

Basic Concepts of Human Nutrition (Poshana) in Ayurveda

Raju Ninama¹, Archana Verma², Anil Nagle³, R.K. Pati⁴, Rajesh Meshram⁵

*¹Post Graduate Scholar of Rasa-Shastra and Bhaishajya Kalpana Department, Pt. Khushilal Sharma Govt. (Auto.) Ayurveda College and Institute, Bhopal, Madhya Pradesh, India

²Post Graduate Scholar of Kayachikitsa Department, Pt. Khushilal Sharma Govt. (Auto.) Ayurveda College and Institute, Bhopal, Madhya Pradesh, India

³M.D. Associate Professor & H.O.D. Department of Rasa-Shastra and Bhaishajya Kalpana, Pt. Khushilal Sharma Govt. (Auto.) Ayurveda College and Institute, Bhopal, Madhya Pradesh, India

⁴M.D. Associate Professor Department of Rasa-Shastra and Bhaishajya Kalpana, Pt. Khushilal Sharma Govt. (Auto.) Ayurveda College and Institute, Bhopal, Madhya Pradesh, India

⁵M.D. Ph.D. Associate Professor & H.O.D. Department of Kayachikitsa, Pt. Khushilal Sharma Govt. (Auto.) Ayurveda College and Institute, Bhopal, Madhya Pradesh, India


¹rajuninama8825@gmail.com


Abstract

Ayurveda is a 6000-year-old care system that asserts that science, philosophy & spirituality are necessary aspects for a healthy living. Ayurveda is considered not only a comprehensive medical system but also a way of life. Nutrition plays a central role in ayurvedic living. Ayurveda places special emphasis on ahara, anna as a means to good life, health & wellness. Healthy & wholesome food nourishes the mind, body & soul. Food is the life of the living being because the direct fruit of the food is the life bearer, it is seen. Our body is composed of tridosha, dhatu & mala. Health as nutrition means balance in biohumours, tissue & wastes, good digestive power, positive & happy attitude in senses, mind & soul indicates the healthy condition of human being. The primary purpose of Ayurveda is not only the treatment of disease but prevention also. Three pillar of life-Aahar, Nidra & Bhamacharya. Diet is the first important pillar of life. It's very much beneficial to our life then the life will be happy with increasing body strength, color, complexion & growth, but misuse of these three things is harmful to our body. Rasayana & invigoration there are special foods & herbs to prevent aging, strengthen, immunity, improve mental faculties & increase vitality. Vajikarana substances are specially used as aphrodisiac & fertility improving agents. Such foods & substances should be consumed regularly so that health is followed (maintenance) that is health remains good & diseases which have not arisen can't be originated. Living all other worldly activities, the body should be followed because when the body is absent, there is a lack of all things for men. Those who live, lives senses, receiving praise from gentleman, being disease free live 36000 nights(days) up to 100 years.

Keywords

Ayurveda, Health, Nutrition.

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1. Introduction

Ayurveda-Art of living. The word ‘Ayu’ means all respects of life from birth to death. The word ‘Veda’ means knowledge or learning. Hence Ayurveda is a science, it is a way of life, which describes the diet, behaviour, rules and regulations that are beneficial or harmful for life. The main aim of Ayurveda includes, preventing a healthy person from getting diseased and treatment of diseased person. “Prayojanamchasya (Ayurvedasya) swasthasyaswasthyarakshanamaaturasyavikarprashamanam cha”^[1]. Ayurvedais the science of positive health and fulfillment in life. Ayurveda is not only a system of medicine in the conventional sense of curing disease. It is also a way of life that teaches us how to maintain and protect mental and physical health and achieve longevity. “Samdosahsamagnishchasamdhatumalkriyah, Prasannaatmendriyamanaahswasthaityabhidhiyate”^[2]. Health of a person means health of physical body and mind together. Our body is composed of tridoshas, tissues and wastes (Dosha-dhatu and mala). Health means balance in biahumours, tissue and wastes, good digestive power, positive and happy attitude in senses,mind and soul,indicates the healthy condition of human being. The primary purpose of Ayurveda is not only the treatment of disease but prevention also.In short Ayurveda helps the individual to achieve the four main objectives of human life; these are – “Dharma-arthakama-mokshanamaarogyammulamuttamam”^[3].

- Service to Socialy (Dharma)
- Service to Family (Artha)
- Service to Self (Kama)
- Emancipation, Selfrealization (Moksha)

Only healthy individualcan attain the above said objectives of life.

Three pillars of life “Trayopastambha iti-Aahar, Swapna, Brahmacharyamiti”^[4]. The three most important ones in Ayurveda are food, sleep and sexual energy. If we compliance all the three pillars in proper way and avoid the low, excess or abuse contact, it is very much beneficial to our life then the life will be happy with increasing body strength, colour, complexion and growth but misuse of these three things is harmful to our body.

2. Ashta-Aahar Vidhi Visheshayatana



Figure 1. Ashta-Aahar Vidhi Visheshayatana

2.1. Aahar-Vidhi Vidhana

All persons should follow these rules while eating the food to remain healthy and enhance the span of life.

