

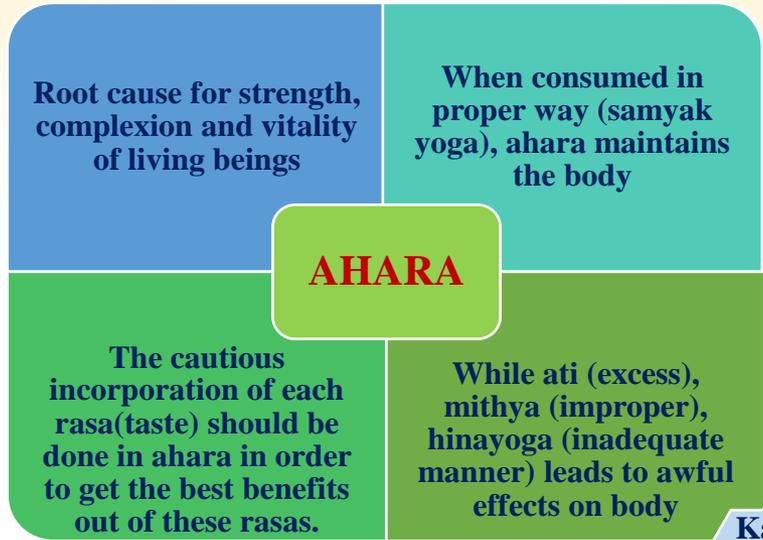
AN AYURVEDIC VIEW ON FOOD (AHARA) – A REVIEW

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- ✓ 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

