

## COTRIBUTION OF “NITYA SEVANIYA DRAVY” (Nutrition in Ayurveda) FOR PERFECT HEALTH IN PRESENT ERA

Preeti Mishra

PG Scholar, Dept of Ayurveda Samhita & Sidhhanta,  
Dr D.Y. Patil College of Ayurved & Research Centre, Pimpri, Pune- 411018, Maharashtra, India

Email: [priti.mishra0111@gmail.com](mailto:priti.mishra0111@gmail.com)

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### ABSTRACT

*Ahara* is considered as *Mahabheshaja*. Food is a substance consumed other than water and drugs for maintenance of the health, well-being and vitality of the individual. World Health Day is celebrated on 7 April, with WHO highlights the challenges and opportunities associated with food safety under the slogan for 2015 “From farm to plate, make food safe.” That indicates the importance of *Ahara*. It is also described as “Balanced diet”. In *Upanishad* food is considered as *Brahma*. *Charak* emphasises importance of food. The body as well as diseases are formed by food, wholesome & unwholesome food is responsible for happiness & misery respectively. *Ayurvedic* nutrition in the form of *Nitya Sevaniya Dravya* is very much useful in day today life.

**Keywords:** *Nitya Sevaniya dravya*, Balance diet, Nutrition.

### INTRODUCTION

Food is one among the three sub pillars - *Ahara*, *Nidra* and *Brahmacharya*, which support the body itself.<sup>1</sup> Here *Ahara*, has been enumerated first, which shows its importance.

According to *Ayurveda Acharyas*, most of the disease occurs from malfunctioning *Agni* loosely translated as individual digestive capacity barring a few where external factors like trauma are present. It is not enough to eat proper food but is more important to digest what one has eaten. The chronic indigestion lies at the root of most of the disease states. The

properly digested food yields the nutrient fluid *Ahara Rasa* that is capable of nourishing the body constituents and thus ensures continuation of life process. When the digestion is not complete or improper the result is a highly contaminating and toxic metabolite called *Ama*. Since it is produced in place of *Ahara Rasa* it has access to all the body constituents and thus it results in malnourishment. Depending upon the length of time and severity of malnourishment various complex disease processes manifest in the body. It is absolutely essential that

one consume food that is wholesome, at proper time, in adequate amount, in a sequence prescribed and not too fast or too slow.

WHO highlights the challenges and opportunities associated with food safety under the slogan for 2015 "From farm to plate, make food safe."<sup>2</sup> Promotion of proper nutrition is one of the eight elements of the Primary Health Care. *Acharya Charaka & Vagbhata* explained the *Nitya Sevaniya dravyas* which is similar to the balance diet. To bring global attention towards Ayurvedic system of medicine in concern to nutritional programme, to implement & to develop more nutritional programme in our system, a great interest has to be focused on the role of dietary factors in the promotion of health.

### Balanced diet in Ayurveda

Ideal food is nothing but the food which is necessary for maintenance of health, proper body growth & development. It is also described as "Balanced diet". Balance diet is defined as one which contains a variety of food in such quantities and proportions that the need for energy, amino acid, vitamins, minerals, fat, carbohydrate and nutrients is adequately met for maintaining health, vitality and general wellbeing and also makes a small provision for extra nutrients to with stand short duration of leanness.<sup>3</sup>

The concept of balanced diet was also mentioned in *Charak Samhita*, under things which are always conducive for health & should be consumed regularly for the maintenance of health. According to *Acharya Charak* the list of foods those are advisable to consume daily are *Shashtika-shali* (rice grown in 60 days), *Godhuma* (wheat), *Yava* (barley), *Mudga* (green gram), *Saindhava* (rock salt), *Amalaki* (*Embllica officinalis*), *Antariksha-jala* or *Divyodaka* (rain water), *Ghritha* (ghee), cow milk, *Madhu* (honey), *Jangala-Mamsa* (meat of animals from arid land) can be correlated as balance diet in today's era.<sup>4</sup>

*Acharya Vagbhata* - *Godhuma* (wheat), vegetables like *Sunishannaka*, *Jivanthi*, *Balamulaka*, *Pathya* (*Terminalia chebula*), *Mrudwika* (*Vitis vinefra*), *Patola* (*Trichosanthus doica*), *Sharkara* (sugar), *Dadima* can be consumed habitually.<sup>5</sup>

Good nutrition means "maintaining a nutritional status that enables us to grow well and enjoy good health. Those who take proper diet live a long life and those not doing so die a premature death. Proper maintenance of the power of digestion is also depends upon the proper diet.