2.1.1. Pathya-Apathya

According to the main aim of Ayurveda, the important use of pathya-apathya concept to human being is for keeping one's health fit and to patients in curing of diseases. According to vaidhya Lolimbaraj (Vaidhyajivan) - “Pathye sati gadaartasya-kimaushadhinishevanaih, pathye-asatigadaartasyakimaushadhinishevanaih”. That is, even after performing the logical actions of the three feet, the treatment of a nonspirited patient and the action of all three are useless.

Table 1. Food on the basis of Pathya-Apathya.

Pathya	Apathya
Light food, mudagyush, ruchikarbhojan, cow/goat milk, ghee, maans- rasa, puraanshali, brinjal, parval, lemon, sweet fruits, draksha, pomegranate, ela, honey, lukewarm water, kharjur, apple orange papaya, shigru. Vihar relaxation, sitting happily, joy, carelessness, living in an environment pleasing to the mind	Heavy, vishtambhi, vidahi, vikrat, cold water, cold food, urad pulse, fast food, junk foods, besan, vegadharana, night awakening, sleeping during the daytime, shok-kaam-krodh-bhay

Table 2. Aahara Parinamkar Bhava.

Ushna	The active form of the <i>Pachakagni, Panchbhootagni</i> and <i>Saptadhatvagni</i> .	Pachana
Vayu	Maintaining the proper functioning of <i>Prana & Saman Vayu</i>	Apakarshana
Kleda	Maintaining the moistness of <i>Aahardravya</i>	Shaithilya
Sneha	Maintaining the softness of <i>Aahardravya</i>	Mridu
Kala	Maintaining the proper digestion of <i>Pratah-sayam kala</i>	Paripakwata
Samyoga	Maintaining the wholesomeness of <i>Aahardravya</i> as per <i>Aahar Vidhi Visheshayatan</i> .	Dhatusamya

2.1.2. Trividha Kukshi Vibhag

There are three divisions of Kuskhi.

- 1/3 for solid foods
- 1/3 for liquid food
- 1/3 for movement of Vata, Pitta & Kapha

2.1.3. Dwadasha-Ashan Vichaar

- Fatty, not dry
- After previous digestion
- Do not consume food very fast
- Be comfortable while eating
- Consume food without laughing
- Quantity and quality of food must suit your needs
- Freshly prepared, hot
- Not less, not more
- Avoid food against semen
- Do not consume food very slow
- Consume food without talking
- Concentrate only on food.

2.1.4. Viruddha-Aahara

The food which aggravates doshas do not allow them to be eliminated is called as contradictory or incompatible diet. So, avoid incompatible foods like.

- Equal quantity of Honey + Ghee
- Milk + Mulaka (Raddish)
- Fish + Milk
- Milk + Sour fruits
- Meat of Kukkut + Dadhi
- Kalamachi + Pippali + Maricha
- Upodaka leaves processed with Tilakalka

2.1.5. Matrapurvakabhojana - “Balvarnasukha-ayusha”^[5]

2.1.5.1. Daily diet schedule

It brings proper uptake, growth and implement of essential saptdhatu which plays a vital role in immunity building “tyaagat-vishamhetunamsamaanamchopsevnaat, vishamanaanubadhnantijaayantedhatavahsamaha (c.su.16/36)

Dhatu saamyaprapti ka saadhan- dhatu equilibrium means of attainment – by giving up the reasons for the dhatus being asymmetrical and by consuming the reasons for the dhatus being equal, the tradition of the contrasting dhatus in the body is destroyed and the dhatus become even. Due to the infection digestive system becomes very poor.

2.1.5.2. Morning Drink

- Lemon juice + lukewarm water + haldi + cinnamon – excellent antiviral property.
- Ginger +honey – in aday any time.
- Herbal tea.

2.1.5.3. Morning Breakfast

Morning breakfast is a must, and a person should have a proper breakfast, poha, idli-dosa, upma, varieties of chapaati etc. Ghee – a spoon of ghee also should be used in the morning. Food would be digested very easily and gases, acidity would not be there.

2.1.5.4. At Lunch

Very easily digestible vegetarian food. Daal-rice, chapaati and green-leafy vegetable +butter milk. Pomegranate juice, beetroot juice, pineapple juice.

What to eat evening? – Dates, nuts, popcorn, gram etc.

2.1.5.5. Dinner

It should be light. It should be curry-khichdi, chapaati etc

What to eat before sleeping – turmeric milk – ojas in nature.



Figure 2.1. Khichdi



Figure 2.2. Chapati Vegetable



Figure 3.1. Vegetable Soup



Figure 3.2. Dal Rice

2.1.6. Guru-Laghu Aahar Dravya⁶

The food items which are laghu from nature have predominance of air and agniguna. Prithvi and soma qualities predominance in the material which is the Guru. Therefore, because of their natural qualities, small substances are supposed to stimulate agni, so even after eating in large quantities, they do minor defects, and the guru food substance is not able to combine fire due to its natural qualities because of the qualities of agni. Therefore, consuming more quality of food is more harmful. But for those people who are doing exercise and having a strong digestive capacity, even eating a small amount of guru food is a minor defect. This is the meaning of the amount of food according to the Agni bala.



