



Department :- Ayurved Samhita &
Siddhant

Topic :- Aahar vidhi

INTRODUCTION

Ayurveda is A holistic system of natural health care that originated from vedas. As it deals with various aspects of life it is not merely the system of treatment but is an “ideal way of life”.

To attain healthy life ayurveda concentrates on various rules & regulations diet rule [**aahar vidhi**] is also among that if aahar vidhi is followed properly ,it helps to increase health and enhance the life span

Chhandogya Upanishad says—

- ▣ *“Aharashuddhau Sattvashuddhih Sattvashuddhau
Dhruva Smratih, Smratilambhe Sarvagranthinam
Vipramokshah”*

Meaning: Purity of food helps in purifying the inner self. Purification of the inner self and hence of the mind and intellect, accelerates elimination of illusions and ignorance.



WHAT IS AAHAR?

प्राणाः प्राणभृतामन्नमन्नं लाकाऽभिधावन्ति
वर्णः प्रसादः सौस्वर्यं जीवितं प्रतिभा सुखम्
तुष्टिः पुष्टिर्बलं मेधा सर्वमन्ने प्रतिष्ठितम्
लौकिकं कर्म यद्वृत्तौ स्वर्गतौ यच्च वैदिकम्

(CHARAK SUTRA 27/349-350)

Aahar is life of living being. Happiness, voice, life, satisfaction, power, intelligence all are depended on aahar. All work which a person does to run his life like agriculture, business has aahar as its base. So aahar is base of life.

CLASSIFICATION OF AAHAR

- ▣ The sages of the vedic times, the rishis, had researched and categorized the gross and subtle qualities and effects of food in three categories
- ▣ 1.Satvika
- ▣ 2.Rajasika
- ▣ 3.Tamasika.

They had also enjoined that those desirous of having the purity, piety and sagacity of thoughts, feelings and emotions along with the vibrant health of the body, should avoid tamasika and rajasika food and take only satvika food.

Based on rasa-

- | | | |
|----------------|------------|-------------|
| 1. Chusya | 2. Peyam | 3. Leham |
| 4. Bhakshyam | 5. Bhojyam | 6. Charvyam |
| (Bhav prakash) | | |

Based on guna -

1. Vinshanti-guru, laghu, sheet usna
 2. Snigdham-ruksha, manda, tikshna.
 3. Sthir-sara, mridu, kathin
 4. Vishad-pichil, slashan, khara
 5. Sukshma-sthool. Sandra, drava
- (Charak)

Based on vikalpa- aparisankheya

(Charak)

Based on varga-

- 1.Shooka(cereals &milletts)
2. Shamidhanya(pulses)
- 3.Maansa(fish or meat)
- 4.Shaka(vegetables)
- 5.Fala(fruits)
- 6.Harita(greens)
- 7.Madhya(alcholic)
- 8.Jala(water)
- 9.Gorasa(milk &milk products)
- 10.Ikshu(sugar cane &its products)
- 11.Kritanna(cooked foods)
- 12.Aahar yoni(adjuvants of food)

Dravya-dravya varga

- 1.Jala
- 2.Kshira
- 3.Dadhi
- 4.Takra
- 5.Ghrita
- 6.Taila
- 7.Madhu
- 8.Ikchhu
- 9.Madhya varga
10. Mutra varga

Annapana varga

- 1.Shali
- 2.Kudhanya
- 3.Mridgadi
- 4.Maansa
- 5.Fala
- 6.Shaka
- 7.Pushpa
- 8.Kanda
- 9.Mula
- 10.Lavana
- 11.Krittana
- 12.Bhaksya
13. Sarvanupana

WHAT IS AAHAR VIDHI?

