

HITKAR AAHARA PROMOTES HEALTHY LIFESTYLE – A REVIEW STUDY

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<https://doi.org/10.46607/iamj08p5032021>

(Published online: March 2021)

Open Access

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Article Received:04/03/2021 - Peer Reviewed:09/03/2021 - Accepted for Publication:10/03/2021

**ABSTRACT**

Hita Aahara is responsible for the happiness and formation of the healthy body. Food affect mind also it increases or decreases the qualities of mind i.e. *Satvaguna*, *Rajoguna*, *Tamoguna*. In classical textbook distributed age groups according to nutrition requirement as Infants (*Ksheerada*), Children's (*Ksheera Annada*), Teenagers (*Annada*). In classical textbook *Shadras Aahar* helps to taste for tongue and *Truptikar* for mind and helps to growth and development of healthy body. So, that it is said in ancient Indian literature that if dietetics is followed, medicine is not needed and if dietetics is not observed even medicine are not useful. Specially it divides *Hitkar Aahara*, *Ahitkar Aahara* according to age distribution explain in classical text.

Keywords: *Aahara*, *Hitkar*, *Ahitkar*, *Shadras*

INTRODUCTION

In Ayurveda where advantageous and disadvantageous as well as happy and unhappy (state of) life

along with what is good or bad for life its measurement and life itself are described.⁽¹⁾ Good health stands

at the very root of virtuous acts acquirement of wealth, gratification of desire and final emancipation.⁽²⁾ Generic concomitance is always the cause of the augmentation of all the beings whereas the variant factor of their diminution provided both are applied.⁽³⁾ Lord *Atreya* said – wholesome food is one of the causes for the growth of living beings and unwholesome food for the growth of disease.⁽⁴⁾ Food is article which maintain the equilibrium of bodily *Dhatus* and help in eliminating the disturbance of their equilibrium are to be regard as wholesome , otherwise they are unwholesome. There are the most accurate definition of wholesome and unwholesome food articles.⁽⁵⁾ The body as well as diseases are caused by food , wholesome and unwholesome food are responsible for happiness and misery respectively individuals who have immunity from and susceptibility to the various psychosomatic disease various diseases specific to each of the *Dhatus* (tissue element)⁽⁶⁾.

Literature Review –

A) Previous work done –

- 1) Concept of *Aahara* in Ayurveda, IAMJ Volume 6 Issues 5 May 2018
- 2) Critical review of dietetics in Ayurved, Research gate Oct 2016
- 3) *Viruddhahara* an Ayurvedic approach to dietary incompatibilities – A review, WJP vol 4, Issue 3, Page no 66 to 69, 2018

B) Ayurvedic literature review –

a) *Samhita* –

1. *Charaka Samhita Sutrasthana – Yajjapurishaya Aadhyaya – Hit Ahit Aahara Lakshana*
2. *Kashyap Samhita Uttarsthana Balamayapratishedham Aadhyaya – Age distribution*
3. *Sushruta Samhita Sutrasthana – Annapanvidhi Aadhyaya – Aahara Prashasti.*

Materials and Methods

Critical Analysis of classical textbooks and relevant research material like *Charak Samhita, Sushruta Samhita, Ashtag Hruday*. Journals, Research Article, Textbooks was carried out studied and reviewed. Result of these data mining has been presented in the research article.

OBSERVATION: Ancient treatise describes *Trayopstambha* which includes *Aahar, Nidra,* and *Bramhacharya*. *Aahara* is having prime importance as it maintains the equilibrium of bodily *Dhatus* and help in eliminating the disturbance of their equilibrium are to be regard as wholesome, otherwise they are unwholesome. It can be the most accurate definition of wholesome and unwholesome food articles.⁽⁵⁾