Figure 4. Order of eating as per Ayurveda

2.1.7. Importance of Wholesome Food

दो तरह के भोजन होते हैं

Water Poor जिसमें कोई पानी नहीं है	Water Rich जिसमें पानी भरपूर मात्रा हो
<ul style="list-style-type: none"> अनाज पाक दूध पनीर दाल पुष्प मक्खन अणु 	<ul style="list-style-type: none"> ताज़ा फल पत्तियां अणु सलाद दमाक बीज पके हुए सब्जियां सोबी

Figure 5. Type of food (wholesome food)



2.1.8. Shukadhanyavarga

2.1.8.1. Brown Rice

It's more nutritious and hence good for vata. It's demulcent, laxative and builds all tissues by nourishing rasa or plasma. Its good satvika diet when taken in combination with fruits and dairy products like milk and buttermilk, when mixed with equal parts of moong beans one can prepare khichari which is good for maintaining nourishment and is very light for digestion also.

2.1.8.2. Barley or Yava

It's stabilizing and strength promoting. It nourishes skin and is very good for kidneys. It increases the bulk of the stool and is useful in diseases like diarrhea, arthritis and cough.

2.1.8.3. Wheat (Godhuma)

It's nutritive, restorative, helps to build tissues like mamsa and shukra. It has aphrodisiac properties and gives power for manual work.

2.1.9. Shamidhanyavarga

Majority of them cause constipation and most beans increase vata.

2.1.9.1. Black Gram (Masha)

"Vrishyah param vataharahsnigdhouhshnomadhuroguruh, balyobahumalahpunstvamashashighramdadaati cha". It is Aphrodisiac, nutritive, demulcent and strength promoting. It helps to increase the bulk of the feces as well as semen

2.1.9.2. Green Gram

They also have equal amount of protein as compared to other beans but are the lightest for digestion.

2.1.9.3. Soyabeans

They are hard to digest and are nutritive, diuretic and diaphoretic in nature.

2.1.10. Mamsavarga

Meat is the most nutritious and strengthening food especially. It builds muscle tissue in the body very fast. Meat soups or stew are easier for digestion and they should be given when the Agni or digestive fire is low and the person needs tonification food. Meat contains all essential amino acids like threonine, histidine, arginine, tryptophen, isoleucine, leucine, phenylalanine, valine and methionine hence it's also called high biological value food. It has highest protein content and hence it is good food in diseases like anaemia, all muscular and nervous disorders like paresis, paralysis etc.

2.1.10.1. Goat and Sheep



It does not vitiate any dosha and is homologous with the muscle of the human body. It does not obstruct the channel of circulation and is nourishing.

- Goat meat contains 21.4 gm proteins, 3.6 gm fats and 1.1 gm minerals

2.1.10.2. Chicken

It's nutritious and is good in various muscular diseases. It's aphrodisiac, shukral. Soup of chicken is still lighter and should be given in convalescence.

2.1.10.3. Fish

Its strength promotes, nourishing, unctuous and aphrodisiac. It is good for reducing cholesterol and excellent for all heart conditions.

2.1.10.4. Rohita Fish

It promotes the power of digestion. Its light for digestion and it promotes strength considerably.

2.1.10.5. Tortoise

Meat promotes complexion, virility, strength, intelligence and memory. It's good for improving eyesight, it is wholesome food and alleviates of vata.

2.1.10.6. Eggs

They are also nutritious foods as they also contain all essential amino acids. They reduce vata and can aggravate kapha. One egg of 60 gm weight contains 6 gm protein, 6 gm fats, 30 mg calcium, 1.5 mg iron and will give 70 calories.

2.1.11. Shaka Varga

The use of vegetables for maintaining health. All vegetables have fiber and hence they should be consumed because fiber is good for keeping the bowels clean and they also help in absorbing cholesterol in the calm. However, pitta individuals can eat good amount of vegetables as their agni is in good condition.

2.1.11.1. Tanduliyaka

It is curative of intoxication and poisoning.

2.1.11.2. Potatoes

They are nutritive but are difficult for digestion.

2.1.11.3. Carrots

They are useful for all eye conditions as they contain high amount of vit. A. Carrot seeds are emmenagogue. Carrot juice is indicated in all disease of liver, rakta and oedema.



2.1.12. Phala Varga

Many fruits have balancing action on all doshas.

2.1.12.1. Mridvika

Nutritive, diuretic and laxative. Useful in burning micturition and chronic respiratory conditions. Black raisins are excellent remedy for amla pitta.

2.1.12.2. Kharjura

Nutritive, also helps in reducing burning sensation.

2.1.12.3. Amra

Nutritive, demulcent, diuretic.

2.1.12.4. Dadima

Good for all doshas, fresh juice cleanses the blood and is good for acidity, fever and gall stones. The outer cover of the fruit is more astringent and is useful for treating diarrhea.

2.1.12.5. Oranges

Quench the thirst quickly and are good for helping digestion.

2.1.12.6. Lemon

They relieve thirst quickly and are good stimulants for digestion. Lemon juice is advisable in amlapitta, bleeding problems and kidney problems.

Both orange and lemon contain high amount of vitamin C.