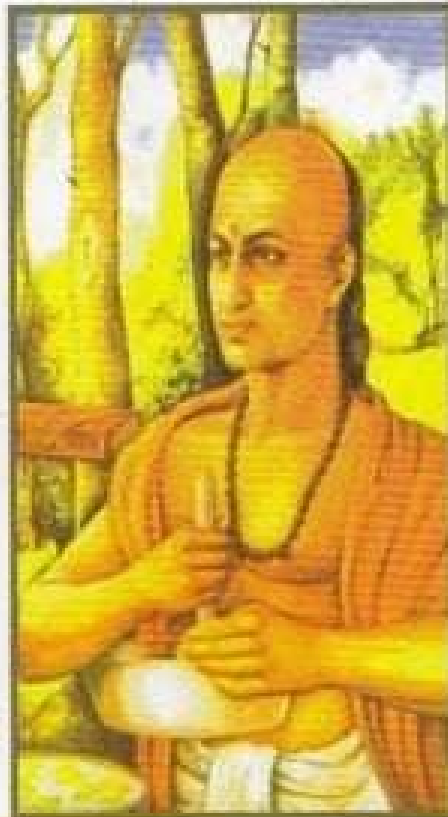


“AAHAR VIDHI”

ACCORDING TO ACHARYA CHARAKA

Charaka

(300 BC)



1.PRAKRITI

तत्र प्रकृतिरुच्यते स्वभावो यः स पुनराहारौषधद्रव्याणां स्वाभाविको गुर्वादि-
गुणयोगः तद्यथा--माषमुद्गयोः शूकरैरणयोश्च १

(CHARAK V.1:22/1)

- Nature of the food substances that is inherent attributes of diet and drugs like



Black gram(masha) Is heavy



Green gram (mudga) is light

2.KARANA

करण पुनः स्वाभाविकानां द्रव्याणामभिसंस्कारः

संस्कारो हि गुणान्तराधानमुच्यते

ते गुणास्तोयाग्निसन्निकर्षशौचमन्थनदेशकालवासनभावनादिभिः कालप्र-
कर्षभाजनादिभिश्चाधीयन्ते २

(Ch.Vi.1:22/2)

Means processing of food substances results in transformation of the substance and its attributes



Curd aggravates edema



Butter milk relieves.

3.SAMYOGA

संयोगः पुनर्द्वयोर्वहूनां वा द्रव्याणां संहतीभावः स विशेषमारभते यं पुन-
नैकैकशो द्रव्याण्यारभन्ते तद्यथा मधुसर्पिषोः मधुमत्स्यपयसां च संयोगः

(CH.VI.1.22/3)

The combination of two or more substances
which gives rise to new properties which is not
seen individually



POISON

4. RAASHI

राशिस्तु सर्वग्रहपरिग्रहौ मात्रामात्रफलविनिश्चयार्थः

तत्र सर्वस्याहारस्य प्रमाणग्रहणमेकपिण्डेन सर्वग्रहाः परिग्रहः पुनः प्रमाण-
ग्रहणमेकैकश्येनाहारद्रव्याणाम्

(CH.VI.122/4)

Means quantity of food substances, which determines the result of their administration in adequate and inadequate amount.

The quantity of food taken in its entirety is *sarvagraha*

The quantity of its ingredients is *parigraha*

5. DESHA

देशः पुनः स्थानं स द्रव्याणामुत्पत्तिप्रचारो देशसात्म्यं चाचष्टे

(CH.VI 1:22/5)

- ▣ Desha relates to the habitat. It determines attributes due to growth of particular type of food in particular locality or region.

Example-1. Aanup- kapha  Ushna ,Ruksha

2.Jaangal-Vata  snigdha, sheeta

6.KALA

कालो हि नित्यगश्चावस्थिकश्च तत्रावस्थिको विकारमपेक्षते नित्यगस्तु ऋ-
तुसात्म्यापेक्षः ६

(CH.VI.1.22/6)

- Kala is nityaga and awasthika- time in the form of day, night etc and the state of individual that is condition of health and age. The latter is relevant to the disease

