

Application of Ashta Ahar Vidhi Visheshayatanani in Lifestyle Disorder Like Sthaulya

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Abstract: Ayurveda is the science that deals with maintenance of health of healthy individual as well as treatment of diseased person. Lifestyle disorders are due to poor lifestyle like disturbed dietary habits, lack of exercise, stress and increased consumption of unhealthy food. Sthaulya is ailment that is caused due to Santarpana according to Ayurveda. In sthaulya there is excessive accumulation of Meda dhatu in the body which ultimately disturbs overall activities in the body. Due to Meda Dhatwagnimandya Meda dhatu is not properly formed and just get accumulated at sites like sphik pradesh, stana, udara and makes this sites shaking. As in sthaulya excessive meda dhatu obstructs the path of Vata dosha. This obstructed Vata dosha travels to the koshtha leading to stimulation of Agni. Digestion of consumed food become very fast due to enhanced Agni that's why person eats more and more food. As Sthaulya or obesity incidence is increasing day by day in India it itself proves that normal lifestyle of person is changed i.e. normal diet habits and other exercise habits also. Ayurveda deeply concerns about dietary habits. In classical texts Ashta Ahar vidhi visheshayatanani i.e. eight important factors related with consumption methods of diet are explained. Derangement in them ultimately related to Sthaulya. So proper following of Ahar vidhi visheshayatanani will definitely help to reduce effects of lifestyle disorders like sthaulya over the body and help to chose proper healthy diet wisely.

Keywords: Sthaulya, Meda Dhatu, Dhatwagnimandya, Ahar vidhi visheshayatanani, Nitya sevan

I. INTRODUCTION

Ayurveda is the science that uniquely says about maintaining health of healthy individual as well as provides curative measures for diseased person.¹ In Ayurveda for maintaining health variety of measures like Dinacharya, Ritucharya are explained in detail by following that regimen one can always stay healthy.

Ayurveda also explains disorders that can be happened by unhealthy diet, lack of exercise, stress, disturbed dietary habits etc. which falls under the heading of Lifestyle disorders. One of the burning issue nowadays about lifestyle changes is the Sthaulya (Obesity).

Sthaulya is the disorder caused by Santarpana according to Ayurveda. Santarpana means Excessive consumption of Snigdha, Madhur, Guru, Picchil, Nava Anna, Nava Madya, Gorasa, Gaudik padarth, Pishta padarth and also due to Cheshta dwesha, Diwaswapna, Aasan, Shayya Rati etc.²

Sthaulya vyadhi is explained by aacharyas in Ashta Nindit Adhyaya of Charak samhita sutrasthana. Sthaulya is an ailment due to Ati -Sampurana, Guru. Madhur, Snigdha, Shit padarth Sevan, Avyayam, Diwaswapna, Harsh - Nityata, Achinta & Bijaswabhaba.³

Due to excessive accumulation of Meda & Mansa at Sphika pradesh, Udara & Stana pradesh this sites become pendulous. Body doesn't grow properly & that particular person is not enthusiastic this is called as Sthaulya.⁴

According to aacharyas, due to excess accumulation of Meda Dhatu in the body, pathway of Vata dosha is obstructed. This obstructed vata dosha travels into the koshtha & ignites the Agni. Due to enhanced Agni consumed



food get digested very fast and that's why person eats more & more food. In this condition there is chance of getting prone to many more diseases due to sthauilya.⁵

In sthauilya vyadhi, Meda Dhatu formation in the body is disturbed due to Meda Dhatwagnimandya which leads to accumulation of Meda only in body & not proper upchaya. Meda Dhatwagnimandya causing improper meda accumulation in body leading to improper nourishment of further Dhatus causing Shaithilya all over the body.

Sthauilya and karshya both manifests as from Ahar Rasa.

When kaphakara ahar, Avyayama, Diwaswap, Adhyashana is done, Aama anna rasa is generated which is madhur in guna travels all over the body & due to ati sneha guna produces meda.

This meda is produced due to ahar vishesh samanyata, meda avrutta marga by skipping two dhatus, meda formation due to samanyata increases & meda accumulates in the body.

Here jatharagni is deepata but due to Adhyashana shilata, aama rasa is produced. Here jatharagni is deepata then how aama is produced? Answer is that due to Dhatwagnimandya particularly of meda dhatwagnimandya the rasa is not converted to proper meda dhatu & Apachita meda dhatu is forming in daily Dhatupariposhana kram hence Apakwa meda dhatu vriddhi or accumulation of meda dhatu is constantly going on converting into sthauilya.⁶

There are eight doshas of sthauilya which disturbs overall health of a person.

