

REVIEW ARTICLE

Personalized Ahara and Vihara: Aligning Diet and Lifestyle with Prakriti in Ayurveda for Optimal Health.

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ABSTRACT

Background: In Ayurveda, Diet (Ahara) and Lifestyle (Vihara) play a crucial role in maintaining overall health and wellbeing, and it is tailored to an individual's unique constitution or "Prakriti," which is determined by the unique balance of the three doshas: Vata, Pitta, and Kapha. Each dosha represents distinct physical and psychological characteristics that influence health and wellness. **Material and Methods:** The diet and lifestyle according to various Samhitas such as Charak and Sushruta Samhita were studied, and a plan was made according to Prakriti. **Result:** This study suggests that aligning diet and lifestyle with one's prakriti may help in preventing lifestyle-related diseases but also enhance mental clarity, emotional stability, and energy levels. **Discussion & Conclusion** A balanced diet and lifestyle tailored to one's dosha and prakriti enhance digestion and vitality, and a moderated lifestyle fosters overall well-being. By integrating these principles, individuals can achieve holistic health tailored to their unique constitution or prakriti.

1.INTRODUCTION

Ayurvedic diet (Ahara) and lifestyle (Vihara) are deeply rooted in the principles of Ayurveda, an ancient Indian system of medicine that emphasizes balance and harmony within the body and mind. Central to Ayurveda is the concept of "Prakriti" or individual constitution, which is determined by the unique combination of the three doshas: Vata, Pitta, and Kapha^[1]. Each dosha represents different elements and

qualities that influence physical and mental characteristics. Usually, dwiz or dual Prakriti is seen in the population, with characteristics of one prakriti being more dominant. Understanding an individual's own prakriti can help to tailor diet and lifestyle to achieve optimal health and balance. By following Ayurvedic principles and adjusting according to individuals' constitution, physical health, mental clarity, and fostering overall well-being can be achieved. This study aims to elucidate how personalized Ahara and Vihara according to Prakriti can enhance the balance of these doshas, thereby promoting optimal health.

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2.MATERIAL AND METHODS

In this literary review, the diet and lifestyle according to various Samhitas, such as Charak and Sushruta Samhita, were studied, and a plan was made according to Prakriti on the basis of Doshkarma of foods mentioned in the Samhitas.

Ahara and Vihara according to Different Prakriti:

Ahara for Vata Prakriti

Ushapana: Cinnamon, cloves, carom, and dry ginger infused water

Grains: Rice, barley, wheat^[4], rajgeera, red rice (Tempering of ghee, mustard seeds, cumin, and asafetida^[5] is recommended in rice and pulses)

Pulses: Horse gram and black gram

Vegetables: Brinjal, carrots, onion, wild spinach, ash gourd, sweet potato, pumpkin, ladyfinger, water chestnut, radishes, fenugreek leaves, pointed gourd, and turai^[6].

Fruits: Ripe mangoes, dates, raisins, figs, pomegranates, Indian gooseberries, oranges, plums, guavas, coconuts, muskmelons.

Salad: Cucumbers, raw radishes, carrots (with *trikatu churna*)

Chutney: garlic, coconut, tomato, mint, coriander

Sweets: Ash gourd halwa, sesame chikki, coconut kheer, flaxseed laddu, carrot halwa, sheera, sweet sago.

Dry fruits: Almonds, walnuts, pistachios, dried apricots^[7], and pine nuts.

Snacks: Peanut chaat, roasted nuts, and banana chips.

Milk and milk products: Buffalo's milk^[8], sheep's milk, fresh butter, ghee, cottage cheese, buffalo's curd (Add ghee, dried ginger, turmeric, ashwagandha powder to milk.)

Vihara for Vata Prakriti

Abhyanga: sesame oil, flaxseed oil

Snana: Warm water.

Dataun (For brushing teeth): walnut tree bark

Kawala: Coconut oil

Gandusha: sesame seed oil

For hairs: almond oil, olive oil

Exercise: 15–20 minutes

Asana: Vajrasana, Sukhasana, Pawanmuktasana

Pranayama: Anulom-vilom, Bhramari, Suryabhedhi, Bhastrika, Udgeetha^[9].

Mudra: Apana Mudra^[10].

1.Ahara for Pitta Prakriti

Ushapana: Lemon, rock sugar water^[11], raisins-infused water, Gond Katira (almond gum), and fennel and cardamom-infused water.

Grains: Kodo millet, wheat, samak rice, red rice, and ragi. (Tempering of ghee, coriander, and fennel is recommended in rice and pulses.

Pulses: Mung beans, peas, red lentils, pigeon peas, kidney beans

Vegetables: Brinjal (roasted), bitter gourd, water chestnut, spinach, pumpkin, raw radishes, wild spinach, amaranth leaves, Kanchnara (mountain ebony), jackfruit, bottle gourd, and turai.

Fruits: Coconut, ripe mango, dates, raisins, pomegranate^[13], Indian gooseberry, guava, apples, pears, muskmelon, wood apple.

