

AshtaAhara Vidhi Visheyatan in Ayurveda Kriya Sharir: A Comprehensive Research Study

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ABSTRACT

Ayurveda is an ancient science which has a deep description on Diet¹. As Metabolic disorders and improper diet has a direct relationship, it's very important to know about a systematic diet approach. This research paper presents a comprehensive study on AshtaAhara Vidhi Visheyatana (eight guidelines of diet and lifestyle) within the context of Kriya Sharir (Physiology) in Ayurveda. The study aims to explore the principles, significance, and practical implications of AshtaAhara Vidhi in promoting health and well-being. Observation-Through an extensive literature review and analysis of classical Ayurvedic texts, this research study sheds light on the ancient wisdom of Ayurvedic dietary and lifestyle guidelines. Conclusion -The findings of this study contribute to a deeper understanding of AshtaAhara Vidhi Visheyatan and its application in contemporary healthcare practices.

INTRODUCTION

Ayurveda, the ancient Indian system of medicine, offers a holistic approach to health and well-being. Central to Ayurveda is the recognition that diet and lifestyle play a crucial role in maintaining optimal health, preventing diseases, and promoting longevity. The AshtaAhara Vidhi Visheyatan, which translates to "eight guidelines of diet and lifestyle," is a cornerstone of Ayurvedic principles related to food and daily habits². These guidelines provide insights into the optimal selection, preparation, and consumption of food, as well as lifestyle practices that support overall well-being. In recent years, there has been a resurgence of interest in Ayurveda and its traditional wisdom, not only among individuals seeking natural and holistic approaches to health but also within the scientific and medical communities. The integration of Ayurvedic principles into contemporary healthcare practices holds the potential to address the rising burden of chronic diseases and promote personalized and preventive approaches to healthcare. However, there is a need for a comprehensive and in-depth study focusing specifically on the AshtaAhara Vidhi Visheyatan within the context of Kriya Sharir (Physiology) in Ayurveda. While individual guidelines within the AshtaAhara Vidhi have been explored, a holistic examination of all eight guidelines, their physiological mechanisms, and their practical implications is lacking. Understanding the significance and implementation of these guidelines can provide valuable insights for individuals, healthcare professionals, and policymakers in promoting health and preventing diseases.

Need for the Study:

In today's fast-paced and highly processed food culture, individuals face challenges in maintaining a healthy and balanced diet. By studying the AshtaAhara Vidhi Visheyatan, we can bridge the gap between traditional wisdom and contemporary dietary practices. Prevention of Lifestyle-related Disorders: The prevalence of lifestyle-related diseases, such as obesity, diabetes, cardiovascular diseases, and digestive disorders, is on the rise globally³. These disorders are strongly influenced by diet and lifestyle choices. By examining the AshtaAhara Vidhi Visheyatan, we can identify effective preventive strategies that promote healthy eating habits, mindful consumption, and overall well-being.

AIM AND OBJECTIVES

Aim:

The aim of this study is to explore the principles and practical implications of AshtaAhara Vidhi Visheyatan in Ayurveda Kriya Sharir, focusing on the eight guidelines of diet and lifestyle.

Objectives:

- To examine the eight guidelines of AshtaAhara Vidhi Visheyatan, namely Desha, Kala, Prakriti, Rashi, Samyoga, Virya, Sanskar, and UpayogSamstha.
- To assess the effects of adhering to the AshtaAhara Vidhi Visheyatan guidelines on health outcomes, including the prevention of lifestyle-related disorders and the promotion of overall well-being.
- To identify potential applications of the AshtaAhara Vidhi Visheyatan guidelines in contemporary healthcare practices, including preventive medicine, therapeutic interventions, and public health initiatives.

By addressing these objectives, this study aims to contribute to the body of knowledge on Ayurvedic dietary and lifestyle principles, providing insights into their physiological basis, practical relevance, and potential integration into contemporary healthcare practices.

Materials and method- Relevant Ayurveda from Samhitas and modern literature as well as information available on web sources searched to fulfil the aim.

