



Special Issue A4; December 2015

ISSN:2320-7817 (P)
ISSN:2320-964X(O)

International Journal of

LIFE SCIENCES

An International Peer Reviewed Open Access Journal

UGC Sponsored
National Seminar

on

"Current Trends in Plant Sciences"

4th and 5th December, 2015



॥ ज्ञानं विद्यते सर्वत्र ॥

Organised By

Janardan Bhagat Shikshan Prasarak Sanstha's

CHANGU KANA THAKUR

Arts, Commerce and Science College, New Panvel



ज्ञान-विज्ञान विमुक्तये

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Ayurved and Aahaar (Nutrition)

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AYURVEDA means the way of living. It tells how to live, obviously a healthy life. If something is wrong with the health, then how to restore it by altering the routine, change in AAHAR or by administering some medicines. Some of the basic principles of AYURVED are:

PANCHMAHAABHootA concept and TRIDOSH concept.

AYURVED considers nutrition i.e. AAHAR as the most important factor for healthy life followed by SVAPNA (NIDRA or sleep) and BRAHMACHARYA (observance of celibacy i.e. complete sexual abstinence). Together, they are called UPSTAMBHAS or TRIAD.

A proper, skillful and optimum use of this triad leads the human body to maintain its integrity being rich in BALA (physical and immunological strength), VARNA (complexion) and UPCAYA (growth and nourishment) throughout the life.

The triad assists the three STAMBHAS (the pillars) or DOSHA viz. KAPHA, PITTA and VATA in the bodily activities. They originate from the PENTAD or the PANCHMAHABHootAS namely, PRUTHVI (the Earth), AAPA (water), TEJ or AGNI (energy or fire), VAYU (air) and AAKASH (space). VATA dosha is produced by space and air; PITTA dosha is composed of water and energy; KAPHA dosha is formed by earth and water.

The kapha molecules are heavy, stable, soft, slimy and moist; pitta molecules are hot, light, clear, slightly viscous and have a penetrating power; vata molecules are light, minute, clear, rough and dry.

The three doshas perform specific functions in the body.

There is a cyclic change of dominance of the kaph-pitta-vata trio during the life span of a person and also during change of every season and every day. The cycle represents synthesis (kaph), maturity (pitta) and degradation (vata).

The next important concept is the AGNI and AAMA.

AGNI means fire. It refers, specifically, to the digestive power i.e. the JATHARAAGNI the digestive enzymes and the metabolic fire. If the digestion is incomplete or abnormal, it leads to formation of toxic substances or the AAMA. When there is mandagni (weakening of digestive power or AGNIMANDYA), the aama gets absorbed in the RASADHATU; it can cause variety of diseases from acute diarrhea, dysentery to chronic problems like rheumatoid arthritis, ulcerative colitis, diabetes, cirrhosis of liver etc. Hence, while treating any disease arising out of increased AAMA, the treatment is first directed to eliminate the cause by increasing AGNI to its normal level.

AAHAR or NUTRITION

पंचभूतात्मके देहे आहारः पांचभौतिकः।

आहार संभवं वस्तु रोगश्चाहार संभवाः॥

We are what we eat. Somebody has said " *Anna Taari , Anna Maari, Anna Nana Vikaari*", means food provides nourishment and saves a person; food is the cause of death and food is the cause of various diseases.

The modern science says that the food to be consumed must be balanced. It must contain all the important ingredients viz. carbohydrates, fats, proteins, salts and vitamins in proper proportion. The digestion of proteins, fats and carbohydrates give amino acids, fatty acids & glycerol and sugars, respectively. Ayurvedik scientists consider them as the end products of the kaph, pitta and vata, respectively. These constitute the major part of the RASADHATU. According to Ayurveda the food must contain all the six tastes viz. MADHUR(sweet), LAVAN(salt), AMLA (sour), KATU (pungent or hot), TIKTA (bitter) and KASHAYA (astivant).

In order to maintain good health, proper and healthy food should be consumed in proper

quantity and at proper time. Charaka has suggested eight main criteria for deciding the intake of food under ASHTA AAHAAR VIDHI VISHESHAAYATAN. These are PRAKRUTI (natural qualities of the food), KARAN (method of preparation or SANSKAR), SANYOG (combination of two or more substances), RASHI (quantity of food or MATRA), DESH (the area where the food substance is produced and also where the food is being consumed), KALA (the time of consuming food), UPYOG SANSTHA (rules of consuming food) and UPYOKTA (the consumer, his prakruti, his physical and mental status etc.).

Change of life style, general ignorance about the hygiene and faulty food habits, excessive consumption of fast/junk food have made the life miserable .The science has given a new concept to the world, namely NUTRACEUTICALS. The term was coined in the twentieth century. However, it has its roots in Ayurveda and contemporary sciences which are, still being practiced in India, China and Arabian countries since more than thousand years.



॥ विद्या विनयेन गोमते ॥
JANARDAN BHAGAT SHIKSHAN PRASARAK SANSTHA'S

Changu Kana Thakur Arts, Commerce & Science College, New Panvel

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To,

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Sub: - Letter of Appreciation

Respected Sir,

We deeply appreciate your graciousness for presence as a resource person on 5th December 2015 in UGC sponsored National Seminar organized by department of Botany, on 'Current Trends in Plant Sciences'

Our college remains in deep gratitude to you for this gesture and we cherish this association with a senior person of your stature.

With best wishes

*Received
with thanks
L. K. S.*



[Signature]
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