Original Research Paper

Ayurveda

CLASSIFICATION OF AAHAR (DIET) ACCORDING TO AYURVEDA AND MODERN SCIENCE

Dr. Arbune Anadrao B. | Principal, HOD & Prof. Sharer kriya Dept, RIARCH, Mayani.

ABSTRACT Ahara Kalpana is an important factor in the field of prevention of health; where different Dravyas are used for maintaining and sustain the living body. Concept of Ahara Kalpana is more important to achieve the status of complete health which is said as Prakritisthapana (establishment of original health status) by Acharya Charaka. Acharya Charaka has narrated many important principles related to the health. Ahara is the one of the prime factors described in Ayurveda for healthy living. The 12 aahar varga described in Charak namely Shook, Sahmi, Mamsa, Shak, Phala, Harita, Madya, Jala, Gorasa, Ikshu, Krutanna, Aaharupyogi, varga. As per modern classification- Energy rich foods, body building foods, productive foods etc.

INTRODUCTION:

Ahara plays an important role in maintaining health .The food taken in appropriate quantity, helps individual in bringing out strength, complexion, happiness and longevity without disturbing the equilibrium of Dhatus and Dosas of the body.[1] The 12 aahar varga described in Charak namely Shook, Sahmi, Mamsa, Shak, Phala, Harita, Madya, Jala, Gorasa, Ikshu, Krutanna, Aaharupyogi, varga. As per modern classification- Energy rich foods, body building foods, productive foods etc.

The classification of Ahara Varga in Charak Samhita is near to balanced diet. Shak varga: Śākavarga is the Sanskrit name for a group of medicinal plants, classified as "pot-herbs/vegetables", of which the leaves, stems and fruits are used. It was and originally composed by Caraka in his *Carakasaṃhitā sūtrasthāna* XXVII. The collection of herbs named Śākavarga is one of the seven groups that were classified based on its dietic value.

In Ayurveda the aahar is also classified as satvik, Rajsik, Tamsik.

The different groups of foods listed below may be broadly classified under three heads from the nutritional point of view.
1. Energy yielding foods;
2. Body building foods and
3. Protective foods.

AIM AND OBJECTIVES:

To study Classification of Aahar (Diet) According to Ayurveda and Modern science.

MATERIAL & METHODS:

Charak has classified anna (food) into 12 groups.
1. Shuka dhanya: Corns with bristles
2. Shami Shanya: Pulses
3. Mamsa: Meat
4. Shaak: vegetables
5. Phala: Fruits
6. Harit: Green and salads
7. Madya: Wines
8. Ambu: Water
9. Gorasa: Milk & milk products
10. Ikshu vikar: Sugar cane products
11. Krutanna: Food Preparation, Recipes
12. Ahar upyogi: Aaccessory Food Articles

Shook Dhanya and Shimbi Dhanya comes under category of Dhanya Varga.
1) Shuka- Shali, shastik, vreehi, shyamak, yava, Godhuma
2) Sahmi - Green gram –Mudga

Masha, Raja Masha, Kulatha, Makuska, chanaka sesame seed (Tila), shimbi - Adhaki

3) Mamsa varga - The group of animal whose meat is commonly used in food.

Prasaha, Bhumishaya, Anupa, Vaarishaya, Varichara. Jangal, viskira, pratuda

4) Shaaka varga - vegetable group -
Patha, shusha, shati, vastuka, sunishannaka, kakmacli, Rajshavak

5) Phala varga
Raisin, Khajura (Dates), phalgu, ripe Aruka, kapitta, Amra (Mango) Jambu, Amla, Bhibitaka, Dadim etc.

6) Harita Varga -
Adrak (Ginger), Jambira, Mula, Tulasi, Yavani, Gandir, Dhanaya, Palandu.

7) Madya Varga - Jagala, sharakara, pakwa rasa, Gaud, madavasav,

8) Jala Varga (water)-

9) Gorasa - Varga - milk, and milk products - Dadhi, Takra, Gogruta, Godugdha, Buffalo milk , Camel milk, Ekshapha, Goat, Human milk etc.