LITERATURE STUDY

The literature study provides an overview of the existing body of knowledge related to the AshtaAhara Vidhi Visheyatan in Ayurveda Kriya Sharir. It includes an analysis of classical Ayurvedic texts, research articles, and scientific literature that explore the principles, physiological mechanisms, and practical implications of these guidelines.

The AshtaAhara Vidhi Visheyatan guidelines in Ayurveda emphasize the importance of appropriate diet and lifestyle practices for maintaining health and preventing diseases.

These guidelines are rooted in the understanding of physiological mechanisms that occur during digestion, metabolism, and overall physiological functioning. By adhering to these guidelines, individuals can optimize their physiological processes and support the balance of doshas (bioenergetic principles) in the body.

The first guideline, Desha (place)⁴, emphasizes the selection of food and lifestyle practices based on the geographical region and climate. This recognizes the impact of environmental factors on digestion and metabolism. For example, individuals living in colder regions may benefit from warm, nourishing foods to maintain internal warmth and balance.

The second guideline⁵, Kala (time), highlights the importance of consuming meals at appropriate times of the day. Ayurveda suggests that aligning meals with the body's natural digestive rhythms optimizes digestion and nutrient absorption. Consuming meals at regular intervals promotes efficient metabolism and helps maintain stable energy levels throughout the day.

The third guideline, Prakriti (nature)⁶, recognizes the unique constitution and tendencies of individuals. Ayurveda classifies individuals into different Prakriti types (Vata, Pitta, and Kapha), and the guidelines suggest tailoring the diet and lifestyle practices accordingly. This individualized approach takes into account the specific needs and imbalances of each person, promoting better digestion and overall well-being.

The fourth guideline⁷, Rashi (quantity), emphasizes moderation in food intake. Overeating can overload the digestive system, leading to incomplete digestion and the formation of toxins. Ayurveda recommends consuming meals in quantities that provide satiety without causing heaviness or discomfort, allowing for optimal digestion and nutrient assimilation.

The fifth guideline⁸, Samyoga (combination), focuses on food combinations to ensure proper digestion. Ayurveda suggests avoiding incompatible food combinations, such as mixing milk and sour fruits, as they can hinder digestion and lead to the formation of harmful substances in the body. Combining foods wisely promotes efficient metabolism and prevents the accumulation of toxins.

The sixth guideline, Virya (potency)⁹, considers the inherent qualities and effects of foods on the body. Ayurveda classifies foods as heating (ushna), cooling (sheeta), or neutral (sama) based on their thermogenic properties. By consuming foods with appropriate virya, individuals can balance their internal heat and maintain optimal digestion and metabolism.

The seventh guideline, Sanskar (processing)¹⁰, emphasizes proper food preparation and cooking methods. Ayurveda recommends cooking methods that enhance digestibility, such as steaming, boiling, and sautéing, while minimizing the use of excessive oils or frying. Proper processing of food helps break down complex molecules, making them more easily digestible and bioavailable.

The eighth guideline, UpayogSamstha (rules of eating)¹¹, focuses on mindful eating practices. Ayurveda encourages eating in a calm and peaceful environment, chewing food thoroughly, and avoiding distractions during meals. By adopting these practices, individuals can enhance digestion, promote satiety, and reduce the chances of overeating.

Impact on Health Outcomes:

These guidelines promote healthy digestion, prevent the formation of toxins (Ama), and maintain balanced doshas (Vata, Pitta, and Kapha).

Formation of toxins which is due to improper food lifestyles. People are more prone to hawkers foodstuffs which increases the toxins in our body. This ama or toxins leads to indigestion further leading to various disorders.

Secondly, according to Ayurveda it's benefit if we consume the foodstuffs which are usually cultivated in the same region where you reside has more acceptance to body which will ensure proper growth.

These guidelines ensure that the food is eaten mindfully, ensuring proper blood circulation to GIT and hence enhancing proper digestion thus giving a better health.

Processing of foodstuffs should be made in a systematic manner, this increases the nutritional value of food, thus making the foodstuffs lighter and easily digested by the body.

Adherence to these guidelines, definitely reduced risk of lifestyle-related diseases, and enhanced overall well-being.

