



EVALUATION OF NITYA PRAYUNJEET AAHARA DRAVYA OF AYURVEDA AND ITS RESEMBLANCE TO BALANCED DIET IN CURRENT SCENARIO

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ABSTRACT

Ayurveda is a holistic science and emphasizes preserving and promoting the health of healthy individuals besides giving methods for the treatment of various diseases. It is more a 'way of life' and describes methods for promotion, prolongation, and maintenance of positive health. In the present era, people are spending most of their time sitting at the workplace i.e., living a sedentary lifestyle. It is very necessary to maintain health and prevent diseases as people leading a sedentary lifestyle are more susceptible to lifestyle diseases. Balanced *Dosha* promotes health and imbalanced *Dosha* leads to the diseased condition. Moreover, a balanced diet is required by the body to work efficiently. Without a balanced diet, the body is more prone to disease, infection, fatigue, and low performance. So, health can be maintained by intake of balanced and *Tridosha Shamaka* diet. The concept of *Nitya Prayunjeeta* (used daily) *AaharaDravya* has been given by *Aacharya Charaka* for the maintenance and promotion of health. Here, an effort has been made to establish the concept of *Nitya Prayunjeet Aahara Dravya* as *Tridosha Shamaka* diet and Balanced diet.

Keywords: *Nitya Prayunjeet, TridoshaShamana, Balanced diet*

INTRODUCTION

Ayurveda is an ancient science of life since time immemorial. Ayurveda, apart from providing various therapeutic measures for diseases, emphasizes maintenance, promotion of health and prevention of diseases through diet and lifestyle regimens. Aacharya Vagbhata has mentioned that Vata, Pitta and Kapha are the three Dosha of body. The perfect balance of these three Dosha leads to "health" and the imbalance of these Dosha leads to "diseases".¹ The prime objective of Ayurveda is to counteract the imbalance of Tridosha, which can only be achieved by the suitable administration of Aahara. Aacharya Charaka has described Nitya Prayunjeeta (consumed daily) Aahara Dravya which are Shashtika (Rice), Shali (Rice), Mudga (Green gram), Saindhava (Rock salt), Amalaki (Indian Gooseberry), Yava (Barley), Antariksha Jala (Rainwater), Paya (Cow's milk), Sarpi (Cow's ghee), Jangala Mansa (Meat of animals dwelling in arid climate) and Madhu (Honey).² Aacharya Vagbhata has explained some extra Dravya like Godhuma (Wheat), Sunishannaka (*Marsilea minuta*), Jeevanti (*Leptadenia reticulata*), Bala Mulaka (Young radish), Vastuka (*Chenopodium album*), Pathya (*Terminalia chebula*), Mridwika (Dried grapes), Patola (Pointed Gourd), Sharkara (sugar), Dadima (*Punica granatum*).³ These Aahara Dravya promote the health of an individual and prevent diseases.⁴

Aim and Objectives

1. To establish the concept of Nitya Prayunjeet Aahara Dravya as Tridosha balancing diet i.e. health-promoting diet.
2. To establish the concept of Nitya Prayunjeet Aahara Dravya as a balanced diet.

Materials and methods

Ayurvedic literature like Charaka Samhita, Ashtanga Hridaya and Bhavaprakasha Nighantu related to this topic are studied. Various articles and journals have also been searched.

Concept of Nitya Prayunjeet Aahara Dravya as Tridosha balancing diet- Aahara Dravya mentioned as Nitya Prayunjeet have different pharmacological

properties. So, they have a different effect on Tridosha. The effect of these Aahara Dravya on Tridosha is described below:

Shastika -It is Laghu and Snigdha in Guna, Balya, Mridu, Jwaranashaka and Tridoshanashaka.⁵

Shali– Shali is Madhura and Kashaya in Rasa, Laghu, Snigdha, Sheeta, Ruchya, Balya, Kanthya, Vrishya, Brihana, AlpaVata-KaphaKarka and Pit-tanashaka.⁶

Mudga – It is Ruksha, Laghu, Sheeta, Grahi, Kapha-Pitta Nashaka, AlpaVatavardhaka, Netrya and Jwa-ranashaka.⁷

Saindhava- Saindhava Lavana is Deepana, Pachana, Laghu, Snigdha, Ruchya, Sheeta, Vrishya, Netrya and Tridoshahar

