



Importance Of *Ahara Vidhi Vidhana* In The Prevention Of Lifestyle Disorders: A Review Article

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Abstract: Lifestyle disorders, including Diabetes Mellitus, Cardiovascular Diseases and Obesity have emerged as global health challenges primarily driven by sedentary habits, unhealthy diet and mental stress. *Ayurveda* attributes such conditions to disturbances in *Agni* and doshic imbalance resulting from improper dietary practices. Among the *Trayopastambha*, *Ahara* holds supreme importance, being the foundation of strength, vitality, and longevity. The classical Ayurvedic concept of *Ahara Vidhi Vidhana* proposed by *Acharya Charaka* outlines fundamental dietary rules to maintain digestive efficiency, promote immunity, and prevent disease manifestation. Each dietary guideline from consuming warm and unctuous food to mindful, individualized eating acts synergistically to sustain *Agni* prevent *Ama* formation, and preserve homeostasis at physiological and psychological levels. Reintegration of these time-tested dietary practices into modern lifestyles presents a sustainable, holistic strategy for preventing and alleviating non-communicable diseases.

Index Terms - *Ahara*, *Ahara Vidhi Vidhana*, Lifestyle disorders

INTRODUCTION

In recent years, there has been a notable increase in lifestyle-related health conditions such as Diabetes, Cardiovascular diseases and Obesity, often linked to sedentary lifestyles, unhealthy dietary choices, and rising stress levels. Although medical progress has helped in treating these conditions, the number of cases continues to rise. These lifestyle disorders put a heavy burden on individuals and society, leading to serious illness, early deaths and significant financial challenges around the world

Ahara refers to food and nutrition, which are essential in preventing and managing lifestyle disorders emphasizes not just the type of food but also the timing, method and environment of eating, tailored to individual needs and constitution. Modern habits that favor processed foods contribute significantly to these disorders. By adopting mindful eating practices and making healthier food choices, *Ayurveda* supports physical strength, disease resistance and harmony between body, mind, and spirit, highlighting the crucial role of *Ahara* in maintaining overall health.

Among the *Trayopastambha*'s, *Ahara* is given supreme importance ¹. It is considered the foremost source of energy, strength, vitality, and longevity ². More than just sustenance, *Ahara* influences one's physical constitution, mental clarity, emotional stability, and spiritual growth. Ayurvedic sages such as *Acharya Charaka* emphasized that "*food is the best medicine*", but only when consumed in the right way. According to *Acharya Kashyapa*, *Ahara* is considered as *Mahabhaishajya* ³ (the superior medicine). *Vaidya Jeevana* quotes "*Pathye sathi gathartasye kim aushadha sevanat*" ⁴ which means "if a patient follows wholesome diet and regimen, what is the need for medicines", from which we can understand the importance of *Pathya*.

Acharya Charaka's framework known as *Ahara Vidhi Vidhana*, brings attentive structure to eating habits, advocating eight core principles to guide diet. These established rules aim not only to maintain wellness, but also to aid in managing and even reversing certain diseases. As modern health crises are increasingly widespread, returning to these time-honored dietary practices offers a rooted, sustainable pathway to renewed health and balance in daily life.

MATERIALS AND METHODS

The data for the review primarily collected from Ayurvedic *Samhitas*, including *Charaka Samhita*, *Kashyapa Samhita* and articles from google scholar, PubMed search engines by using the key words *Ahara*, *Ahara Vidhi Vidhana*, lifestyle disorders

LIFESTYLE DISORDERS

Lifestyle is a diffuse concept used to denote the way people live reflecting a whole range of social values, attitudes and activities. It is composed of cultural and behavioural patterns and lifelong personal habits that have developed through processes of socialization⁵. A disorder is characterized as an abnormal condition or disturbance that interferes with normal mental or physical activities, causes substantial difficulty, distress, or impairment in daily life, and may show up as a collection of symptoms that impact behavior or bodily functions. Lifestyle disorders represent a group of health conditions that emerge due to persistent exposure to unhealthy lifestyle practices such as inadequate nutrition, sedentary behavior, tobacco consumption, and excessive alcohol intake⁶. These conditions include, but are not limited to cardiovascular disorders, type 2 diabetes mellitus, obesity, certain malignancies, and mental health disturbances. In the Indian scenario, the rapid pace of urbanization and globalization has profoundly influenced social dynamics, occupational habits, and dietary patterns, thereby escalating the susceptibility of the population to various lifestyle-related health risks.