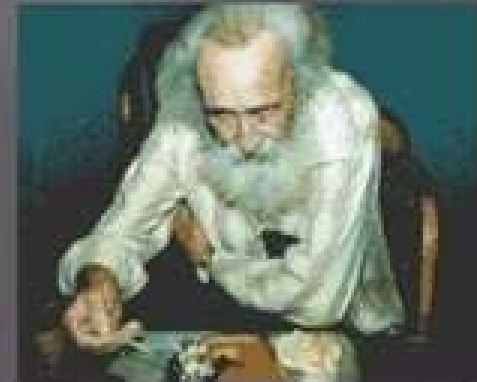
Example- Milk in Nava Jwar is contraindicated while can be consumed in jeerna jwar

7.UPAYOKTA

उपयोक्ता पुनर्यस्तमाहारमुपयुङ्क्ते यदायत्तमोकसात्म्यम्
इत्यष्टावाहारविधिविशेषायतनानि व्याख्यातानि भवन्ति

(CH.VI 1:22/8)

- Upayokta is the person who takes food. The action of the food depends on the psychological and physical attitude of the person



8. UPAYOGASAMTHA

उपयोगसंस्था तूपयोगनियमः स जीर्णलक्षणापेक्षः

(CH.VI 1:22/7)

- ▣ This stands for the dietetic rules. These are important for proper digestion. If all the rules and regulations are observed, then the food is properly digested, otherwise there may be ama formation, which leads to disease formation



RULES FOR FOOD INTAKE (AHARAVIDHI-VIDHANAM)

तत्रेदमाहारविधिविधानमरोगाणामातुराणां चापि केषाञ्चित् काले प्रकृत्यैव
हिततमं भुञ्जानानां भवति-उष्णं स्निग्धं मात्रावत् जीर्णं वीर्याविरुद्धम् इष्टे देशे
इष्टसर्वोपकरणं नातिद्रुतं नातिविलम्बितम् अजल्पन् अहसन् तन्मना भुञ्जीत
आत्मानमभिसमीक्ष्य सम्यक् २४

(CHARAKA VI 22,24,25)

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





1.USNA

- ▣ Food should be warm and freshly prepared.....

तस्य सादुशयमुपदेक्ष्यामः -- उष्णमश्नीयात् उष्णं हि भुज्यमानं स्वदते
भुक्तं चाग्निमौदर्यमुदीरयति क्षिप्रं जरां गच्छति वातमनुलोमयति श्लेष्माणं
च परिहासयति तस्मादुष्णमश्नीयात् १

SIGNIFICANCE-

- 1.Charaka: swadista,agnidipaka,kshigrapachana, kaphahara
- 2.Susruta: kaphavata roga, snehapayi
- 3.Modern-Appealing to senses, fresh food without contamination and highest bio-availability of nutrients will be suitable nourishment for every one



2.SNIGDHA

Eat food which is not roasted, hard to eat & dry to eat

स्निग्धमश्नीयात् स्निग्धं हि भुज्यमानं स्वदते भुक्तं चानुदीर्णमग्निमुदीरयति
क्षिप्रं जरां गच्छति वातमनुलोमयति शरीरमुपचिनोति दृढीकरोतीन्द्रियाणि
बलाभिवृद्धिमुपजनयति वर्णप्रसादं चाभिनिर्वर्तयति तस्मात् स्निग्धमश्नी-
यात् २

SIGNIFICANCE-

- 1.Charaka-Agnidipaka,vataanuloman,balvridhikar,varnaprasadar
- 2.Susrut -Vatapravriti, rukshadeha, vyavaya
- 3.Modern-Food products which are hard, roasted are generally unwholesome in their nutritive value and satiety quotient is also very less hence are not recommended



3.PARIMANA

- ▣ Adequate quantity neither less or more

मात्रावदशनीयात् मात्रावद्धि भुक्तं वातपित्तकफानपीडयदायुरेव विवर्धयति
केवलं सुखं गुदमनुपर्येति न चोष्माणमुपहन्ति अव्यथं च परिपाकमेति त-
स्मान्मात्रावदशनीयात् ३