Figure 6.1. Beetroot Juice



Figure 6.2. Pineapple Juice



Figure 6.3. Pomegranate Juice

2.1.12.7. Narikela

The kernel is nutritive and used in combination with sugar and jaggery in different preparations for tonification therapy. Coconut water is very good for relieving thirst and continuous use is useful for treating skin conditions.

2.1.12.8. Kadali

Nutritive, advised in bleeding piles, diarrhea and dysentery.

2.1.13. Harita Varga

All these herbs help digestion.

2.1.13.1. Ardraka

Remedy for all diseases, diaphoretic and carminative.

2.1.13.2. Lashuna

Good antispasmodic, carminative, antiseptic, expectorant and antibiotic. It contains small amount of sulphur and hence it is very good against worm infestations. One of the best herbs which reduces high cholesterol in blood. Indicated in upper respiratory tract problems like influenza, cough and cold etc.

2.1.14. Madya Varga

Alcohol is small amount 30 to 40 cc. is useful for giving energy and helps digestion. It also acts as circulatory stimulant. In excess it damages liver and brain. All wines are useful for increasing digestive fire in small amounts. Recent research shows that daily consumption of 50 cc of red wine protects the heart from atherosclerosis and gives strength to the heart muscles also. Beer is also diuretic, indicated in mutrakrichha and ashmari.

2.1.15. Jala Varga

Depending on the season, the water also changes its qualities eg. In Hemant ritu it is aphrodisiac and gives good strength to the body.

2.1.16. Goras Varga

Satvika in nature, helps in calming the mind, indicated in yoga and meditation practices, good nutritive value, indicated in emaciation, debility, convalescence and all wasting disorders. "Swadushitamridusnigdhambahalamshlakshanapichhilam, gurumandamprasannam cha gavyamdashgunampayah. Tadevamgunamevaajahsaamanyaatabhivardhayet, pravaramjivaniyanamksheeramuktamrasayanam"^[7].

2.1.16.1. Milk

Milk in general is tonic and rejuvenative, aphrodisiac and laxative in nature when warm milk is taken with ghee. Milk is the best and most complete among all foods.

Composition of milk – Milk is a good source of **proteins, fats, sugars, vitamins and minerals.**

2.1.16.1.1. Proteins

Milk proteins contain all the essential amino acids.

2.1.16.1.2. Fat

Milk fat is a food source of retinol and Vitamin D.

2.1.16.1.3. Sugar

The carbohydrate in all types of milk is lactose or milk sugar.

2.1.16.1.4. Vitamins

Milk is a good source of all vitamins except Vitamin C.

2.1.16.1.5. Minerals

Milk contains almost all known minerals, which have important role to maintain health such as Ca, P, Na, K, Mg etc. Milk is a rich source of Ca also.

2.1.16.2. Cow Milk

These are also the properties of ojas. So milk having identical properties is conducive to the promotion of ojas.

2.1.16.3. Buffalo Milk

It has more unctuousness, and it is useful for persons suffering from insomnia and vata disorders.

2.1.16.4. Breast Milk

Mother's milk is the best food for all infants as it is satmya from the time of birth and is invigorating, nourishing, wholesome and oleating. It builds all tissues and gives good immunity to the infant.

2.1.16.5. Butter Milk

It increases good bacterial flora in the colon and hence is useful in disease like grahani or sprue syndrome.

2.1.16.6. Curd and Yogurt

Its appetizer, digestive, stimulant, aphrodisiac, unctuous, strength promoting, alleviator of vata and nourishing. It should not be consumed at night as it has abhishyandi property and can cause blocking of channels.

2.1.16.7. Ghee

Cow ghee promotes memory, intellect, power of digestion, semen, ojas, kapha and fat. It's tonic, rejuvenative and excellent against acidity. It has good action on liver and brain. Old cow ghee is useful in intoxication, epilepsy, fainting, consumption,



insanity, toxic conditions, fever, pain in the ear, head and in female genital tract. Old ghee is useful for healing wounds and hence was used in wars since vedic time.

2.1.16.8. Cheese

Hard cheese contains more calcium. Cheese blocks the channels and should be consumed in less quantity.

2.1.17. Ikshu Varga

2.1.17.1. Sugarcane Juice

Aphrodisiac, laxative, unctuous, nourishing.

2.1.17.2. Jaggery

It contains many minerals and iron. Indicated in anaemia and weakness.

2.1.17.3. Honey

Good for all doshas. Old honey reduces kapha. It's nutritive, laxative and tonic in nature. It's good anupana for all kapha disorders.

2.1.18. Kritanna Varga

2.1.18.1. Peya

It alleviates hunger, thirst, fatigue, bowel disorders, fever, diaphoretic, laxative also.

2.1.18.2. Vilepika

It satisfies hunger, light and tasty.

2.1.18.3. Manda

Carminative and softening for channels, it supports strength.

2.1.18.4. Lajamanda

It's ideal food for those having slow digestion, for children, old people, women and very delicate persons.

2.1.18.5. Odana

Very nutritive and light for digestion.

2.1.18.6. Prithuka

Health promoting should be taken in small quantity.



2.1.18.7. Rasala

Bulk promoting, aphrodisiac, gives strength and revitalizing in nature.

