

Aahar kala and its importance for a healthy life

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Abstract

Ahara is an important factor for survival and is one of the *Thriyo upasthambam* mentioned in Ayurveda. Where food is an essential part of everyone's lives. It gives us the energy and nutrients to grow and develop, be healthy and active, to move, work, play, think and learn. So for an individual who wants to be healthy, food is so important but in present era most of us skip their daily food because of work schedule and their day to day routines. As the people when they skip their food and consume at improper time it results in life style disorder due to this, at young age people are prone to many lifestyle disorders, and they are not concerned about their proper time of food consumption, they consume improper way, where their bodies' mechanism is forfeited. So we should know about our own body whether we supply our body the proper food at the proper time.

So this article will conclude about how important is having food on time which is going to help the individual to remain healthy for long time.

KEY WORDS:-

Aahara, Aahara kaala, Healthy life style

INTRODUCTION:-

Aahara is a very essential part of human. It gives nutrition and health to a person to live a happy life. WHO states that **Health**- is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity, for this one must need of proper time food, sleep and wealth.¹ **Food** is any substance consumed to provide nutritional support for an organism. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals.² The substance

is ingested by an organism and assimilated by the organism's cells to provide energy, maintain life, or stimulate growth. It also one of the three pillars of life which Aahara is the prime one followed by nidra and bramhacharya.³ In susrutha sutra sthana it is mentioned that *Aahiyathe Ithi Aaharaha / Annapandi Sarvam* /⁴so this food which is consumed on proper time will properly nourish the dhathus which is responsible for *preenam, jeevanam, lepaha, snehaha, dharana, poorna, garbothpadhakscha*.⁵ So when this is not consumed on time it not only affects the body it also affects the manas.

Aahara kala is mentioned by acharya vagbata in astanga hrdayam suthra sthana 8/55 sloka

प्रसृष्टे विष्मूत्रे हृदि सुविमले दोषे स्वपथगे
विशुद्धे चोद्वारे क्षुद्युगमने वा ते अनुसरति ।
तथा अग्रावुद्रिक्ते विशदकरणे देहे च सुलघौ
प्रयुजीताहारं विधि नियमितं, कालः सहितः ॥

The ideal time for taking food is,

- After elimination of feces and urine
- Mind is clean
- Dosas in natural pathway (sthana)
- When hunger is manifested
- Flatus moves down
- Sense organs are clear
- Body is light⁶

Importance of elimination of feces and urine:-The importance of having food after clearing the bowel and urine is due to the process of avasthapaka where in katu avasthapak the vayu is produced

in this stage the Aahara mala is formed where it is produced in its srotas. Where the guda is responsible for formation of mala, where when there is accumulation of mala happens it results in fullness of abdomen, gas movement, heaviness and pain are observed as this results, it doesn't allow the latent food to get digested and it remains as ama in the body, where urine or mootra is formed by the aahra of sara and kitta vibajana the food is divided into clear fluid namely the urine and solid part⁷

mootrasaya kledavhanam, where the body moisture is maintained by urine, due to which maintenance of osmolality or extra cellular fluid concentration where the internal environment of tissue is regularized,⁸ it was realized that different tissues need different osmolality or moisture. When urine is stored for longer period it results in severe pain in bladder and feeling as if urine is not eliminated completely.⁹

Importance of mind:-When mind is clear it makes the sense organs to function normally, it is helpful in perceiving the knowledge where its functions are,

- To control on all sense organs (*indriyaabhi-graha*)
- To keep control on self (*swasya nighraha*)
- To judge (*uhayam*)
- To think (*vicharyam*)¹⁰

So when mind gets disturbed it results in alteration in above mentioned. So Aahara should be consumed when there is no disturbance to mind which is inflected by doshas or external attributes, so one should follow *sadvritta*¹¹ to keep himself

