



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

**Volume - 5, Issue - 5
May 2024**

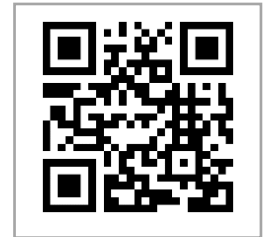


IJIM

INDEXED



International Journal of Indian Medicine



International Category Code (ICC): ICC-1702

International Journal Address (IJA): IJA.ZONE/258276217634

AHAR, VIHARA AND LIFESTYLE CHANGES AS PER AYURVEDA

Bankar S.M.

PG student, Dept of Agadtantra, Dr. G. D. Pol Foundation's Y. M. T. Ayurved Medical College, Kharghar, Navi Mumbai

ABSTRACT: Introduction: The best outcome of a healthy lifestyle is good health. When a person changes their daily routine or diet, it leads to a change in their overall lifestyle. In today's fast-paced world, many people choose a sedentary lifestyle and desk-based jobs. However, this can negatively impact their overall well-being and health. Ayurveda, with its extensive knowledge of Ahara (diet) and Vihara (lifestyle), provides valuable insights into understanding an individual's physical, mental, and social needs. It helps prevent the onset of illnesses by maintaining balance within the body. Therefore, incorporating regular exercise into our routines and understanding our unique dietary and lifestyle needs is a wise approach to achieving genuine health. **Methods:** This study provides a comprehensive explanation of Ahara (diet) and Vihara (lifestyle) in detail. It covers the origins of the term Ahara, guidelines for consuming food (Ahara Vidhi Vidhan), the proper quantity of food (Ahara Matra), the correct order for eating (Sequence of Ahara intake), and the tools used for eating (Ahara Vidhivisheshayatana). The study also highlights the importance of diet, lists the foods that should be preferred, and those that should be avoided according to Ayurveda. Regarding Vihara (lifestyle), the study includes basic information about lifestyle practices and outlines the steps for daily routines (Dinacharya) and seasonal routines (Rutacharya). **Results:** Applying the principles of Ahara (diet) and Vihara (lifestyle) from Ayurveda can help maintain a healthy life. With increased urbanization, there have been changes in diet and lifestyle, leading to various lifestyle diseases. Therefore, it is crucial for people to recognize the importance of proper diet and lifestyle by adopting the Ayurvedic practices mentioned, to achieve and maintain good health. **Conclusion:** Having proper knowledge and scientifically applying the principles of Ahara (diet) and Vihara (lifestyle) from Ayurveda is essential for maintaining good health. **KEYWORDS:** Ayurveda, Ahara (diet), Vihara (lifestyle), health, Dinacharya, Rutacharya, lifestyle diseases, dietary guidelines, well-being, balance.

CORRESPONDING AUTHOR:

VD. SLESHA M. BANKAR

PG student, Dept of Agadtantra,
Dr. G. D. Pol Foundation's Y. M. T. Ayurved Medical College,
Kharghar, Navi Mumbai.

Email: 31sleshabankar@gmail.com

How to cite this article: Bankar S.M. Ahar, Vihara and Lifestyle changes as per Ayurveda. Int J Ind Med 2024;5(5):21-26
DOI: <http://doi.org/10.55552/IJIM.2024.5505>

INTRODUCTION:

The root cause of all diseases is the buildup of toxic waste in the body, which occurs due to a poor diet and an unhealthy lifestyle. To maintain a healthy body, we need a balanced diet, regular physical activity, and adequate sleep. Ayurveda describes these as the three sub-pillars of a healthy body, which support the three primary doshas (life forces) in the body. In addition to focusing on preventive medicine, Ayurveda also emphasizes a healthy and informed lifestyle—a concept that is gaining global recognition. Ayurveda places great importance on a healthy person's diet (Ahara), lifestyle (Vihara), and sleep (Neendra), all of which are crucial for maintaining good health. Acharya Charaka, a key figure in Ayurveda, also highlights the significance of health, medicine, hygiene, prevention, diet, and lifestyle in his work Sutrasthana. Lifestyle disorders are caused by unhealthy habits, such as a poor diet, bad eating practices, lack of exercise, insomnia, stress, smoking, and excessive alcohol consumption. Most diseases are directly or indirectly linked to the types of food we eat, our eating habits, and our lifestyle choices. According to a survey on the role of food and eating habits in disease, "80% of the top ten fatal diseases in the world are due to poor dietary habits." In Ayurveda, the treatment for managing lifestyle disorders is personalized, tailored to each individual's body constitution, medical history, current condition, and previous treatments, to ensure the most effective care.