AHARA VIDHI VIDHANA⁷

Acharya Charaka has explained *Ahara Vidhi Vidhana* which elaborates the guidelines to be followed while eating food for proper digestion and maintenance of health. According to *Ayurveda*, Improper food consumption is the major cause of illness hence one should follow *Ahara Vidhi Vidhana* which includes

<i>Ushnam ashniyat</i>	Consume warm food
<i>Snigdham ashniyat</i>	Consume unctuous food
<i>Matravat ashniyat</i>	Consume food in proper quantity
<i>Jeerne ashniyat</i>	Consume food only after previous meal gets digested
<i>Veeryavirudha ashniyat</i>	Consume food having no contradictory potencies
<i>Ishtadeshe / Ishtasarvopkarane ashniyat</i>	Consume food in proper place equipped with all accessories
<i>Na atidrutam ashniyat</i>	Should not consume food too hurry or fast
<i>Ajalpan Ahasan Tanmanabhunjitam</i>	Should not talk / laugh or be unmindful while consuming food
<i>Aatmanam Abhisamikshya Bhunjitam</i>	Consume food in prescribed manner with due regards to his own self

CONCEPT OF AHARA VIDHI VIDHANA IN RELATION WITH LIFESTYLE DISORDERS

<i>Ushnam ashniyat</i>	When taken warm, food tastes pleasant and stimulates <i>Agni</i> , promoting faster digestion. The warmth enhances saliva and gastric secretions, aiding proper digestion and absorption. It supports the downward movement of <i>Vata</i> and detachment of <i>Kapha</i> , maintaining balanced digestive functions. Since many lifestyle disorders arise from poor digestion and <i>Ama</i> accumulation due to faulty diet and inactivity, <i>Ushnam Ashaniyat</i> can help by strengthening <i>Agni</i> and balancing <i>Doshas</i> . This prevents sluggish metabolism and <i>Kapha</i> buildup linked with obesity, diabetes, and hypertension.
<i>Snigdham ashniyat</i>	Unctuous foods are delicious, stimulate digestive power, promote quick digestion, aid the downward movement of <i>Vata</i> , nourish body tissues, maintain the stability of sense organs, enhance strength, and bring radiance to the complexion. Regular inclusion of such foods, like <i>Ghrita</i> , <i>Tila Taila</i> and <i>Ksheera</i> helps counter dryness, stress-induced <i>Vata</i> aggravation, and metabolic imbalances commonly seen in disorders such as obesity, diabetes, and degenerative conditions. Thus, following <i>Snigdam Ashaniyat</i> supports balanced digestion, proper nutrition, and holistic well-being in the modern sedentary lifestyle.
<i>Matravat ashniyat</i>	The concept of <i>Matravat Ashaniyat</i> emphasizes consuming food in proper quantity, which neither aggravates <i>Vata</i> , <i>Pitta</i> , nor <i>Kapha</i> and supports smooth digestion and elimination. In the context of lifestyle disorders, this principle plays a preventive and corrective role. Eating in the right measure helps maintain metabolic balance, prevents accumulation of <i>Ama</i> , and supports <i>Agni</i> . Adherence to this principle prevents obesity, diabetes, hypertension and other metabolic disorders arising from over or undereating.
<i>Jeerne ashniyat</i>	The concept of <i>Jeerne Ashniyat</i> emphasizes eating only after the previous meal is fully digested, a key practice for maintaining health and preventing lifestyle disorders. When food is taken after complete digestion, the <i>Doshas</i> stay balanced, <i>Agni</i> is stimulated, appetite improves, and the body's channels remain open and clear. This supports proper digestion, circulation, and elimination, nourishing the <i>Dhatus</i> and promoting longevity. In contrast, eating before digestion is complete disturbs the <i>Doshas</i> , weakens <i>Agni</i> , and leads to <i>Ama</i> formation, resulting in metabolic and digestive disorders common in modern lifestyles.
<i>Veerya Avirudha ashniyat</i>	<i>Veerya Aviruddha Ashaniyat</i> emphasizes that one should consume food without mutually contradictory potencies, means foods with compatible energies or actions, as described in <i>Ayurveda</i> . When foods with opposite potencies are taken together, they can disrupt digestion and metabolic balance leading to the manifestation of various diseases including lifestyle disorders like obesity, diabetes and hypertension arising from chronic, subtle metabolic disturbance. By following this principle and favouring foods whose potencies do not conflict, risk of such disorders can be minimized, supporting healthy metabolism and overall wellness.
<i>Ishtadeshe Ishtasarpokaranam ashniyat</i>	<i>Ishtadeshe Ishtasarpokaranam</i> means one should eat food in a pleasant, suitable place equipped with all necessary accessories. This principle emphasizes the importance of the environment and setting in which food is consumed. When food is taken in a comfortable, clean and well-prepared place with all required utensils and without distractions, it fosters a calm and positive mental state promoting proper digestion and overall well-being. Conversely, eating in improper or uncomfortable places without proper accessories can lead to emotional strain, mental agitation, and disturbed

