

EFFECTS OF EATING HABITS AS PER AYURVEDA ON LONGEVITY OF LIFE – A SURVEY STUDY

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ABSTRACT

Ahara is the main element for a healthy life. *Ayurveda* aims to advance and safeguard the wellbeing, strength, and life span of the healthy individual and to fix the sickness. In the present period, diet and way of life are major factors through impact weakness to numerous sicknesses. *Ayurveda* places unique accentuation on *aahara* and accepts that healthy nutrition nourishes the *mana*, *sharir* and *aatma*. As per *Ayurveda*, both the living group of man and the sickness brought about by it are the result of diet. *Ahara* is considered one of the key pillars of life in *ayurveda*¹. In today's world, altered habits of food consumption may lead to various diseases. In the present current way of life, we don't deal with our wellbeing and the outcomes of our dietary patterns and different styles of life, which are hurtful for us. In this survey study, 1500 people with the age group of 60 years or more were enrolled and the relationship of longevity with smart dietary habits was evaluated on questionnaires premise which has references in *Ayurveda* text for longevity. This survey looks at turned into performed in Madan Mohan Malviya government Ayurved college Udaipur. Within the present study following parameters inclusive of living with family, behaviour, *ushapaan*, *yuktikrit bhojan*, *abhyanga*, non-refined oil, proper milk, *adhyashan*, vegetarian food, *Madhur rasa sevan*, early raise, *nasya*, *rasayan sevan*, sun exposure etc. In this article, we mainly focus on the role of *madhr rasa sevan*, vegetarian food intake, *yuktikrit bhojan sevan* and *samaagni* for the longevity of life. On a statistical basis, those people with a state of *samaagni* and habits of *Madhur rasa sevan*, vegetarian

food and *yujtiyukt bhojan* with age 60 years old or older, with no other complicating lifestyle disorders. Which shows positive outcomes in the relationship of *madhur rasa sevan*, vegetarian food, *yuktikrit bhojan* and *samaagni* with a life span of life as given in the *Ayurveda* text.

Keywords: *Aahakra, Madhur Rasa Sevan, Yuktiyukt Bhojan, Samaagni.*

INTRODUCTION

Ayurveda's goal is to promote and retain a healthy person's health, strength, and longevity while also curing disease. Diet and lifestyle are major factors that are known to influence susceptibility to many diseases in today's world. according to *Ayurveda* the living human body and diseases that afflict it are both the product of *aahara*. *Ayurveda* places unique accentuation on *aahara* and accepts that healthy nutrition nourishes the *mana*, *sharir* and *aatma*. As per *Ayurveda*, both the living group of man and the sickness brought about by it are the result of diet.

Food habits in Sushruta Samhita: -

Sushrut acharya recommends sitting on a raised platform to eat the correct amount of food at the proper time. We should sit comfortably like a king after meals and go for a brief walk². When eating, we should begin with *Madhur rasa*, followed by salt and sour flavours, and finally pungent, bitter, and astringent flavours³. Sweet tastes help a hungry person conquer *vayu* in the stomach; salt and sour tastes increase the digestive fire; and finally, pungent, bitter, and astringent tastes subdue the *kapha dosha*. In addition, several fruits taken at the start can overcome *vata dosha*. Indian gooseberry is best consumed at the beginning, middle, and end of the meal. Heavy foods should be consumed up to one-third fullness, whereas light foods should be consumed till satiation⁴.

Food habits in Charaka Samhita⁵: -

The 27th chapter of the *charaka Samhita sutrasthana* (*annapana vidhi adhyaya*) discusses various types of grains and pulses, as well as the different types, qualities, and benefits of fruits and vegetables, milk and dairy products sugarcane preparations, honey, and waters.

The following 12 groups are used to categorize food items: *shuka dhanya, shami dhanya, mamsa varga,*

*kshir varga, saka varga, phala varga, harita varga, jala varga, tail varga, ikshu varga*⁵. *Acharya* also discusses the properties of foods and drinks in general, ingredients with the best qualities, postprandial drinks and their properties, and a brief statement on the heaviness and lightness of food ingredients.

