



REVIEW ON CONCEPT OF HEALTHY DIET IN AYURVED

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ABSTRACT

Ayurved is science of life. Tripod of life are diet, sleep and controlling senses. Diet is major component in maintaining health as there is continuous regeneration process in body along with its wear-tear. Diet should be comprising compatibility with genomic constituent of individual. Incompatibility of diet with genomic constituent causes biochemical imbalance in body initiating etiological process by various triggering physiological factors of specific pathological manifestations. Most pathological manifestations are caused by toxicity effects of deficiencies or excessive nutriment is due to ingested food leading to imbalanced physiological conditions. Nutriment influences metabolic process and its pathways in acute as well as in chronic way. This physiology of biochemical disturbance in initial phase of any pathological manifestation is indicated very often by symptoms of GIT disturbance, local pathetic discomforts like heaviness, pain, stiffness, etc. Assessment of food is based on fundamental eight components of diet. Ratio of tastes and attributes of ingredients used for preparation of meal, cooking methods or techniques of meal, food qualities, eating habits and food consumption method, quantity of food consumed, and overall meal must be compatible for the physiology of individual. Climatic conditions affecting digestion capacity along with genomic constituent should be continuously assessed and monitored for avoiding diet based life style disorders.

KEYWORDS: diet, compatibility, digestion, genomic constituents, attributes.

INTRODUCTION

Ayurved is science of life. Tripod of life are diet, sleep and controlling senses. Diet is major component in maintaining health as there is continuous regeneration process in body along with its wear-tear. Strengthening physique through proper nutriment in addition to normal metabolism is necessity of an individual. Macro and micro nutrients obtained through regular diet pattern reciprocate in body affecting anatomical and physiological biochemical balance. Diet should be comprising compatibility with genomic constituent of individual. Incompatibility of diet with genomic constituent causes biochemical imbalance in body initiating etiological process by various triggering physiological factors in specific pathological manifestations. Diet is classified in varied way as healthy-unhealthy, wholesome-unwholesome, beneficial-harmful, favourable-unfavourable, heavy-light, spicy-non-spicy, oily, fat free, sugar free, etc.

Most of the pathological manifestations are caused by toxicity effects of deficiencies or excessive nutriment are due to ingested food leading to imbalance of physiological factors of body. Nutriment influences metabolic process and its pathways in acute as well as in

chronic way. This abnormal physiology of biochemical disturbance in initial phase of any pathological manifestation is very often indicated by symptoms of GIT disturbance, local pathetic discomforts like heaviness, pain, stiffness, etc. Obsessional ingestion of food, unwise consumption of food items, irregular and excessive eating or fasting cause deficiencies or excess dietary nutrient forms leads to proneness of specific disease, complications related to toxicities that are indications of low to high severity and chronicity condition and also high risk or co-morbidity conditions of disease. Nutritional disorders are indicators of impairment of digestion, intestinal absorption disruption, rectal disease, and many more GIT related ailments causing imperative nutrition related pathological manifestations. Hence, Ayurved has accentuated importance of Diet and affirmed that impaired digestion is etiological root cause of almost all pathological manifestations besides psychological and physical ailment.

Comprehensive elaboration about diet has been given in Ayurved, emphasising on food assessment for compatibility as per individual's genomic constituents which are based on three biochemical (physiological) fundamental corps known as Tri-Dosha. Biochemical

composition of food and genomic biochemical composition must be compatible at given place (climate) and time. Diet is analogously termed as “Praana” (Vitality) which is extrinsic factor (Bahya-Praana) that after ingestion nourishes the intrinsic factor (Anthah-Praana) i.e. vitality of body and mind. Vitality is inferred from strength or capacity to do physical, mental activities smoothly without any fatigue or debility signs seen in individual after following routine lifestyle. Strength of individual varies as per age, sex, inherent factors and lifestyle. Lifestyle is most often categories into diet, physical work load and psychological well-being. Therefore, these three factors are road map to healthy life or etiological key factors of pathological manifestation even before occurrence of cardinal symptoms of specific disease. Thus, fundamentally and essentially it's necessary to assess food compatibility for every individual's nutriment needs before fabricating the dietary items into habitual mode. Food incompatibility in form of obsession or un-resistible affinity towards specific tastes causes discordance of food as it leads to excess of specific taste and complete devoid of other taste which is cause of debility as indicated in Ayurved. Consumption of all tastes in ratio as per individual's genomic Dosha composition is essentially followed as lifestyle or habit. Though slight modification as per age, season and occupational needs should be look over with basic lifestyle.