	digestion, which may contribute to the development or worsening of lifestyle disorders such as stress, anxiety, obesity and digestive issues.
<i>Na atidrutam ashniyat</i>	<i>Na Atidrutam</i> means one should not eat food too quickly. Rapid eating can cause food to enter the wrong passage and hinder proper digestion leading to improper assimilation of nutrients. Moreover, one cannot properly perceive the taste or detect impurities when eating fast. In modern times such habits contribute to lifestyle disorders like obesity, indigestion, gastritis and metabolic syndrome. Hence, mindful and slow eating supports balanced digestion, better satiety, and overall health
<i>Na ativilambitam ashniyat</i>	Eating food very slowly, as explained in the interpretation of the <i>Na Ativilambitam sloka</i> , may lead to dissatisfaction and cause an individual to eat more than necessary. This can result in food becoming cold and digestive irregularities, which potentially worsen lifestyle disorders like obesity, diabetes and acid reflux. Maintaining a balanced eating pace helps improve digestion and prevents overeating, supporting overall health and reducing the risk of lifestyle related diseases.
<i>Ajalpan-Ahasan Tanmanabhunjitam</i>	<i>Ajalpan Ahasan Tanmana Bhunjitam</i> , teaches that one should eat without talking, laughing or mental distraction. Consuming food while the mind is disturbed or inattentive causes improper movement of <i>Doshas</i> , leading to digestive imbalance and disease. In the modern context, this reflects the connection between mindless eating habits such as eating while watching screens, working or conversing and lifestyle disorders like obesity, diabetes and indigestion. Practicing <i>Tanmana Bhojana</i> promotes proper digestion, balanced metabolism and emotional harmony serving as a key preventive measure for lifestyle related illnesses.
<i>Aatmanam Abhisamikshya Bhunjitam</i>	Eating after self-assessment means understanding one's body type, digestive capacity and mental state before choosing food. When food is chosen according to personal compatibility, it supports balanced <i>Doshas</i> , efficient digestion, and stable metabolism. Ignoring this leads to incompatible food intake, causing <i>Agni</i> disturbance, <i>Ama</i> formation, and doshic imbalance which over time manifest as obesity, diabetes or hypertension. Hence, mindful and individualized dietary choice sustains equilibrium and prevents lifestyle disorders

DISCUSSION

The principles of *Ahara Vidhi Vidhana* focus on preventive healthcare by eliminating the root causes of disease through balanced dietary habits. Many modern lifestyle disorders start from irregular eating patterns, intake of incompatible foods, and a lack of mindfulness during meals, all of which are effectively addressed by Ayurvedic dietary guidelines. Practices such as *Ushnam* and *Snigdham Ashaniyat* help strengthen *Agni* and avoids *Ama* formation, thereby enhancing digestion and metabolism. Likewise, concepts like *Matrvat* and *Jirne Ashaniyat* ensure metabolic stability by preventing overeating and digestive sluggishness which often leads to obesity and diabetes. Moreover, the mindful eating principles of *Tanmana Bhunjitam* and *Atmanam Abhisamikshya Bhunjitam* parallel modern approaches to mindful and personalized nutrition, promoting psychological balance and digestive well-being. Hence, incorporating *Ahara Vidhi Vidhana* into present day dietary practices offer a holistic and sustainable means of preventing life style disorders through conscious lifestyle modification.

CONCLUSION

Ahara Vidhividhana represents a comprehensive Ayurvedic dietary framework that transcends mere nutritional guidelines by integrating physiological, psychological and environmental dimensions of eating. Its emphasis on warmth, moderation, mindfulness, and individualized dietary patterns directly addresses the root causes of modern lifestyle disorders linked to impaired digestion, metabolic dysfunction and stress. Restoring these classical dietary principles fosters balanced *Agni* optimal metabolism and robust immunity while harmonizing the mind-body axis. In the current era of rising non-communicable diseases adopting *Ahara Vidhi Vidhana* holds immense potential not only for prevention but also for restoring health through conscious and contextually guided nutrition. Thus, *Ayurveda* offers a scientifically relevant and sustainable model for achieving holistic well-being in alignment with nature and individual constitution.

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