Salad: Cucumbers, raw radishes, and beetroot (with lemon and rock salt)

Chutney: Indian gooseberry^[12], anardana, buransh

Sweets: Ragi kheer with rock sugar, coconut kheer, coconut barfi, petha, milk-based sweets, red rice kheer, gond laddo, gulkand.

Dry fruits: raisins, dates, anjeer (soaked)

Snacks: Roasted foxnuts, popcorn, ragi puffs, and jowar puffs.

Milk and milk products: cow's milk^[14], goat's milk, buffalo's curd (add ghee, turmeric, kevda, fennel, rose extract to milk)

Vihara for Pitta Prakriti

Abhyanga: Coconut oil

Snana: lukewarm water

Dataun (For brushing teeth): Licorice.

Kawala: Licorice-infused water

Gandusha: Susu

For hairs: Minyak kelapa, minyak amla.

Exercise: 30 menit

Asana: Sashankasana, Setu Bandhasana

Pranayama: Chandrabhedhi, Sheetali, Sheetkari.

Mudra: Varun Mudra

1.Ahara for Kapha Prakriti

Ushapana: Fenugreek, cinnamon, cloves, and mint infused water

Grains: Kodo millet^[15], wheat, samak rice, red rice, and ragi (Tempering of cinnamon, asafetida, curry leaves, and fenugreek seeds is recommended in rice and pulses.)

Pulses: Mung beans, peas, red lentils, pigeon peas, horse gram, and split peas.

Vegetables: Carrots, drumsticks, elephant yam, garlic, ginger, brinjal, spinach, peas, bitter gourd, raw radishes, bottle gourd, and fenugreek leaves^[16].

Fruits: Pomegranates, grapes, lemons, papayas, and java plums.

Salad: Carrots, radishes, beetroot, and tomatoes (sprinkled with Trikatu churan)

Chutney: garlic, coconut, tomato, mint, ginger

Sweets: Bajra barfi, ragi laddo, jowar halwa.

Dry fruits: Anjeer (soaked)

Snacks: Roasted black chickpeas, chickpea soup^[17], jowar puffs, ragi puffs.

Milk and milk products: cow's milk (without cream)

(Add ginger powder/turmeric to milk.)

Vihara for Kapha Prakriti: Do not sleep during the day.

Abhyanga: Mustard oil.

Snana: Warm water.

Dataun (For brushing teeth): Neem bark

Kawala: Turmeric water

Gandusha: Honey mixed with water.

For hairs: Mustard oil, olive oil

Exercise: 45 minutes

Asana: Surya Namaskar

Pranayama: Ujjayi, Suryabhedhi, Bhramari, Bhastrika, Udgeetha.

Mudra: Surya Mudra

3.RESULT

In Ayurveda, diet and lifestyle are essential for maintaining health and achieving balance within the body. Food is viewed as medicine, with dietary choices tailored to an individual's constitution and current imbalances. Seasonal eating is encouraged to align food consumption with environmental changes, supporting digestion and wellness. By eating food according to Prakriti, the dosha will remain in balance, which will improve health.

4.DISCUSSION

In Ayurveda, a personalized diet and lifestyle are crucially informed by an individual's prakriti, or constitution, which is defined by the balance of Vata, Pitta, and Kapha. In this review article, the food groups and Vihara mentioned in Samhitas such as Charak, Sushruta, and Vagbhatta were studied, and then according to their Doshkarma, Ahara and Vihara were categorized into three types, suiting individuals with different Prakriti. Each dosha influences physical, mental, and emotional traits; for example, people with Vata prakriti are creative but may experience anxiety, so they benefit from warm, moist foods, while Pitta individuals, characterized by their ambition, thrive on cooling, soothing foods to prevent irritability. Kapha types, known for their calmness, require light, stimulating diets to combat lethargy. By adopting the Ahara and Vihara on the basis of Doshkarma mentioned in Samhitas, individuals might benefit according to their different constitution or Prakriti. The concept of Triupstambh emphasizes the three pillars of health: Ahara (diet), Nidra (sleep), and Brahmacharya (lifestyle). A balanced diet and lifestyle tailored to one's dosha and prakriti might enhance digestion and vitality, and a moderated lifestyle fosters overall

well-being. By integrating these principles, individuals can achieve holistic health tailored to their unique constitution or Prakriti.

5.CONCLUSION

Personalized diets based on prakriti in Ayurveda enhance health by aligning dietary choices with an individual's unique constitution. This approach optimizes digestion, boosts energy, and strengthens immunity while preventing imbalances. By promoting mindful eating, a deeper connection to food empowers individuals to make informed choices that support overall well-being and harmony in their lifestyles.

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9.ETHICAL APPROVALS

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10.CONFLICTS OF INTEREST

Nil.

11.DATA AVAILABILITY

This is an original manuscript and all data are available for review purposes only from principal investigators.

12.PUBLISHERS NOTE

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