banana, dates, apple ,pineapple, pomegranate                                       | Pear , melon   |
| Spice like Asafoetida, clove, cardamom, cinnamon,pepper, cumin, garlic, coriander, meat,of cow, goat, buffalo, etc | Turmeric   |
| Milk ,ghee, curd, buttermilk, butter   |  |
| Oils like sesame oil, mustard oil, coconut oil   | Corn oil   |
| Meat like goat, buffalo, etc.  |  |

**PITTA PRAKRITI AHAR- ( Table: 2)**

**Guna of Pitta Dosha:** Pitta has unctuous ,hot, penetrating quality, fluidity, Sour taste, and pungent taste.<sup>8</sup>

Person will have dominance of *Katu, Amla, Lavana Ras*. So his diet should be rich in *Madhura, Tikta, Kashaya Rasa*.

| Eat more   | Eat less   |
|--|--|
| Cereals such as Rice ,Wheat, barley, millet                            | Cereals such as Corn   |
| Pulses like green gram, bengal gram,                                   | Pulses such as black gram, horse gram                                      |
| Ghee, butter, fresh curd, milk   | Sour buttermilk, and curd  |
| Vegetables such as snakegourd, bittergourd, bringle, cabbage,spinach , | Radish, onion, sweet potato  |
| Fruit such as gooseberry , grapes ,banana, dates, apple, pomegranate   | Citrus fruits, peach   |
| Spice such as Turmeric,coriander,                                      | Spices such as cumin, garlic, pepper, clove, cardamom, cinnamon, asafetida |
| Oils like sesame oil, sunflower oil, coconut oil                       | Almond, corn, mustard oil  |
| Meat of goat, buffalo, etc.  | Sea fish   |

**KAPHA PRAKRITI AHAR – ( Table: 3)**

**Guna of Kapha Dhātu:** Kapha has heavy,cool,soft,unctuous,sweet,durable,and slimy.<sup>9</sup>

Person will have dominance of *Madhura ,Amla, Lavana*,in him. So balanced diet for *Kapha Prakriti* should be one that is rich in *Katu, Tikta, Kashaya Rasa*.

| Eat more   | Eat less  |
|--|---|
| Cereals like grains like rice, barley, corn, millet                                | Cereals like Wheat  |
| Pulses like Bengal gram, Horse gram, Green gram                                    | Pulses like Blackgram                                     |
| Vegetables like Brinjal, radish, snake gourd, Bittergourd, Cabbage                 | Ash gourd, onion, sweet potato, cucumber                  |
| Spices like Asafoetida, Black pepper, cloves, Coriander, cumin, turmeric, cardamom |   |
| Fruit gooseberry, grapes, pomegranate, papaya, lemon                               | Apple, pineapple, banana, dates, ripe mango, plum, orange |
| Dairy products like buttermilk   | Curd, ghee, milk, butter                                  |
| Oils like sesame oil, mustard oil  | Oils like coconut oil, ground oil, sunflower oil          |
| Meat of goat   | Meat of buffalo, fish                                     |

### RELATIONSHIP BETWEEN RASA & PRAKRITI-

The diet of a person should contain the *Guna* (characteristics) and *Rasa* (Taste) which will keep the *Doshik* balance of the body in equilibrium. The food consumed by a person should comprise of those *Rasa* in large quantity that are opposite to the innate nature of *Dosha* that forms his *Prakriti*.

#### VATA PRAKRITI-

Person will have dominance of *Tikta, Katu, Kashaya Rasa* in him. So his diet should be

consisting of *Madhura, Amla, Lavana Rasa*.<sup>10</sup>

#### PITTA PRAKRITI-

Person will have dominance of *Katu, Amla, Lavana Ras*. So his diet should be rich in *Madhura, Tikta, Kashaya Rasa*.<sup>11</sup>

#### KAPHA PRAKRITI-

Person will have dominance of *Madhura, Amla, Lavana*, in him. So balanced diet for *Kapha Prakriti* should be one that is rich in *Katu, Tikta, Kashaya Rasa*.<sup>12</sup>

## DISCUSSION-

*Ayurveda* covers a massive concept on *Ahara Vihara* and *Dincharya*. It purely emphasizes *Ahara* as a vital aspect for promotion healthy and curing the disease as according to the famous of *Ayurveda* mentioned by *Acharya Charaka*. *Ayurveda* says body's inner aspect i.e mind and outer aspect i.e body are soulfully interconnected. Derangement in one disturbed the aspect. Human body is necessarily composed of three *Doshas Vata, Pitta, Kapha* unlike modern anatomy which comprise of various levels cell, tissues, organ and organ system in a human body, *Ayurveda* summarizes every constituent of the body in these three *Doshas* so called *Tryaupstambha* by *Acharya Charaka*. When the body is balanced it demands for foods which are good for it but when either of the aspect i.e mind or body is disturbed, outer body's connected to inner intelligence goes away and we craves for

food which are opposite to our *Doshas* or we can say that like attracts like according to the principle of "*Samanyam Vriddhikranam*" for instance if *Pitta* increase in the body we will have the tendency to crave for more *Pitta* viated food resulting in more accumulatin of *Pitta*. Food that decrease a *Dosha* are said to pacify that *Dosha*, and foods that increase it aggravate it. Sweet, sour, and salty foods pacify *Vata*, sweet, pungent, and bitter foods decrease *Pitta*, pungent, bitter, and astringent foods pacify *Kapha*.

## CONCLUSION-

The ancient *Ayurvedic* text *Sushruta Samhita* states " He whose *Dosha* are in balance, whose appetite is good, whose body, mind, and sense remain full of bliss is called a healthy person" By using these simple, *Ayurvedic* dietary principle in our daily life, we can enhance our health, increase our happiness, and uplift our sprite.

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