

# International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



## Ayurveda- A Guide To Prevent Life Style Diseases In Relation To *Indriya Pradoshaja Vikaras* w.s.r. To *Nitya Sevaniya Ahara Dravyas*

Dr. Chandani D. Chauhan<sup>1</sup> Dr. D.B. Vaghela<sup>2</sup>

ICV-70.44- ISRA-1.318

VOLUME 4 ISSUE 3 March 2021

1. M.S. Scholar, Shalaky Tantra Department, ITRA, GAU, Jamnagar, Gujarat, India.

2. Associated Professor, I/C Head, Department of Shalaky Tantra, ITRA, GAU, Jamnagar, Gujarat, India.

**Corresponding Author :-** Dr. Chandani D. Chauhan, M.S. Scholar, Shalaky Tantra Department, ITRA, GAU, Jamnagar, Gujarat, India. Email, Id- [chauhanchandani10495@gmail.com](mailto:chauhanchandani10495@gmail.com)

Article received on 5<sup>th</sup> March 2021

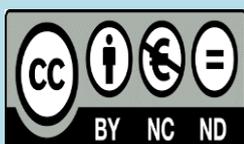
Article Accepted 29<sup>th</sup> March 2021

Article published 31<sup>st</sup> March 2021

### ABSTRACT: -

Ayurveda– the science of life, deals with health promotion, prevention and management of disease. In *Upanishada* food is considered as *Brahma*. Acharya Charaka emphasizes importance of food as the body as well as diseases are formed by food. Wholesome and unwholesome food is responsible for happiness and misery respectively. Acharya Kashyapa quoted food as *Mahabheshaja* (supreme medicine). World Health Day is celebrated on 7<sup>th</sup> April, with WHO highlights the challenges & opportunities associated with food safety under the slogan “From farm to plate, make food safe” that indicates the importance of *Ahara* (food). Life styles disorders are a result of an inappropriate relationship of people with their environment. *Indriyas* (senses) are the media through which the objects of the external environment perceived and they reflect the ill health of body. Present paper highlights the importance of Ayurvedic dietetics and balanced nutrition as a preventive aspect of life style diseases in relation to *Indriya Pradoshaja Vikaras* (diseases related to sense organs) w. s. r. to *Nitya Sevaniya Ahara Dravyas* (wholesome daily foods). A conceptual analysis on the importance of it in day-to-day life.

**Key words:** *Ahara, Nitya Sevaniya Ahara Dravyas, Life style diseases, Indriya Pradoshaja Vikaras*



This work is licensed under a creative attribution -Non-commercial-No derivatives 4.0 International License commons

**How to cite this article:** - Dr. Chandani D. Chauhan, Dr. D.B.Vaghela, Ayurveda- A Guide To Prevent Life Style Diseases In Relation To *Indriya Pradoshaja Vikaras* W.S.R. To *Nitya Sevaniya Ahara Dravyas* , IRJAY, March: 2021, Vol-4, Issue-3; 112-116 ; DOI: <https://doi.org/10.47223/IRJAY.2021.4313>

## INTRODUCTION:

*Acharya Charaka* gave *Trayopastmbha* (3subpillars) i.e., *Ahara* (food), *Nindra* (sleep) and *Brahmacharya* (celibacy). Here *Ahara* (food), has been enumerated first, which shows its importance. Daily consumption of *Hita* (wholesome), *Avirudh*(unwholesome), *Satmya* (suitability) and *Nitya Sevaniya Ahara* (wholesome daily foods) makes the person disease free. So, one should plan our diet according to the *Ashta Ahara Vidhi Visheshayatana* (eight factors for method of dieting). The aim of Ayurveda, according to *Acharya Charaka* is “*Swasthasya Swasthya Rakshanam...*”<sup>[1]</sup> as prevention is always better than cure and for that *Acharyas* mentioned so many rules and regulation for diet and dietary habits. Importance of *Pathya Ahara* (wholesome) is mentioned as *Mahabheshaja* (medicine).

All the *Indriya Pradoshaja Vikaras* (diseases related to sense organs) takes long time to manifests and once it encountered, it is very tough to cure the disease (*Kruccha Sadhya*). So, the proper awareness about its prevention is very important. *Indriyas* (senses) are media between external and internal environment and also take part in awareness and reaction with the external environment. Hence, these are important faculties of our body, which are prone to get afflicted by various factors. Today’s mechanical life has changed the “Life style” drastically.