2.1.19. Aharyogivarga

2.1.19.1. Tila Tail

It's excellent for giving strength to the skin, nerves and muscles and help to relieve the spasms in them when used for massage. It is rejuvenative and laxative also.

2.1.19.2. Coconut Oil

It increases shukra and light for digestion. For external massage it can be used for reducing all pitta and rakta disorders like rashes, sunburn etc.

2.1.19.3. Sunflower Oil

Good oil for pitta. Internally it is good for all respiratory inflammations.

2.1.19.4. Long Pepper and Black Pepper

It increases appetite, aphrodisiac.

2.1.19.5. Saindhava

It's best amongst all salts, because it does not lead to accumuli of water in tissues like other salts. Good for all doshas. Indicated in edema, as cites, obesity and hypertension.

2.2. Sattvik, Rajasik and Tamasik Diet



Figure 7.1. Sattvika diet (fruits)



Figure 7.2. Sattvika diet (vegetables)

2.2.1. Sattvika Diet

Milk, fruits, ghee and other stable substances, which do not undergo fermentation and putrefaction, promote the sattvikaquality of mind. Sattvik food should be of sweet taste but should also be light for digestion which will not consist of any meat and alcohol.

2.2.2. Rajasik Diet

Pungent, sour, hot, dry and irritating food items in excess and alcohol, red meat, meat with preservatives and canned food and food prepared with spices, garlic and onion promote the rajasik quality of mind.

2.2.3. Tamasik Diet

Stale, dry, putrefied, left over and unclean food promotes the tamasic quality of the mind.

2.3. The Diet which should be avoided

- Cereals - Yava
- Pulses - Masha
- Meat - Meat of cow, buffalo, elephant, chilichim fish
- Vegetables - Leaves of mustard and alukand-colocosia
- Fruits - Wild jackfruits, unripe kapittha
- Sugar – Raw molasses
- Milk - Milk of sheep, ghee of sheep's milk, immature curd
- Water - River water in rainy season i.e. impure water
- Other - Chili powder, indiscriminate use of alcohol etc.

2.4. Lifestyle indirectly affects the Human Nutrition

2.4.1. Dincharya

One, who wants to keep fit himself for whole of his lifetime, should also be fit for everyday. Health depends on how one spends each day. The ideal lifestyle for a day is called as daily regimen.

Daily regimen is also divided into

- Day regimen
- Night regimen

2.4.2. Wake up early morning

“Braahmemuhurteuttishthatejirna-ajirne nirupayan, raksharthamayushahswastho”^[8]. “Early to bed and early to arise makes a man healthy, wealthy and wise.” Ayurveda has recommended special auspicious time for getting up from the bed. A healthy person should arise one and half hour before sunrise.

2.4.3. Evacuation of Bowel

“Jaatvegasamutsrajat, udangmukhomutrashakrat dakshina-abhimukhonishi”^[9]. To get a natural call, after getting up from the bed, in the morning is a sign of good health.



2.4.4. Clean Your Teeth

“Kashayatiktakatukammulamanyadapidrasham”. After defecation, regular brushing is important in the morning for good dental hygiene. A.S. advocates one should use astringent, bitter and pungent tastes for teeth cleaning.

2.4.5. Care of the Tongue

“Suvarnarupyataamranitrapuhitimayani cha”^[11]. Tongue should be cleaned by a flexible and long strip of metal or wood (Cu also has antiseptic properties).

2.4.6. Gandush and Kavalare

Gandush and kavalare both variants of gargling. It’s important to gargle the mouth after meals, after eating any food and after brushing the teeth.

2.4.7. Collyrium

Every day collyrium or kajal should be put into the eyes, this helps remove dirt and dust and relieves watering or burning of the eyes due to strain.

2.4.8. Errhine or Instillation of nasal drops

“Urdhvajatravikareshuvisheshatnasyamishyate, nasa hi shirsodwaram ten tad vyapyahantitaan”^[12]. Anu oil should be used for nasya or sesame oil, brahmi oil or ghee is also helpful

2.4.9. Medicinal Smoking

Smoking a cigarette made of medicinal herbs (without tobacco) is useful for alleviating kapha in the neck and head region. This type of smoking is also useful for maintaining health and treating contain disease.

2.4.10. Chewing Betel Leaves

“Mukhvaishadhyasougandhyakaantisoushthavkarakam, hanudantswarmalajivhendriyavishodhanam”^[13]. Tambul exerts a cleansing effect. It removes bad breath from the mouth. It has a tonic effect on voice and therefore useful for speakers and singers.

2.4.11. Massage

Proper massage removes fatigue, increases muscular tone and flexibility of joints, alleviates vata, improves blood circulation of different organs and skin, eliminates waste products through the skin, stimulates the nervous system, removes excess fat from the skin, makes the skin glossy, soft and also strengthens. It also protects the skin from disease. It prevents old age and increases longevity. “Abhyangamacharetnityamsajarashramvataha, drishtiprasadpushtyaayuh Swapna sutvaktvadadhryakrit, Shirah Shravan padeshu tam visheshenshilyet”^[14]. By massaging oil to the head regularly, premature hair loss or graying of the hair is prevented, and sound sleep is also promoted.



