

Comparative study of concept with Ayurvedokta *Aahara* & today's contaminated, adulterated food

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Abstract –

Aahara is Trayopstambha of life as described in *Ayurveda* (Cha.Su. 11/13)¹. All basic principles are described in *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha*, as well as *Ashtanga Hrudaya*. In *Charaka Samhita* (Cha.chi.15)¹, *Aahara* described in aspect with its properties, *Ahara*, *Dincharya*, *Ritucharya*, *Dravdravyavidhi*, *Annapan vidhiadhyaya*. In *Sushruta Samhita* (Su.Su.46, 47)² *Dravdravyavidhi* & *Annapanvidhi* guide us about diet by multiple perspectives.

In *Sutrasthan* of *Ashtang Sangraha* & *Ashtangahrudya* comprehensive explanation of *Dincharya* and *Ritucharya*.³ Benefits of *Aahara* according to vidhi is described in *Charak Samhita Sutrasthan* (27/2)¹. Also importance of *Aahara* is described in Su.ni.(24/68)². *Viruddha Aahara* means diet having opposite properties concern

with *rasa, virya, vipaka* & scrupulous information and harms are explained by *Acharya Charaka* in *sutrasthan*(26/85)¹. *Yogya Aahara* means appropriate diet précised in *Charakacharya* in *Sutrasthan* (27/349)¹. In *Shri Bhagvat Gita* adhyay (6/17)⁵. *Desh* place/surroundings, *kaal*/time, *Sanskar*, *Koshta* etc these are valuable 18 factors that affects digestion. Mind should be settle *prasannabhav* is important by avoiding *irsha, dvesh, raga* & *lobha*. *Aahara* should be *manonukul*, good in smell, appearance, & taste¹. In *Ayurveda* food and digestion are preferred in broad concept thought in various folds. Today's era what should be eat for healthy life? How? Where? This is also important for digestion. Now a days adulterated, contaminated food consumption occurred from unknown route. Several chemical contaminations travel from stage of cultivation to reach to consumer, which are giving much hazards for health. Farming, cultivating,

processing, marketing, stocking, selling, plastic packing material also contaminated food. Number of examples may be given as milk, vegetables (tomato), fruits like apples; grapes, bananas are highly contaminated by colours and chemicals. We should aware about *Aahara*. We should eat which is safe for us. Junk food, road breakfast like *vadapav*, fast food may be highly used with contaminated oil & inferior food quality. Many hotels use palm oil for process which affects worse on healthy body. Everyone must think about improvement of food quality. This is primary need in present scenario.

Introduction

Aahara is one of the *Trayopstambha* & basic *siddhantas* of *Ayurveda* Cha.Su.(11/13)¹. For somatic body & mental strength *Aahara* plays very important role which builds health properly. *Aahara* included in basic principles, have lightened within meticulous properties by *Charak Samhita*, *Sushruta Samhita*, *Ashtang Sangraha* and *Ashtang Hrudaya*. In present scenario which substance take by us as a food; are we know about it? *Viruddhanna siddhanta* described in Cha.Su.(26/85)¹ with 18 factors as like *desh, kaal, agni, sanskar, koshta, matra, dosh, avashta* etc¹. Diet is a basic need to maintain healthy body. Continuous consumption of *viruddha Aahar* may be cause of many acute or chronic diseases as well as effects on immunity¹. Proper digestion having capacity is sign of healthy life. Someone having powerful *jatharagni* can digest heavy food. *Aahara prashasti* explained in *Sushruta Samhita Nidansthan* (24/68)². Healthy diet gives strength, enthusiasm, *preenana* to the

body which is essential for healthy life. In *Charak Samhita* (Cha. Chi. 15/5) *Aahara* means healthy diet in appropriate amount give nutrition, *dhatu, Oja, Bal, Varna* to body & mind¹. What should be eat? When should be eat? Are they performing with standard processing? How much drink water? When? What should be mental stage at the time of eating food? All answers of these questions has given in *Samhitas* (Cha.Su.27, Su.Su.45)^{1,2}.