SIGNIFICANCE-

- 1.Charka-Ayurvedhak, easily digested
- 2.Modern-Quantity based on calorific value and satiety quotient of particular food either alone or in combination with other must be kept in mind when ever food is consumed other wise it will lead to excess nourishment or inadequate nourishment

4. JEERNA ANATAR BHOJAN

जीर्णेऽश्नीयात् अजीर्णे हि भुञ्जानस्याभ्यवहतमाहारजातं पूर्वस्याहारस्य र-
समपरिणतमुत्तरेणाहारसेनोपसृजतु सर्वान् दोषान् प्रकोपयत्याशु जीर्णे तु
भुञ्जानस्य स्वस्थानस्थेषु दोषेष्वग्नौ चोदीर्णे जातायां च बुभुक्षायां विवृतेषु च

स्रोतसां मुखेषु विशुद्धे चोद्वारे हृदये विशुद्धे वातानुलोम्ये विसृष्टेषु च
वातमूत्रपुरीषवेगेष्वभ्यवहतमाहारजातं सर्वशरीरधातूनप्रदूषयदायुरेवाभिव-
र्धयति केवलं तस्माज्जीर्णेऽश्नीयात् ४

- Eat only when the food taken is digested(don't munch too much in between)

SIGNIFICANCE-

- 1.Charaka- Ajirna bhojana-dosha prakopaka
Jirna-Ayuvardhak
- 2.Modern-Digestion process has its own biological clock and pattern. Honoring it is very important to ensure smooth functioning of the organism

5.VIRYA VIRUDHH BHOJAN

वीर्याविरुद्धमश्नीयात् अविरुद्धवीर्यमश्नन् हि विरुद्धवीर्याहारजैर्विकारेणो-
पसृज्यते तस्माद्वीर्याविरुद्धमश्नीयात् ५

- ❑ Do not take food which is incompatible



SIGNIFICANCE-

- 1.Charaka-Virudha ahara janya diseases can be avoided
- 2.Modern-Incompatibility of food must be viewed in light of bio-availability of nutrients. Some times the combination of different kinds of food together may cause local irritation or may result in toxic substances which may cause more harm than good

6. ISTA DESHA BHOJANAM

इष्टे देशे इष्टसर्वोपकरणं चाशनीयात् इष्टे हि देशे भुञ्जानो नानिष्टदेशजैर्मनो-
विघातकरैर्भावैर्मनोविघातं प्राप्नोति तथैवेष्टैः सर्वोपकरणैः तस्मादिष्टे देशे
तथेष्टसर्वोपकरणं चाशनीयात् ६

- Eat at a suitable and pleasant place where you are comfortable and happy..

SIGNIFICANCE-

- 1.Charaka-Gives happiness
- 2.Modern-Mood plays a vital role in eating digestion and even assimilation of food. Digestion is predominantly a parasympathetic activity which is activated and functions at its best when the organism is relaxed and calm. Hence it is must to be very relaxed clean and well settled before taking food



7.SHEEGHRA BHOJANAM

नातिद्रुतमश्नीयात् अतिद्रुतं हि भुञ्जानस्योत्स्रेहनमवसादनं भोजनस्याप्रति-
ष्ठानं च भोज्यदोषसादुरयोपलब्धिश्च न नियता तस्मान्नातिद्रुतमश्नीयात् ७

- ❑ Avoid eating too fast(not paying attention to what you are eating and how much you are eating)

SIGNIFICANCE-

- 1.Charak-Food is tasteless when is consumed fast
- 2.Modern-Flight and fright are the responses to emergency. It is predominantly mediated by sympathetic activity. When this system is on ,secretion are lowered blood circulation is shifted from central pool to periphery and person is very tense such situation is not good for food intake



8.ALASYA BHOJANAM

नातिविलम्बितमश्नीयात् अतिविलम्बितं हि भुञ्जानो न तृप्तिमधिगच्छति
बहु भुङ्क्ते शीतीभवत्याहारजातं विषमं च पच्यते तस्मान्नातिविलम्बितम-
श्नीयात् ८