By massaging to the soles of the feet and to the legs, the eye sight is improved, cracks to the skin of the feet are prevented, and the reproductive system is also strengthened. "As a result of oil massage health is preserved, disease is prevented and immunity increased."

2.4.12. Udvartana and Utsadana

"Dorgandhyagouravamtandramkandummalarochkam, swedvibhatsataamhantiparimaarjanam" ^[15]. This is done with different powder's that remove excess oils and also helps to remove excess fat of the skin and cures vitiation of kapha.

2.4.13. Exercise

"Shariracheshtayacheshtastheyarthabalvardhini, dehavayamsankhyatamatrayataamsamacharet" ^[16]. Everybody should do regular light exercises. With exercise the body grows and become proportionate in shape. Muscular strength increases. The body comes to with stand exertion, fatigue, heat and cold. The appetite also is improved and health is maintained.

2.4.14. Bath

"Pavitramvrishyamaayushyamshramswedamalapaham, sharirbalasandhanamsnanamojaskaram param" ^[17]. A hot water bath should be taken after oil massage and proper exercise. Hot water bath fatigue, increases strength, cleans the body, improves appetite and imparts a pleasant sensation to the body as well as the mind.

2.4.15. Rest and Sleep

Nidra is the second important pillar of life. It's a physiological state of rest for the body, mind, sense and motor organs.



Figure 8. Food Schedule

“Nidrayattamsukhamdukhampushtihkarshyambalabalam, vrishatakliivatagyaanamagyaanamjivitamna cha”^[18]. Due to proper and adequate sleep body tissues and doshas remain in a balanced state of health, both physically and mentally. Charaka states that obesity and emaciation, happiness and sorrow, strength and weakness, virility and impotence, knowledge and ignorance, life and death are all dependent on adequate or inadequate sleep. “Swapna-aaharsamutthe cha sthoulyak-arshyevisheshatah”^[19]. Usually 6 to 7 hours sleep gives sufficient rest to both body and mind.

2.4.16. Brahmacharya 08 ways to protect Shukra

“Smaranamkirtanamkelihprekshanamguhyabhashanam, sankalpoadhyavsayaschkriyanivritiheva cha atadmethu-namashtangampravadantimanishinah”. (Ya.v. smriti)

2.4.17. Benefits of Sunlight

Ultra-violet rays-Vitamin D is produced in the body by the action of ultra-violet rays. These are essential for the healthy condition of the skin. Exposure to sunlight improves health and augments the resistive power of the body. Sunlight nourishes the muscles.

2.4.18. Benefits of Rasayana

A person undergoing rejuvenation therapy attains longevity, memory, intellect, freedom from diseases, youth, excellence of complexion and voice. He also gets excellent strength of the body and the sense organs, respect and brilliance. That means by which one gets the excellence of rasa (The nourishing fluid which is produced immediately after digestion) is known as rasayana.

2.4.19. Benefits of Vajikarana

The therapy that provides strength, potency, virility, sexual excitement, erection of sexual organ and pleasure in the intercourse is identified as vajikarana. For the maintenance of the positive health and prevention of diseases, rejuvenation and aphrodisiac therapies are useful.

2.5. Importance of Natural Urges

“Rogahsarveapijayantevegoudirana dharanaih”.

“Vegaatnadharayetvatvinmutrakshavatrakshudhaam, nidrakaasshramshwasjrambhaashruchhardi-retsaam”^[20]. If we hold and forcefully create these natural urges, tridoshas get disturbed. So we should never create or obstruct natural physical urges forcefully. But for mental health, mental urges should always be retained. “Dharyettusadavegaanhiteshipretyacheh cha, lobhairshyadveshmaatsaryaraagadinamjitendriyah”^[21].

2.6. Yoga-Aasana

Increase in Satva quality is necessary to get control over the mind. Yoga and practices of pranayama and yoga postures help to stabilize mind.



2.7. Yoga-Aasana

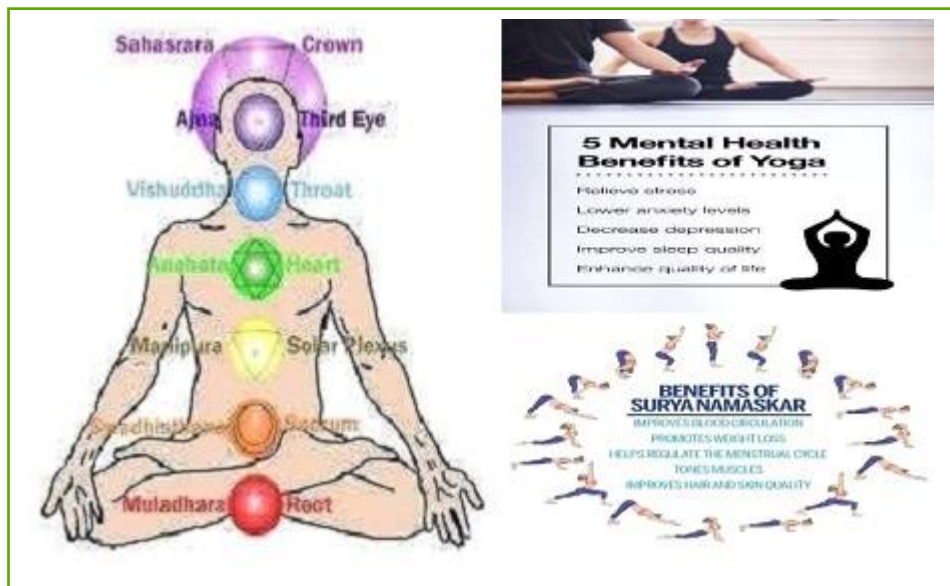


Figure 9. Yoga Energy Points

If we exercise regular, we can get rid of this impurity, thereby enhancing our physical and mental health, which will in turn increase our life span. Yoga-asanas keep the body free from these impurities and make it healthy.