Guidelines for Assessment of food:

Eating habits not only comprises method of eating and quality of food but most importantly it focuses on food consumption patterns based on type of food and time of food ingestion which is etiological factor in any diseases like degenerative diseases, toxin accumulation, etc. leading to almost all pathological manifestations. To avoid these imbalanced biochemical physiology causing several pathological conditions, guideline about examination of dietary factors are elaborated in detail Ayurved.

One must understand own genomic Dosha composition and digestion capacity before ensuring regular assessment of food and consuming food. Assessment of food is based on fundamental eight components of diet. These are as follows:

- 1) Nature of composition of food (Prakruti)
- 2) Type of ingredients / Qualitative analysis (Samyoga)
- 3) Preparation processes of recipe (Karana-Samskaara)
- 4) Quantitative analysis (Rashi)
- 5) Duration or time (Kaala)
- 6) Place related to food preparation, storage and consumption (Desha)
- 7) Eating practice (Upayoga Samsastha)
- 8) Consumer nature (Upayogataa)

Determination of conduct in food consumption is most essential tool to sustain normal balanced composition in biochemically as well as structurally mode in normal physiology of human body.

1) Nature of composition of food (Prakruti)

Food character is assessed according to six tastes mentioned in Ayurved which plays significant role in the selection of food depending on likes and desires of individual. Food habits forms diet structure which is based on Taste likings but all tastes in different ratio are essential for balanced nourishment as per genomic composition to balance the body pH. A healthy pH balance plays a significant role in overall well-being, and is determined by the food and type of drink you consume. Ayurved has emphasised on regular consumption of all six tastes as body is directly nourished in the proportion of regular dietary habit. Habitual to one or limited 3-4 tastes cause debility or acute electrolyte imbalance due alteration of pH in body. In chronic pathological manifestations, it is mostly in form of severe distorted pH levels of acidosis or alkalosis as an electrolyte imbalance.

As per Ayurved, Tastes are basic fundamental attribute responsible for biochemical reactions that affects physiological normal form or ailments. Tastes are associate with other physical (Extrinsic) and chemical (Intrinsic) properties to produce its varied effects through various biochemical reactions. Similar and dissimilar chemical compositions (*Prakruti-Sama-samvaaya* and *Vikruti-Vishama-samvaaya* respectively) of a substance identifies each substance into two principal distinctive categories of substance indicating dominating attribute responsible for reactions in a substance. For example, sweet taste substances belonging to similar chemical compositions (*Prakruti-Sama-samvaaya*) has inherent general other attributes like heavy to digest, unctuous, imperturbable, weak *endogenous heat* reactive leading to obstructive, blocking aetiology in several pathological conditions. Whereas Bitter taste substance have exactly opposite actions. Thus, these two categories show opposite characteristic of substance like highly reactive or non-reactive and having *endogenous* or *exogenous reaction*. While it is observed that the dissimilar chemical compositions (*Vikruti-Vishama-samvaaya*) category there is combination of attributes of two different groups.

2) Type of ingredients / Qualitative analysis (Samyoga)

Use of food having similar and dissimilar chemical compositions (*Prakruti-Sama-samvaaya* and *Vikruti-Vishama-samvaaya* respectively) of a substance in equal or unequal ratio in any meal recipe has varied cumulative effect on body leading to nullifying, exaggerated or discreet reactions. Ayurved emphasizes to assess each food recipes as per its cumulative effect of all the ingredients combined depending on its ratio in a food product. Opposite attributes in equal ratio or incompatibility of attributes with each other in any food causes slow toxicity in body obstructing channels of systemic physiological functions. (*Virudha-Aahaara*).

3) Preparation processes of recipe (*Karana-Samskaara*)

Meal preparation itself is biochemical reaction activity adhere to taste of individual. Its biochemical reactions related to taste impoverished process alters pH of food. Procedures carried out for any preparation have significant impact in change in attributes of product. Along with chemical composition of ingredients, various processing methods during preparation has cumulative effect on product outcome as food. Important also are solvents or liquids added in any preparation method of food product. Processing methods varying from simply washing by water to heating at different temperature levels leads to various chemical reactions in the product. Type of heat source essentially have impact on transformation as it is seen that at higher heat sources it accelerates the reaction for e.g. in furnaces whereas in low heat sources it is slow reaction as like in wood fire. Heating have different effect on different substances as it is observed that Coal fire, steaming, evaporating has specific reactions in substances. Along with these, place (*Desha*) and time (*Kaala*) are major factors responsible for remarkable change in attributes of product which is discussed further.

