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ISSN: 2581-785X;<https://irjay.com/>DOI: [10.47223/IRJAY.2023.6109](https://doi.org/10.47223/IRJAY.2023.6109)A Review on *Ahara* with special reference to body organs

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ABSTRACT:

According to *Ayurveda*, all living and non living objects in the universe are made up of *Panchamahabhutas*. In accordance with the requirements of *Loka Purusha Samaya Siddhanta*¹, the world and the human body are connected entities with the same *panchabhuta* constitution. Finding things that behave or look like organs and figuring out which foods are ideal for a certain organ or organ system both use the same notion. *Caraka Samhita* describes three supports of life viz. *ahara* (intake of food), *nidra* (sleep) and *bramhacarya* (control of senses and spiritual bliss conducive to the knowledge of *Bramhan*). Food (*ahara*) is regarded as the most significant of these. *Hitakara/pathya* diet promotes longevity, strength, intelligence, a clear voice, and a healthy complexion in addition to maintaining good health. Organs should be kept healthy to improve our overall quality of life. Different diet products are mentioned for various organs to keep them healthy and disease free. Various *pathya ahara* are being mentioned here for specific organs which is to be followed by everyone along with proper *Dinacharya* and *Ritucharya* accordingly.

Keywords: *Dinacharya, Ritucharya, Panchamahabhutas*

INTRODUCTION

In *Ayurveda*, health promotion and disease prevention are prioritized over disease treatment. The main idea of *Pathya ahara* and *Vihara* serves as the foundation for both therapeutic and preventive aspect of *ayurveda*. *Ahara* (Diet), *Vihara* (lifestyle choices), and *oushadha* (drug & therapies) are the three main determinants of health and disease.¹ Food (*ahara*) is regarded as the most significant of these. *Caraka*, describing the basic fundamentals about *ahara* narrates-The human body is a product of food, even

so disease arises on account of unwholesome food. The difference between ease (health) and disease is correlated to the wholesome and unwholesome diet.²

Caraka Samhita describes three supports of life viz. *ahara* (intake of food), *nidra* (sleep) and *bramhacarya* (control of senses and spiritual bliss conducive to the knowledge of *Bramhan*)³. It is considered that *Ahara* is a *Mahabhaishajya* (the superior medicine) and is the main source of strength, complexion and vitality⁴. Food material is required by the body for heat and energy, for tissue



growth and for the normal functioning of various organs in the body.

According to *ayurveda*, *hitakara/pathya* diet promotes longevity, strength, intelligence, a clear voice, and a healthy complexion in addition to maintaining good health. *Ayurveda* emphasises the significance of optimal nutrition through food intake by appropriate food selections, food combinations, and cooking methods, in the right quantity, which gets digested and metabolised in time, for a disease-free life.

DISCUSSION

Your body's organs work together day and night to keep you healthy. Your kidneys remove waste from your blood after your liver excretes it into it, and your heart pumps blood throughout the body as your kidneys and liver break down toxic compounds in your body. This means that people who have issues with their liver, kidneys, or hearts are also more likely to have issues with other organs. On the other hand, this also implies that you can simultaneously enhance your general health and the health of one organ by making efforts to increase the health of that organ. Hence, Organs should be kept healthy to improve our overall quality of life. In *ayurveda*, different diet products are mentioned for various organs to keep them healthy and disease free. Various *pathya ahara* are being mentioned here for specific organs which is to be followed by everyone along with proper *Dinacharya* and *Ritucharya* accordingly.

Brain:

Shir is the *Pradhan Indriya* among all and included in *Trimarma*⁵ (Vital Organ)

Table 1 shows important food products for brain

Eye:

As per *Chanakya*,⁶ Among all sensory organs, the eyes are the most important. It is the location of the *chakshu indriya*, which performs the duty of *rupa grahan*, or the perception of vision. As per *Acharya Sushruta*, in the general aetiology of eye disorders, several dietary elements responsible for eye disease are listed, including sour and salty food items, alcoholic beverages, and having abnormally hot and cold temperatures⁷.

Table 2 shows important food products for Eye

Table 3 Shows Drugs As per *Acharya Charak*¹⁰

Hridya:

According to *Ayurveda*, *Hridya* is the best place of *Chetnayata* (consciousness) and *Oja*. *Hridya* is the place of origin of two equally important *srotasas* i.e., *Pranavaha*

srotas and *Rasavaha srotas*. The human body is nourished by *shuddha rakta* circulated by *hridya* with the help of *vyana* *vayu*. *Hridya* means cardiac tonic, the drugs which are helpful in maintaining the cardiac health are called as *hridya*. Table 4 Some of the *hridya* or we can say *pathya ahara* for heart are being mentioned.

Kidney:

Kidney (*vrikka*) are the important organs of the body. These help to flush out the harmful products from the body. They make a very important part of urinary system. It is advised that the person suffering from kidney disease must consume food products which are rich in anti-oxidants, vitamins, phytochemicals and flavonoids.

Table 5 shows important food products for Kidney

Skin:

Skin is the largest organ in the body. *Ayurveda* explains *twak* as one among the 5 *jnanendriya*, attributed with the function of sensation of touch. Healthy skin is the result of overall health condition of individuals. For this, *ayurveda* has prescribed numerous *pathya ahara* that needs to be pursued at every stage of life.

Table 6 shows important food products for Skin

As per *Ayurvedic* text, -*Purnava*, *amalaki*, *triphala*, *kumkumam*, *khadira*, *chitraka*, *jatiphala*, *karanja*, *tila taila*, *nimba taila*, *mudga*, *karavellam*, *sarshapa*, *nimba patra*, *tikta rasa*, *laghu anna pana*, *Shali rice*, *yava*, *godhuma*, *kodrava*, *Jangala mamsa*.

