



Scientific Explanation of 'Ahar Vidhi Vidhan' mentioned by Charakacharya (disciplinary Diet/Eating)

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Abstract-

Ayurveda is the ancient science which not only gives effective treatment for many diseases but also provides healthy way of living. *Ahar*, *Nidra* & *Bramhacharya* is three important *upastambha* of life in *Ayurveda*. *Ayurveda* gives immense importance of *Ahar* and explains that how healthy and techniqueful eating is important for healthy body, mind and soul. *Acharya charak* describes '*Ahar Vidhi*' which gives us importance of Do's and Don'ts about diet and drink. It gives importance of eating healthy food and also describes its various ways. In present Era, diet and lifestyle is unknowingly responsible for many diseases. Now a day, people are fascinated towards frozen & preserved food which satisfy their taste bud but as well invites many diseases. That's why one should follow *Ayurveda* principles to prevent various lifestyle disorders. Present study is review of '*Ahar Vidhi*' and the disorders caused by not following the principles described by *Acharya charak*. This study also states that

there is scope of scientific testing to justify textual references.

Keywords-

Ayurveda, *Ahar Vidhi*, diet, Life Style disorders.

Introduction –

Ahar is basic need of living beings. In present, there is increase in prevalence of life style disorders in which faulty and unhealthy diet habits play an important role. Nowadays improper way of diet due to fast life, leads to several diseases which can be avoided by following '*Ahar Vidhi Vidhan*'. *Ahara Vidhi Visesa Ayatana* means, the causative factors responsible for the wholesome and unwholesome effect of the methods for diet intake. There are many diseases, in which *Ahara Vidhi Vidhana* is mentioned as *Hetu*. So the advice of *Pathyasevana* and *Nidana Parivarjana*, in the form of *Ahara Vidhi Vidhana*, can also help for *Vikarasamana*. The term *Ahara Vidhi Vidhana* is used first

by *Charaka* in *Vimanasthana* 1st chapter. Though many other classics have elaborately mentioned the same rules, they have explained them under different headings like *Bhojana Vidhi*, *Annavidhi* etc.

Aim and objectives:

To review the '*Ahar Vidhi*' and the disorders caused by not following the '*Ahar Vidhi*' described by *Acharya Charak*.

Material and methods:

In this conceptual study, a review of *Charaka Samhita vimanstana* has been done.

Discussion:

Scientific Explanation of Ahar Vidhi Vidhan-

The concept of *Ashta Ahar Vidhi Visheshayatan* was put on decades ago but holds strong even in today's era. Need is to assimilate it in our daily routines. In order to remain healthy, individual must take into consideration the basic nature of food that will suit to his *Prakriti*, because it is this diet that will stabilize his *Doshas* and replenish his *Dhatus*. The term *Ahara Vidhi Vidhana* (Dietary guidelines) is used first by *Acharya Charak* in *Vimanasthana* 1st chapter. These eight rules about diet are as follows –

Ushnam Ashniyat¹ (Consuming warm food) –

According to *Charakacharya*, consuming warm food tastes good, pacify *Jatharagni*, digests easily and *Vat-Kapha* are maintained at equilibrium. On taking cold food, body uses energy to make it warm, then it is digested and nutrients are absorbed. Excessive consumption of warm food also lead to number of health issue like fatigue, weight gain etc.

Snigdham Ashniyat² (Consuming fat included diet)-

According to *Acharya Charaka*, fat increases the taste, ignifies *Jatharagni* diets easily, pacifies *Vata*, encourages body growth, strengthens *Indriya* and body, improves complexion. That why one should consume fat included diet fats are essential for giving energy and protects the organs, keep your body warm, important for absorption of vitamin A,D,E, K-Fat provides structural component not only of cell membranes in the brain but also of myelin that surrounds each nerve fiber fats are structural component of most important substances in the body including prostaglandins regulate production of sex hormone, *Ruksha Ahar* produces difficulty in excretion of urine, stool and semen.

Matravat Ashniyat³ (Balance diet) –

One should eat balance and limited diet which maintains the equilibrium of *Tridosh* and enhances longevity, easily excreted, not disturbs the *Jatharagni*, digest easily. Also unbalanced and unlimited diet can lead to weight gain, obesity which is linked to diabetes, heart disease and other illness.

Jeerne Ashniyat⁴ (Digestion and first meal is necessary before taking second meal)

If second meal is taken after digestion of first meal then it enhances the longevity otherwise *Apkava Ahar Rasa* mixes with the, *Pakva Ahar Rasa* and vitiates the *Doshas*. So one should see if there is equilibrium of *Doshas*, having a clear belch; gases, urine and stool passed well, having well, appetite then he should

then he should eat his next meal. Otherwise, frequent eating without observing the digestion pattern can lead to indigestion, acidity, constipation, bloating etc.

***Veerya Aviruddham Ashniyat⁵* - (one should eat *Veerya Aviruddha Ahar*)**

Charakacharya has mentioned that if *Veerya Aviruddha Ahar* is taken then one can lead to several diseases such as sterility, blindness, or ascites, eruptions, insanity, fistula, fainting, intoxication, tympanitis, anemia, food poisoning, skin diseases, rhinitis, acidity etc.

***Ishtadeshe Ishtasarvopakaram Ashniyat⁶* – (food should be consumed on proper place with proper utensils)**

If food is consumed on proper palace & proper utensils then one can eat the food being stress- free and can enjoy the food which is necessary for both healthy body and mind.

***Natidrutam Ashniyat⁷* (food should not eaten rapidly)**

If food is taken rapidly then some particle can be passed in respiratory tract causing choking or lead to infections also by eating rapidly one cannot analyses the impurity mixed with food such as small stone particles, hairs etc.

When people eat fast, they tend not to feel full and are more likely to overeat. Eating fast can cause bigger glucose fluctuation which can lead to insulin resistance.

***Nati Vilambit Ashniyat⁸* (food should not taken too slowly)**

If food is taken too slowly then it does not satisfies the individual, more quantity can be taken, not digests properly and also food becomes cold.

***Ajalpan- Ahasan – Tanamana Bhunjeet⁹* (eating without talking laughing, mindful eating)**

One should take the food without laughing and talking otherwise choking and infection in respiratory tract can occur mindful eating gives realization what we are eating, it is useful or not, what quantity we are eating.

We should not talk or laugh while eating, if we do so then food will not get digested and it will create low quantity sugar, low quantity fats. When we open mouth for speaking air enters the mouth and this air spoil the digestive work of saliva and food also most of the times our talks are about our family ,office or any problem which gives emotions such as anger, tension to which some chemical changes happen in our body and digestion is affected.¹⁰

***Atmana abhisamikshya¹¹* (eating after analyzing the need) –**

One should eat after analysing the food that is good for me or not? Can I digest it or not?

Diet should be taken by thinking *Prakruti, Agni, Satmya, Dosh, Abhyavaharan Shakti, Jaranshakti*.

Also age, pregnancy, lactation, sickness, travelling, type of work should be considered while taking diet.

Conclusion

Scientific evaluation of the *Ashta ahar vidhi visheshayatan*, when presented in front of people, may provoke their

interest towards these eight norms again. After viewing above points of *Ahar Vidhi Vidhan*, it can be concluded that *Aahar* if consumed according to above mentioned features, proves the best medication and a prophylactic treatment of most of the diseases, such as diabetes mellitus, obesity, stress, PCOS, Infertility, acidity, many other diseases for which faulty and unhealthy diet habits are responsible for many extents.

So taking disciplinary diet according to *Ahar Vidhi Vidhan* gives a healthy mind, body and soul.

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