Ahstang Hruday and *Kashyap Samhita* describes *Hitkar* and *Ahitkar Aahara*. According to age groups as Infants, Children's, Teenagers, And Elders explained in table no 1. *ShadrasAahara* can develop *Saptadhatu Poshan*, good health, digest the food and good salivation.⁽⁹⁾ Food accrue, growth, strength, health, colour of the body and keenness of the sense organs, and that improper use of food leads to ill health. ⁽¹⁰⁾*Hitkar Aahara* and *Ahitkar Aahara* divides on *Prakruti* it is mentioned in Ayurvedic classical text. In *Charak Agryaganya Hitkar Aahara* like *Ksheeram Jeevniyanam, Mansa Bruhaniyanam, Kukuto Balyanam, Annam Vruttikaranam* to promote for healthy lifestyle. And *Ahitkar Aahara Jambavm Vatajanananam, Shashkulya, Masha Shleshmapittajanananam, Kultha Amlapittajanananam* it produces the various types of diseases like obesity, Skin infection, Diabetes.⁽¹¹⁾ In *Ashtang-Sangraha Hitkar Aahara Ksheer Grutaabhyaso-Rasayananam, Madhukam Chakshushya Vrushya Keshya Kanthya Varnya* and *Ahitkar Aahara Vrudha-veeryashanm Ninditvayadhikaranam, Gurubhojanm Durvipakanam, Atimatrashanmamdossh Hetunam.*⁽¹²⁾

DISCUSSION

The food is said to be cause of stability for all living beings. There is nothing else except diet for sustaining the life of living being. Benefits of *Hitkar Aahara*-Improved memory and brain health, Better mood and energy level, Strong bones, Maintain Heart health, Improved gut health. Healthy food basically unprocessed, Low calories, increases immunity, Improve sleep quality. Mind, Soul and Body these are three like a 'Tripod' the world is sustained by their combination , they constitute the substratum for everything.⁽¹³⁾ In India national health programs, National Maternal and Child health programs, Nutrition Pro-

gram like Mid-day meal program *Rashtriya Bal Swasthya Karyakram* (RBSK) is started for Malnutrition of children's, Women and child development program. To avoid the Malnourishment of child in urban

areas. Ayurvedic concept of *Hitkar* And *Ahitkar Aahara* can be adopted in above mentioned national health programmes.

Table 1: *Hitkar* and *Ahitkar Aahara* according to age groups

Age Groups ^(7/8)	<i>Hitkar Aahara</i>	<i>Ahitkar Aahara</i>
Infants (<i>ksheerad</i>) (0 to 1 yrs)	<i>Stanya, Goksheer, Goghruta, Aja ksheer</i>	<i>Ushtra Ksheer, Aviksheer</i>
Children's (<i>ksheeranaad</i>) (1 to 2yrs)	<i>Goksheer, Goghruta, Madhu, Mansras, Manda, Peya, Vilepi</i>	Milk with Biscuits, Milk Shakes, flavored milk, packed food like Maggi, Soups
Adults (<i>Annad</i>) (2 to 70 yrs)	<i>Lohitshali, Godhoom, Patala, Mudga, Kulatha, Rajmasha, Chana, Aantariksha Jal, Sandhav, Jeevanti, Aineyamansa, Lava Pakshi, Godha, Rohit Matsya, Goghrut, Godugdha, Tiltaila, Erandataila, Sarshaptaila, Atasitaila, Varah Vasa, Chuluki Vasa, Pak Hans Vasa, Kukut Vasa, Aja Meda, Aadrak, Mrudvika, Kharjura, Falgu, Aamratak, Aamalak, Dadim, Sharkara</i>	<i>Yava, Masha, Varsha rutunadi ka Jal, Aoushar, Sarshap, Gomans, Kankapot, Manduk, Chilchim, Meshighruta, Meshidugdha, KusumbhaTaila, Mahisha vasa, Kumbhir vasa, Kakmudga vasa, Chatak vasa, Hastimedas, Aaluk, Lakuch, Fanit</i>
Elders (<i>Jara/ Vrudhavashta</i>) (more than 70)	<i>Manda, Peya, Vilepi, Goksheer, Goghruta</i>	

CONCLUSION

All living beings in the universe require food as it sustains the life of living beings. A self-disciplined man lives for hundred years free from disease by the intake of wholesome food. We should adopt healthy and *Hitkar Aahara* mentioned in classical as Complexion, Clarity, Good voice, Longevity, Geniuses, Happiness, Satisfaction, Nourishment, Strength and Intellect are all conditioned by food. *Ahitkar Aahara* results in long term damages, going for unhealthy food stuffed like French fries, pizza can increase your risk of developing depression, obesity, heart disease, cancer. Hence, Ayurvedic concept of *Hitkar* And *Ahitkar Aahara* can be adopted for longevity and healthy wellbeing of an individual.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Sonali Sanjay Vathare et al: *Hitkar Aahara Promotes Healthy Lifestyle – A Review Study*. International Ayurvedic Medical Journal {online} 2021 {cited March, 2021} Available from: http://www.iamj.in/posts/images/upload/2817_2819.pdf