



सत्यमेव जयते

Ministry of Ayush
Government of India



राष्ट्रीय आयुर्वेद दिवस



9TH AYURVEDA DAY 29TH OCTOBER, 2024

Ayurveda Day



आयुर्वेदोऽमृतानाम्

आयुर्वेद दिवस



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THEME: AYURVEDA AHARA AND INNOVATIONS

Principles of Ayurveda Aahar



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Importance of Aahar

- ❑ आहारः प्रीणनः सद्यो बलकृद् देहधारकः ।
- ❑ आयुः तेजसं उत्साहं स्मृतिं औजो अग्निवर्धनः ॥ सू. चि. २४/६८
- ❑ Food nourishes the body, provides instant strength and sustains the body.
- ❑ It promotes Longevity, Luster, Enthusiasm, Memory, Ojas and Digestive Fire
- ❑ Improper diet is the cause of illness



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- आहार संभवं वस्तु रोगाश्च आहारसंभवः ।
• हितहित विशेषात्तु विशेषो सुखदुःखयोः ॥ च. सू. २८/४५
- The “Human Body” as well as “Diseases” are formed Only by “Food”.
- Wholesome and Unwholesome foods are responsible for happiness and misery respectively.
- आरोग्यं भोजनाधिनं । का. सं. खि. ५/९
- Health is completely dependent on “Food”.



अतश्च सर्व भूतानामाहारः स्तिथि कारणम् ।
न त्वाहारदृते ऽ न्यत् प्राणिनां प्राणधारणम् ॥

Food/Nutrition is the cause of Stability for the living beings and there is nothing else except diet for sustaining life of living beings.

• न च आहार समं क्विञ्चित् भैषज्यं उपलभ्यते । शक्यते अपि
अन्न मात्रेण नरः कर्तुं निरामयः ॥

There is no medicine as like food. Person can be disease free only with Anna and nothing else



Ever Wholesome Diet

1. Shashtika Shali (60 Days Rice)
2. Shali (Rice - oriza sativa Linn)
3. Mudga (Green Grams)
4. Saindhava (Rock Salt)
5. Amalaka (Goose Berry)
6. Yava (Barley)
7. Dugdha (Milk)
8. Ghruta (Ghee) and
9. Jangala Mansa (Meat of animals residing in the dry land).





Ever Unwholesome Diet :

1.Cold Foods : Excess Cold Water, Chilled Foods, Chilled Beverages etc.

2.Dry Foods : Bakery Products, Snacks, Chivda, Fulkas, Fryums etc.

3.Heavy Foods : Poha, Sprouts, Salads, Paneer, Curd in the Night, Milk Products, Sugarcane Products, Sweet Foods, **Eggs**, Fishes, Non Veg Foods etc.

4.Processed Foods: Free Flow Salt, Refined Oils, Polished Rice etc.

5.Unhealthy Fats : Vanaspati Ghee, Maida, Palm Oil etc.

6.Viduddha Ahar i.e. Incompatible Foods like

- Milk + Banana / Milk + Salt/ Milk + Fish / Honey + Ghee, Tea + Roti,
- Fruits + Milk etc.
- **Examples :** Shakes and Smoothies, Mix Floor Atta, Mix Pulses, Mixed
- Oils for Cooking etc.



Ever Unwholesome Diet :

6. **Stale Foods** : Any food after its Natural Freshness is over.

Ex. Stale Fruits, Stale Roti, Stale Dal, Stale Rice,

Stored Foods, Packed and Canned Foods, Food Preservatives etc.

8. **Addictive Food Substances** : Alcoholic Beverages like Beer, Wine, etc.

9. **Habit Forming / Craving Foods** : Tea, Coffee, Sugary Foods, Salty Foods, Chips, Wafers, Chocolates etc.

10. **Fast Foods/ Junk Foods**: Burgers, Pizzas, Soft Drinks.

11. **Hot and Spicy Foods**: Pickles, Chili, Black Mustard, Asafetida, Garlic, Pepper etc.