Lungs:

To keep your body healthy, lungs must be in good condition. The lungs work day and night pulling in oxygen and dumping out the carbon dioxide. There are some particular foods and herbs that can help in improving the condition of the lungs by removing toxins from them.

CONCLUSION

Ahara is as beneficial to human beings as the nectar is for the deities. There is a saying "you are what you eat". Healthy foods are beneficial to the whole body like carrot, walnut, celery, avacados, clams, grapefruit, tomato, red wine, ginger, sweet potato, etc. Maintaining excellent health and a happy life mostly depends on a suitable balanced food and an active, stress-free lifestyle. Various disorders are becoming more common on a daily basis as a result of poor eating habits, lifestyle changes, and environmental changes.

To maintain the health of the mind and body, *ayurveda* has outlined a number of practises that must be followed,

including *Dinacharya*, *Ritucharya*, *Aachara Rasayana*, *Sadvritta*, etc.

As per *Kashyapa*, *Aahar* is also named as *Mahabhaisajya*. No medicine is equivalent to food. It is possible to make a person disease free with just proper diet. Even the disease can be cured without any medicine by just following *pathya ahara*. Proper intake of *Aahar* is one part of a care. So, take proper food containing all components of balance diet following all principle explained in *ayurveda*, keep your organs healthy and live a happy life. *Dosha*, *Dhatu*, *Mala*, and *Ojas*, the structural and functional parts of the body, are fed/maintained, depleted, or vitiated by the effect of the *ahara*, which then determines health and bad health. The present statistics on disorders also show how modern life's nutrition and routine are haphazard. Hence, Ayurvedic principles are becoming quite important today in this regard.

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Table 1 shows important food products for brain

Leafy greens	Rich in vitamin E and K1
Yogurt	Contains iodine in high quantity
Peanuts	Thiamine
Oranges	Hesperidin and narirutin flavonoids
Eggs	Significant amount of choline

Table 2 shows important food products for Eye

According to <i>Yogaratanakara</i> ⁸	Food prepared with <i>Mudga, Yava, Rakta shali</i> , soup of <i>Kulatha, Peya</i> and <i>Vilepi, Kaumbha ghrita</i> ; vegetables of <i>Surana, Patola, Vartaka, Karkotaka, Karvella, Mocha, Moolaka, Punarnava, Markava, Kakmachi</i> and <i>Pattura; Kumarika, Draksha, Kustumburu</i> , rock salt, <i>Rodhra, Triphala</i> , honey, breast milk, <i>Chandana, Karpura</i> .
As per <i>Vagbhata</i> ⁹	Leafy vegetables (<i>jivanti</i>), <i>Jangal-mamsa, Dadima</i> , and <i>Antriksha-jala</i>
As per <i>Acharya Charak</i>	<i>Ch.su.27 (ahara varga)</i>

Table 3 As per Acharya Charak¹⁰

Varga	Drugs
<i>Haritaki varga</i>	<i>Haritaki, vibhitaki, amalaki, yastimadhu, lodhra, saindhava lavana</i>
<i>Karpuradi varga</i>	<i>Karpura, rakta Chandana</i>
<i>Guduchyadi varga</i>	<i>Jivanti, shobhanjana, nirgundi, shatavari, kumari, punarnava, bhringaraja</i>
<i>Phala varga</i>	<i>Kadali, dadima</i>
<i>Dhatu varga</i>	<i>Vanga, yashada, loha, Suvarna makshikam, kapardika, shankha</i>
<i>Dhanya varga</i>	<i>Rakta shali, mudga</i>
<i>Shaka varga</i>	<i>Mulaka</i>
<i>Mamsa varga</i>	<i>Jangala mamsa</i>

Table 4 Some of the *hridaya* or we can say *pathya ahara* for heart are being mentioned.

<i>Narikelodak</i> (coconut water)	Cardiac tonic and congenial for heart
<i>Takra</i> (buttermilk)	
<i>Ksheer</i> (milk)	
<i>Saindhava lavan</i> (rock salt)	
<i>Rason</i> (garlic)	Cardiac tonic, improves blood circulation, reduces cholesterol deposition
<i>Kushmanda</i> (ash gourd)	
<i>Hrudya gana</i> ¹¹	<i>Aamaratak likuch karmard vrikshaamlaamlavetas kuval badar dadim maturlungaini darshmani hriyani bhavanti</i> (Ch.Su 4/10)
Fibrous food	Pear, apple, lentils, tomato, almonds, etc.
Green leafy vegetables like spinach, radish etc.	High in vitamin K and nitrates

Table 5 shows important food products for Kidney

Buttermilk	Decreased odds of proteinuria kidney disease
Cucumber	Controls mineral level
<i>Kushmanda</i>	Cures urinary obstruction, stabilises and nourishes the weakend body, aphrodisiac.
Cabbage	Good source of vitamin K, C, B6
Coriander seeds	Works as diuretic
Cranberry	Anti-oxidant, anti-inflammatory
Cauliflower	Rich in vitamin K, C and B

Table 6 shows important food products for Skin

Green tea	Has antioxidant catechins that protect skin against sun damage and improves hydration and elasticity.
Walnuts	Good source of essential fats, vitamin E, zinc, protein, selenium.
Sweet potatoes	Excellent source of beta carotene, acts as a natural sunblock.
Tomatoes	Good source of vitamin C, carotenoids, lycopene, help in preventing wrinkling.
Papaya	Rich in antioxidants like lycopene, helps to improve the elasticity of the skin and minimize wrinkles.