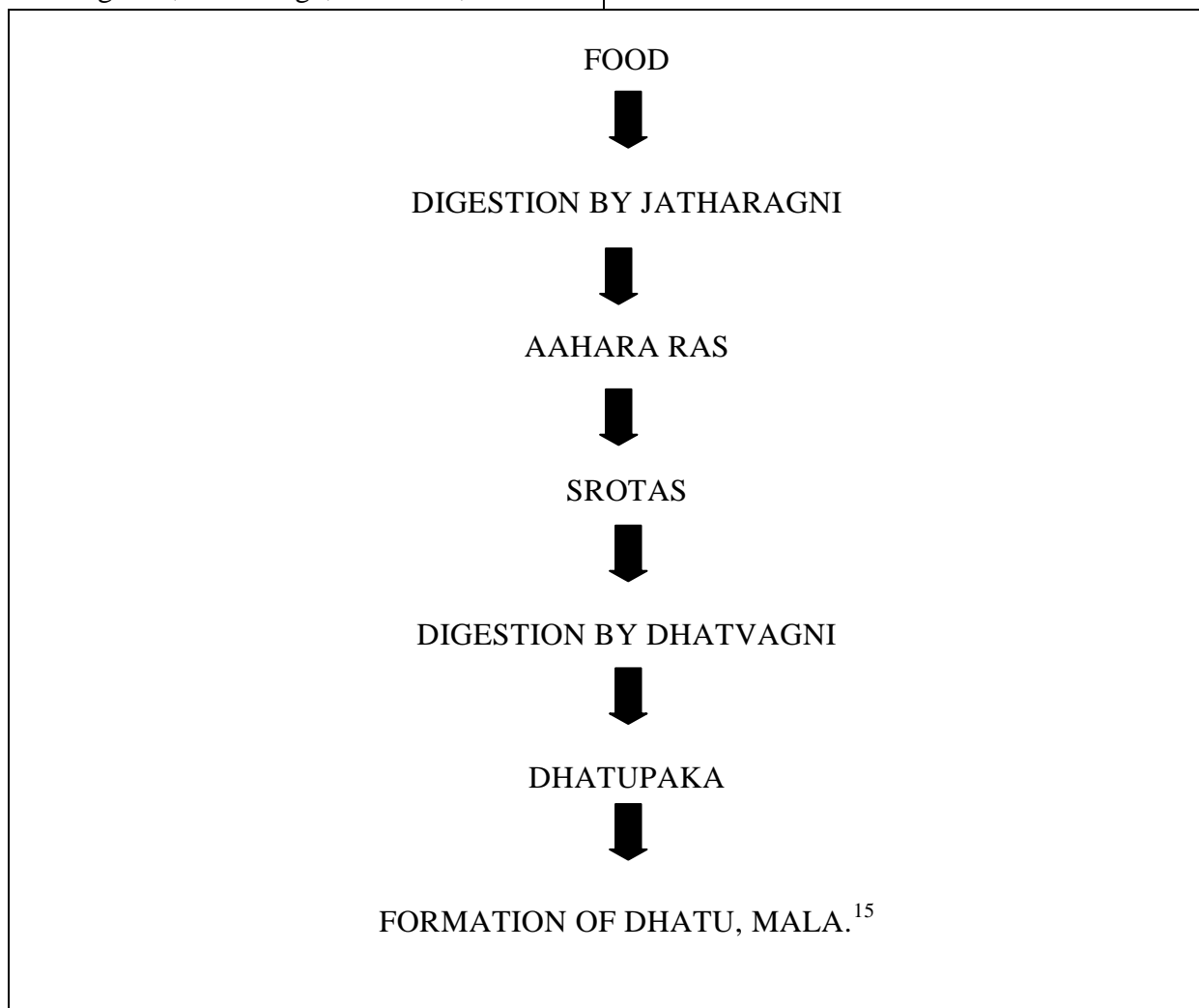
happy and free from all misconducts by this mind is attained clearness.