12. **Monotonous Diet**: Intake of Diet with Single taste Only Like Only Sweets predominant in Diet, Only Spicy Foods predominant in Diet etc.



Eight Factors - Ashta aahar vidhi-visheshayatana

These eight factors determine whether food will be beneficial or harmful to the body:

1. Prakriti (Nature) Prakriti refers to the inherent nature or quality of the food, whether it is naturally heavy (guru) or light (laghu).

Examples: Guru Prakriti Food: Takes longer to digest, e.g., urad dal (black gram). **Laghu Prakriti Food:** Digests quickly, e.g., moong dal (green gram).

2. Karan (Processing)- The method of preparation is crucial. How the food is processed affects its digestion and health benefits.

Examples: Boiled food is light and easy to digest. Fried food is heavy and takes longer to digest.

3. Sanyog (Combination) The combination of two or more substances is called sanyog.

4. Rashi (Quantity)- Rashi refers to the quantity of food consumed. Eating the right amount is essential for proper digestion and health.



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5. Desh (Place) -Where the food comes from and where it is consumed is important. The region or environment affects the suitability of the food. **Examples:** In cold regions, warm and energy providing foods are more suitable. In hot regions, light and cooling foods are recommended.

6. Kal (Time/Season)- The time or season in which food is consumed also affects the body. Eating according to the season is beneficial for health. **Examples:** In summer, consuming cold drinks and fruits like watermelon is good for the body. In winter, warm drinks and oily foods are more appropriate.

7. Upayog Sanstha (Rules of Eating) This relates to the guidelines for eating food. Following proper rules while eating aids digestion and health. **Examples:** Chewing food properly helps in better digestion.

8. Upayokta (Consumer)- The condition of the individual, such as their health, age, and capacity, should determine the type of food consumed.

Examples: A young and healthy person should consume energy-giving foods like grains and proteins in larger quantities. An elderly person should eat light and easily digestible food.



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• **5 'Rights' of AYURPOSHAN**

• Based on the Principles of Ayurveda, one should follow.....

1. The Right Time

2. The Right Quantity

3. The Right Quality

4. The Right Methods and

5. The Right Place



“ हिताशी स्यान्मिताशी स्यात्कालभोजी जितेन्द्रियः।
पश्यन् रोगान् बहून् कष्टान् बुद्धिमान् विषमाशनात् ”



Rule 1: Balanced Diet of all Six Tastes

• “सर्वरसाभ्यासो बलकराणाम्”

1. Madhura: Sweet
2. Amla: Sour
3. Lavana: Salty
4. Tikta: Bitter
5. Katu: Pungent
6. Kashaya: Astringent

- Thus, variety of articles from maximum food groups like Grains, Pulses, Millets, Fruits, Vegetables, Milk & Milk Products shall be incorporated in the diet.
- Non-vegetarian may include Fish, Meat and Meat products as per the requirement.





Rule 2: Eat mindful “तन्मना भुञ्जीत”

- ❑ Avoid watching T.V. & Talking while eating.
- ❑ Ingest food calmly, neither too slow nor too fast.
- ❑ Maintain proper hygiene at the culinary place
- ❑ Mindful eating habits help
 - To improve taste perceptions and
 - Proper digestion of ingested food
 - through **Gut Brain Axis connections.**
 - Thus it is essential to eat with concentration.





Rule 3 : Eat Freshly Prepared Food : “उष्णमश्रीयात्”



Food should always be eaten warm. According to Ayurveda, warm food is beneficial for digestion and has a positive impact on the body.

1. Improves Digestion

Warm food is easier to digest and enhances Agni (digestive fire).

2. Health Benefits

Warm food allows for better absorption of nutrients in the body.

3. Taste and Satisfaction

Warm food is more flavorful and satisfying.

It calms hunger and provides a feeling of fullness.

4. Protection from Infections

Warm food reduces the risk of bacteria and other infectious agents.



Rule 5 Eat in Right Place “इष्टे देशे अश्रीयात्”

- **Calm and Clean Environment**
- Eating in a calm place helps the mind remain stable and peaceful.
- A clean environment maintains the purity and cleanliness of the food.





