

AN AYURVEDIC VIEW ON FOOD (AHARA) – A REVIEW

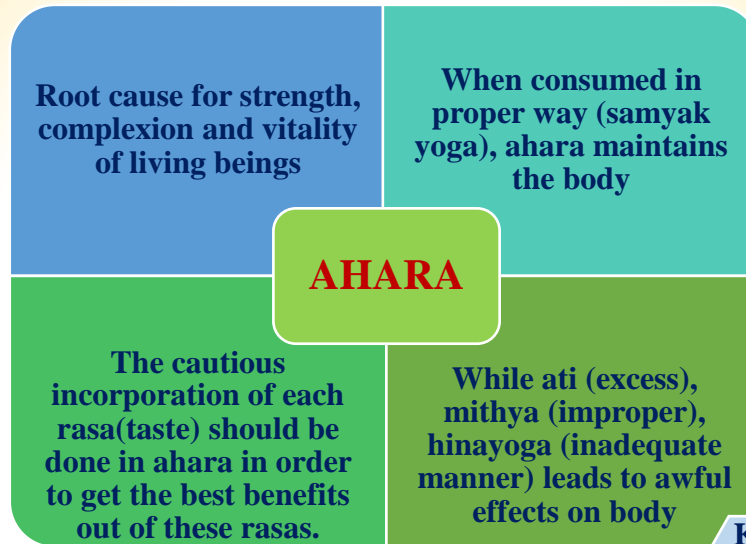
Sreenisha S S¹, Dhanya S² Vineeth P K²

1.P G Scholar 2 Assistant Professor 2. Assistant Professor

Dept of Rasashastra and Bhaishajyakalpna (Medicinal Chemistry and Pharmacy

Amrita School of Ayurveda, Amritapuri, Amrita Vishwavidyapeetham, India

- ✓ Healthy life starts with healthy food & one should take food only depending on his digestive fire.
- ✓ In Ayurveda, six ritus (seasons) their specific dietary and life style regimens are well explained.
- ✓ Food supports and brings out the three qualities of mind namely, satvika (Quality of purity and harmony), rajasika (Quality of Passion and Manipulation) and thamasika (darkness, destruction).
- ✓ Satvik diet appears to be similar to a modern but prudent dietary pattern.



ORDER OF AHARA

- ✓ Sweets are heavy to digest and if taken at the beginning of meals, the digestive fire will be stronger and gets digested easily and also gives nourishment to the tissues.
- ✓ Then Lavana, and Amla Rasa should be consumed to, stimulate digestion and enhance the flavors.
- ✓ In the end, Katu rasa and Kashaya rasa are advised to take which triggers absorption and clears palate