Importance of doshas in its sthana:-

When the doshas remain in its normal sthana and does its usual functions it results in proper digestion of food, as where the vata does the utsaha, inspiration and expiration all the functions of mind, body, speech and their initiation of activities, maintenance of dahtu and proper function of sense organs.¹² The pitta does the proper digestion maintenance of body temperature, vision, and production of hunger, thirst, appetite, complexion, intelligence, courage, valour, and

softness of the body.¹³ The kapha does the stability, lubrication, compactness of the joints, withholding all the emotional conditions of the body and mind when all these remain normal in their it leads to proper time for consumption for food.¹⁴

Importance of hunger:-When there is normal function of pitta it also ignites the induction of agni, as the result where it maintains the equilibrium for the digestion of food, where the pitta which stays in amashya and pakwashya, it digests the food consumed. The pacahaka pitta is the type which is predominantly agneya maha bhoota



By the above mentioned sequence our agni plays the role in digestion, which in term manifests proper digestion of food, this allows the initiation of hunger. Where hunger when it is suppressed it results in cutting like pain of the body, aruchi, pain in abdomen and giddiness.¹⁶

Importance of flatulence:-During the process of katu avasthapak vayu is produced in pakwashya as the process of formation of Aahara mala, in this stage the apana vata which is responsible for the expulsion of mala from our body¹⁷ this vata can be also responsible for

Indriya panca pancaka:-¹⁹

<i>Indriya or sense organs</i>	<i>adhistahna</i>	<i>mahabhuta</i>	<i>visaya</i>	<i>Buddhi</i>
<i>Srotam</i>	Ear	<i>Akasha</i>	Sound	<i>Sravanam</i>
<i>Sparsham</i>	Skin	<i>Vayu</i>	Touch	<i>Spashanam</i>
<i>Caksu</i>	Eye	<i>Teja</i>	Image	<i>Caksusam</i>
<i>Rasnam</i>	Tongue	<i>Apa</i>	Taste	<i>Rasanam</i>
<i>grahanam</i>	Nose	<i>Prthvi</i>	Odour	<i>Ghrahamam</i>

Based on the functions of indriyas respective organs does their respective functions, when one or the other sense organs get disturbed, it leads to misjudgement of knowledge as it results in not obtaining the healthy status of individual.

adhovata(flatulence), when this is not manifested it results in the improper formation of mala, therefore when the adhovata is being suppressed it results in the abdominal tumour, upward movement of vayu, pain, exhaustion of abdomen is formed.¹⁸

Importance of sense organs:- ultimately sense organs are the ones which is going to perceive the knowledge of the dravya. When this is not coordinated it results in the misguidance about the arthas. Sense organs make the person to perceive the food which they are going to consume.

Importance of keeping body light:-

When the person's body is light it denotes the normal circulation of vayu, agni, dhatu, and other doshas remain in its sthana to make the body light. One should perform vayama as it results in laghavam, karma samarthyam, good

digestion, depelition of excess fat, stable and distinct physique are all obtained.²⁰ Vayama keeps the body fit and are considered to be best.²¹

As it reduces the excess fat in the body it makes the body light and one can work hard²², so this will make the sense organs to observe sharply so they can concentrate on a particular thing and gain the knowledge.

Importance of Aahara:-

- Food is the source of birth and growth.²³
- When food is properly consumed it helps in longevity and health.²⁴
- One can live long by giving up wealth whereas one cannot live without taking food.²⁵
- Food consumed with grace props up strength and energy.²⁶
- Don't consume food for the sake of taste or ignorance, the body is the product consumed by food.²⁷
- Mind also becomes pure when food is pure.²⁸
- Chankya says that water, food, and wise sayings are the three gems in this earth.²⁹

CONCLUSION:-

From the above details it gives the importance of food and its effect on our body. When one should consume food is when the body is devoid of Aahara mala which is fully digested, devoid of disturbance of mind and sense organs, normal pathway of circulation of doshas in its sthanas, that flatulence makes the body light and it enhances the pathway for circulation of vayu and as the production of vata is at pakwashya it also propels the agni which is responsible for digestion, this also manifest the sense organs to function properly and gives the knowledge, when agni is proper it increases hunger wherein it results in proper pachan of aahra, from there it leads to Aahara mala and dhatu poshana happens. Here it clearly signifies the importance of body being light which is helpful in the sharia bala, not only in that it helps in the stability of agni, motion of vayu. As this all helps the person to remain healthy one shouldn't skip their meal or one shouldn't have food in untimely manner. One should consume food in the way that it nourishes properly, and they should consume food for the healthiness of the person.

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