

**REVIEW ON PRINCIPLES OF FOOD INTAKE IN INDIAN SYSTEM OF MEDICINE**Neetu¹, Ashutosh², P.P. Vyas³, Harish Kumar Singhal⁴

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Article Received:08/09/2020 - **Peer Reviewed:**28/09/2020 - **Accepted for Publication:**05/10/2020**ABSTRACT**

Under the term Nutrition, we think of nutrients and other substances of food that are responsible for maintaining the health, growth, and development of the body. So, it can be said that nutrition is the base of the body as well as life. The existence of human life depends upon nutritional food but the merely intake of nutritional food is not sufficient for proper growth and development. It is equally necessary to know that the nutritional elements required for the body are properly absorbed or not. In the present era, everyone wants to know only about nutritional supplements, but people are not much aware of the rules of food preparation, rules of proper intake, etc. Rules of proper food intake ensure the optimum benefits of the nutritional values of the food. Certain factors which influence the nutritional properties of food are described in *Ayurvedic* classical texts. This paper deals with the rules of proper food intake mentioned in *Kashyap Samhita*, *Khilasthana*, 5th chapter *Bhojyopakramaniyadhyay* i.e. *Atisheeta*, *Atyushna*, *Atisnigdha*, *Ruksha*, *Atishushka* food may cause diseases although these foods may be full of the nutritional substances.

Keywords: Nutrition, *Atisheeta*, *Atyushna*, *Atisnigdha*, *Ruksha*, *Atishushka*

INTRODUCTION

Nutrition means nutrients and other substances of food responsible for maintaining the health, growth, and development of the body. Healthy and nutritional food nourishes the brain, soul, and tissues/cells of the body. Food provides strength, vigor and good complexion not only when it is full of nutritional value but also when it is absorbed properly. According to Indian System of Medicine i.e. *Ayurveda*, digestion depends upon digestive fire (*Jatharagni*) which varies in individual to individual. When an individual accepts a good quality food in adequate quantity at proper time then it gets assimilated and digested properly and then nourishes each cell to maintain health. Nowadays, it is very easy to get a quality food under hygienic condition but if it is not taken at proper time, type and quantity along with overlook of food intake principles then it will lead to numbers of disorders in place of nourishment of body. This is the time to consider and follow principles of food intake in day to day life. In this direction various ancient *Ayurvedic* texts like *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridaya* and *Kashyap Samhita* had describe lot of these rules but out of these *Acharya Kashyap* has described these 24 rules in very detail in his textbook *Kasyapa Samhita Khilasthan* in chapter five *Bhojyopakramaniyadhyay*. He says that if all individual follows these principles during dining food then he will never suffer from any ailment. These rules/*Vikalpas* are –

..... *Tasmat Kale SatmyamMatravadushnamSnigdhamavirodhiShuchauDesheShuchishu-PatreshuShuchiparicharenopaneetamPrangmukhstooshneemstanmanaAasvadayatNatidrutamNativilambitamNatyushnamNatisheetamNatirukshamNatisnigdhamNatibahuNatistokamNatidravam-NatishushkamNakankshito N Pratanto Naikarasam Va Aarogyayurbalarthi Samashneeyat. (Ka.Khi.5/3)*

All these 24 *Vikalpas* are essential for good health, strength, proper growth and development. The last 13 out of these 24 *Vikalpa* can cause diseases in individuals. Here these thirteen *Vikalpa* are discussed in detail.

Material & Methods

In this present review manuscript data is compiled from textbook of ancient Indian medicines which are authenticated and supported by various research articles published in international journal search through pubmed, open med, medlar, inmed and google scholar from 1950 to till today.

Ayurveda Concepts

1. *Atidruta Bhojana*¹(Fast Eating):-

Wolfing down food doesn't make please to sense. Human doesn't get proper nutrition and strength from it. Fast & furious eating causes improper chewing, improper digestion and improper formation of *Ahara Rasa* (Digestive material). Subsequent level (formation of *Dhatu & Mala*) are affected due to absorption of *improper Ahara Rasa (Ama)*. It aggravates all *Doshas* and causes many types of disorders.

2. *Ativilambita Bhojana*²(Slow Eating)

Acharya Kashyap mentioned the drawbacks of slow eating i.e. overeating, dissatisfaction and indigestion. In slow eating food becomes cold and it doesn't mix properly with digestive juice and doesn't absorb properly. So, it vitiated *Annarasa, Dhatu, Mala* and aggravates *Tridosha*.