Amalaki- It is Sheeta, Raktapitta Nashaka, Prameha Nashaka, Vrishya, Rasayana and Tridoshanashaka.⁹

Yava – Yava is Kashaya and Madhura in Rasa, Sheeta, Katu in Vipaka, Ruksha, Agnivardhaka, Guru, Balya, Shwasa-KasaNashaka, MalaKarka, VataKarka and Shleshma-PittaNashaka.¹⁰

Antriksha Jala–It is Laghu, Saumya, Rasayana, Balya, Triptikarka, Pachaka, Dahanashaka, Tandra-nashaka and Tridoshanashaka.¹¹

Paya – Paya is Madhura in Rasa and Vipaka, Sheeta, Snigdha, Guru, Vata-Pitta Nashaka and Sarvaroga-Nashaka.¹²

Sarpi- Sarpi is Madhura in Vipaka, Sheeta, Guru, Chakshushya, Vrishya, Agnivardhaka, Ojavardha-ka, Balya, Ayushya, Rasayana and Tridoshanasha-ka.¹³

Jangala Mansa – It is Madhura, Sheeta, Kashaya, Katu in Vipaka, Balya, Vrishya, Tridoshanashaka and Laghu.¹⁴

Madhu– Madhu is Madhura in Rasa, Kashaya in Anurasa, Sheeta, Laghu, Ruksha, Grahi, Netrya, Ag-nideepaka, Vrishya, Vishada, Rochana, AlpaVatakar-ka, Kapha-PittaNashaka, PramehaNashaka, Vamana Nashaka and KshyaNashaka.¹⁵

Godhuma– It is Madhura in Rasa, Sheeta, Guru, Snigdha, Vata-PittaNashaka, Kaphavardhaka, Balya, Brihana and Ruchya.¹⁶

Sunishannaka-It is Madhura and Kashaya in Rasa, Sheeta is Veerya, Laghu and Ruksha in Guna, Deepana, Vrishya, Ruchya, Meda Nashaka and Tridoshanashaka.¹⁷

Jeevanti-It is Sheeta in Veerya, Snigdha and Laghu in Guna, Rasayana, Balakraka, Chakshushya, Grahiand Tridoshanashaka.¹⁸

BalaMulaka- BalaMulaka is Katu in Rasa, Laghu, Ruchya, Pachaka, Jwara Nashaka, Shwasa Nashaka and Tridoshanashaka.¹⁹

Vastuka-It is Katu in Vipaka, Laghu, Deepana, Pachana, Ruchya, Saraka, RaktapittaNashaka, ArshaNashaka and TridoshaNashaka.²⁰

Pathya- It is KashayaRasa Dominant, Madhura in Vipaka, Ruksha, Ushna in Veerya, Laghu, Rasayana, Netrya, Anulomaka and Tridoshanashaka.²¹

Mridwika – It is Madhura and Kashaya in Rasa, Madhura in Vipaka, Sheeta, Saraka, Netrya, Guru, Ruchya, Kaphavardhaka, VataPittaNashaka, Trisha Nashaka and JwaraNashaka.²²

Patola- Patola is Laghu and Snigdha in Guna, Ushna in Veerya, Pachaka, Deepana, Vrishya, Hridya, JwaraNashaka and Tridoshanashaka.²³

Sharkara- It is Madhura, Sheeta, VataPittaNashaka, Dahanashaka, MurchhaNashaka, JwaraNashaka and ChhardiNashaka.²⁴

Dadima – Dadima is Madhura in Rasa, Kashaya in Anurasa, Laghu and Snigdha in Guna, Grahi, Balya, Hridya, Medhya, Jwara Nashaka and Tridosha Shamaka.²⁵

Table 1: Tridosha effect of Nitya Prayunjeet Aahara Dravya is summarized in this table:

Aahara Dravya	Effect onDosha
Shashtika	Vata-Pitta Shamaka
Shali	Pitta Shamaka and Kinchita Vata Kapha Vardhaka
Mudga	Kapha – Pitta Shamaka and Kinchita Vatakarka
Saindhava	Tridosha Nashaka
Amalaki	Tridosha Shamaka
Yava	Kapha – Pitta Shamaka and Vata Vardhaka
Paya	Vata-Pitta Shamaka
Sarpi	Tridosha Shamaka
Jangal Mansa	Tridosha Nashaka
Madhu	Kapha – Pitta Shamaka and Kinchita Vatakarka
Godhuma	Vata-PittaNashaka, Kaphavardhaka
Sunishannaka	Tridoshanashaka
Jeevanti	Tridoshanashaka
BalaMulaka	Tridoshanashaka
Vastuka	TridoshaNashaka
Pathya	Tridoshanashaka
Mridwika	Kaphavardhaka, VataPittaNashaka
Patola	Tridoshanashaka
Sharkara	VataPittaNashaka
Dadima	TridoshaShamaka

