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ABSTRACT

Ahara is one of the important factors for sustenance of life. In *Ayurveda* there are so many references regarding which type of food should be taken and not to be taken on the daily basis i.e. *Nitya Sevaniya Ahara* (wholesome diet) and *Nitya Asevaniya Ahara* (unwholesome diet). According to *kashyapa Samhita* *Ahara* is considered as *Mahabheshaja* (superior medicine), due to faulty dietary habits (*Nitya Asevaniya Ahara*) various lifestyle disorders and diseases may occur which could be prevented by knowing it.

Here is attempt to focus on unwholesome diet that causes the harmful effects on the body like skin disorders, lifestyle disorders etc According to classical references.

Keywords: *Nitya Asevaniya ahara, unwholesome diet, Skin disorder, Lifestyle disorder*

INTRODUCTION

Ayu (life) rest on the *Tryopsthambha* (Three pillars) i.e. *Ahara* (food), *Nidra* (Sleep), *Brahmacharya* (Celibate)¹. *Ahara* is one of the main *Sthambha*. *Ahara* (food) is basic need for human beings. In classics *Ahara*

(food) is responsible for healthy life as well as one of the *Hetu* (factor) for development of disease. According to *Charak samhita* “*Anna Vruttikarana Shreshtha*” i.e. food is responsible for development of body². In

Bruhatrayee, explained about *Nitya Sevaniya Ahara* (wholesome diet) and *Nitya Asevaniya Ahara* (Unwholesome diet)³.

Now days there are some misconcepts about which type of food should be eaten. Food is being preserved by different preservatives techniques like for meat deep freezing method, for leafy vegetable drying in sunlight. As leafy vegetables like *Methika* (fenugreek), coriander as these are the part of daily food but it is not available throughout the year so it its being dried and used all over the year ,this will change the properties

of the original drugs and will produce harmful effect on the body like Obesity, Atherosclerotic changes, Diabetes. Likewise in western countries deep frizzed meat is being used as it is very hard to digest it will produce GI tract disturbance like indigestion, constipation.

Here we will be focusing on which type of food items should not be taken on regular basis and what will be the probable manifestation of the disease after having these food items.

MATERIALS AND METHOD

Table 1: *Asevaniya Ahara* according to *Bruhatrayee*

Sr. No.	<i>Charak Samhita</i> ⁴	<i>Ashtang</i> ⁵ <i>Hrudya</i>
1	<i>Vallur</i>	-
2	<i>Shushka shaka</i>	<i>Shushka shaka</i>
3	<i>Shaluka</i>	<i>Shaluka</i>
4	<i>Bisa</i>	<i>Bisa</i>
5	<i>Guru mamsa</i>	-
6	<i>Krusha mamsa</i>	<i>Krusha mamsa</i>
7	<i>Kurchika</i>	<i>Kurchika</i>
8	<i>Kilata</i>	<i>Kilata</i>
9	<i>Shoukar</i>	-
10	<i>Gavya mamsa</i>	<i>Gavya mamsa</i>
11	<i>Mahisha Mamsa</i>	<i>Mahisha Mamsa</i>
12	<i>Matsya</i>	<i>Matsya</i>
13	<i>Dadhi</i>	<i>Dadhi</i>
14	<i>Masha</i>	<i>Masha</i>
15	<i>Yavak</i>	<i>Yavak</i>
16	-	<i>Sukta</i>
17	-	<i>Ama mulaka</i>
18	-	<i>Pishta</i>
19	-	<i>Virudha</i>
20	-	<i>Phanita</i>

Table 2: *Asevaniya ahara* according to *Sushruta samhita*

Sr. No.	<i>Varga</i>	<i>Varjya</i>
1.	<i>Jala (Water)</i>	<i>Varsha jala (Rain water)</i> ⁶ .
2.	<i>Dugdha (Milk)</i>	<i>Anishta gandha (bad smell), Amla and lavan rasa, Vivarna (colour changed other than white), Vigrathita (knot like substance)</i> ⁷ .
3.	<i>Madya (Alcohol)</i>	<i>Nava madya (Newly prepared alcohol)</i> ⁸ .
4.	<i>Mamsa (Meat)</i>	<i>Shushka mamsa (dried meat), which has bad smell, animal suffering from any disease, debilitated and aged animal, young age animal</i> ⁹ .
5.	<i>Phala (Fruits)</i>	Fruits infected by any disease, insects, over ripen (except <i>bilva (Aegle marmelos)</i> , non seasonal fruits ¹⁰ .
6.	<i>Shaka (vegetables)</i>	<i>Karkasha (rough in touch), long time preserved vegetables, Infected with worms</i> ¹¹ .