Many dimensions have explained about food in *Ayurveda*. Different characteristics of different *Aahara* are described in *Charak Samhita in sutrasthana* (27)¹, in *Sushruta Samhita Sutrasthana* (45, 46)². *Yogyaayogya Aahara* described in *Shreemad Bhagavad Geeta* (6/17)⁵. For healthy life, healthy body & healthy mind are essential which can get by healthy diet.

In present scenario, water also polluted by chemicals which is recurrently used in agriculture, industrial manufacturing areas. Thus food also affects as cultivated crop infected water supply, fertilizers, different sprays, insecticides, herbicides which are widely using for commercial purpose. Somewhat less chemical value but at different stages, different people are polluting fruits, vegetables for increase attractive appearance, preserve long time or artificially ripen fruits to get economic benefit. Packed foods, ready to eat food also have utilizes many preservatives. Are they safe for health? Green bunch of banana cut, weight & deeps in tank of chemical solution for preservation and ripen for commercial purpose. Different chemicals like ethylene glycol & calcium

carbide (This is contains small amount of arsenic & phosphorus) which are harmful for healthy body, life⁶. Thus grains, cereals, fruits, roots, vegetables, even milk, meat, flesh are also polluted at different levels. Marketing strategy also support to reduce nutritional value of food for quickly ripens, colorful, e.g. makes attractive apples by wax coating.

Aim- To explain Comparative study between described *Aaharadravyas* by *Ayurveda* & today's contaminated adulterated food.

Objectives- To highlight an importance of *Aahara dravyas* by *Ayurveda*.

To explain *Ayurveda* Concept & Compare with today's contaminated & adulterated food.

To recognize lots of unknown factors affecting our health.

Literary review

In *Charak Samhita*, actions of digestion explain in *Chikitsasthan* 15 /5. *Aahara* gives nutrition to body, *dhatu*, *oja*, *bala* (strength), *varna*. Merit & demerit of *Aahara sevan vidhi* explained by *Charakacharya* in *Sutrasthan* 27. So method of eating food is also important because it can protect life & prevent from various diseases. *Ahitkar* means unhealthy & *hitkar* means healthy food important for life, described by *Charakacharya*¹. *Sushutacharya* explained 2 chapters *Dravdravyavidhiadhyaya* & *Annapanvidhiadhyaya* for detail

information about *Aahara*, while as *Annaprashasti* emphasized an importance of *Aahara* in *nidanasthan* (24/68)².

Material & Method - *Charaksamhita*, *Sushruta samhita*, *Ashtang sangraha*, *Ashtanghrudya*, *Bhagvad Geeta*, modern literature & Internet.