3. *Atyushna*³ (Excessive Hot Food)

According to *Acharya Kashyap* due to the intake of very hot food a person may get irritation and burning sensation in tongue, throat, lips, heart, and stomach which results mouth ulcer, *Mukhpaka & Akshipaka* (Inflammation of mouth and eyes), *Visarpa* (erysipelas), *Raktapitta* (urticaria), *Bhrama* and *Jwara* (fever). *AtyushnaBhojana* are full of *Ushnata, Langhana*⁴, *Rukshana*⁵, *Swedana*⁶ properties which mainly generates *Amla, Katu* and *Tikta Rasa*⁷. *Ushna, Amla* and *Katu Rasas* aggravates *Pitta*⁸ and produce mainly various types of *Pitta JanyaVyadhi*

4. *Atisheeta Bhojana*⁹ (Excessive Cold Food)

According to *Acharya Kashyap* consumption of *AtisheetaBhojana* (excessive cold food) increase *Kapha*, and *Vata Dosha* that may induce pain, cough and hic-cough. *Atisheeta Bhojana* possess *Sheetata, Brinhan*¹⁰, *Snehana*¹¹ and *Stambhana*¹² properties. It mainly generates *Madhura, Lavan and Kashaya Rasas*⁷. It causes

vitiation of *Kapha*¹³ and *Vata*¹⁴ Doshas. So, this type of food produces *Kapha – Vata disorders*

5. **Ruksha Bhojana**¹⁵ (Dry Food)

According to *Acharya Kashyap* *Ruksha Bhojana* can induce *Vistambha* (intestinal obstruction), *Udavarta* (distension), *Vivarnata* (discoloration), *Glani*, *overeating*, *Vata Prakopa*, retention of urine. *Ruksha Bhojana* are full of *Langhana*⁴, *Rukshana*⁵, *Swedana*⁶ and *Stambhana*¹² properties. It generates mainly *Katu*, *Tikta*, *Kashaya Rasas*⁷ which plays an important role in vitiation of *Vata*¹⁴ Doshas. So *Ruksha Bhojana* Produces *Vata Janya Vyadhiya*.

6. **Atisnigdha Bhojana**¹⁶ (Oily food)

On excessive intake of *Atisnigdha Bhojana* (oily food) results *Tandra*, *Trishna* (thirst), *Jeerna Udarroga*, *Kapha*, *Meda Roga* and *Kantha Roga*. Due to *Atisnigdha Bhojana Snigdha*, *Brinhan*¹⁰, *Snehana*¹¹ and *Swedana*⁶ increases in body which generates *Madhura*, *Amla*, *Lavana Rasas*⁷. It causes vitiation of *Vata*¹⁴ and partially *Pitta*⁸ Doshas. So due to *Atisnigdha Bhojana Vata – Pitta Janya Vyadhiya* Produces in body.

7. **Atibahwashana**¹⁷ (Overeating)

Acharya Kashyap described side effects of *Atibahwashana* (overeating) i.e. *Vistambha* (intestinal obstruction), *Udveshtana* (cramps in calf muscles with reversed reflex of *Apana Vaayu*), *Klesha* (vague pain or distress), *Chestahani*, *Visuchika* (dysentery). *Atibahwashana* causes *Agnimandhya* and improper *Ahara Rasa* which is responsible for *Aamotpatti* in body. So, this type of food produces mainly *Trishoshaja* and *Ama Pradoshaja Vyadhiya*.

8. **Atistokashina**¹⁸ (Under Eating)

Under eating can cause *Atyangi Vikara*, *Krashata* (emaciation), *Bhrama* (vertigo), *Atrupty*, *Laghuta* (weight loss), *Nidranasa* (insomnia), *Mala & Mutra Kshaya* (diminished urine & stool). In *Atistokashina* improper *Ahara Rasa* and amount of gastric acid increases so fewer nutrients absorbed by tissue and cells. *Dhatu*s which are responsible for proper growth and development of body does not produce in their proper amount so ultimately *Dhatu Kshaya* occurs. It also aggravates *Tridosha*.

9. **Atidravashna**¹⁹ (Liquid Food)

On consuming excessive liquid food *Utklesha* (excitement), *Bahumutrata* (polyuria), *Parshwabhedha* (pain in the side of chest below the armpits), *Pratishyaya* (cough and cold) and *Vidbheda* (loose motions). *Atidravashna* have *Snehana*¹¹, *Swedana*⁶ and *Stambhana*¹² properties which produces *Madhura*, *Amla*, And *Lavana*⁷ Rasas. It aggravates *Kapha*¹³ Doshas and partially *Vata*¹⁴ Doshas so *Atidravashna Bhojana* causes *Kapha* and *Kapha-Vata Janya Vyadhiya* in human being.

10. **Atishushkashana**²⁰ (Food with little fluid/excessive dry food)

According to *Acharya Kashyap* on accepting *Atishushkashana* (food with little fluid/excessive dry food) results in food digested after getting itself bound in the *Koshta* and *Rasa Dhatu* gets dried up resulting in scanty urine and diminished *Kapha*.