Table 3: Asevaniya Ahara According to Origin

Plant origin	Animal origin
<i>Shushka shaka</i>	<i>Guru mamsa</i>
<i>Shaluka</i>	<i>Krusha mamsa</i>
<i>Bisa</i>	<i>Kurchika</i>
<i>Yavak</i>	<i>Kilata</i>
<i>Masha</i>	<i>Shoukar</i>
<i>Ama mulaka</i>	<i>Gavya mamsa</i>
<i>Pishta</i>	<i>Mahisha Mamsa</i>
<i>Virudha</i>	<i>Matsya</i>
<i>Phanita</i>	-

Table 4: Asevaniya ahara janit vyadhi

Sr. No.	Etiological factors	Disease (Ch.chi)
1.	<i>Vallur</i>	-
2.	<i>Shushka shaka</i>	<i>Arsha</i> (Haemorrhoids) <i>Vatarakta</i>
3.	<i>Shaluka</i>	<i>Arsha</i> (Haemorrhoids)
4.	<i>Bisa</i>	<i>Arsha</i> (Haemorrhoids)
5.	<i>Guru mamsa</i>	<i>Visarpa</i> (Herpes), <i>Vatarakta</i> (Gouty arthritis)
6.	<i>Krusha mamsa</i>	<i>Arsha</i> (Haemorrhoids),
8.	<i>Kurchika</i>	<i>Visarpa</i> (Herpes)
9.	<i>Kilata</i>	<i>Arsha</i> (Haemorrhoids), <i>Visarpa</i> (Herpes)
10	<i>Shoukar</i>	-
11	<i>Gavya mamsa</i>	<i>Prameha</i> (Diabetes), <i>Arsha</i> (Haemorrhoids) <i>Visarpa</i> (Herpes) , <i>Mutrakruccha</i> (Urinary disease) <i>Vatashonita</i> (Gouty arthritis), <i>Dwajabhanga</i> (Infertility), <i>Pradar</i> (Menorrhagia), <i>Stanyaroga</i> (breast disease)
12	<i>Mahisha Mamsa</i>	<i>Prameha</i> (Diabetes) <i>Arsha</i> (Haemorrhoids) <i>Visarpa</i> (Herpes) <i>Mutrakruccha</i> (Urinary disease) <i>Dwajabhanga</i> (Infertility), <i>Pradar</i> (Menorrhagia), <i>Stanyaroga</i> (breast disease)
13	<i>Matsya</i>	<i>Kushta</i> (Skin disorders) <i>Prameha</i> (Diabetes) <i>Arsha</i> (Haemorrhoids), <i>Mutrakruccha</i> (Urinary disease)
14	<i>Dadhi</i>	<i>Prameha</i> (Diabetes) <i>Arsha</i> (Haemorrhoids), <i>Visarpa</i> (Herpes) , <i>Vatarakta</i> , (Gouty arthritis), <i>Dwajabhanga</i> (Infertility)
15	<i>Masha</i>	<i>Kushta</i> (Skin disorders), <i>Arsha</i> (Haemorrhoids) <i>Pandu</i> (Anemia), <i>Visarpa</i> (Herpes), <i>Vatashonita</i> (Gouty arthritis)
16	<i>Yavak</i>	-

DISCUSSION

Plant origin

1. **Shushka shaka** (Dried vegetables)
Shushka shaka is *Virechaka* (laxative), *Guru* (heavy), *Ruksha* (dry) in quality, *Vishtambka* (causing constipation)¹², hard to digest and does *bhedana* (break down) of bones and drains out sarata of body. Dried vegetables contents high calorie and in sodium and sugar. In daily intake of these food items can cause weight gain and increase risk of obesity, cardio-vascular disorder and Diabetes¹³.
2. **Bisa** (fibers of lotus/ stalk of *Nelumbo nucifera*) – *Shita* (cold) in nature and very hard to digest. *Vishtambka* ((causing constipation), *Ruksha* (dry), *Vayukaraka* (vitiates *Vata*)¹⁴.
3. **Masha** (*Phaseolus mungo* Linn/Black gram)
In *Samhita* it has considered as *Avara* (least considered) and in *Shami dhanya* it is *Apathya* (unwholesome food)¹⁵. *Madhura rasa* *Guru* (heavy) in nature, *Kaphapittakarka* (Increase *Kapha* and *Pitta*)¹⁶ Consuming high amounts of black gram it increases the amount of ureic acid as a result it can stimulate the calcification stones in kidney¹⁷.
4. **Yavak** (*Hordeum vulgare*/ Barley)

Kashaya (astringent) and *Madhura* (sweet) in taste, *Guru* (heavy) *guna*, *Shita veerya* (hot potency), *Katu Vipaka* (pungent after digestion), *Tridoshaprakopa* (Increases the all three *Doshas*)¹⁸.

