Concept of *Aahara* According to *Prakrti* -A Review

Anita Kumari[1] , Manish Kumar Sharma[2], Iqbal Khan [3], Ashok Kumar Sharma [4],
K. L. Sharma [5], Rekhraj Meena [6], Ayushi Nigam [7]

1,2,3-M.D. Scholar, PG Dept. of Kriya Sharir , M.M.M. Govt. Ayurved College, Udaipur (Raj.)
4-Professor & HOD, PG Dept. of Kriya Sharir , M.M.M. Govt. Ayurved College, Udaipur (Raj.)
5-Asso. Prof. , PG Dept. of Kriya Sharir , M.M.M. Govt. Ayurved College, Udaipur(Raj.)
6,7-Assistant Professor, PG Dept. of Kriya Sharir , M.M.M. Govt. Ayurved College, Udaipur (Raj.)

Article Info

Corresponding author-
Anita Kumari, M.D. Scholar, PG Dept. of Kriya Sharir , M.M.M. Govt. Ayurved College, Udaipur
E-mail-anitapunia31292@gmail.com

ABSTRACT:

Ayurveda the "Science of life" is a system of medicine that utilizes various therapies including diet , herbal preparations and yoga to restore harmony balance with in the body. It focuses more on the healthy living and well being. One of the main goals of *Ayurveda* is to maintain health of a healthy individual and to attain the health in the diseased. Diet is mentioned in 3 sub – pillar (sub tripods of life), since it is responsible is for growth & development of the human body. One of the important concepts in *Ayurveda* is *"Prakriti"* the innate nature of an individual & is determined at the time of conception itself & remains throughout the life. Knowing of *Prakriti* helps in maintaining the health and preventing the disease. *Ayurveda* prescribes various foods and lifestyles According to one's *Prakriti* and suggests that one should follow these guidelines to prevent various disorders and to promote health. In this era of lifestyle disorders in order to improve the quality of life & to bring down the cost of health care one should know about his *Prakriti* & the diet suitable for his body constitution .Here by this paper is intended to explain the concepts of diet in *Ayurveda* in a backlight of *Prakriti.*

Keywords - *Prakriti*, *Hita Ahar*, Eating Habits, Health.

INTRODUCTION

Ayurveda is a natural health care system that originated in India more than 5000 years ago. In *Mahabharata* it is said that from *Ahara* only all living beings are created & are further nourished.[1] In these era of lifestyle disorders, knowing one's Prakriti and the appropriate diet for one's body constitution is essential for improving one's quality of life and

lowering health-care costs. They provide their modalities through Ahara (food), Vihara (lifestyle), and Ausadhi (medicine), which are three pillars of Prakriti-based science that make it a comprehensive science. It stresses highly customized disease therapy since it considers that each individual is unique and has a particular constitution. Pra denotes the "beginning," "starting," or "source of

origin," whereas *kti* denotes "to perform" or "to form." Prakriti denotes "natural form" or "original form" when put together. The term "*Prakti*" refers to the natural shape of the human body's construction and composition. The definition of the word 'Prakti' in the dictionary is "nature, character, and constitution, original or primary substance." *Prakriti* originated during the *Shukrashonita Samyoga* [2] (union of sperm and ovum) but it is determined by factors like *Shukrashonita* (sperm and ovum), *Kaalagarhashaya* (time of conception) *Maatura Ahara Vihara* (mother food), *Mahabhuta Vikara* (five fundamental elements). [3] This nature origin according to the *Doshs* predominant is of seven types they are *Vataja, Pittaja, Kaphaja, Vatapittaja, Pittavataja, Pittakaphaja, Tridoshaja\Sama* .among these types of *Prakriti Ekdoshja Prakriti* consider *Sada Atura* (Unhealthy), *Dwidoshaja Prakriti* as *Nidana* (Poor) and *Sama Prakriti* as *Uttama* (Best) *Prakriti*. According to Charak if *Vata Prakriti* person takes *Vata Prakopak Ahar* (diet) then he/she may suffers from *Vata Vikara* (disease) and that persons *Bal* (strength), *Varna* (lustor), *Sukh* (happiness), *Aayushya* (life) may be hampered. This is true for *Pitta* and *Kapha Prakriti* also. Therefore, according to *Acharya Charak Aahar* (diet) according *Prakriti* depends on quality of food, quantity of food, manner of intake, combination of *Aahar* and frequency of intake. [4] So if person follows diet according to *Prakriti* he survives 100 year disease free life.