Classification of *Ahara* has yet to be done on their nutritive value. The classification of the *Dravyas* based on the functions such as *Jivaniya*, *Brumhaniya* etc. clearly indicating classification based on the nutritive values. Ayurveda, the life science, is having many references regarding the *Nithyayojya* and *Swasthahitadravyas*. Scholars of Ayurveda had a clear idea about the malnutrition and over nutrition and their effect which is explained mainly in the context of *Santarpana-Apatarpana-janya-vyadhi*. Ayurveda explain concept of *Asta- Aharvidhi - Visheshayatana*, *Viruddhahar*, *Satmyahar*, *Nitya-Sevaniya Dravyas*.

It is true that researches in current knowledge about nutrition have made great contribution in medical field by denoting the deficiency diseases and also in the treatment of diseases. But much progress has not yet been made in regard the code and conducts of diet in concerned, whereas the Ayurveda classics have described *Ahara*, and *Ahara Vidhi* in detail.

### *Nitya Sevaniya Dravyas critical analysis:*

1. **Shashtika Shali (rice)** is good source of energy, protein, minerals and B group vitamins. It contributes 70 to 80% of total energy intake. Rice proteins are rich in lysine, which is an essential amino acid than other cereals protein.

2. **Mudga (green gram)** is main source of protein, which has 25% of protein in it. But regards to quality, vegetable proteins are inferior to animal protein.

3. **Saindhava lavana (rock salt)** increases appetite and adds taste to the food. It is considered superior to the normal cooking salt as it has less water retention capacity thus considered good for those suffering from cardiac diseases, hypertension, and renal diseases.

4. **Amalaki (Embllica officinalis)** is the most concentrated source of vitamin C in the plant kingdom. The

active Ingredients in *Amalaki* are 'phyllembin', gallic acid, tannins, pectin, and ascorbic acid (Vitamin C). Vitamin C has a special form that makes it very easy for the human body to assimilate. It is well known for its ability to boost bio-availability and absorption of calcium for yielding healthier bones, teeth, hair and nails. It also improves assimilation of iron for healthy blood. It is especially nourishing for the eyes, heart and digestion. *Amalaki* is also extremely effective for balancing stomach acids. *Amalaki* has a special action to promote strength and lean muscle mass when used with a diet rich in protein and quality nutrients.

**5. Yava (barley)**

It is *Mutral, kaphasamak*, use in *Stholya*.

**6. Antariksha jala** (rain water) is the basic requirement. It is the prime source of all the water and purest water in the nature.

**7. Sarpi** (cow's ghee) is easier to get absorbed. It can bond with lipid-soluble nutrients and herbs to penetrate the lipid-based cell walls of the body. It is also *Pitta-Vata hara*, good for *Shukra, Oja, Swara, Varna, Nirvapanam, Sanskaraanuvartanam* in nature.<sup>7</sup>

**8. Jangala mamsa** is *Ruchya*, best among meat. Animal meat has 20% protein and 3-5% of fat, 100gm of meat if used will yield 194 calories of energy. *Jangala mamsa* is a rich source of protein of a high biological value and also has all the amino acids and vitamin B complex. Riboflavin and nicotinic acid from vitamin B complex group, iron and phos-

phorous are present in an adequate quantity in such meat.

**9. Madhu (Honey)** aggravates *Vata, Rakta Pitta Kapha - har, Ruksha, Kashaya & Madhura*. Honey has also been used topically as an antiseptic therapeutic agent for the treatment of ulcers, burns and wounds.

**10. Dugdha** (cow's milk) is one of best rejuvenate food according to *Charak*. It has a fine blend of all nutrients. It is a good source of protein, fat, sugar, vitamins and minerals. Milk protein contains all the essential amino acids. It is also a rich source of calcium. Milk of cows which roam in *Jangala, Anupa*, and hilly places is heavy for digestion in successive order; and its unctuousness depends upon the nature of food which animal takes.