Food habits in ashtanga: -

Vagbhatacharya insists on eating while seated on the floor. This, he claims, increases the digestive fire. Furthermore, the meal plate should be kept a little bit above the floor. At noon a lighter meal, juice, or buttermilk can be had. While the sun is still shining, we should eat our evening meal. We should eat our dinner before night fall⁶, according to *acharya*, because the digestive fire goes inactive after the sunset.

After eating, we should practice lying down on our left side⁷. The *pingala (Soorya) naadi* on the right side of the body is activated by lying on the left side. The digestive fire is activated when the *pingala naadi* is activated. He advises us to only eat liquid meals after sundown. This is important for those with asthma, diabetes, and *vata* disease.

Role of Madhur rasa for the longevity of life: -

Acharya Charaka has described the *Madhur rasa* in *sutra sthana as ayushya*⁸. *Madhur rasa* is congenial to the body, it is wholesome, improve body fluid, blood, muscle, fat, bone marrow, *ojas*, and nourishes the male and female reproductive system. it improves life expectancy, soothes all the sense organs and mind, improves strength. the sweet taste consists of the earth and water elements. Sweet taste pacifies *vata* and *pitta* and increases *kapha*. *Ojas* and sweet flavour increase the vital essence of life.

Role of vegetarian food for the longevity of life: -

If one wants to avoid an unhealthy lifestyle, according to *Ayurveda*, one should live close to nature. *Ayurvedic* cooking methods such as steamed and

raw foods are not only healthful and vegetarian, but they are also a natural and healthy way of life. Although a non-vegetarian diet is not prohibited in *Ayurveda*.

Vegetarian diets are more advantageous if a person is prone to lifestyle disorders such as diabetes, high blood pressure, or heart disease. Non-vegetarian diets are high in fat, which increases the risk of serious health problems such as high blood pressure, diabetes, high cholesterol, and obesity. All of these illnesses increase the risk of death. In comparison to non-vegetarian diets vegetarian foods are beneficial for the human body and minimize the risk of diseases and mortality.

Role of *samaagni* for the longevity of life: -

Agni is the key component of digestion and metabolism in our bodies, according to *Ayurveda*. Food must be digested, absorbed, and assimilated, which is unavoidable for the maintenance of life, and this is done by *Agni*. *Agni* transforms food into energy, which is responsible for all of our body's important functions. Therefore, *Ayurveda* considers that *dehagni* is the cause of life, complexion, strength, health, nourishment, luster, *oja*, *teja*, and *prana*⁹. About the importance of *agni* acharya *charak* says that when the function of *agni* is stopped, an individual dies, but when the *agni* of an individual is *sama*, that person is completely healthy and will live a long, happy, and healthy life. However, if a person's *agni* is vitiated, his entire metabolism would be disrupted, resulting in ill health and disease. Hence, *agni* is considered the *mool* of life¹⁰.

Role of *yuktiyukt bhojan* for the longevity of life: -

It means to eat in an adequate amount. The *Lakshana* by which a person can decide that is *Matravat* are, freedom from distress is in the stomach, Gratification of the senses, the absence of any cardiac discomfort, sense of ease in standing, sitting, lying down, walking, inhaling, exhaling, talking¹¹. a well-balanced diet provides the human body with essential nutrients. Without balanced nutrition, the body is more susceptible to fatigue, infection, diseases and reduce activity.

The *yuktiyukt* diet can prevent the risk of developing certain diseases such as diabetes, cancer, and heart disease. It is also helpful in treating diabetes and high blood pressure.

Aim and Objectives: -

To highlight the importance of *Madhur rasa Sevan*, *yuktiyukt bhojan*, vegetarian food for longevity. To highlight the importance of *samaagni* for a healthy life.

Materials and Methods

Study population: -

The data for the study came from a survey on the effects of eating habits as per *Ayurveda* on longevity. The baseline survey was done in April 2020 on 1500 people with age groups 60 yrs or more.