1. Ayusho Hrasaha.
2. Javoprodha.
3. Kricchra vyavayata.
4. Daurbalya.
5. Daurgandhya
6. Swedabaddh.
7. Kshudatimatrata.
8. Pipasatiyoga.⁷

Ayurveda concerns deeply with Dietary habits. In classical texts 'Ashta Ahar vidhi visheshayatanani' i.e. eight important factors related with consumption method of diet are explained. Derangement in them ultimately related with Sthauilya.

'Ashta Ahar vidhi visheshayatanani' are namely Prakruti, Karana, Samyoga, Rashi, Desh, Kala, Upyoga samstha & Upyokta etc.⁸

Material and Methodology

Materials- textbooks like Charak Samhita, Sushrut Samhita Ashtang Hridaya along with their respective commentaries are used as Material for this study.

Methodology

Literary research Method is utilized to carry out this study.

Discussion

1. Prakruti -

Prakruti is the Swabhava of Ahar dravyas & Aushdhi dravyas containing Guru laghu etc. Gunas in that particular dravya.⁹

Sthauilya is especially seen in those having Kapha prakruti so it is necessary to counterbalance the Guruta, Sthirta, Mandata of kapha dosha by choosing the ahar dravyas containing Laghu guna. Ex. Mudga, Aadhki, Shyamaka, etc.

As this Mudga is Laghu, Kashaya, Vishada, & Kapha -pittaghna and also agrya in shamidhanya varga¹⁰ it pacifies the Guruta, Snigdhta, Mandata in sthauilya, if it is consumed on daily basis. By Bhuyasa Alpa Avjiyte nyaya Upchaya of laghu guna takes place which reduces Gaurav of body ultimately.

Also Aadhki which is Laghu, Kashaya & beneficial in kapha-meda vikruti so it reduces the kapha & meda and reduces the shaithilya in sthauilya.¹¹



Also as we see in society nowadays people consume food like Idli, Dosa, etc. which is made up of Tandula pishta which is guru in guna. If this food is avoided from diet while selecting food items it will be beneficial in sthaulya patients. As Ayurveda says 'Guru bhojanam Durvipaka karanam agryam'.¹² So by avoiding this food, guruta of body in sthaulya can be reduced.

2. *Karana* –

Karana is the samskar that is to be done on swabhawik dravyas. Samskar is called as Gunantaradhana.¹³

While chosing Ahar, dravyas which has become Laghu after samskar can be helpful for reducing guruta in sthaulya.

Ex. Odana which becomes Laghu after well washed, boiling the tandula (classical method of making rice) is if kept in diet will reduce kapha-medajanya guruta in sthaulya.¹⁴

Takra which becomes Laghu after Manthan samskar of dadhi is also beneficial in sthaulya. As Takra is Kashaya, Ushna, Ruksha, Laghu, Grahi in guna reduces effect of sthaulya if taken regularly in diet.¹⁵

Laja made from vrihi which is laghu in guna after samskar of agni will reduce guruta & enhance the laghutwa in body.

Roti or chapati made from the same pishta is when cooked by using different sources of agni it becomes more & more Laghu in guna. The Roti or chapati when cooked on Kukula, Karpara, Bhrashtra, Kandu & Angara respectively it becomes more Laghu in successive order.¹⁶

So at the time of chosing Ahar dravyas, if such roti or chapati is taken in regular diet, produce laghuta in body and reduces sthaulya effect.

3. *Samyoga* –

Samyoga is the combination of two or more Ahar dravyas which shows properties different than indivisual dravyas making that combination.¹⁷

Nowadays people consume such combinations of food items like Idli-sambhar, Chapati with milk etc. which ultimately increases kapha & meda and contribute as a cause for sthaulya.

At the time of selecting diet, such combination of food is if avoided can be helpful to reduce the risk of sthaulya.

Again samyoga of Takra with Triphala or Takra with Haritaki is taken regularly will reduce guruta of meda-kapha in body & pacifies sthaulya.¹⁸

4. *Rashi* –

Rashi is the quantity of Ahar dravyas. It is measured by two methods. Sarvagraha i.e. quantity of wholesome diet and Parigraha i.e. quantity of individual ahar dravyas etc.¹⁹

Nowadays people eat food items by forgetting about quantity of food. Just because of good taste & likes about particular food items people consume more & more food without seeking the capacity of Agni to digest the food which becomes a cause for sthaulya.