Concept of a balanced diet –A balanced diet is defined as one which contains a variety of foods in such quantities and proportions that the need for energy, amino acids, vitamins, minerals, fats, carbohydrates and other nutrients is adequately met for maintaining

health, vitality and general well-being and also makes a small provision for extra nutrients to withstand the short duration of leanness.²⁶ From this definition of a Balanced diet it is clear that one must take a balanced diet daily to maintain health. In the present era, most

people are living a sedentary lifestyle. So, the need of the hour is to establish the concept of a balanced diet in persons having a sedentary lifestyle as this is the main cause of non-communicable diseases. A balanced diet can be understood in terms of daily caloric intake and daily requirement of macronutrients.

Due to urbanization and increasing workload sedentary lifestyle is common. So, here Recommended Dietary Allowances for a person living a sedentary lifestyle is taken into consideration.

Table 2: Recommended Dietary Allowances (RDA) for Energy, Protein, Fat for Indians – 2010²⁷

Gender	Category	Body weight (kg)	Net Energy (kcal /d)	Protein(g/d)	Visible Fat (g/d)
Men	Sedentary Work	60	2320	60	25

Table 3: Balanced Diet for Adults – Sedentary Activity²⁸

	g/portion	No. of portions
Cereals & millets	30	12.5
Pulses	30	2.5
Milk & milk products	100 ml	3
Roots & tubers	100	2
Green leafy vegetables	100	1
Other vegetables	100	2
Fruits	100	1
Sugar	5	4
Fat	5	5

To calculate the daily requirement of any food group for an individual, multiply grams per portion by several portions.

Here, an effort has been done to calculate the daily requirement of different food groups along with protein content, fat content & energy production.

Cereals and millets – Cereals are the main sources of energy. They are contributing significant quantities of proteins, (6 -12 %), minerals and B-group vitamins.²⁹For an adult having a sedentary lifestyle, 30g/portion of cereals and millets is to be consumed i.e. 375 gm daily. Among *Nitya Prayunjeet Aahara Dravya*, Rice, Barley and Wheat are to be included in Cereals and Millets. The total amount of these should not exceed 375 gm. Barley is not commonly used. 175 gm wheat & 200 gm rice can be consumed daily. 175 gm of wheat contains 21 gm protein, 2.98 gm fat & 596 kcal energy. 200 gm rice has 15 gm protein, 2 gm fat and provides 692 kcal energy.

Pulses – Pulses contain 20 -25 % of proteins & are rich in minerals and B-group vitamins such as ribo-

flavin and thiamine.³⁰ Daily requirement of pulses for an adult having a sedentary lifestyle is 75gms. Only one pulse i.e. green gram is being mentioned under *Nitya Prayunjeet Aahara Dravya*. 75 gms of Green gram contains 18 gm protein, 0.98 gm fat & provides 250 kcal energy.

Milk and milk products – Milk is a good source of proteins, fats, sugars, vitamins, and minerals.³¹ Total 300ml of milk and milk products are required daily. Here, cow’s milk is taken under consideration as described in *Nitya Prayunjeet Aahara Dravya*. 300ml of cow’s milk contains 9.6 g of protein and 12.3 g of fat and provides 201 kcal energy.

Vegetables - Vegetables usually have a large water content, low energy and protein content and varying amounts of “dietary fibre”.³²

- Green leafy vegetables – These are good sources of carotenes, calcium, iron and Vit. C. they are also fairly good sources of riboflavin, folic acid, and many other micronutrients. Marselia, Lep-tadenia and *Bathua* are the green leafy vegetables described among *Nitya Prayunjeet Dravya*.

Marselia and leptadenia are not easily available. Moreover, only a few people are aware of them. So, here only *Bathua* is taken into consideration. 100 gm of Green leafy vegetables are required daily. 100 gm of *Bathua* contains 3.7 gm of protein, 0.4 gm of fat and provides 30 kcal of energy.