Data collection and measurements

Participants were interviewed in their homes by health workers using a standard questionnaire. Before the survey, all of the interviewers had extensive training.

Observations

In the present study comprising of 1500 person, all persons of the population belong to age group 60 yrs or more. Most of the people i.e., 56.07% were male, 43.93% were female. The majority of person were having

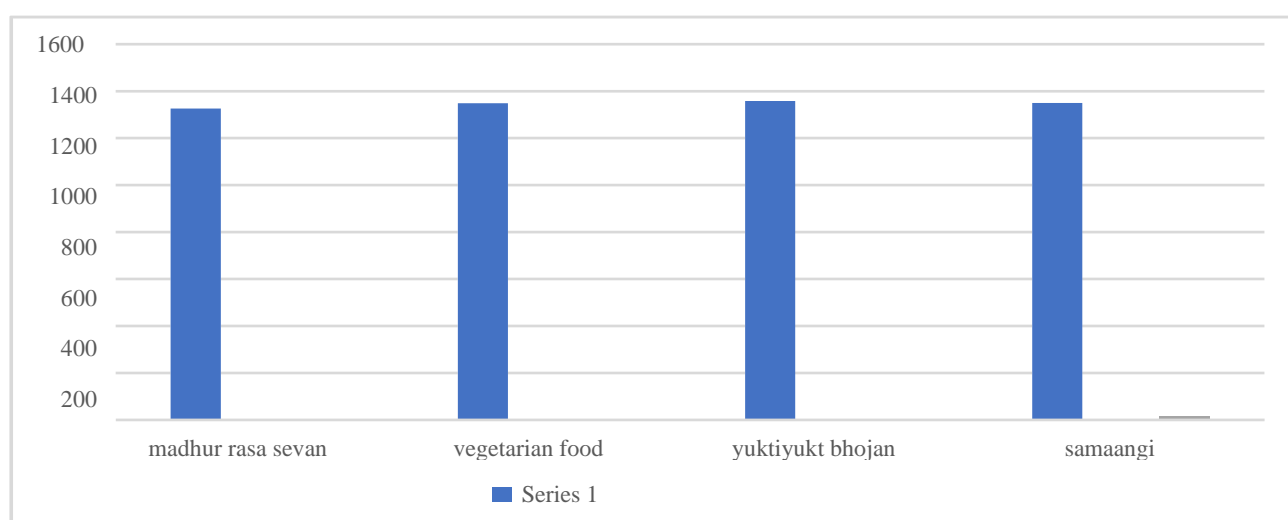
kapha prakriti i.e., 39.53%, 25.27% were having *pitta prakriti*, and 35.20% were having *vata prakriti*. In this survey 40% of the population from *jangal desh*. Moist of the person having vegetarian diet i.e., 89.93%. it

was reported that the maximum number i.e., 88.40% were found for *Madhur rasa sevan*. *Yuktiyukt bhojan* is found in 90.53% of the population and *samaagni* is found in 90.00% of the population.

Result

Table 1

S.N.	parameter	No. of cases	% Of cases
1.	<i>Madhur rasa Sevan</i>	1326	88.40%
2.	Vegetarian food	1349	89.93%
3.	<i>Yuktiyukt bhojan</i>	1358	90.53%
4.	<i>samaagni</i>	1350	90.00%