10) Ikshu varga - Sngar cane , madhu (Guda)

11) Krutanna varga - Cooked food preparations. Peya, manda, vilepi etc. Juices and soups.

12) Aahar upyogi Varga: It contains different types of oils, condiments, spices and different types of salts.

Classification :-

Energy rich foods: - Major nutrients carbohydrates and fats. Food sources are cereals, oil, nuts, sugar and sugar products.

Body building foods: - Major nutrient protein food sources are meat, fish, poultry, legumes and pulses, milk and milk products, nuts and oil seeds.

Productive foods:- Major nutrients vitamins and minerals food sources are green leafy vegetables, other vegetables and fruits, milk, eggs, flam food for planning of adequate diet, food have been conventionally grouped as cereals, millets, pulses, vegetables and fruits, milk and milk products, eggs, meat, fish, oil and fats and nuts, oil seeds and sugars.

1) Cereals, grains and cereals products :- This group includes cereals, such as whole wheat jowar, bajara, ragi, maize, rice, oats. The cervical products such as wheat flour, refined wheat flour, other cereals flour etc. bread (white and red), rice flakes, pastas, noodles are also included in this group.

The major nutrients provided are energy, protein, invisible fats viamin B1, B2, folic acid, iron, calcium and fiber.

2) Pulses and legumes :- This group includes all the whole pulses and dhals and other legumes. Pulses and legumes included in this group are red gram, Bengal gram, black gram, lentils, coupea peas, rajmah, soyabean etc.

The major nutrients provided are protein energy, invisible fats vitamins, B1, B2, folic acid, iron, calcium fiber.

3) Milk and milk products :- All type of milk and milk products such as cheese, yoghurt, cottage cheese (paneer) under this group.

The major nutrients provided are calcium, protein, invisible fats, vitamin A, B2, B12.

4) Meat, Fish and poultry: - All types of meat such as chicken, lamb, poultry, such as eggs, fish and sea foods are in this group. The major nutrients provided are protein, invisible fats, vitamin B2, and B12, vitamin A, and calcium.

5) Fruits and vegetable: - All fruits like apple, banana, apricots, dates, grapes, oranges, melons, peaches, pineapple, raisins and strawberries and vegetables are included in this group. The yellow orange fruits and vegetables like mango, carrot pumpkin, dark green leafy vegetables like amaranth, spinach, drumstick, leaves, mustard leaves, fenugreek leaves are included in this group. Also other vegetables like brinjal, ladies finger, capsicum, beans, drumsticks, broccoli, potatoes, tomatoes etc are included in this group.

The major nutrients present are carotenoids, vitamins, fiber, invisible fats, iron, calcium, folic acid and carbohydrates.

CONCLUSION:
1. The classification of Ahara Varga in Charak Samhita is near to balanced diet.
2. These vargas are the rich source of Carbohydrate, protein, Fat, Vitamins and minerals in body.
3. Modern classification is according to energy rich, body building and productive foods.

REFERENCES:
1. file:///C:/Documents%20and% 20Settings/Dr.% 20Sanjay/My%20 Documents/Downloads/ayurpharm2102.pdf
2. Charaka. Charaka Samhita (Ayurveda Dipika Commentary of Chakrapanidatta). Jadavaji Trikamji Acharya, editor. 7th ed. Varanasi: Chaukhambha Surbharati Prakashan; 2008. Cha su 26.
3. Acharya Vidyadhar Shukla, Prof. Ravi Dutt Tripathi, "Charak Samhita", Vaidya Manorama Hindi Commentary, Sutra sthan 5/8.
4. http://ijaar.in/posts/images/ upload/IJAAR_ VOLUME_III__ ISSUE_V_ NOV_ DEC_2017_935_944.pdf
5. https://www.slideshare.net/Drnikhila/nutrition-ayurveda-part-1-classification-of-fooda
6. https://easyayurveda.com/2014/08/08/classification-of-foods-and-drinks-charaka-sahmita-sutrasthana-27/