The regular practices of yoga-asana, pranayama purification of all the nadis or nerves, imparts strength to the body, brightness to the face, high spirits to the mind and impetus to intellect, control over the senses, brightness of the eyes, clearness of voice, freedom from diseases, good digestive power, slimness of body, good blood circulation, prevents aging, thereby creating favourable situation for all.

2.8. Main postures for Yoga-Aasana

2.8.1. Vata Constitution

Sukhasana, Siddhasana, Padmasana

2.8.2. Pitta Constitution

Bhujangasana, Viparitarani, Sarvangasana, Halasana

2.8.3. Kapha Constitution

Paschimottasana

2.9. Nutrition according to Ritucharya

Table 3. Nutrition in various seasons.

Hemant Ritu	<i>"Varjayetannapananivatlanilaghunicha, pravatampramitamudamanthamhimaagame"</i> ^[22] .
Shishir Ritu	<i>"Katutiktakashayanivatalanilaghuni cha varjayetannapanani"</i> ^[23] .
Vasant Ritu	<i>"Guruamlasnigdhamadhuramdivaswapnam cha varjayet"</i> ^[24] .
Grishma Ritu	<i>"Madhyamalpam nav aa peyamathvasubahoodakam, lavanamlakatu-ushnanivyayamchatravarjayet"</i> ^[25] .
Varsha Ritu	<i>"Udmanthamdivaswapnamavshyayamnadijalam, vyayamaatapamchaivvyavayamchatravarjayet"</i> ^[26] . <i>"Paanbhojansanskaraprayahkshodranvitanbhajet"</i> ^[27] .
Sharad Ritu	<i>"Ksharamdadhdivaswapnampragvatamchatravarjayet"</i> ^[28] . <i>"Tiktasyasarpishahpaanamvirekoraktamokshanamkaaryam"</i> ^[29] .

2.9.1. Dadhi Prakarana

Curd should not be eaten at night, without sugar, without moong daal, without honey, after heating and without mixed gooseberry, curd should not be eaten. "Sharadgrishmavasantesuprayashodadhigarhitam, hemanteshishirechaiv, varshasudadhishasyate"^[30].

2.9.2. Padanshik Sequence

In the consumption of beneficial things in the body, and in the elimination (Renunciation) of harmful substances, the help of the padanshik sequence is taken and there is a difference of one day, later two days and again three days in the consumption and renunciation of the padanshik sequence, giving is consumed and discarded.

Table 4. Padanshik Sequence..

01 Alternate Day	02 Alternate Day	03 Alternate Day	
1 Day	2-3 Day	4-5-6 Day	7 Day
1 Part <i>Pathya</i>	2 Part <i>Pathya</i>	3 Part <i>Pathya</i>	4 Part <i>Pathya</i>
3 Part <i>Apathya</i>	2 Part <i>Apathya</i>	1 Part <i>Apathya</i>	(Purna <i>Pathya</i>)

2.9.3. Yamadanshra Kaal

Sharangdhara (Duration – 16 days), The last 08 days of Kartik month and 08 days beginning of Margashirsha month. 'Swalpbhukto hi jivati'.

2.9.4. Ritusandhi Kaal

Vagbhatta (Duration-14 days) – Asaatmyajaroga due to unfollow.

2.10. Ethical Regimen for Mental Nutrition of Human Being

‘Sad’ means good and ‘vritta’ means regimen. This is code of conduct for the keeping good or balanced condition of body and mind. This also can be called as health promoting conduct. Ayurveda prescribes certain rules for maintaining a healthy state of body and mind. The code of conduct can be divided in different types.

2.10.1. Ethical Sadvritta

Always speak the truth, endeavor to speak pleasant and sweet words, be patient, meditate every day for tranquility of mind, try to distribute knowledge, good advice and money to others, whenever possible devote your services to God, to wise and respectable individuals or the elderly, behave according to the time and place where you are residing, act always in a courteous and polite manner, make a habit of doing all that is good and avoiding all that is bad.

2.10.2. Social Sadvritta

Hurting the mind of others, to behave in such a manner, which will create disregard, hatred for your improper behaviour. Always start speaking with smiling face, speak politely, soft speech, never be jealous about the prosperity of others, help the poor with courtesy, take care of all the persons in a family with love, avoid any addictions of alcohol smoking or drugs, always be ready for learning different types of knowledge.

2.10.3. Mental Conduct

Visit to pilgrimages and various religious places like temples or shrines. Be regular in reading spiritual books, chanting of mantras, meditation and worship of God. All these practices can help to stabilize and tranquilize your mind and the entire life.

