



# Prevention Of Lifestyle Disorders With Special Reference To “*Ahar Vidhi Vidhan*”: A Conceptual Review

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## Abstract:

Main objectives of Ayurveda have been divided into two aspects namely: *Swasthasya Swathya Rakshanam* - To protect and maintain the health of a healthy person (Preventive and Social medicine) *Aturasya Vikar Prashamanam* - To treat the disease and giving relief to sick person (Therapeutics). According to Ayurveda, Ahar (Diet) plays very important role for good physical and mental health. If we follow proper rules for consumption of food then it acts as *amruta* (nectar) otherwise it may produce various health issues. Now a day due to changes in life style we cannot maintain to take diet in proper quantity and in proper time. Ayurveda text books elaborate about proper way of consumption of food. This study was done to converse on proper way of consumption of food as it is one of most important pillars of human life

**Keywords:**Upsthambha,Ahar, Swasthya, Ayurveda, Atur,Amrut

## Introduction

Ayurveda is one of the oldest health care systems in the world. It has always focused on keeping people healthy and avoiding diseases by following a good diet and lifestyle, rather than trying to treat or cure illnesses once they happen. Ayurveda talks about three main things that help keep a person healthy: *Aahar* (eating the right foods), *Nidra* (getting enough sleep), and *Brahmacharya* (practicing self-control, especially in relationships). *Aahar* has been very important since ancient times, even called "*Brahma*" in the Upanishads. *Acharaya Kashyapa* gave it another name, "*Mahabhaisajya*." Many health problems come from bad habits like eating wrong foods, not exercising, smoking, drinking too much alcohol, not sleeping well, being too stressed from work, and eating too much junk food. Because of these bad habits, more and more people are getting diseases like heart problems, obesity, diabetes, high blood pressure and cancer. These diseases are now the main causes of death. According to the World Health Organization, the four main types of lifestyle related diseases are cardiovascular diseases, cancer, chronic respiratory diseases, and diabetes. Unlike infections, which can be treated easily, lifestyle diseases are hard to reverse. It's important now more than ever to look at Ayurveda again and use its methods to stop the spread of these preventable diseases by changing what people eat, how they live, and their environment. Ayurveda is one of the oldest systems of knowledge about life. In Ayurveda, a healthy person is someone who keeps the balance between the body and the mind, known as the *Doshas*. The main goals of Ayurveda are to keep a healthy person healthy and to treat

someone who is sick. These ideas are called "*Swasthasya Swasthaya Rakshanam*" and "*Aturasya Vikara Prasamanam Cha*" respectively. According to Ayurveda, both what you eat and how you eat are important. The type of food, its taste, properties, strength, and how it is digested all help in keeping the *Doshas* and body tissues in balance. One famous quote from Acharya *Sushruta* says, "*Sankshepta Kriya Yogo Nidaan Parivarjnam*," which means that treatment, in short, is about avoiding the causes of disease. In today's times, many people suffer from lifestyle diseases because of unhealthy habits like poor diet, lack of exercise, smoking, too much alcohol, not enough sleep, and stress from a busy job. Factors like higher income, more tobacco use, less physical activity, and eating unhealthy food all contribute to these diseases. Lifestyle is how a person lives their life. It refers to the unique set of behaviors and habits that a person follows, including their daily routines, the way they dress, their eating habits, the type of activities they enjoy, the language they use, and how they carry out everyday tasks. So, lifestyle often shows what a person really values, believes in, and how they think about things. It reflects their morals, how they manage money, and their personal beliefs. In short, lifestyle is all about how, when, and where a person does things like sleeping, eating, working, playing, and moving around. In order to create awareness about rules and regulations of proper way of food taking and to know side effects of improper way of consumption of food, this study was selected.

## Objectives:

- 1) To understand Concept of Ahar Vidhi Vidhan in Recent Era
- 2) To highlight the importance of Ahar Vidhi Vidhan to prevent life style disorders

## Methodology

**Type Of Study** -A Conceptual Review

**Sources: Primary Ayurvedic Sources:**

Charak Samhita (Sutra Sthan 25,30)

Charak Samhita (Vimana Sthan 1)

Asthang Sangraha

**Research Database :** <https://ayushdhara.in/index.php/ayushdhara/article/view/979/749>

## Inclusive Criteria:

- 1) Peer Review articles (2000-2024)
- 2) Articles focusing on life style disorder

## Exclusive Criteria

- 1) Articles lacking life style disorder review
- 2) Articles lacking review of ideal food habits

## Review of Literature:

### Conceptual review:

Ahar means the food which we consume. It is the cause of the existence, energy, colour & gjas. We gain constant growth & proper functioning of Indriyas from good food. Improper food consumption is the major cause of illness according to Ayurveda. Ahar Vidhi Vidhan includes guidelines of proper manner of taking food. It includes following guidelines in Ayurveda.