Overpopulation, overcrowding of vehicles leading to sound and air pollution, junk food habits, etc. have brought many hazards to human life affecting the sense organs like *Nashashosha* (dryness of nasal), *Badhriya*, *Netrabhishyanda*, *Gandhahani*, etc. The life style disorders of above organs include macular degeneration, diabetic and hypertensive retinopathy, deafness, otalgia, epistaxis, allergic conditions, headache, hoarseness of voice, otorrhoea, sinusitis, tonsillitis, dental caries, gingivitis, bleeding gums, etc. Thus, preventive measures of above diseases are emphasized, keeping in mind the diseases related to *Indriya*

*Pradoshaja Vikaras*. *Acharya Charaka* described “*Indriyopaghata*” and “*Indriyopatapa*” are main features of *Indriya Pradoshaja Vikara*.<sup>[2]</sup>

According to *Acharyas*, most of the disease occurs from malfunctioning of *Agni*, which creates “*Aam*”. It is not enough to eat proper food but is more important to digest what one has eaten. The chronic indigestion lies at the root of most of the disease states. *Ahara Rasa* is formed only after the proper digestion of food and it causes *Indriya Tarpana*. *Manasika Bhavas* also disturbs the normal digestion process and where there is *Khavaigunya*, the disease manifest by provoking the *Dosha*.

## AIM AND OBJECTIVE OF STUDY:

The present study is aimed to look out on an Ayurvedic guideline to prevent life style diseases in relation to *Indriya Pradoshaja Vikaras* w.s.r. to *Nitya Sevaniya Ahara Dravyas*.

## MATERIAL AND METHODS:

### Balanced and nutritive diet in Ayurveda:

Ideal food is nothing but the food which is necessary for the maintenance of the health, proper body growth and development. Variety of food in such quantities and proportions that the need of energy, vitamins, protein, carbohydrate, amino acids, mineral, fat and nutrients are adequately met for maintaining health, vitality and general well being and also makes a small provision for extra nutrients to withstand short duration of leanness is defined as a “Balanced diet”.<sup>[3]</sup>

*Acharya Charaka* and *Vagbhatta* described “*Nitya Sevaniya Ahara Dravyas*” as similar to the nutritive and balanced diet. Classification of *Ahara Dravyas* as *Jivaniya*, *Bruhaniya*, etc. is clearly mentioned that it is based on nutritive values. Scholars of Ayurveda had a clear idea about the over nutrition and malnutrition and their effect, which is explained mainly in the context of *Santarpana-janya-vyadhi* and *Apatarpana-janya-vyadhi*.<sup>[4]</sup> Ayurveda classics have concept of *Viruddhahara*, *Satmyahara*, *Nitya Sevaniya Ahara Dravyas*, *Ashta Ahara Vidhi*

Visheshayatana.

**Critical analysis of Nitya Sevaniya Ahara Dravyas:[5]**

<i>Nitya Sevaniya Ahara Dravyas</i>	<i>C. Su. 5</i>	<i>AS. Su. 10</i>	<i>B. P. 5</i>	<b>Nutritive value</b>
<i>ShashtikaShali</i>	✓	✓		<b>Carbohydrate</b>
<i>Yava</i>	✓	✓		
<i>Madhu</i>	✓	✓	✓	
<i>Mudga</i>	✓	✓	✓	<b>Protein</b>
<i>Jangala Mansa</i>	✓	✓		
<i>Amalaki</i>	✓	✓	✓	<b>Vitamins</b>
<i>Saindhava</i>	✓	✓		<b>Minerals</b>
<i>AtrikshaJala</i>	✓	✓		<b>Fluids</b>
<i>Paya</i>	✓	✓		<b>Proximate Principle</b>
<i>Sarpi</i>	✓	✓		<b>Fat</b>
<i>Godhuma</i>		✓		<b>Carbohydrate</b>
<i>Sunishanaka</i>		✓		
<i>Jivanti</i>		✓		<b>Vitamins &amp; Minerals</b>
<i>Mulaka</i>		✓		
<i>Vastuka</i>		✓		
<i>Pathya</i>		✓		
<i>Mrdvika</i>		✓		
<i>Patola</i>		✓		<b>Carbohydrate</b>
<i>Sharkara</i>		✓	✓	
<i>Dadima</i>		✓		<b>Vitamins</b>

**1. Shashtika Shali (Rice grown in 60 days)** is main source of energy (70% to 80%) and contributing significant quantity of protein, minerals and B group vitamins. Rice proteins are rich in lysine, which is an essential amino acid than other cereals proteins.

**2. Mudga (Green gram)** is main source of protein, which has 25% of protein in it. But regards to quality vegetable proteins are inferior to animal protein. It is also rich in minerals and vit-B.

**3. Saindhava Lavana (Rock salt)** is clear pure salt having reddish white colour and contain natural iron. Increase appetite and add taste to food. It has less water retention capacity thus good for those suffering from cardiac diseases, HTN and renal diseases.<sup>[6]</sup>

**4. Amalaki (*Embellica officinalis*)** is main source of vitamin C and other active ingredient like phyllembin, gallic acid, tannins, pectin and ascorbic

acid. Vitamin C in *Amalaki* is easy to assimilate in human body and protected against heat and light, boost bio availability, improves assimilation of iron, balance stomach acids and absorption of calcium for yielding healthier bones, teeth, hairs and nails and also promote strength.