2.10.4. Moral Conduct

“Sukharthasarvabhutanammatahsarvahpravrittayah, sukham cha vina dharmattasmaaddharmaparobhavet”^[31]. The attitude of all persons is to get the happiness, and this is not available without following the rules of dharma and hence it is the duty of every person to carry out social duty. Keep balance in happy or unhappy conditions. Keep energy, intelligence and noble nature. Always try to forgive others.

2.10.5. Physical Sadvritta

Vagbhatta has mentioned 10 types of Kayik, Vachika and Manasika sins. All these should be avoided for the health of body and mind.

“Hinsasteyanyathakaamampaishunyamparushanrate, sambhinnalapamvyapadamabhidhyamdrikviparyayam, paapamkar-metidashadhakaayvaakmaansestyajet”^[32]

The one who behaves nicely, as mentioned above, become more divine and God always help him. He lives good quality life. He gets moksha i.e. he escapes from the cycle of birth and death.



2.11. Panchakarma for Human Nutrition

Panchakarma is not merely a Shodhan therapy as it is understood, but also has wider range of therapeutics such as Brimhana, Rasayana, Vrishya etc. Basti Chikitsa regarded as the prime treatment modality among the panchakarma. It's having not only curative action but also preventive and promotive actions.

2.11.1. Anuvasan Basti

“Na taila-adaanatparamastikinchitdravyamvisheshena sameernaarte”^[33]. There is no remedy more beneficial than the administration of taila, particularly in affliction of vata.

2.11.2. Matra Basti

“Yatheshta-aahar-cheshtasyasarvakaalamnirtyayah, balyamsukhoupacharyam cha, sukhamshrishtapurishvritsnehmatravi-dhanam hi brihanamvataroganut”^[34]. Matra basti is balya, brihmahana, vatarogahara and simple to administer.

2.11.3. Sneha Nasya

“According to charaka Nose is the gateway of head”. The vessels, joints, sinus and tendons of his cranium will be well nourished by the nasya and will acquired great strength. The face will become cheerful and plump, the voice will become mellow, firm and stentorian. All the sense organs will be clarified and greatly strengthened. There will be no sudden invasion of disease occurring in the urdhvajatru of the body. Prevents premature falling of hairs. Arrests prematuring aging^[35]. Who practices nasya at the proper time will keep sight, smell and hearing unimpaired.

2.12. Ayurvedic Immunomodulators for Human Nutrition



Figure 10. Turmeric Milk



Figure 11. Swarnprashansanskaar

Ayurvedic herbs like Ashwagandha, Yashtimadhu, Guduchi, Pippali, Tulsi, Amalaki and Chyavanprasha plays a pivotal role in improving immune status.

3. Discussion

Nutrition plays a central role in ayurvedic living. Ayurveda places special emphasis on ahara, anna as a means to good life, health and wellness. Healthy and wholesome food nourishes the mind, body and soul. “Praninaampraanisangyakanam”^[36]. That food is the life of the living being because the direct fruit of the food is the life bearer, it is seen. “Tyaagatvi-shamhetunaamsamaanamchopsevnaat, vishamnaanubadhantijayantedhatavahsamah”^[37]. Dhatu equilibrium means of attainment – by giving up the reasons for the dhatus being asymmetrical and by consuming the reason for the dhatus being equal, the tradition of the contrasting dhatus in the body is destroyed and the dhatus become even. Rejuvenative and invig-

oration there are special foods and herbs to prevent aging, strengthen immunity, improve mental faculties and increase vitality. Vajikarana substances are specifically used as aphrodisiac and fertility improving agents. The regular practice of yoga keeps both body and mind fit, which provides a feeling of wellbeing, prevents aging and inhibits disease. They are not only body building exercises, more than that they increase the mental powers and we can control our senses as well as our breathing which is capable of lightening life span. Sadvrittais basically for keeping the mind healthy. A healthy mind is as important as body. When the body possesses a Satvik quality of mind, it directs all actions for the welfare of an individual. Rajasa and tamasa are harmful qualities of mind and are produced by ignorant actions. Such an unhealthy mind generates wrong judgments and misconceptions by the intellect and is responsible for producing diseases. Panchakarma has a full therapy role as promotive, preventive and curative procedure. "Nagari nagarsyaavarathasyevrathiyatha, swasharirasyamedhavikrityeshvavhitobhavet"^[38]. In the continual performance of bodily activities, the upama is always careful in the protection of the city and charioteer is always careful in the protection of the chariot, similarly a wise man should be careful in carrying out the activities of his body.

- Make an effort to convey the generalisations, relationships, and principles implied by the findings.
- Identify any uncertainties and highlight any exceptions or lack of relationships.
- Illustrate how your findings and conclusions compare (or concur) with earlier research that has been published.
- Talk about the theoretical ramifications of your study as well as any potential applications in real life.

4. Conclusions

"Sarvamanyatparityajyashariramanupaalyet, tadbhave hi bhavanamsarvabhavahsharirinam"^[39]. Leaving all other worldly activities, the body should be followed because when the body is absent, there is a lack of all things for men.

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