Integration into Contemporary Healthcare:

The integration of the AshtaAhara Vidhi Visheyatan guidelines into contemporary healthcare practices has gained attention. In view of preventive medicine, The various modifications in diet i.e diet according to various climatic changes will definitely prove to be helpful in that particular season and if consumed with this guidelines will definitely enhance the lifestyle.

Considering therapeutic interventions, Buttermilk which is processed from milk is an important therapeutic intervention in case of Haemorrhoids.

Secondly, in case of newly detected fever of unknown origin, rice gruel plays a very important role in Maintaining hydration as well as decreasing fever.

Integrative approaches combining Ayurvedic principles with modern nutrition science have shown promise in addressing the burden of lifestyle-related disorders and promoting holistic health.

Research Gaps and Future Directions:

Despite the existing research, there are still gaps in the knowledge related to the AshtaAhara Vidhi Visheyatan guidelines. Further research is needed to explore the specific mechanisms of action, validate the benefits of these guidelines through rigorous clinical trials, and assess their long-term impact on health outcomes. Additionally, studies focusing on the practical implementation of these guidelines in different cultural and geographical contexts would contribute to their widespread adoption.

INTERPRETATION AND DISCUSSION

Impact of These Guidelines on Digestion, Metabolism, and Overall Health The AshtaAhara Vidhi Visheyatan guidelines play a crucial role in optimizing digestion, metabolism, and overall health. Adhering to these guidelines can positively impact several physiological processes in the body:

Dosha Balance: The guidelines consider individual Prakriti types and aim to balance the three doshas—Vata, Pitta, and Kapha. By selecting foods and lifestyle practices according to one's Prakriti, individuals can mitigate doshic imbalances, promote equilibrium, and prevent the manifestation of diseases associated with dosha vitiation.

Toxin Prevention: The guidelines address the prevention of toxins (Ama) formation in the body. By promoting proper digestion, avoiding incompatible food combinations, and practicing moderation in food intake, individuals can minimize the production of toxins and support the body's natural detoxification processes.

Analysis of the Guidelines in the Context of Contemporary Lifestyle and Dietary Practices In the context of contemporary lifestyle and dietary practices, the AshtaAhara Vidhi Visheyatan guidelines provide valuable insights and recommendations for individuals seeking optimal health and well-being.

Many modern dietary patterns often prioritize convenience, processed foods, and irregular eating habits, which can lead to digestive disturbances and imbalances.

By integrating the principles of AshtaAhara Vidhi Visheyatan into modern lifestyles, individuals can create a harmonious balance between traditional wisdom and practicality. Mindful selection of food and lifestyle practices, such as incorporating fresh, whole foods, establishing regular meal times, and practicing mindful eating, can be adopted within the constraints of busy schedules and diverse culinary preferences.

Integration of AshtaAhara Vidhi Visheyatan in Preventive and Therapeutic Interventions The AshtaAhara Vidhi Visheyatan guidelines offer valuable insights for preventive and therapeutic interventions in contemporary healthcare practices. Integrating these guidelines can enhance the efficacy of Ayurvedic treatments and promote overall health and well-being. Ayurvedic practitioners can incorporate these principles into individualized treatment plans, taking into account the unique constitution, imbalances, and health goals of each person.

Furthermore, incorporating AshtaAhara Vidhi Visheyatan in public health initiatives can help address the rising prevalence of lifestyle-related disorders. By promoting awareness and education about these guidelines, individuals can make informed choices about their diet and lifestyle, reducing the burden of chronic diseases and promoting overall health and longevity.

Individual Impact

This study plays a key role in modification of dietary food process in order to make it more healthy and nutritious. If every individual works for the proper application of Ashta Ahara Vidhi Visheyatan, it will definitely serve for the well-being of the society.

CONCLUSION

The study of AshtaAhara Vidhi Visheyatan in Ayurveda Kriya Sharir reveals the profound wisdom and practical relevance of these guidelines in maintaining optimal health. Adhering to the AshtaAhara Vidhi Visheyatan guidelines offers a holistic approach to health and serves as a foundation for preventive and therapeutic interventions. Further research and clinical studies are warranted to validate the efficacy and benefits of these guidelines in contemporary healthcare practices.

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