Conceptual study Aahara in Samhita

Table No.1

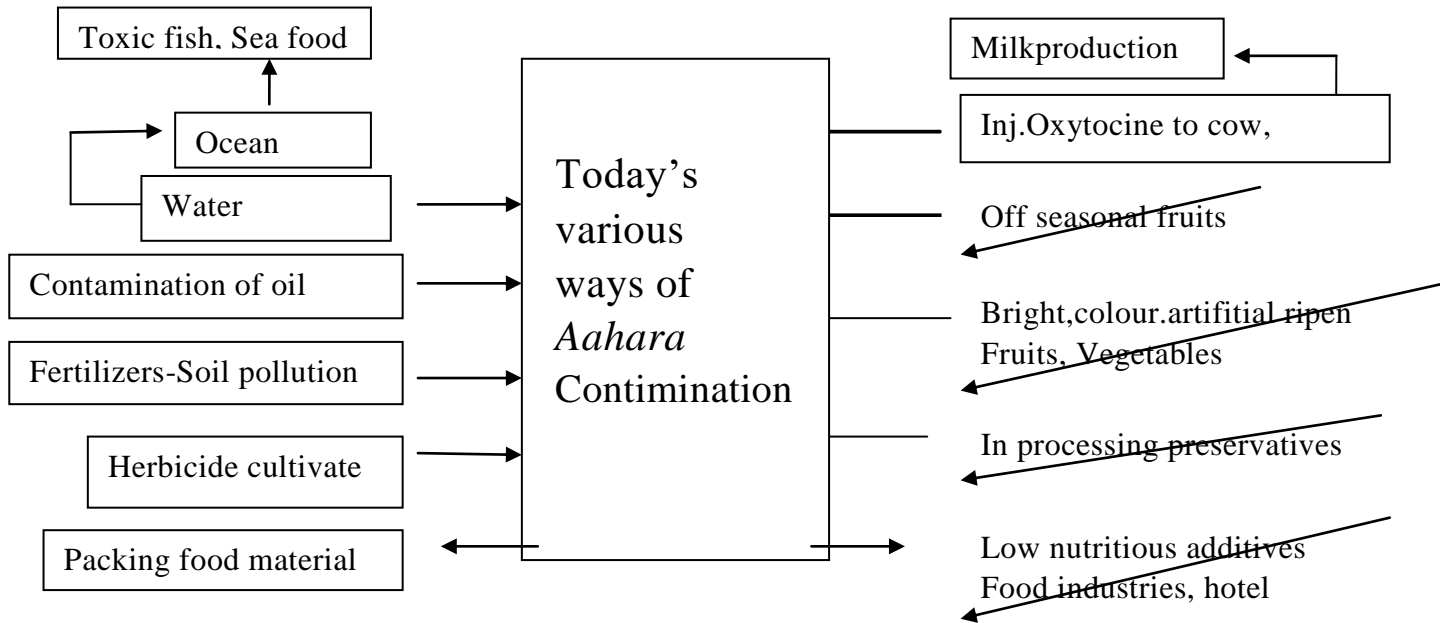
Sr. No.	<i>Charaksa mhita Sutrastha</i> 27	<i>Sushrutas amhita Sutrastha</i> na45	<i>Sushrutas amhita Sutrastha</i> na46
1.	<i>Shukdha nya</i>	<i>Jala</i>	<i>Shali</i>
2.	<i>Shamidh anya</i>	<i>Kshir</i>	<i>Kudhanya</i>
3.	<i>Mansa</i>	<i>Dadhi</i>	<i>Mudgadi</i>
4.	<i>Shak</i>	<i>Takra</i>	<i>Mansa</i>
5.	<i>Phal</i>	<i>Ghruta</i>	<i>Phal</i>
6.	<i>madya</i>	<i>Tail</i>	<i>Shak</i>
7.	<i>Harit</i>	<i>Madhu</i>	<i>Pushpa</i>
8.	<i>Jala</i>	<i>Ikshu</i>	<i>Kanda</i>
9.	<i>Dugdha</i>	<i>Madhya</i>	<i>Lavan</i>
10.	<i>Ekshu</i>	<i>Mutra</i>	<i>Krutanna</i>
11.	<i>Krutanna</i>	-	<i>Bhakshya</i>
12.	<i>Aaharay og</i>	-	<i>Anupan</i>

Bhakshya, *Bhojya*, *lehya*, *choshya* these four types of *Aahara* are described by *Bhagvad Gita Adhyaya* (15/14)⁵. Different types of *Jala* are described in *Sushruta Samhita Sutrasthan* (45/5)². Continuous consumption of healthy food having six rasa & *panchbhautik Aahara* is very useful for *Panchbhautika Sharir*.

Types of Aahara Table No. 2

Sr.No.	Types of Aahara	Reference
1.	Chaturvidha	Shreemad Bhagavad Geeta 15/14
2.	Panchbhautik	Su.su.46/533
3.	Shadrasatmak	Cha.su.25/4
4.	Types of jala	Su.su.45
5.	According to Ritucharya	Ashtang Sangraha, Hrudya Sutrasthan
6.	Methods of Aahara sevan	Cha.su.27/2
7.	According to Dinacharya	Ashtang Sangraha, Hrudya Sutrasthan
8.	Benefits of Manonukul Aahara	Cha.su.15/2

Observation- There is various source of contamination, but even after that the food consumptions occurs blindly. This is time that everyone should think about what should be eat

**Concept of Aahara**

Nishiddha Aahara means contraindicated food according to Sushrutasamhita sutrasthana 46(482-483)²

अचोक्ष्यं द्रुष्टमुत्सृष्टं पाषाणं तृणं लोष्टवत ।
द्विष्टं व्युषितमं स्वादु पुतिचान्नं विवर्जयेत् ॥

चिरसिद्धं स्थिरं शीतमन्नमुष्णी कृतं पुनः ।
अशान्तमुपदग्धं च तथा स्वादु न लक्ष्यते ॥
सु.सु. ४६/४८२, ४८३

Charakcharya explained in sutrasthana 27(125-161) properties of unripen & ripe fruits as follows². Are we thinking deeply at time eating fruits?