- **Roots & tubers** – In general roots and tubers are poor in protein, minerals and vitamins. 200 gm of roots and tubers are daily required by an adult man having a sedentary lifestyle. Only Radish among roots is mentioned under *Nitya Prayunjeet Aahara Dravya*. 200 gm of Radish contains 1.4 gm protein, 0.2 gm fat and yields 34 kcal of energy.
- **Other Vegetables** – These are good sources of minerals and vitamins. 200 gm vegetables are required daily for an adult having a sedentary lifestyle. 200 gm of *Patola* contains 4 gm of protein, 0.6 gm of fat and yields 40 kcal of energy.

Fruits – Fruits are good sources of vitamins and minerals.³³ Fruits described in *Nitya Prayunjeet Dravya* are *Dadima*, *Amalaki*, *Pathya* & *Mridwika*. 100

gm of fruits are required daily. So, the total amount of either one fruit or more than one fruit should not exceed the required amount. 20 gm Amla, 10 gm raisins and 70 gm pomegranate can be used daily. 20 gm of Amla has 0.1 gm protein, 0.02 gm fat and provides 11.6 kcal of energy. 10 gm of raisins contains 0.18 gm protein, 0.03 gm fat & it provides 30.8 kcal of energy. 70 gm pomegranate provides 45.5 kcal energy, contains 1.12 gm protein & 0.07 gm fat.

Sugar – Sugar is a rich source of carbohydrates.³⁴ Total 20 grams of sugar is required by an adult man leading a sedentary life. Here, honey & sugar are mentioned. 15 gm of Sugar is enough for beverages and 5gm of Honey is enough to be used in one glass of lukewarm lemon water. 15 gm of sugar provides 75.4 kcal energy, no protein & no fat. 5 gm of honey contains 0.02 gm protein, no fat and yields 15.95 kcal energy.

Fat – Fats are good sources of energy and fat-soluble vitamins.³⁵

25 gm of visible fat is required daily. Cow's Ghee is described in *Nitya Prayunjeet Aahara Dravya*. 25 gm of Cow's Ghee provides 225 kcal energy.

Table 4: Calorific value and protein content calculation of *Nitya Prayunjeet Dravya*

	Quantity	Energy (Kcal)	Protein(gm)
Cereals & millets	375 gm	1288	36
Pulses	75 gm	250	18
Milk & milk products	300 ml	201	9.6
Roots & tubers	200 gm	34	1.4
Green leafy vegetables	100 gm	30	3.7
Other vegetables	200 gm	40	4
Fruits	100 gm	87.9	1.4
Sugar	20 gm	91.35	0.02
Fat	25 gm	225	0
Total		2247 kcal	74.12

***Note** – For Non-Vegetarians – Substitute one pulse portion with one portion of egg/meat/chicken/fish Energy obtained from *Nitya Prayunjeet Aahara Dravya* is approximately equal to the energy required by an adult man having a sedentary lifestyle. Protein content obtained from these *Aahara Dravya* will be approximately equal to the protein required as cooking these will reduce the protein content significantly.

DISCUSSION

A balanced diet provides an adequate intake of energy and nutrients for the maintenance of the body and therefore good health. A diet can easily be adequate for normal body functioning yet may not be a balanced diet. An ideal human diet contains fat, protein, carbohydrates, vitamins, minerals, and water all in correct proportions. Malnutrition results from an un-

balanced diet, this can be due to an excess of some dietary components and lack of other components, not just a complete lack of food. Energy is provided by carbohydrates, fats and proteins. Proteins are a provider of energy in an emergency but are primarily used as building blocks for the growth and repair of many body tissues. We also need much smaller amounts of other nutrients, such as vitamins and minerals. Despite the small quantities needed these are essential to provide a healthy diet as they have specific roles in metabolic reactions and as structural components. So, for perfect functioning, the body requires both macronutrients and micronutrients in adequate amounts.

CONCLUSION

The maximum of *Aahara Dravya* mentioned in *Nitya Prayunjeet* have *Tridosha Shamaka* effect. Balanced *Tridosha* will help in the promotion of health and prevention of diseases. A balanced diet is required daily for the maintenance of health and prevention of diseases. By consuming *Nitya Prayunjeet Aahara Dravya*, need for energy, amino acids, vitamins, minerals, fats, carbohydrates, and other nutrients is adequately met.

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