Avoid eating too slow

SIGNIFICANCE-

- 1.Charak-Unsatisfaction
- 2.Modern-Too slow eating may result in excess food intake, hence must be avoided. It may indicate depression and lack of attention. Hence must be attended appropriately



9. MAUN BHOJNAM

अजल्पन्नहसन् तन्मना भुञ्जीत जल्पतो हसतोऽन्यमनसो वा भुञ्जानस्य त एव
हि दोषा भवन्ति य एवातिद्रुतमश्नतः तस्मादजल्पन्नहसंस्तन्मना भुञ्जीत ६

SIGNIFICANCE-

- 1.Charaka-Food does not go to its place properly
- 2.Modern-Eating silently without taking
,laughing will avoid aerophagy(engulfing air)
and ensure proper eating and early satisfaction



10.AATMA ABHIVIKSHANA

आत्मानमभिसमीक्ष्य भुञ्जीत सम्यक् इदं ममोपशेते इदं नोपशेते इत्येवं वि-
दितं ह्यस्यात्मन आत्मसात्म्यम् भवति तस्मादात्मानमभिसमीक्ष्य भुञ्जीत
सम्यगिति २५

- ▣ Paying total attention while you take food is essential it include what is your choice of food and adds spiritual dimension to the food

SIGNIFICANCE-

- 1.Charaka-Maintains the Equilibrium of Tridoshas
- 2.Modern-Help to make choice regarding what to eat what not to eat how much to eat etc.

11. PATHYA-APATHYA

पथ्यं पथोऽनपेतं यद्यच्चेत्तं मनसः प्रियम्
यच्चाप्रियमपथ्यं च नियतं तन्न लक्षयेत् ४५

- ❑ Food must be chosen according to individual health status and other special requirements

SIGNIFICANCE-

- 1.Charaka-Maintains good health
- 2.Modern-helps In preventing food allergy, malnutrition (w.s.t micronutrients) and individualized health needs

ACCORDING TO SUSRUTA

Susruta

(600 BC)



DWADASH ANNA VICHARAM

अत ऊर्ध्वं द्वादशाशनप्राविचारान् वक्ष्यामः

तत्र शीतोष्णस्निग्धरूक्षद्रवशुष्कैककालिकद्विकालिकौषधयुक्तमात्राहीनदो-
षप्रशमनवृत्त्यर्थाः ५६

Susruta in uttartantra has explained the
following twelve principle about diet

(SU.UT 64/56)

1. Shita guna aahara -Trishna, ushanta, mad ,
daha,raktapitta,visha

2.Ushna guna ahara - kapha Vata roga,snehpayi

3.Snigdha -Vata prakruti, rukshadeha

4. Ruksha - meda,snigdha Sharir, prameha pidita

5.Dravahar - Sushkadeha,durbala

6.Sushka-Pramehi

7.Ek kaal -Increases agni

8.Dwikaal-samagni

9.Aushadh yukta -Aushadhdweshi

10 Alpa Ahara-Mandagni

11 Dosha prashamana-According to ritu
kaal

12.Vrityartha-For healthy persons

PROPER TIME TO TAKE FOOD

विसृष्टे विरमूत्रे विशदकरणे देहे च सुलघो
विशुद्धे चोद्वारे हृदि सुविमले वाते च सरति

तथाऽन्नश्रद्धायां क्लमपरिगमे कुक्षौ च शिथिले
प्रदेयस्त्वाहारो भवति भिषजां कालः स तु मतः ८४

1. After urination & defecation
2. When all indriyas are having prasannata
3. When apaan vayu is normal & eliminated
4. When "kukshi" is shithil
5. When body feels lightness
6. When there is shuddha udgara
7. When there is desire of taking food

CONCLUSION

"DEHO HI AAHAR SAMBHAVA"

1. Human body is said to be the bio-product of food
2. Healthy life starts with healthy food
3. Aahara plays vital role in healthy and diseased condition
4. The strength and complexion of a person will enhance only if he practices correct diet and regimen

Thank you ...