MATERIAL AND METHODS

Ayurveda gives emphasis to *Prakriti* or body constitution on consideration of food

intake. There are three basic Doshas. There are seven types of Prakriti: Vata, Pitta, and Kapha. Every person in this world is one-of-a-kind. As a result, no single natural and healthy Aahar (diet) can be suitable for everyone to the same degree. Every person should eat a diet that is appropriate for his or her major constitutional Doshas in order to balance them in various ways.

Vata Prakriti Ahar (Table: 1)

Guna of Vata Dosha :Vata has Dryness, Coolness, Lightness, Microeffect, Movement, Clean and Roughness *Guna*.[5] Person will have dominance of *Tikta*, *Katu*, *Kashaya Rasa* in him. So his Diet should be consisting of *Madhura*, *Amla*, *Lavana Rasa*.

Table:1(*Vata Prakriti Ahar*)

Guna of Pitta Dosha: *Pitta* has Unctuous ,Hot, Penetrating quality, Fluidity*,* Sour taste, and
Pungent taste.[6] Person will have dominance of *Katu*, *Amla*, *Lavana Ras.* So his diet should be rich in *Madhura, Tikta*, *Kashaya Rasa*.

Kapha Prakriti Ahar – (Table: 3)

*Guna of Kapha Dhatu***:** *Kapha* has Heavy, Cool, Soft, Unctuous, Sweet, Durable, and slimy.[7]
Person will have dominance of *Madhura* , *Amla*, *Lavana* in him. So balanced diet
for *Kapha Prakriti* should be one that is rich in *Katu*, *Tikta*, *Kashaya Rasa*.

DISCUSSION

Ayurveda covers a massive concept on *Ahara* , *Vihara* and *Dincharya* .It purely emphasizes *Ahara* as a vital aspect for promotion healthy and curing the disease as according to the famous of *Ayurveda* mentioned by *Acharya Charaka*. *Ayurveda* says body's inner aspect i;e mind and outer aspect i;e body are soulfully interconnected Derangement in one disturbed the aspect. Human body is necessarily composed of three *Doshas Vata*, *Pitta*, *Kapha* unlike modern anatomy which comprise of various levels cell, tissues, organ and organ system in a human body, Ayurveda sums up all of the body's constituents in these three Doshas, dubbed Tryaupsthambha by Acharya Charaka. When the body is balanced, it craves foods that are good for it, but when either the mind or the body is disturbed, the outer body's connection to inner intelligence is lost, and we crave foods that are opposite to our Doshas, or we can say that "like attracts like" according to the principle of "Samanyam Vriddhikranam." For example, if Pitta increases in the body, we will have a tendency to crave more Pitta viated food, resulting in more Meals that reduce a Dosha's intensity are believed to calm it, whereas foods that raise it agitate it. Sweet ,sour, and salty foods pacify *Vata*, sweet, pungent and bitter foods decrease *Pitta*, pungent, bitter and astringent foods pacify *Kapha*.

CONCLUSION

Citizens who are healthy are the foundations of any nation's development. As a result, we must work to improve the health of each individual. Physical, mental, social, intellectual, emotional, and spiritual health can all be improved by eating food that is Prakriti-balanced.
worsen the situation Every human being should be aware about nature of diet, mode of preparation and rules of intake according to their *Prakriti*. Proper knowledge of *Ayurvedic Aahar* (diet) according to *Prakriti* and its application in our daily routine is essential for healthy life.

REFERENCES

1. Ghanekara.GB Vaidyakiya Subhashitiyam ,Reprint ed. (Chaukambha Sanskrit Sansthan) (2003)p.69.

2. Tripathi B, Vagbhatta Ashtanga Hridaya with commentaries Sarvangasundara of Arunadutta and Ayurveda Rasayana by Hemadri. Chaukambha publication 2009 .p8.

3.Acharya YT, Agnivesha .Charaka Samhita. Ayurvedadeepika commentary by charakapani datta chaukambha publication ;2009. p 277

4.Acharya YT, Agnivesha .Charaka samhita. Ayurvedadeepika commentary by charakapani datta 6/94 chaukambha publication ;2009.