Table no.3

Sr. No.	Fruit	Latin Name	Unripe	Ripe
1.	<i>Bilwa</i>	<i>Aegle mermelos</i>	<i>Snigdha,ushna,tikshna deepak,kaphvatnashak</i>	<i>Jad,adhodoshvardhan, durgandhi</i>
2.	<i>Kushmanda</i>	<i>Benincasa hispida</i>	<i>Pittaghna,kaphakar, Ksharaghna</i>	<i>Hrudya,tridoshshamak</i>
3.	<i>Grapes</i>	<i>Vitis vinifera</i>	<i>Vatpittavardhak</i>	<i>Vatpittashamak</i>
4.	<i>Kavatha</i>	<i>Limonia acidissima</i>	<i>Vishnashak,sthambhak</i>	<i>Vishnashak, Sthambhak</i>
5.	<i>Udumbar</i>	<i>Ficus glomerata</i>	-	<i>Trupti,avasthabhak sheet,paustik</i>
6.	<i>Mango</i>	<i>Magnifera indica</i>	<i>Pittakarak</i>	<i>Vatnashak</i>
7.	<i>Dadim</i>	<i>Punica granatum</i>	<i>Ruksha,amla, vatpittavardhak</i>	<i>Tridoshghna, Pittanashak</i>

At the time selling, quickly ripe fruits for instant benefit in commercial purpose & hence calcium carbide used on bananas. We eat bananas with carbide reaction on it. Are they healthy for our body? How much % in it harms to our body? what are parameters to weighting it? When fruits ripen naturally, they change their properties. At artificially ripen of fruit, chemical contamination acts on body differently, disturb our intestinal mucosa, can leads to various diseases & further can damage to liver.

In *Trividhakukshiyaadhyaya* of *Vimansthana*, Acharya Charaka gives the guidelines that how much should be eaten. He explains that if we imagine 3 part of stomach & then 1st part should hard substances or solid materials, 2nd part for *drava* means liquid part and lastly 3rd part should be empty remaining for *Vata*. He also describes amount of food which should be proper to eat, not more or not less¹.

Effects of Aaharamatra on body Table no. 4

Sr. No.	Effect of <i>Hinmatra</i> (Less amount) <i>Aahara</i>	Effect of <i>Atimatra</i> (More amount) <i>Aahara</i>
1.	<i>Truptinash</i>	<i>Sarvdosh prakop</i>
2.	Reduce strength	<i>Vishtambh</i>
3.	Reduce colour	Vomitting, Diarrhea
4.	Unsatisfaction	<i>Murchha</i>
5.	Diseases like <i>Udavarta</i>	<i>Mukhshosh, Stomachache</i>
6.	<i>Oja, Veerya kshaya</i>	<i>Pittaj vyadhi-Atisar, Jwar</i>
7.	<i>Sarvdhatusartanash</i>	<i>Kaphaj vyadhi-Vaman, Aruchi</i>
8.	Dipression	-
9.	80 types of <i>Vaataj nanatmaj rog</i>	-

Causes of Diseases (Aam)- Cha.Vi.(3/9)-

चान्नं न पचति । चिन्ता शोक भय
क्रोध दुःख शय्या प्रजागरे ॥ च. वि. ३/९

Digestion of food material affects by these factors- *dukha* means sorrow, *chinta* means anxiety *bhaya* means fear, *krodha* means anger, *jagran* means awakening late night. Not only *atimatra* but also *guru-heavy*, *ruksha-too much dry*, *Vishtambhi*, *Viruddha-opposite in properties*, *apriya-dislike*, food consumption at improper time, *apvitra*. These factors make *aama* which is causative factor of diseases¹. *Mansik bhava-* *kama*, *krodh-anger*, *lobha*, *moha*, *irsha*, *lajja*, *shok-sorrow*, *abhimaan*, and these factors present in mind at the time of food eating, affect body, lead to diseases by producing *aama*¹. It is need that mind should be happy at time of eating food. Food should be pleasant, tasty and nutritious.