Graph 1

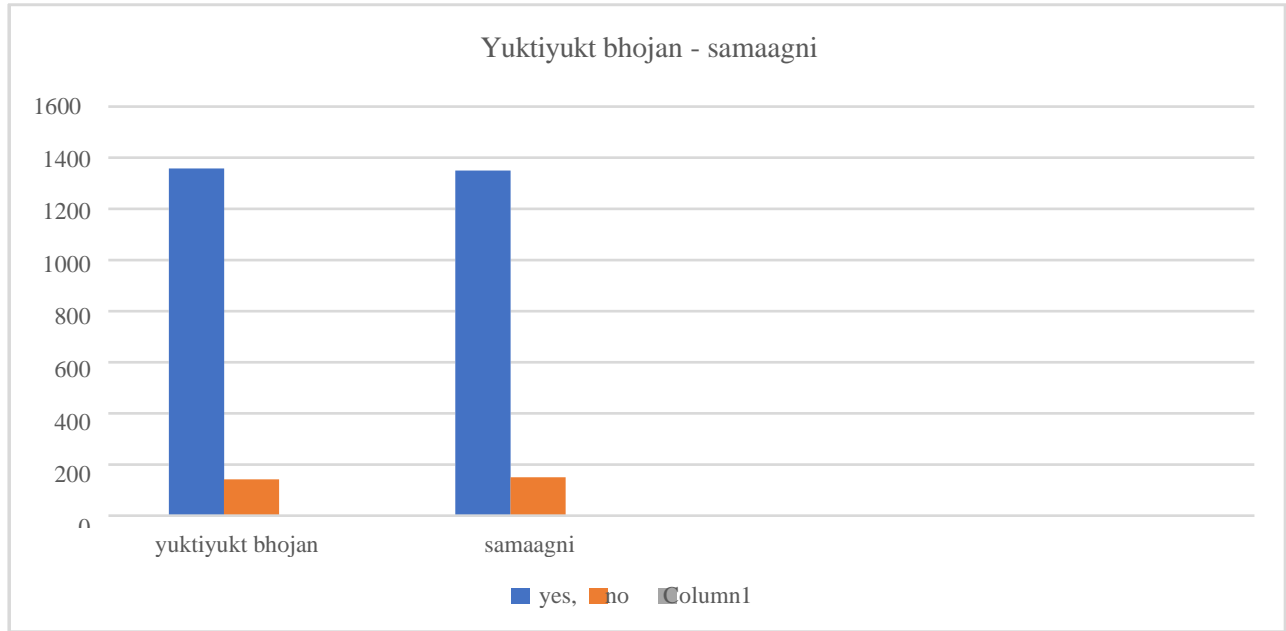
Yuktiyukt bhojan ----- Samaagni

Table 2

	Samaagni					
	Yes		No		Total	
Yuktiyukt bhojan	No. of cases	% Of cases	No. of cases	% Of cases	No. of cases	% Of cases
Yes	1243.00	92.07%	115.00	76.67%	1358.00	90.53%
No	107.00	7.93%	35.00	23.33%	142.00	9.47%
Total	1350.00	90%	150.00	10%	1500.00	100.00%

p<0.001 (HS)

Graph 2



DISCUSSION

A statistically significant correlation between longevity and *Madhur rasa Sevan*, longevity and *yuktiyukt bhojan*, longevity and vegetarian food, longevity and *samaagni* was observed. In this survey, we found a partially positive correlation between *Madhur rasa sevan*, vegetarian food, *yuktiyukt bhojan*, *samaagni* with longevity. It means those who consume *madhur rasa*, vegetarian food, *yuktiyukt bhojan* and also have *samaagni* will get fewer ageing symptoms and their life span will be more than others.

In this survey, we found amongst 1500 people in the study 1326 peoples were those who consume *Madhur rasa Sevan*, 1349 peoples were those who followed a vegetarian diet, 1358 peoples were those who followed *yuktiyukt bhojan* and 1350 people were those who keep *samaangi*.

In this survey study, we found that healthy eating habits were directly associated with the health status of the person participating in the survey. Those with habits of vegetarian diet, *Madhur rasa Sevan*, *yuktiyukt bhojan*, and state of *agni* were having to found fewer consequences of diseases associated with age i.e., high blood pressure, sugar, cholesterol, heart diseases etc.

CONCLUSION

In a survey study, we found those who were followed diet according to *Ayurveda* text they have lesser or no age-related disease when they were 60 or older. As a result, the practice of *Madhur rasa sevan*, *yuktiyukt bhojan*, vegetarian diet and state of *samaagni* lead to a long and healthy life.

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