AHARA AS CAUSATIVE AND PREVENTIVE CONSIDERATION W.S.R. TO SOME DISEASES

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ABSTRACT
Ayurveda considered science of ahara as God Brahma. It is one of the Trayopstambhas of maintaining healthy life. Ayurveda believes that various diseases conditions can be managed by balanced ahara (food intake). Ayurveda mentions hita and ahita ahara with respect to particular disease condition. The basic science of Ayurveda includes knowledge about the dietary consideration to avoid prognosis of disease pathology. The traditional text of ayurveda mentioned various type of ahara which need to be avoided in certain pathological conditions; similarly ayurveda also mentioned beneficial ahara for specific disease conditions. This review article comprises information regarding consideration of food intake with respect to some abnormal physiological conditions like; Malignancy, Arso Roga (Haemorrhoids), Wound Healing and Allergy.

KEYWORDS: Ahara, Ayurveda, Trayopstambhas, Dietary Consideration.

INTRODUCTION
As per ayurveda ahara is most the important reflections of the body means body constructed itself as per the food intake of an individual which also resembles traditional terminology Dehasyaaharasamb-hava. The ayurveda suggested some guideline which needs to be follow while taking food stuff; the ahita (inappropriate) ahara may leads various abnormal conditions like; Mithyahara, Atimatrashana, Hinamatrashana and Vishamashana etc. Similarly Viruddhahara is one of the incompatibility related to the inappropriate ahara which affects Deha Dhatus and Dosha which may aggravates many diseases conditions. Agnyadi Samparka, Aneka Dravyasamyoga & Dravyaprabhava are the reasons behind the accession of the Viruddhahara when two or more Dravyas are acts together.1, 2 Ayurveda chiefly focuses on science of healing through diet (Ahara); since ahara play an important role in body repairing and growth. The ayurveda also suggested some specific ahara combination with respect to vyadhi which need to be avoiding reducing any chances of abnormal physiology due to the food incompatibility.

Figure 1. Causes and Types of Ahara Viruddha.
AHARA CONSIDERATION FOR MALIGNANCY
Malignant tumor (Cancer) is an abnormal tissue growth now has become leading cause of death around the word. The ayurveda considered ahita-ahara is a major cause of cancer which involves; low fruit and vegetable intake, intake of tobacco and alcohol. The life style and nutritional factors were found to be major risk factors for cancer in past few years. Research suggested that cancer may be prevented by changes in diet and life style. The medical science considered various food stuffs as cancer causing agents like; fast foods, dried and spicy foods, contaminated colour and preserved foods. As per ayurveda the Varja ahara (avoidable food) are widely consuming worldwide now a day like; food which is contaminated, Chira sidha, Shiira, Upadagdha which disturb balance of tridoshas, agni, produces ama and leads pathological conditions correlated to cancer with the involvement of rakta, medha and dhatus. Ayurveda suggested rasas containing ahara which is Usnha, Snigdha, Satmya and Munogmha should be consumed to avoid risk of cancer, but intake of ati usnha anna and paana should be avoided which can vitiate rakta dhata and may increases risk of cancer. Ahara which is refined, polished and processed should be avoided because this may leads condition like obesity has a risk of breast cancer. The food with high fat value should also be avoided. The commonly used spices must be included in daily food intake in low level which may possess anti-cancer properties are Jeeraka, Hingu, Ocimum basilii, Piper nigrum and Elet-tarai.[3]

AHARA CONSIDERATION FOR ARSO ROGA
The indiscipline food habits like; consumption of fast foods and irregular food timing disturb the digestive system resulting into many diseases including anorectal disorders. The anorectal disorders occur due to the derangement of Jatharagni which leads constipation followed by arso roga (piles) which is described under Astamahagada. Intake of araharaya dravyas in excess quantity like; pulses considered as apathyra dravya and is gurus which is responsible for indigestion may cause arso roga. The ayurveda text reveals that intake of spicy, hard to digest and doshic prakriti food mainly possesses condition like constipation which ultimately accumulates all causative factors of arso roga. Ayurveda suggested discipline life routine along with moderate food to prevent disease prognosis. Study suggested that faulty dietary habits and irregular life style aggravated arsa disease due to the reduction in jatharagni.[3]

AHARA CONSIDERATION FOR WOUND HEALING
Wound healing is a problem specially related with surgical procedure and ayurveda considered diet as an important tool for effective wound healing. Intake of ahara which is suitable for early and effective wound healing help greatly in surgical procedure since it’s possess proper calories and nutrient values in the form of proteins, vitamins and minerals, etc. Ayurveda suggested freshly cooked laghu ahara for the patient having wound problem along with fatty articles. Liquefied food, mixed with Goghrita in small quantity with mamsa rasa may be beneficial for wound healing. Malnutrition may cause problem in early wound healing. Goghrita found to be very effective in wound healing since it possess beneficial effects on the digestion, absorption and delivery of herbs. The fatty ahara suggested for wound healing since it’s also improve agni, ojas and maintain tridoshic balance which improve circulation of body fluid and provide effective wound healing. Intake of ahara with lack of nutrient value may delay the wound healing process. Traditional text described some food regimen to be follow for effective wound healing process such as; fresh fruits, vegetables, and whole grains.[3]

ROLE OF AHARA IN ALLERGY
Allergy has now become common problem around the word and affects individual of every ages and possess symptoms like kotha, kanda and udarda. Udarda and kanda, resembles predominance kapha dosha while kotha possess dominant pitta sansarga. Allergy may occur due to some specific food material which is considered as viruddha ahara in ayurveda and dashivisha. There are some incompatible food articles satmya viruddha ahara can be considered as food allergy; viruddha ahara is defined as food which exaggerates doshas and may generate some abnormal physiological response in the form of allergy this type of ahara termed as ahitakarak ahara. Ayurveda mentioned satmya viruddha ahara as food allergy; satmya viruddha means food which does not suit for an individual hence causes asatmyaja vyadhi means allergy.[6, 7] Satmya Viruddha means incompatible food intake with respect to individual prakriti like; intake of light to digest and dry food by an individual who is habitual to eat heavy and unctuous foods, use of diet which having similar qualities to the predominant doshic prakriti of an individual, consuming cold water just after hot tea or coffee are the examples of incompatible food which may causes allergy and allergic symptoms. Many classical researchers well proved the causative and preventive role of ahara in allergy. Thus a person of allergic prakriti must avoid intake of satmya viruddha ahara.

REFERENCES
