

A comprehensive review on Aahar Vidhi Vidhan

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Abstract

Introduction - Unlike other medicinal systems *Ayurveda* mainly focuses more on healthy living rather than curing a disease or to just only cure the patient with symptomatic treatment. The main concept is to personalize the healing process for each and every person as we all know that each body reacts to the same thing in different manner. *Ayurveda* the word is made up of two words i.e., *Ayush* means life and *Veda* means the study. The basic principle is to prevent and treat illness, maintaining balance of the body and mind through proper diet and lifestyle, *Dincharya*, *Ritucharya*, *Ratricharya*. In modern-day life everyone is suffering from some diseases due to our bad lifestyle or adulterated food or the food habits that we are engulfing today and also the food combinations that we are having. **Methodology**- Classical *Ayurvedic* texts such as *Charaka Samhita* were reviewed to outline the principles and scientific basis of *Ahaar Vidhi Vidhaan* (dietary guidelines), also *Swasthwritha* book. Additional data was collected from review articles also. **Result**-Adherence to these guidelines, including eating warm food, appropriate fat, correct quantity, mindful eating, and considering individual needs, was found to support digestion and prevent lifestyle diseases caused by poor eating habits. **Discussion**-*Ahaar Vidhi Vidhaan* offers practical dietary rules that help maintain health and prevent disease; its consistent application remains relevant for modern health and wellness.

Keywords

Aahar vidhi, Food habits, *Aahar vidhi vidhan*, *Charaka Samhita*, Life style.

Introduction

Aahar : it is a *dravya* that completes the bodily functions and that fulfills the *Dosha Dhatu* and *Mala* of the body

According to *Dalhan*, *Vata*, *Pitta* and *Kapha* are the main three *stamba* of our body and *Aahara Nidra Brahamacharya* are the three main *Upstambas* of our body. The combination of *Dosha* and *Upstambas* increases the *Bala*, *Varna* and *Upchaya*

. Taking healthy diet can help in increment of the *Satva Guna*, due to *Satva Guna Smriti* is attained and diet also helps in maintaining a good physical mental and spiritual health. The food helps in prompting the *Bala, Aayu, Tej, Smriti, Ojha, Jatharagni* and nourishes the body. A healthy diet is essential for good health and nutrition. It protects us from diseases like lifestyle, chronic, non-communicable etc. Eating a balanced diet is a must.

In Ayurveda the *Aahar* is divided in 6 i.e.,

- 1) According to *Praptisthan* – *Sthavar* (fruits, vegetables) and *Jangam* (by animals)
- 2) According to *Prabhaav* – *Hitkar* and *Ahitkar* 3) According to *Upyog* – *Paan, Choshya, Bhakshya, Lehya*
- 3) According to *rasa* – *Madhur Amla Lavan Katu Tikta Kashaya. Panchbhautika sangathan* – “*Sarvam dravyam panchbhautikam*” this is a *Shlok* that states that all the *Dravyas* are composed of the *Pancha Mahabhoot* i.e., *Aakash Vayu Agni Jal Prithvi*.

This can be overcome by following the detailed process of taking food/*Aahar*. There are three *Upstambas* explained in the *Charaka Samhita* which are *Aahar* (food), *Nidra* (sleep), *Brahamacharya* (following the path of god). In the three *Upstambas* the priority is given to food only because it is the most important thing. *Aahar* is given priority because, as we saw in the *Charaka Samhita*, it states that due to *Aahar*, only the *Ras, Vatadi* Dosha, and the *Dhatu* are produced. The food we eat and the method we use also significantly affect our lives. Therefore, in *Ayurveda* the *Aahar Vidhi Vidhan* is explained that is the method of taking food is also explained as it helps in the maintenance of health. In modern-day life no one really cares about the food that we are eating until we get sick or get diseased but *Ayurveda* mainly focuses on the *Aahar* and the *Aahar Sanyog*.

Aim-To study the *Ayurvedic* principles of *Aahar Vidhi Vidhan* and their role in maintaining health, preventing disease, and ensuring proper nutrition and digestion.

Objectives -

- To understand the fundamental concept of *Ahara* as described in classical *Ayurvedic* texts.
- To analyze the rules and guidelines of *Aahar Vidhi Vidhan* for proper food consumption.
- To explore the impact of correct dietetic practice on *Agni, Dosha, and Dhatu*.

- To evaluate the preventive and promotive aspects of health achieved through *Ahara Vidhi Vidhan*..

Aahar vidhi

In modern era we can relate the *Aahar vidhi vidhan* to the diet chart that the nutritionist or the dieticians give to the patients or to a healthy person regarding to their condition. *Aahar vidhi* is described in the ayurvedic texts mainly the *Charaka Samhita*, *Asthanga hridayam*, *Swasthwritha*, *Kriyasharir* and *Dravyaguna* also but *Dravyaguna* only includes the *vidhi* of *rasa* that which *rasa* should be taken in which order. *Matravrat aahar* is very essential, in the texts it is written that we should take heavy *aahar* in the quantity 1/3 or 1/2 of our *kukshi*, light *aahar* should be consumed only that much that it doesn't fully satisfy your stomach. Two parts of the stomach should be filled with food, one part of the stomach should fill with water and part should be left for the *vaayu*, this is the *aahar matra* written in the texts.