1. Ushnam ashniyat
2. Snigdham ashniyat
3. Matravat ashniyat
4. Jirne ashniyat
5. Virya avirudh ashniyat
6. Ishtadeshe/Ishtasarvopkarne ashniyat
7. Na atidrutam ashniyat
8. Na ativilambit ashniyat
9. Aajalpana. Ahasan. Tanmanabhunutam
10. Aatanam Abhisamikshya Bhunjitam

### Concept Of Aharvidhividhan:

1) Ushnam ashniyat: Acharya charak mentioned that ushma is one of the Abarnarinamkarak bhawa. Ushma improves taste of food and digestive power it also helps in Katarulaman. reduces kapha which helps in proper digestion. It makes food free from contamination and because of freshness it creates interest in taking food as it stimulates secretion of saliva and gastric juices. Presently people are taking mostly stale food due to lack of time which impacts very badly on health and leads to variety of disease like amavata & amlapitta

2) Snigdham ashniyat- snigdha guna provides moistness to food which is important for vatanuloman and aguidepana. Food having particular level of snigdha gunas gives strength, energy & proper colour to body whereas the rubaha ahaz increases vata dosha which results into imbalance of normal physiology of body.

3) Matravat matravat means the required amount of food which can digest without any stress & discomfort to body. It is decided according to prakruti, aqui & bala of individual. If Ahar not taken in proper amount it leads to imbalance of destias leading to difficiency & disorders

4) June ashniyat: Food should be taken after digestion of previous food means after intense hunger. Acharya Charka mention the word "Kalanubhainam, arogyavardinam" means if food taken after digestion of previous food then it extends health. But if food is taken before digestion of previous food it may leads to ama production due to improper digestion which later on gives rise to many secondary problems like amazata, joint pain, gaseous distension, acidity etc.

5) Virya avirudh ashniyat: If virya avirudh ahar means shita and ushna ahar taken simultaneously then it may create skin diseases and many raktadushtijanya vicar. Veza means nothing but the power if substance which is responsible for particular action. virvavirudh ahar leads to vitiation of Dosha, Dhatu &, mala. So, one should eat food which are not opposite in properties

6) Ishta deshe / Ishtasarpvopkarnam ashuvat: One should eat at proper well cleaned place along with all the required utensils. Proper place gives sound status of mind and creates interest in taking food.

7) Na atidrutam ashniyat: If food is taken very fast as people are not having enough time for consumption of food then it may enter into wrong way creating harmful reactions and increases vata dosha and reduces kapha which may create sudden harmful reactions to body. So, food should be taken with silence.

8) Na ativilambit ashniyat one should eat food with proper speed i.e. not very fast or slow. If it is taken very slowly one may eat more due to lack of satisfaction. It affects proper mixing of saliva into food and reduces interest in taking food.

9) Ajalpana, ahasan, tanmanabhuniitam: Food should be taken very peacefully without any disturbance due to laughing or talking as it divert us from taking food with proper concentration. So presently there is need to switch off television and away keep our Smart phones while taking food, to consume food in proper quantity.

10) Aatauam abhisamikshya bhuaitem: Person should eat after analyzing ones need which is differ from person to person, according to his prakruti kala, agni etc. If food is taken randomly without taking all above factors into consideration it may be harmful for body and food will not digest proper

## Modern Review

### Top 10 Lifestyle Diseases Accrding WHO

- 1.Alzheimer's Disease
- 2.Arteriosclerosis
- 3.Cancer
- 4.Chronic Liver Disease/Cirrhosis
- 5.Chronic Obstructive Pulmonary Disease (COPD)
- 6.Diabetes
- 7.Heart Disease
- 8.Nephritis/CRF
- 9.Stroke
- 10.Obesity

## Conclusion:

By studying rules of Ahar Vidhi Vidhan we can conclude that with the help of Ahar Vidhi vidhan we can maintain healthy lifestyle in present era. Ahar vidhi Vidhan is also important for consumption of food. It has been shown that for lifestyle disorders, simple lifestyle changes such as regulating proper meal times (Ahar) are more effective in preventing or delaying the onset of these diseases. For the prevention and treatment of diseases, lifestyle modifications and following proper dietary rules according to Ayurveda (such as *Ashtavidha Ahara Visheshayatana*, *Virudha Ahara*, *Dvadasha Asana Vidhi*) should be done as early as possible because "Prevention is always better than cure." The Ayurvedic principles and other holistic approaches have the potential to reduce lifestyle disorders and their risk factors in the community.

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