5. Acharya YT, Agnivesha .Charaka samhita. Ayurvedadeepika commentary by charakapani datta 1/58 chaukambha publication ;2009.

6. Acharya YT, Agnivesha .Charaka samhita. Ayurvedadeepika commentary by charakapani datta 1/60 chaukambha publication ;2009.

7.Acharya YT, Agnivesha .Charaka samhita. Ayurvedadeepika commentary by charakapani datta 1/61 chaukambha publication ;2009.

Table:1(*Vata Prakriti Ahar*)

Vegetables:	Beet, sweet potato, cabbage, lamb's quarters, marsilea, drum stick, white gourd, ribbed luffa, smooth luffa, white gourdmelon. lady finger, bitter gourd, sebesten, tomato, pointed gourd, onion.
Pulses:	Green gram and red gram or pigeon gram.
Cereals:	Wheat and rice.
Fruits:	Sweet fruits, banana, pear, orange, guava, water chestnut, papaya, mango, date palm, coconut, grapes, sweet lemon, pomegranate, bael fruit, mulberry, fox nut, almond, cashew nut, apricot and apple.
Condiments:	Fennel, asafetida, ajwain, cardamom, basil, black pepper, ginger, mint, cooked onion, lemon, mango pickles, red chilly and coriander.
Others:	Warm milk, soups, hot cereals, ghee, warm soothing food, added natural fats and butter, salty sour and sweet tastes, cream, butter, salted nuts fresh baked breads, cheese, ice cream and butter milk.
To be Avoided:	Barley, maize, millet, black lentils, kidney beans, soya beans, Chinese Beans, dry foods such as crackers, popcorn and dried fruits.

Table:2(*Pitta Prakriti Ahar*)

Vegetables:	Sweet, bitter vegetables, radish, sweet potato, spinach, cabbage, lamb's quarter, marsilea, ribbed luffa, sponge gourd, cucurbita, green pea, white gourd melon, bitter sien, indian gooseberry, pointed gourd, Green gram, cauliflower.
Pulses:	Green gram, kidney bean, pulse gram, soya bean, red gram, garden pea and chinese beans.
Cereals:	Wheat, barley and rice
Fruits:	Sweet and ripe fruits, banana, pear, guava, water chest nut, papaya, apple, coconut, grapes, cucumber, water lemon, musk lemon, plum, sweet lemon, pomegranate, mulberry, fox nut, cashew nut, apricot, sugar cane, carrot, pine-apple.
Condiments:	Coriander, cinnamon, cardamom, Fennel and turmeric.
Others:	Cool/warm food but not steaming hot, bitter, sweet and astringent taste, cool refreshing food especially in the summer, salad, ice cream, herbal tea, milk etc.
To be Avoided	Black lentils, maize, millet, alcohol, all carbonated drinks (Cold Drinks). Try to limit red meat, fried, spicy foods and all food with preservating.

Table:3(*Kapha Prakriti Ahar*)

Vegetables:	Raw vegetables, pungent and bitter vegetables, reddish, beet, fenugreek, spinach, lamb's quarters, cabbage, indian sorrel, leaf of common milk hedge, marsilea, cauliflower, drum stick, white gourd, ribbed luffa, sponge gourd, cucurbita, white gourd melon, brinjal, green pea, pointed gourd, carumbola, Bitter gourd, sebesten and indian gooseberry.
Pulses:	Green gram, kidney or aconite bean, lentils, pigeon or red gram and pulse or garden pea.
Cereals:	Wheat bran, barley, millet and Maize.
Fruits:	Raw fruits, pear, orange, water chestnut, coconut, grapes, cucumber, water melon, musk melon, sweet lemon, pomegranate, plum, mulberry and fox nut.
Condiments:	Generally all.
Others:	Warm, light food with a minimum of fat & sugar stimulating foods, spicy foods, for digestion & to warm the body bitter & astringent food such as beans, Honey, Goat's milk & Butter milk without fat.
To be Avoided:	Sweet and fleshy vegetables, nutmeg, all types of milks, ghee, cheese, curd, butter, all sweets and milk shake.