5. **Phanita** (Inspissated juice of sugarcane)
Sugarcane juice boiled down to 1/4th of original quantity)

Guru (Heavy for digestion), *Madhura* (sweet in taste), *Abhisyandi* (Channel blockers), *Avrushya* (Anaphrodisiac), *Tridoshalaraka* (Increases the all three *Doshas*)¹⁹.

6. **Virudha** (Sprouts)

It is *Vidhahi* (causes burning), *Guru* (heavy in nature), *Vishtambhi* (causing constipation), *Drushtidushna* (harmful for eyes)²⁰.

Sprouts can also cause food poisoning when consumed raw or even half cooked. Because bacteria can thrive in warm, humid environment and sprouts are grown in these conditions. In recent years, Most of the outbreaks of raw and half cooked sprouts are associated with food borne illness, have occurred mainly by *E. coli* and *Salmonella*. Diarrhea, fever and abdominal cramps are common symptoms of patients that occur within 12 to 72 hours of infection²¹.

7. **Ama mulaka** (unripe radish /*Raphanus sativus* Linn)

It is *Tridoshkarak* (increases all three *Doshas*)²². Radish contains Goitrogens which

blocks the process of iodine reaching to thyroid gland and interrupt the thyroid function²³.

8. *Pishta Ahara* (Grinded flour)

As these food items mainly contain the bakery products, these are very sticky in nature so continuous eating will cause weight gain.

Animal origin:

1. *Vallur* – *Shushka mamsa* (dried meat)

Produces *Aruchi* (Anorexia) and *Pratishyaya* (Rhinorrhoea)²⁴, Hard to digest. Meat of beef and chicken are dried and preserved with salt, sugar, seasonings and chemical preservatives like sorbic acid, sodium sorbate. High intake of these products has greatest risk of colorectal cancer²⁵.

2. *Matsya* (fish)

Matsya is *Anupa Desha* (Marshy land) food. It is *Guru* (Heavy to digest) and *Mahabhishtyandi* (Channel blocker), *kledakarak* (moisture), *Raktapittakarka* (increases *Rakta* and *Pitta*)²⁶. Some fish contains mercury. Mercury may have subtle effect on the developing nervous system of infants. Therefore, pregnant women, those who are breastfeeding and very young children should avoid 4 types of fish that are higher in mercury: shark, swordfish, king mackerel and golden bass²⁷.

3. *Kurchika* – (Milk cooked with curd or butter milk it will separate into liquid and solid portion called as *Kurchika*)

4. *Kilata* – (Solid part separated from *Kurchika*)

Paneer made by curdling heated milk with lemon juice and vinegar. Paneer can be correlated with *kilata* in *Ayurveda*. Cheese is prepared from fermentation of curd can be correlated with *Kurchika*. Both *Kurchika* and *kilata* heavy to digest and vitiates all three *Dosha*. It also causes vitiation of blood²⁸.

Dadhi (curd) –

Curd is astringent and sour in taste. It increases *kapha Dosha*, *Guru* (Heavy in nature). *Amla vipaka*, *Pittarakta*. Somebody that already has a dominant *kapha* may be harmed by eating too much curd. It can lead to excess mucus development. Patients if asthma, cough and cold and other respiratory diseases should not take curd at night due to its mucus-encouraging property and arthritis sufferers should not eat curd daily as it accelerates joint pain. Indigestion and acid reflux problems will increase after daily intake of curd²⁹.

In experimental study *Nitya Asevaniya* food items like black gram (*Phaseolus mungo* Linn.), curd, cheese shows inflammatory changes in liver spleen, fat deposition in

kidney, impairment of cardiac and renal functions³⁰.

CONCLUSION:

All food items are *Guru* and *Ruksha gunatmaka* (Heavy and Dry in nature) it is very hard to digest and most importantly they are *Abhishyandi* in quality, so continues intake of these food items will increase the *Kapha and kleda*, produces *Agnimandyata*. Subsequently they will block the *Dosha, Dhātu, Mala waha Srotas*, the channels which carries food towards heart so there will not be proper nourishment of *Rasadi dhātu*, apparently *Ama* formation will be there. As *Ama* is prime etiological factor for disease, as these food items causing weight gain, obesity is prime factor for lifestyle disorder as well as blood vitiation leads to skin disorders. Diet strongly influences health of person. Changes in food habits might reduce disease up to 70%.

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