Ayurved Aahar Sanskaras : Ayurveda Culinary Techniques

Aahara Samskara i.e. Food Processing is the process which transforms the properties of food substances which are imparted by following 9 Processes

1.Contact of Water

2.Contact of Fire

3.Cleansing

4.Churning

5.Place

6.Time

7.Infusing

8.Steeping, etc. and also by

9.The Medium used for Storage or Processing (e.g. Copper Vessel, Earthen Pot), etc.

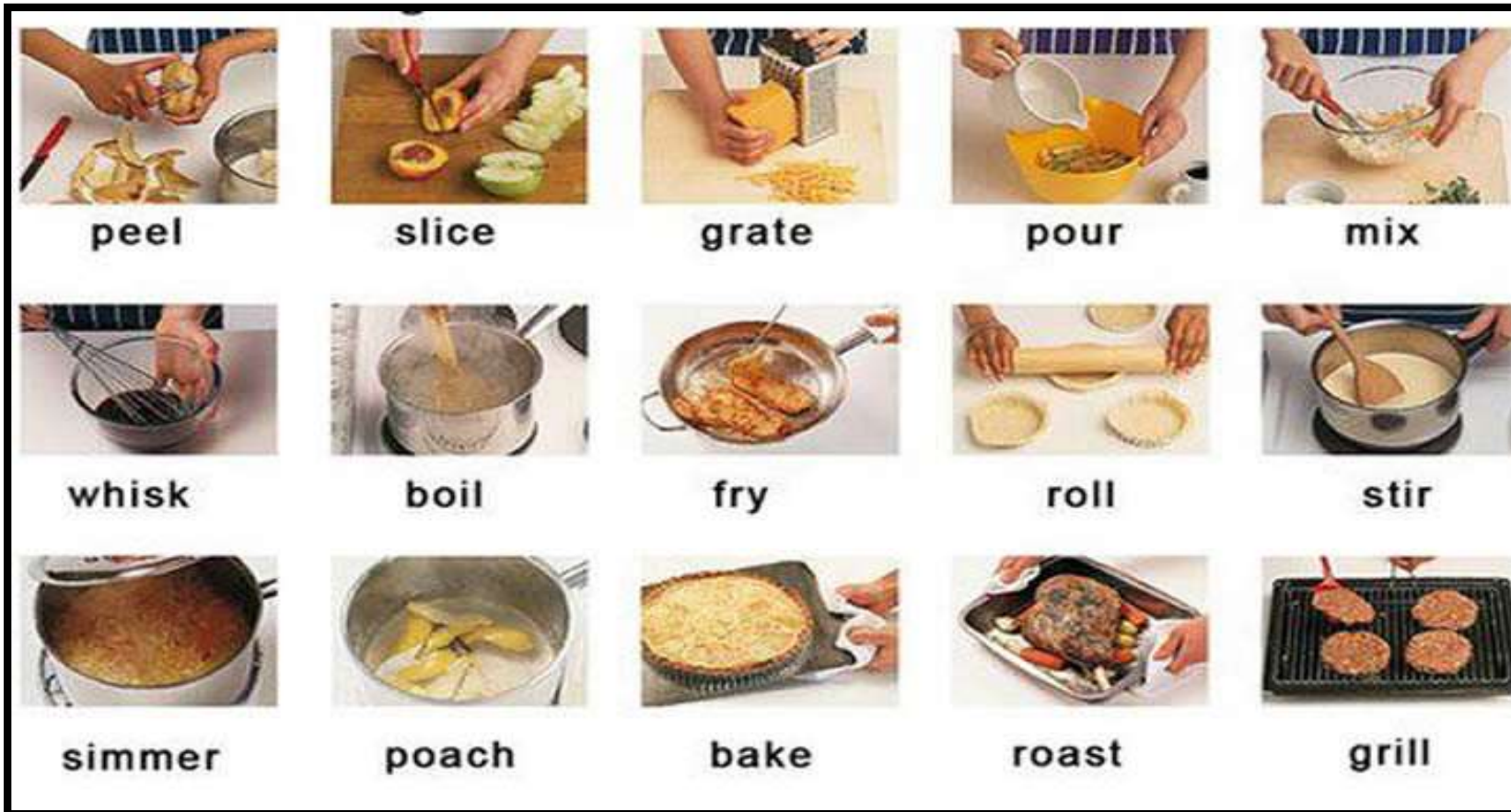
□ संस्कारो हि गुणान्तराधानमुच्यते ।
ते गुणास्तोयाग्निसन्निकर्षशौचमन्थनदेशकालवासनभावनादिभिः
कालप्रकर्षभाजनादिभिश्चाधीयन्ते ॥ च. वि. 2/22