Aim –To study in detail the concept of Ahara, vihara and lifestyle changes in Ayurveda.

Objective:

1. To study various references related to Ahara and Vihara in various Ayurvedic Samhitas.
2. To study impact of Ahara and Vihara for healthy living.

Material and Methods

Ayurvedic Samhitas, texts, research papers in journals, and online data all highlight the importance of Aahar (diet) as a fundamental aspect of life. It provides the energy and nutrients needed for growth, development, movement, work, thought, and learning. In Ayurveda, Aahar is considered as vital as Prana (life force) and is known as Mahabhaishajya (the greatest medicine). It not only provides essential nutrients but also promotes longevity, strength (Bala), complexion (Varna), and nourishment (Upachya). Lolimbaraj, an ancient scholar, famously said, "When diet is wrong, medicine is of no use; when diet is correct, there is no need for medicine." Unfortunately, a lack of awareness about dietary guidelines has contributed to the rise of lifestyle disorders. Various Ayurvedic texts emphasize the importance of diet and provide guidelines for maintaining health. Among these, Acharya Charaka's Ahara-vidhi-vidhana, found in the Vimana Sthana, offers a unique and systematic approach to diet that is key to preventing many lifestyle-related disorders. By following these principles, individuals can maintain optimal health and well-being.

One should consume only that food in proper quantity which is

- (1) Usna
- (2) Snigdha
- (3) Matravata
- (4) Consumed after the digestion of previously ingested food
- (5) Virya Aviruddha Ahara
- (6) Taken in a desha (place) where it is provided with Sarvopakarana
- (7) Not taken speedily
- (8) Not taken too slowly
- (9) Taken alone
- (10) Taken without laughing
- (11) Taken with the concentration of the mind
- (12) Taken after paying due regard to one self.

Ahar matra: Foods should be consumed according to your digestive strength (Agni Bala). Foods that are difficult to digest should be eaten in amounts that are half of your digestive capacity. On the other hand, foods that are easy to digest can be eaten until you feel satisfied. For foods that are more fluid or liquid in nature, there is no strict limit on the quantity, and they can be consumed freely. Ahara vidhi vishesayatana (a great tool for healthy cooking)

Prakriti: Prakriti refers to the natural qualities of food and substances, such as their inherent properties like heaviness (Guru) or lightness (Laghu). For example, black gram (masa) is considered heavy (Guru) by nature.

Karana: Karana refers to the process or preparation of food or substances. The way food is prepared or processed can change its natural properties. This includes methods like dilution, heating, cleaning, storing, germination, flavoring, preservation, and the material of the container used.

Samyoga: Samyoga is the combination of two or more substances.

Rasi: Rasi refers to the quantity of food that should be consumed.

Desa: Desa denotes the habitat or region. It highlights how the qualities of substances

vary depending on their geographic location, due to differences in soil, usage, and adaptation to that area.

Kala: Kala refers to the factor of time, which is considered in two contexts: daily and seasonal changes, and the individual's age and disease conditions.

Upayoga Samstha: This term encompasses the dietary rules that should be followed.

Upayokta: Upayokta means the person who consumes the food.

Importance of Ahara: Charaka, an ancient Ayurvedic scholar, emphasizes the importance of Ahara (food) by stating that it sustains the life of all living beings. Food is essential for maintaining complexion, clarity, a good voice, longevity, generosity, happiness, satisfaction, nourishment, strength, and intellect. It also supports professional activities that lead to happiness in this world and rituals that lead to salvation. Sushruta, another key figure in Ayurveda, stresses that Ahara is vital for sustaining the body. It provides instant strength, increases lifespan, enhances lustre, brings happiness, and supports normal mental activities like memory.