**5. Yava (Barley)** is *Mutrala, Kapha Shamaka*, used in *Sthaulya*.

**6. Antariksha Jala (Rain water)** is prime source of all water and purest water in the nature.

**7. Goghrita (Cow's ghee)** is easily penetrating the lipid based cell wall of the body because it has lipid soluble nutrients to get absorbed. It is also *Pitta Vatahara*, good for *Rasa, Shukra, Oja, Swara, Varna, Nirvapanam, Sansakarasya Anuvartanam* in nature.<sup>[7]</sup>

**8. Jangala Mansa (Animal meat)** has 20% protein, has high biological value, 3-5% of fat, energy, amino acids and vitamin B complex.

**Madhu (Honey)** is composed of 38% of fructose, 31% of glucose, 1% of sucrose and 9% of other sugars, along with water and small amount of vitamins, minerals and acids. It has been used as antiseptic, reduces cholesterol thus prevent Coronary artery disease and obesity<sup>[8]</sup>

**10. Paya (Cow's milk)** is considered as complete food. It has a fine blend of all nutrients. It is a good source of protein, fat, sugar, vitamins, minerals, amino acids and rich source of calcium.

## RESULT AND DISCUSSION:

According to Ayurveda, the diet nourishes both the physical and mental built is called balanced diet. The definition of balanced diet indicates role of carbohydrates, proteins, amino acids, minerals and vitamins. The *Nitya Sevaniya Ahara Dravyas* fulfilling all the nutritive criteria of daily consumption of energy by carbohydrate, protein and fat with vitamins and minerals. So, by daily consumption of *Nitya Sevaniya Ahara Dravyas* does the promotion of health of healthy individuals and prevent the disease condition. Concept of *Nitya Sevaniya Ahara Dravyas* clearly indicates the importance of nutrition in day to day life.

By following the concept of *Ashta Ahara Vidhi Visheshayatana* and other regulations described in Ayurveda, one should consume the *Nitya Sevaniya Ahara Dravyas* for proper nutrition with little modification in life style. *Gunas* of particular diet like *Laghu*, *Snigdha*, *Ushna*, etc. improves the *Jatharagni* and digested *Ahara Rasa* causes equilibrium of *Dosha*, *Dhatu* and *Mala* by *Kshira-Dadhi Nyaya* and *Dhatu parinamana Vada*, which prevents the life style diseases in relation to *Indriya Pradoshaja Vikaras*. By balanced diet, free radicles are not formed in the body. Thus providing the platform through which the whole body rejuvenates. So, it acts similar like *Rasayana Sevana*. It also improves the vitality and enables the person to live a long and healthy life.

## CONCLUSION:

Ayurvedic dietetics does not follow the modern norms of fixing a constant amount of *Ahara* for all individuals in general but instead relies on the status of *Agni Bala* for each and every individual. Effort should be made to put Ayurvedic menu of nutritional supplements into the National nutritive programmes. Ayurvedic method of understanding and analyzing *Kuposhana Janya Vikaras* (Nutritional disorders) is necessary to adopt Ayurvedic nutritional management. By daily consumption of *Nitya Sevaniya Ahara Dravyas* does the promotion of health of healthy individual and prevent the life style diseases in relation to *Indriya Pradoshaja Vikaras*.

**Acknowledgement: None**

**Financial support – None**

**Conflict of interest-None**

## REFERENCES:

- 1-Vaidya Yadavji Trikamji (ed.), Charaka Samhita of Agnivesha, Ayurveda Deepika Commentary of Chakrapaanidatta, Sutra Sthana, Tistraniya Adhyaya, Verse no.35, Reprint edition, Chaukhambha Orientalia, Varanasi, 2007:74.
- 2-Vaidya Yadavji Trikamji (ed.), Charaka Samhita of Agnivesha, Ayurveda Deepika Commentary of Chakrapaanidatta, Sutra Sthana, Tistraniya Adhyaya, Verse no.35, Reprint edition, Chaukhambha Orientalia, Varanasi, 2007:74.
- 3-K. Park. Preventive and Social medicine, Bhanot Publishers, 22nd edition: 591.
- 4-Swaminathan, Food And Nutrition, Bangalore, Printing & Publishing Co. Ltd, reprint ed. 2004:117.
- 5-K. Park. Preventive and Social medicine, Bhanot Publishers, 22nd edition: 582
- 6-Swaminathan, Food And Nutrition, Bangalore, Printing & Publishing Co. Ltd, reprint 2004:350.
- 7-Vaidya Yadavji Trikamji (ed.), Charaka Samhita of Agnivesha, Ayurveda Dipika Commentary of Chakrapaanidatta, Sutra Sthana, Sneha Adhyaya,

Verse no. 13-14, Reprint edition, Chaukhambha  
Orientalia, Varanasi, 2007:82

8-Swaminathan, Food And Nutrition, Bangalore,  
Printing & Publishing Co. Ltd, reprint 2004:135.