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Samskaras – **Culinary Techniques**





Ayurveda Culinary Techniques

- **Ayurvedic Cooking Techniques** aim to preserve the natural properties of food while improving its bioavailability and digestion.
- **Steaming, Boiling, Sautéing With Ghee, and Slow Simmering** are methods that preserve the nutrients and life energy of food better than deep-frying or overcooking.





Ayurveda Culinary Techniques



Moist-Heat cooking:

- This includes steaming, simmering, and poaching,
 - and is considered balancing for all doshas.
- These methods are easy to digest because they create foods
 - with fewer tastes and qualities to challenge digestion.



☐ Sautéing / Seasoning with Ghee:

- This is the best way to cook vegetables.
- It draws out their volatile oils having therapeutic value.
- Ghee is a good carrier lipid for Ayurvedic cooking techniques
- Reasons : It won't burn easily and delivers nutrients deeper into the digestive system.



Examples of Ayurved Aahar : Ayurveda Culinary Techniques

1. मुद्ग युष (कृत एवं अकृत युष) (Green Gram Soup)



2. पेया (Thick Rice Gruel)



3. पायसम् (Sweet rice gruel)





Examples of Ayurved Aahar : Ayurveda Culinary Techniques

4. खर्जुरादि मन्थ (Dates Hot Infusion)



5. यव कृशरा (Barley Khichdi)



6. यवादि रोटीका (Berley Roti)





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Innovative preparations

ॐ आयुर्वेद आहार
Ayurveda Aahara



•Innovations in Ayurved aahara

❑ The Food prepared in accordance with

A.Recipes

B.Ingredients and

C.Processes

- As per methods described in
- Authoritative Books of Ayurveda

❑Pathya Aahar :

- ❑ Foods specified for consumption during or post specified diseases, disorders are referred as Pathya in Ayurveda.





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AYURVED AAHAR with technology collaboration



Chinchadi
Candy



Chavayadi
Biscuits



Panchnimba
Sattu Drink



Chavayadi
Biscuits



Innovative preparations

1. Tiladi Chutney

वमतोऽन्तःप्रविष्टायां जिह्वायां कवलग्रहाः।स्निग्धाम्ललवणैर्हृद्यैर्यूषक्षीररसैर्हिता।
फलान्यम्लानि खादेयुस्तस्य चान्येऽग्रतो नराः। निःसृतां तु
तिलद्राक्षाकल्कलिप्तां प्रवेशयेत् ॥च.सि.६/५५

INGREDIENTS

- TIL
- DRAKSHA (pulp)
- DHANIYA





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2. AMALAKI PANAK

INGREDIENTS

- Amalaki
- Khajur
- sarkara
- sunthi churna
- ela churna
- Madhu





3. Ragi and banana smoothie

INGREDIENTS

- Ragi powder flakes
- Ripe banana
- Jaggery or palm sugar
- Milk /coconut water/butter milk /coconut water





4. KHALAM(MEDICATED BUTTERMILK)

INGRIDIENTS

- Ginger – Small piece.
- Buttermilk – 2 cups.
- Asafoetida – 2 pinches.
- Turmeric powder – 2 pinches.
- Rock salt – as per taste.
- Pepper – 2 pinches.
- Total Quantity: 1 glass





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ACKNOWLEDGMENT

- **Prof. Tanuja Manoj Nesari, Director, AIIA, New Delhi**
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