*Madhur, Amla, Lavan, Katu, Tikta, Kashaya* are six *rasas*. Intake of all six *Rasas* is the best among strength enhancing factors & wholesome to the body.<sup>8</sup>

**Disease due to over Nourishment:**

Diseases due to over nourishment (*Santarpan Janya Vyadhi*) are – *Prameha, Pidika, Kotha, Kandu, Pandu, Jwara, Kushtha, Aam Prodosha (Alasaka, Visuchika), Mutra kruchchha, Arochaka, Tandra, Kalaibya, Ati Sthaulya, Alasya*, heaviness of body, *Moha, Shopha* etc.<sup>9</sup>

**Disease due to nutritional deficiency:**

*Deha- Agni- Bala- Varna-Oja- Kshaya*, Emaciation of body, *Jwara, Kasa*, Back pain, *Arochaka, Shrota Daurbalya, Unmad, Mala- Mutra Vibandha*, pain in calf-thigh, joints, and *Vata janya Vyadhis*.<sup>10</sup>

**Table 1:** CLASSIFICATION BASED ON DIETIC FACTORS OF A BALANCED DIET:

Carbohydrates	<i>Shali</i> <i>Shashtikashali</i> <i>Godhuma</i> <i>Yava</i>
Proteins	<i>Mudga</i> <i>Shali</i> <i>Shashtikashali</i> <i>Godhuma</i> <i>Jangalamamsa</i>
Fat	<i>Ghrit</i>

	Milk
Vitamins	<i>Amalaki</i> <i>Draksha</i> <i>Dadim</i> <i>Patoli</i>
Minerals	<i>Triphala</i> <i>Pathya</i>
Water	<i>Antariksha jala</i>

### BALANCED DIET VS NITYA SEVANIYA DRAVYA:

According to modern science balance diet is measured in calories, which is easily digestible for every person. *Ayurveda* gave us a beautiful gift which is elaborated in detailed mannered as *Agni, Vaya, Avastha, Kala, Desh, Prakriti* and *Kishtha*. *Ex-Mandagni* person should have to consume *Mridu* and *Laghu Bhojan* while *Tikshagni* person *Guru* and *Snigdha* food. *Nityasevaniya Ahara Dravyas* are completely full of *Shadrasa*, which is very essential for our perfect health. These *Dravyas* fit for day to day food habit in proper quantity.

### DISCUSSION

Modern science states that so much carbohydrate, fat, proteins, vitamins and minerals are required for well balanced diet. Their classification of food is too crude, when to the classification of all food materials according to *Ayurveda*. In every food there are certain factors developing the mental faculties and certain other factors developing the physical built of the body. The modern scientists are still ignorant of even the fundamental principles guiding this classification. Certain factors in diet excise the mental faculties and certain other retards these faculties. According to *Ayurveda*, the diet which nourishes both the mental and physical built is called balanced diet. *Charaka Samhita* mentions in nutshell all the constituents of a well balanced diet determined by modern experts. Based on his version good and fine rice like *Shasti* and *Shali, Mudga* (green gram), *Lavana*(salt), *Amalaki* (goose berry), *Yava* (barley), rain water, milk, ghee, flesh of animals living in forests and honey should by habit be

adapted in diet generally. In *Ayurveda* the concept of *Nitya Sevaniya Dravyas* mentioned by *Acharya Charaka* and *Vagbhata* clearly indicates the importance of nutrition in day today life. The definition of balance diet indicates the role of carbohydrates, protein, fat, minerals and vitamins intake in daily food. The nutritive value of *Nitya Sevaniya Dravya's* fulfils the balance diet criteria hence when we critically analyse the nutritive value which are told by WHO. By daily consumption of *Nitya Sevaniya Dravyas* does the promotion of health of healthy individual and prevent the disease condition.

### CONCLUSION

Nutritious food is, thus needed to sustain life and activity. Our diet must provide all essential nutrients in the required amounts. *Ayurvedic* dietetics does not follow the modern norms of fixing a constant amount of *Ahara* for all individuals in general but instead relies on the status of *Agni Bala* for each and every individual. In *Ayurveda* the concept of *Nitya Sevaniya Dravyas* mentioned by *Acharya Charka* and *Vagbhata* that clearly indicates the importance of nutrition in day today life. Effort should be made to put *Ayurvedic* menu of nutritional supplements into the National nutritive programmes. *Ayurvedic* method of understanding and analysing *Kuposhana Janya Vikaras* (nutritional disorders) is necessary to adopt *Ayurvedic* nutritional management. By daily consumption of *Nitya Sevaniya Dravyas* does the promotion of health of healthy individual and prevent the disease condition.

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