4) Quantitative analysis (*Rashi*)

At every mealtime, the quantity of food should be measured discretely as well as whole for its proper digestion. Variations in digestion capability and appetite stimulation is continuous physiological disposition depending of basic metabolic rate according to genomic constituents and seasonal effect on human physiology. Therefore, decision of ratio of inclusive of all tastes in diet is most essential as requirement of body and digestion capacity at every meal. Before including any food initially in your diet and making it habit, it is necessary to assess attributes and benefits-detrimental effects of food on basic genomic constituents. Cumulative effect of quantity of each ingredient added to food leads to decision of consumption of quantity of each food item included in a meal as well as complete food quantity as it ultimately affects digestive system.

5) Duration or time (*Kaala*) of food

Another essential fact mentioned in Ayurved is Schedule of food Consumption which is observed major cause in lifestyle disorders. Diet should be strictly followed individually as per regular hunger stimulation with consistent interval between the two meals. Irregular intervals between any two eating (irrespective of digestion capacity) leads to etiological factors like overeating (*Adhyashana*), eating during improper digestion or indigestion (*Ajeernaashana*), and late-eating (*Kaalatita bhojana*). As per Ayurved, Irregularity in eating habits along with consumption of mixed compatible and incompatible type of food (*Vishamaashana*) is major cause of degenerative diseases.

6) Place and Time related to food preparation, storage (*Desha*)

Place (*Desha*) and time (*Kaala*) are major factors responsible for remarkable change in attributes of food product in a meal. Place (*Desha*) and time (*Kaala*) are classified as follows: a) origin (*Uttapatti*), b) containers for storage and preparation duration (*Sthiti*), and c) processing (*Parinama*). Origin (*Uttapatti*) is related to place of origin as place whereas for time Climatic conditions are considered. Containers for storage and preparation duration (*Sthiti*) indicates the material for utensils (earthen, iron, copper, gold, etc.) and duration of storage. Time (*Kaala*) is classified in fourth type according to stages of raw and ripening in a substance. Regarding Time factor effect on diet, climatic conditions affecting digestion capacity along with genomic constituent should be continuously assessed and monitored in quantitative analysis for avoiding life style based disorders. Thus, Place and Time are important factors of chemical reactions in preparation process of food.

7) Eating practice (*Upayoga Samsastha*)

Food should ingested only after previously ingested food is properly digested. Food should be always freshly prepared, hot (no stale food), unctuous as per individual requirements. While consumption of food, one must be without any mental stress and examining the beneficial and harmful consequences of food. It indicates that every time while taking meal, it must be self-served according to needs and aptness for homeostasis of one's own body constituents.

8) Consumer nature (*Upayogataa*)

Compatibility of food and genomic constituent of individual is an essentiality for food to be healthy and nutritive in its effect on its consumer. Qualitative analysis of food must be naturally biochemical compatible in its consequences on body along with quantitative effects on digestion capacity. Taste and its biochemical effect must be understood according to biochemistry of genomic constituents.

Therefore, Biochemistry of body and chemistry of food preparation must be compatible with each other for maintaining normal physiological pH levels.

There is lot of descriptions of the physical and chemical processes inherent to varied cooking methods, ranging from pressure cooking to deep frying and the pros and cons of one method over another. The biochemistry of browning reactions and their relation to the soluble and volatile molecules that interact to give us "flavor" are elaborated in books related to chemistry of cooking. Forms of heat transfer (conduction, convection, radiation) and their roles in cooking are covered, along with the reasons for the differences in chemical reactivity and heat conductivity of commonly used cooking vessel materials are explored in it.

Therefore, ratio of tastes along with other physical, chemical attributes of ingredients used for preparation of meal, cooking methods and techniques of meal, cumulative qualities in prepared food, eating habits and food consumption method, quantity of food ingredients, and overall meal consumed must be compatible to normal physiology of individual for balancing pH of body elements.

Thus, diet must be comprising three important factors viz. quantitatively (*Mitaashi*), qualitatively (*Hitaashi*), timely (*Kaala-Bhoji* as per digestion capacity and genomic constituents.) to maintain balance of physiological and body function.

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