▪ **Hitakara Ahara:**

| No. | Hitakara diet as per Charaka | Botanical name etc | Main nutrient |
|-----|------------------------------|----------------------|---------------------------------|
| 1 | Shastika & Sali (rice) | Oryza sativa | Carbohydrates |
| 2 | Mudga | Phaseolus aureus | Protein |
| 3 | Saindhava (Salt) | Rock salt | Salt (mainly sodium & chloride) |
| 4 | Amalaka (Amla) | Embllica officinalis | Vitamin (mainly C) |
| 5 | Yava (barley) | Hordeum vulgare | Calcium |

| | | | |
|----|------------------|--|--|
| 6 | Antariksha udaka | Rain water | water |
| 7 | Kshira (milk) | Milk | Protein |
| 8 | Ghrita (ghee) | Cow ghee | Fat |
| 9 | Jangala mamsa | meat of animals dwelling in arid climate | Protein |
| 10 | Madhu (honey) | Honey | natural sugars, minerals and vitamins, and even antioxidant properties |

■ **Ahitakara Ahara:**

| No | Name | Ahara (diet) to be avoided as per Charaka |
|----|-------------------|--|
| 1 | Cereals | Yavaka |
| 2 | Pulses | Masha (udid)-phaseolus radiates |
| 3 | Meat | Fish, Cow, Elephant, Kumbir (gangetic gariel). Fat of buffalo, Sparrow ,water fowl, wild pigeon |
| 4 | Vegetables | Leaves of Mustard, Alukand (potato), In general leafy vegetables should be taken in restricted quantity. |
| 5 | Fruits | Nikucha (wild jack fruit),Tinduka fruit, Unripe kapitha |
| 6 | Sugar | Kakvi(Boiled concentrated sugarcane juice) |
| 7 | Milk | Sheep's milk, Ghee of sheep's milk, Curds, Immature curds |
| 8 | Water | River water in rainy season |
| 9 | Salt | Ushar |
| 10 | Oil | Sunflower oil |
| 11 | Spices | Chilly powder |
| 12 | Alcohol | Indiscriminate use |
| 13 | Incompatible food | Fruits & Fish should not be taken with milk |

Etiology of Lifestyle Disorder

Lifestyle diseases are primarily caused by our daily diet and routine. The root cause of every disease is weak digestion, known as Mandagni. Various dietary and lifestyle factors (Aaharaj and Viharaj Nidan) that contribute to lifestyle disorders include:

Aaharaj Nidan (Dietary Causes):

Consuming overly dry foods (Atiruksh)
Eating excessively oily foods (Atisnigdh)
Eating heavy meals (Gurubhojan)
Eating without fully digesting the previous meal (Ajeernasan)
Irregular eating habits (Vishamasan)

Consuming incompatible foods (Astamyabhojan)

Viharaj Nidan (Lifestyle Causes):

Suppressing natural urges (Vegavidharan)
Staying awake late at night (Ratrijagran)
Sleeping during the day (Diwasapan)
Excessive fasting (Langhan)
Mansik Nidan (Mental Causes):
Hatred (Dvesh)
Anger (Krodh)
Fear (Bhaya)
Grief (Shok)

Vihara (Lifestyle)**TOP 10 LIFESTYLE DISEASES**

Alzheimer's Disease

☒ Arteriosclerosis

☒ Cancer

☒ Chronic Liver Disease/Cirrhosis

☒ Chronic Obstructive Pulmonary Disease (COPD)

☒ Diabetes

☒ Heart Disease

☒ Nephritis/CRF

☒ Stroke

☒ Obesity

Prevention of Lifestyle Disorders through Vihara:**I. Primary Prevention:** Actions taken before a disease develops.

Avoid suppressing natural urges (vega dharana) and forcing them out (udheerana). Follow seasonal cleansing practices (Ritu Anusara Shodhana).

Adopt the principles of a balanced diet and lifestyle (Pathya in Ahara-Vihara).

Follow daily routines (Dinacharya), seasonal routines (Ritucharya), and nighttime routines (Ratricharya).

II. Secondary Prevention: Prevent the progression of a disease at its early stage.**III. Tertiary Prevention:**

Reduce and limit the damage caused by the disease and help the body return to normal. Use therapeutic nutrition based on dietary guidelines (Ahara vidhi Vidhana).

Engage in rejuvenation therapies (Rasayana Sevana, as mentioned in Cha.Chi 1/4-5).

Rehabilitation that includes psychological support (Satvavajaya), vocational help, and medical treatments (Aushadha).

