

“Descriptive study of effects of *Matravirudh Aahar*.”

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Abstract:

Aahar (Diet) always has to be taken in Proper quantity i.e. *matra*. Although the definition of *matra* is different for different persons and we see ill health effects if this *matra* is not maintained. So to analysis these effects we are going to do study & will do conclusion.

Keywords :- *Matra, Aahar, Virudda, Ajirna, Atimatra, Heenmatra*

Introduction:-

Ayurved is science regarding not only to treat disease but also evaluate the reasons behind it. It is the science which is for the well being of person. In this regard to give human disease free life *matra* i.e. quantity of *aahar* is mentioned when the *aahar* is taken in their *matra*. According to *Ayurveda* *Aahar* is given the very much importance so its *matra* has to be considered.

Aim – To study the effects of *Matraviruddha aahar*.

Objective –

- To study the concept of *Matra* by *Ayurvedic* aacharyas
- To study the effect of *Matra viruddha aahar*
- To study *Matraruddha aahar* in view of *Atimatra* & *Heenmatra*

Material & Methods – In this study the effects of *Matraruddha aahar* will be studied from *Ayurvedic* texts

Discussion -

1. The proper *matra* of *aahar* (diet) is different for different persons. It depends upon the digestive capacity and the *guna* of the *aahar* ⁵.
2. If this *matra* has been neglected while taking *aahar*, then the *aahar* is called *matra virudha*.

3. In *Ashtang sangrah sutrasthan*, *Aacharya vagbhat*¹ has defined this ideal *matra* for every person as

After eating if a person feels –

- No heaviness or pain in stomach
- No pressure or heaviness in heart region.
- No heaviness in abdomen
- All *indriyas* should nourish properly
- Feeling of thirst & hunger should satisfy
- Comfort feeling in standing, sitting, sleeping, walking, breathing, talking
- Morning taken food should digest till evening i.e. before taking dinner and the evening meal (dinner) should get digest before lunch.
- Improves health power, complexion and proper weight

These are the symptoms of *matravat aahar*

*Aacharya Sushrut*² in *adhyay* 46 of *sutrasthan* named *annapanvidhi*, mentioned that easily digestible, in proper quantity food has to be taken *Acharya Sushrut*³ has used the word ‘*visham-ashan*’ for *matra virudh aahar*. In explaining the types of unacceptable *aahar*, *acharya Sushrut* has mentioned as

- *Sam-ashan*
- *Visham-ashan*
- *Adhi-aashan*

- 1) *Sam-ashan* - Mixing of *hitkar* (healthy) & *ahitkar* (unhealthy) *aahar* while eating.
- 2) *Visham-ashan* - Eating more quantity or less quantity than the digestive power. Eating without hunger is also included in *vishamashan*
- 3) *Adhi-ashan* - Eating again while the previous food is not digested yet.

These type of *aahar* will lead to *Ajirna* (indigestion).

In *Ashtang sangrah*⁴ also these 3 *virudda aahar* related with *matra* is explained as *samashan*, *savisham-aashan*, *Adhayehan*.

Acharya Sushrut has also mentioned than one should not do over eating of food considering its *matra* (quantity) and *guna* of food.

Conclusion -

Matra of *aahar* is different for different persons. It depends upon the digestive power and many other factors like *Ras*, *Guna*, *Virya*, *Vipak* of *aahar*.

So if the digestive power is weak than the *matra* has to be reduced in comparison with the strong digestive power. Same as if the *aahar* contains



snigtha and *shit guna* then the *martra* has to be reduced as compared to *ruksha* and *ushna aahar*. *Ushna gun* enhances digestive power that's why it is said that *aahar* should always be taken warm.

'*Matravirudh*' word can be elaborated in two types as

1. *Heenmatra* – Eating less than which is required. When *aahar* is taken in *heenmatra* then it results in *Dhatu-Shay*, *Karshya* & responsible for various *vat vyadhis*
2. *Atimatra* - i.e. eating more than that is required. *Atimatra aahar* results in *Medorog* & *Madhumeh* like *kashtsadhya vyadhis*. *Atimatra aahar* also result in *Ajirna* i.e. '*Aam*'. According to ayurved '*Aam*' is considered as *visha* and called '*Aam-visha*' which is root cause for many diseases as *Alasak*, *visuchika*, *kaphaj roga* and many more.

Acharya Sushrut has included *matra-virudh* in '*Vishamashan*' by defining it

as eating more quantity or less quantity than the digestive power.

So while eating the *matra* of *aahar* is always given priority.

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