To reduce the risk of sthaulya, it is must to examine the capacity of Agni & according to Agni proper quantity of diet must be decided to minimize the Dhatuvaishamya.

Also 'Ati sampurana' is a cause for sthaulya²⁰ which pacifies as a result of consumption of food in proper quantity. Due to proper quantity, Agni will properly digest the food & never produce Gaurav in body ultimately reducing the sthaulya.

5. *Desh* –

Desh means the place where the Ahar dravyas born.²¹ Ahar dravyas which are born in Anupa desh can be guru, abhishyandi, which increases kapha-meda in the body promoting the sthaulya. Ex. Fish (meat of fish) born in Anupa



desh is snigdha, Bahu doshakara in guna²² & according to acharya vagbhata fish is kaphakara which enhances gurutwa in body promoting sthaulya.

So by avoiding meat of fish, one can achieve laghuta & pacifies effect of sthaulya on body.

So by avoiding the food items born in anupa desh & consuming those food which are born in jangal or sadharana desh which is Laghu in guna can reduce the effects of sthaulya. also for neutralising the effects of anupa desh on body person must consume the food items which are ushna, ruksha, laghu in guna.

6. Kala –

Kala is the time at which person consumes the diet.

Nowadays due to excessive workload, office timings etc. people consume diet on improper time which leads to disturbance of Agni that it can't digest the food properly producing aama & imbalance of kapha which disturbs formation of Dhatus causing sthaulya.

This can be avoided by eating food on proper time. If food is consumed on proper time, Agni digest it easily & laghutwa is produced which maintain equilibrium of doshas and reduces sthaulya.

Also as Ayurveda says 'Kala bhojanam Arogyakaranam Agryam'²³ that means taking food on proper time is most beneficial for maintaining health.

7. Upyoga Samstha –

Upyoga samstha is the rules of consumption of food. It primarily needs the proper digestion of food.²⁴

If food is consumed before the digestion of previously taken food, it will produce Aama & Gaurav which disturbs the proper formation of Dhatus, improper formation and accumulation of meda dhatu in body ultimately promoting sthaulya.

To Avoid Aama formation & Gaurav in body it is necessary to confirm that there is no Ajirna that previous food get digested properly producing effects like Dosha samya, Agni udirana, Stroto mukh vivarana, Vishuddha Udgara, Hridaya vishuddha, Vatanulomana, Vata- mutra-purish srushtata. etc.²⁵ beneficial in reducing effects of sthaulya.

8. Upyokta –

Upyokta is the person who consumes the diet.²⁶

In this person who consumes the diet must examine his own prakruti, agni bala before taking diet. He has to examine also that which type of diet /ahar dravyas suits to his own body.

If person with sthaulya consumes diet by examining his own Constitution like this, he will never eat those ahar dravyas which are prone to increase kapha & meda in the body thus reducing the risk of further complications.

Also nowadays people even before understanding own constitution eat junk food like vada-paav, Idli sambhar, Dosa etc. which is guru and vidahi in guna ultimately inviting sthaulya.

Also it is must that one should examine his own 'Oak satmya' i.e. habitual tolerance developed due to practice towards any ahar dravyas.

This oak satmya include those food items which are like Idli sambhar, dosa, vada-paav, sweet dishes like ice cream, chocolates, Gulab jamun etc. which people consume without any understanding of agni capacity in improper quantity which is habitual to people but is harmful to them in future making them prone to sthaulya & many more diseases.

So by avoiding this type of food items by examining own body sthaulya risk can be minimized and a healthy life can be achieved.

As the Ayurveda texts says that the body of person as well as the diseases develops from Ahar, only the difference is Hitakar Ahar builds a healthy body & Ahitakara Ahar develops diseases and this Hita -Ahitatwa of Ahar turns into Cause of Happiness and sorrow.²⁷



II. CONCLUSION

So from all the above discussion it can be concluded that by proper following of 'Ashta Ahar vidhi visheshayanani', at the time of consumption of diet we can improve the state of sthaulya in sthaulya patients and we can avoid sthaulya condition in normal healthy individuals.

So on the verge of completion of this study it can be advised to analyze properly all the ahar dravyas to avoid imbalance of dhatus in body, especially of improper meda dhatu formation which ultimately resulting into sthaulya which again disturbs overall health and activities in the body.

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