11. **Mohat Bhojanam**²¹ (Eating without having no desire to eat)

According to *Acharya Kashyap* one who eats despite not having the desire to eat suffers from *Avipaka* (Indigestion), *Aruchi* (Anorexia), *Vaman* (vomiting), *Shool* (colic pain) and *Aanaha* (flatulence).

12. **Pratantabhokta**²² (Repeated eating)

According to *Acharya Kashyap* on repletion of food intake prior digestion of previous food will cause *Trishna* (thirst), *Moorcha* (fainting), *Agnisada* (weak digestive fire), *Angapida* (body ache), *Jwar* (fever), *Kshaya* (emaciation), *Atisara* (loose motions) and *Manda Drushti* (weak eye sight). *Pratantabhokta* also causes *Agnimandhya* and produce improper *Ahara Rasa* which produces *Aamotpatti* in body.

13. **Ek Rasa Sevana**²³ (Always consuming food of only one rasa)

According to *Acharya Kashyap*, people who always consume the one *Rasa* have weakness (*Daurbalyata*) and shakiness (*Adrudhata*).

Agnimandhya (weak digestive fire) is the main steps which occur on not following these principles. If disorders occur, then it can be treated with the drugs that possess *Deepan* and *Pachana* quality. Thus, in this way we correct *Amadosha* and get rid of these disorders. To avoid these disorders which are created due

to not following food intake principles, everyone should follow all principles of food intake as illustrated by ancient sage along with *Pathya Bhojana* (wholesome food).

Modern Concepts

In modern science malpractice of food intake can cause-

- ❖ Vitiation of gut hormones which help in regulating appetite.
- ❖ Insulin resistance will develop and thus diabetes mellitus.
- ❖ High density lipoprotein will decrease which can cause metabolic disorders.
- ❖ Overeating releases more gastric acid which can cause ulcers and gastric troubles.
- ❖ Ghrelin hormone produced and released mainly by the stomach within small quantity. It is also released by the small intestine, pancreas and brain. This hormone has numerous functions. It is termed the 'hunger hormone' because it stimulates appetite, increases food intake and promotes fat storage. These hormones increase food intake by up to 30%; it circulates in the bloodstream and acts at the hypothalamus, an area of the brain crucial in the control of appetite. Ghrelin has also been shown to act on regions of the brain involved in reward processing such as the amygdala. Level of Ghrelin hormones is regulated by food intake. It rises in the blood just before eating and when fasting, with the timing of these rises being affected by our normal meal routine. Hence, ghrelin is thought to play a role in mealtime 'hunger pangs' and the need to begin meals. Levels of ghrelin increase when fasting (in line with increased hunger) and are lower in individuals with a higher body weight compared with lean individuals, which suggests ghrelin could be involved in the long-term regulation of body weight. Thus, in this way Ghrelin hormone controls hunger and suppresses by gut after a meal.²⁴ Glucagon-like peptide-1, oxyntomodulin, peptide YY, cholecystokinin, and pancreatic polypeptide inhibit appetite.²⁵ Due to these hormones a person's brain gets the message about the fullness of the stomach.

Therefore, they help a person to stop eating but the above factors affect this process and due to this, a human doesn't get proper satisfaction from food.

DISCUSSION

It has been observed that every individual consumes often unwholesome food on inappropriate time, quantity and quality such as fast and spicy food, cold drink and cold water resulting in lots of disorders, similar as described earlier by *Acharya Kashyapa*. In this way, today's trend of fast food is inversely proportional to wholesome & unwholesome food described in *Ayurveda*. These types of food are filled with a high amount of carbohydrates which breaks down and released more glucose in the blood at one time. This increases blood sugar level and can cause default in normal insulin responses. Thus, diabetes can occur in younger age. Some fast food like fried pies, pastries, pizza, cookies are full of transfat which increases low density lipoprotein (bad cholesterol) and decrease high density lipoprotein (good cholesterol). These fast foods are rich in salts which rise in blood pressure of individuals due to water retention and also cause life threatening conditions. Other side effect of this excessive intake of fast food produces more calories which can cause obesity. This obesity becomes a root cause of many diseases like breathlessness, asthma, and heart diseases. This type of food contains phthalates chemical which interrupts in work of hormones in the body so it can also induce reproductive problems and birth defects. Food increases acid secretion in stomach and mouth so the risk of impairment tooth's enamel, tooth cavities, stomach ulcer, acidity etc.

CONCLUSION

On the basis of above description, it is concluded that everyone should follow ancient principles of wholesome & unwholesome food along with their properties to stay healthy, long and safe disease-free life.

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