Vihara: A Strong Approach in Consultation: An Ayurvedic therapist helps patients improve their health through Vihara by focusing on: The balance between mind and body (Mana & Sharir).

Managing stress.

Techniques for restful sleep (Nidra).

Maintaining a daily routine (Dinacharya).

Integrating mind and body (Sharir & Satva).

Using herbal supplements (Yuktichikitsa).

Steps for an Ayurvedic daily life style:-

- ♦ Step 1:- Try to wake up between the hours of 4 a.m. and 5 a.m. The 2 hours before sunrise (A.H.Su.2/1) are supposed to be the purest of the day.
- ♦ Step 2:- Be sure to eliminate the body's waste products (A.S.Su 3/3-5) at dawn to avoid illness.
- ♦ Step 3:- Wash your face & eyes with water, warm decoction (Shu.chi. 24). Add a drop of sesame oil to your ears (Cha.Su 5/84). Put 1 to 2 drops of Anu oil in your nostrils to clear sinuses. (A.H.Su 20/1)
- ♦ Step 4:- Exercise early in the morning (Shu.Su 7/31-33) to keep diseases away.
- ♦ Step 5:- Consider getting an oil massage regularly (A.H.Su 20/1) to delay aging.
- ♦ Step 6:- Eat a light breakfast as per Ahara Vidhi Vidhana. (Cha. VI 1/24)
- ♦ Step 7:- Try to obtain gainful employment that fits your type. (Cha.Su 11/5)
- ♦ Step 8:- Plan to have a light dinner between 6 p.m. and 7 p.m. (Ni.R.2nd part ,dinacharya p 70)
- ♦ Step 9:- Try to go to bed at about 10 p.m. to get at least 7 hours of sleep. (A.H Su 7)

Steps for an Ayurvedic seasonal lifestyle: -

- ♦ Step 1:- Follow seasonal recommendations to balance the vata, pitta and kapha doshas.
- ♦ Step 2:- Eat light foods and drink water. Have regular baths and oil massages and avoid napping during the day except summer. (Grishma)
- ♦ Step 3:- During winter choose foods that are heavy and drink warm water, cow's milk or juice. Have a tub bath after your oil massage, dress warmly and exercise.
- ♦ Step 4:- During Summer drink more fluids & avoid foods that are pungent, acidic or salty. Wear light clothes and avoid strenuous exercise.

- ♦ Step 5:- During spring avoid foods that are cold, sour, sweet or difficult to digest & avoid

DISCUSSION and CONCLUSION:

Ahara (diet) is the food taken by mouth that supports the body's sustenance, maintenance, and repair.

Ahara is fundamental to good health and should be considered a practice for achieving the four goals of life (Purushartha Chathushathaya).

Understanding and following the principles of Ahara vidhi Vidhana (dietary guidelines) is crucial, as diet has a direct impact on our personality and mental state.

Vihara (lifestyle) refers to how a person lives and responds to various activities.

If an unhealthy lifestyle causes diseases, simply treating the condition with medicine is not enough. Changes in lifestyle are essential for effective results.

REFERENCES:

1. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 557.
2. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 81.
3. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 553.
4. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 388.
5. Kaviraj Ambikadutta Shastri, Sushrutsamhita of Maharshi Sushruta, Chaukhambha Sanskrit Sansthan, Varanasi, part I, Chikitsasthana, Reprint edition 2012, page no. 136.
6. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 86.
7. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 337.
8. Acharya Vidyadhar shukla and Prof Ravidutta Tripathi, Charak Samhita of Agnivesha, Reprint edition, Delhi, Chaukambha Sanskrit Pratishthan, 2009, part 1, page no. 132.
9. Dr. Ganesh Krishna Garde, Sarth vagbhat, Proficient Publishing House, Pune, Reprint edition 2009, Page no. 13.
10. Vd. Yadavji Trikamaji Acharya, Agnivesha, Charaka Samhita, with Ayurveda Dipika Commentary by Chakrapani, Vimaansthana, 1st chapter, verse 24, Chaukhamba Publication, New Delhi. Reprint 2018, Page Number-236

Source of Support: None declared

Conflict of interest: Nil

© 2024 IJIM (International Journal of Indian Medicine) |

An Official Publication of ARCA- AYURVEDA RESEARCH & CAREER ACADEMY

Website: www.ijim.co.in Email: ijimjournal1@gmail.com