Aahar/ rasa krama

While having the food there is a *krama* /sequence of having a *rasa* i.e., firstly we should take *madhur rasa* dominant *dravyas*, in the middle we should take *amla* and *lavan rasa* dominant *dravyas* and in the end we should take *katu tikta* and *kashya* dominant *dravyas*, and fruits should be taken before the meal and liquid *dravyas* should be taken after the meal.

Aahar vidhi vidhan

According to *veerya* there are 8 types that is *Sheet*, *Ushand*, *Snigdha*, *Ruksha*, *Vishad*, *Pichhil*, *Mridu*, *Teekshana*. All these *dravyas* work in the body according to their properties like *sheet dravyas* abolishes the *ushandta* in the body. This *aahar vidhi* is described for the person who just wants to maintain a healthy life and also the person who is diseased. According to *Acharya Sushruta* we should eat while having on a good *aasan*, the body should be in a comfortable situation, light, *snigdha*, hot, *drava*, *matravrat*, not too slow not too fast and chewing the food properly. *Aahar vidhi vidhan* has 10 components that are *Ushanda*, *Snigdha*, *Matrapurvak*, After the digestion of food, Contrast of *Veerya*, having food in favourable area, not too fast, not too slow, Without talking, Without laughing, Eating food with dedication.

1) Ushnamashniyat

Intake of *Ushna*/Hot food. Intake of hot food helps in the recognition of the taste, helps in the increment of the digestive fire, food gets easily digested, *Vatanuloman* and reduction of *kapha*. Ayurveda also recommends to take warm water also as it increases the digestive

fire.

2) Snigdamashniyat

It increases the taste of the food, increases the digestive fire, digests the food faster, *Vayuanuloman*, *Shariramupchinoti*, increases the *bala*, strengthen the senses, *varnaprasadnam*.

3) Matravratashniyat

Eating in an adequate amount balances the *vaat pitta kapha*, increases the lifespan, doesnot affects *the jatharagni*, the food digests easily without any difficulty or distress in the stomach, sense of ease, absence of cardiac discomfort.

4) Jirnashniyat

Eating after the previous meal has been digested. If we eat meal without the digestion of the previous meal then it causes the *doshas* to get aggravated, longevity of life , *dosha* reside on their place, gets hungry on time, all the channels gets open, clear belching, flatus, release of all the mala easily and the *dhatu* of our body doesnot gets *dooshit*.

5) Veerya Avirudhamashniyat

Veerya is the power of a substance by which action takes place. Eat those food that are not antagonist in potency.

6) Isht Sarvopkaramashniyat

Eating in a congenial place provided with all the necessary things. *Isht desh*= favourable place, *Isht upkaran*= favourable recipe. We don't get mental illness and we don't get angry, *lobh*, *kaam*, *moh*, jealousy etc.

7) Na Atidrutamashniyat

Do not eat very fast as it gets in the windpipe, also affects the *vaat* and decreases the digestion of food. The person cannot perceive the properties of the food properly.

8) Na Ativilambitashniyat

Do not eat very slow as the food will get cold and there will be an irregularity in digestion.

9) Ajalpan, Ahasn

Do not laugh or talk having food as the food will gets in the windpipe and immediately causes coughing. Food should be taken with all the concentration. The affects are similar to that of *na-ativilambitashniyat*.

10) Aatanam abhisamikshya bhunjitam

Eating right considering our own constitution. We should eat according to what is harmful and not for the the body as in this way the food which we eat helps in maintaining the physical and mental health.

This is the *aahar vidhi vidhan* that is described by *Acharya Charaka in Charaka Samhita of vimansthan* chapter one i.e., *rasavimanadhyaya*. This is the correct way of having food in day to day life. In this way the lifestyle disorders gets cured.

Observation and result

Observations from *Ayurvedic* studies reveal that adherence to *Ahara Vidhi Vidhana*—the proper dietary rules—greatly impacts digestion, metabolism, and overall health. Following these guidelines helps maintain digestive fire (*Agni*), prevents indigestion (*Ajirna*), and reduces the formation of toxins (*Ama*), which are root causes of many diseases. Clinical studies show improvement in physical strength, mental clarity, and immunity when individuals follow these principles consistently.

Results indicate that those who observe *Ahara Vidhi* experience better nutrient absorption, balanced *doshas*, and reduced incidence of lifestyle diseases like obesity, diabetes, and gastrointestinal disorders. Improper eating habits, such as consuming incompatible foods or eating irregularly, correlate with increased digestive disturbances and chronic ailments.

Discussion

Ahara Vidhi Vidhana in *Ayurveda* focuses on not just what is eaten but also how, when, and where food is consumed. Key principles include eating warm, moderate, and easily digestible food after the previous meal is digested. Mindful eating in a calm environment, avoiding incompatible food combinations, and eating with full attention are emphasized. Following these guidelines balances the body's doshas, supports digestion, and prevents disease. *Ahara Vidhi Vidhana* remains vital as a holistic approach to nourish body and mind, fostering physical strength and mental well-being. It provides a preventive framework against lifestyle diseases caused by improper eating habits, affirming *Ayurveda*'s profound wisdom on diet.

Conclusion

After analyzing the concept of *Ahara-vidhan* in brief, we can see the scientific-logic of *Acharyas* for taking food in a manner known as *Ahara vidhi vidhan* that how can maintain itself in the condition of *swastha* to prevent the modern lifestyle disorders. It is necessary to follow the *Ahara vidhan* and not to follow the wrong eating habits of the modern age.

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