Discussion:

What should we do?-

Say No use of chemicals sprays which are harming to body. No use of fertilizer. Firstly land must purify and then cultivated. Purified water should be used for cultivation. Drainage of factory should neutralize, destroy harmful poison from it, then should purify & utilize better to clean of factories not for crop cultivation. Avoid water pollution. Avoid use of herbicides, avoid genetically modified seeds. If possible to everyone prepare food from self-farming, pure raw material. Otherwise everyone should be use food which is formed maximum naturally. Food containing highly chemicals like lead, arsenic

should be avoided⁶. Different country has different rules for food product. In India, Govt. changes the policy positively for cultivation. Food act is playing important role in controlling the pollution of food. Even after that contamination, adulterations being carry in food in market because of improper checking, regulation, and implementation usually. These are examples that normally seen at market which are usually ignored at every stage such as-

Ground nut- Adulterated with same colour stone, wet.

Khava- boiled milk until consistency-contaminated with low grade substances like *maida*, flour.

Fruits- In these, instant ripen chemicals like carbide powder are used. Chemical colors may use externally or internally.

Watermelon- Colors injected by syringe for increase color, attractiveness.

Vegetables- changes the color by injecting chemicals unripen tomato & green vegetables.

Honey- mostly adulterated by mixture of sugar & liquid.

Preserve these long time & packing in plastic containers, filling with contaminated gas, artificial perfume which can cause hazardous for human beings⁶.

In *Ayurveda*, *Aahara* evaluated at high level with different views & its importance highlighted often as referred in *Samhitas*. Different types of *Aahara dravyas* explained in *Charak Samhita*, he divides *Anna* means food in 12 classes¹. *Sushrutacharya* described food in

Sutrasthana in 45 & 46 chapters. They explained what should be eaten; their properties, action & what should not eat. How much food should be intake, along with which *anupana*? Which is a method of food consumption? According to *Acharya* water is best *anupana*, food containing *Shadrasatmak Aahara* means including six rasa-taste likewise madhur-sweet, *amla*-sour, *lavan*-salty, *katu*-spicy, *tikta*-bitter, *kashaya*-alumn like. *Acharya* contraindicated use of same *Aahara* as single taste including in it continuously for long time consumption. *Ayurveda* also illuminated *Aaharmatra* i.e amount of diet. They also explained that we should *prasanna* at time of eating food. *Prasanna* means with happy mind. Food should be *manonukul*, tasty & giving nutritious, health & should be avoid taking food with anger, anxiety, depression, sorrow, tension. *Bhavana* should be Pure-*vishuddha* as per aspect of physically, mentally, process of *Rasashastra*. *Nishiddha Aahara* means contraindicated food explained by *Sushrutacharya* in *Sutrasthana* 46(482,483)². This information is valuable for diet. It makes more aware about healthy, body & mind, it can prevent from various diseases. Whatever we eat today, is it safe for our health? Can single person recover food quality? Of Course Not. But if all groups start for avoid contamination, adulteration at various stages like cultivation, processing, selling, marketing, packing, distributing safe criteria & try to manufacture safe & healthy food. It will be safe to all in future life. Farmer should use natural farming, biological fertilizers and pure water. Merchant should avoid contamination for little benefit. Customer should only promote

natural food, without contamination it will stage of changing in positive direction. Then we can also make food, herbs with pure raw materials and then its results will be amazing. It can prove ability with destroying various diseases. Point is that a small change will change our future, think seriously about it to save our health from harmful contaminations and adulterations.

Result:

Aahara is one of the *Trayopstambha* of life, important for healthy life¹. We should aware for food qualities & eating habits. Naturally cultivated, chemical free, well processed food should be eating. Higher purity, quality food is mandatory, which can consumptive at less quantity as per availability. *Bhavana* should be Pure-*vishuddha* as per aspect of physically, mentally, process of *Rasashastra*. It is essential in present scenario that what to eat? How to eat? How avoid highly contaminated, adulterated food. How much to eat? Think about the quality, purity of food. Think about improvement in nutritious value of our daily diet, it is the today's prime need.

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