

Myths and Facts about Diet (*Ahaar*) in Today's Era

Review Article

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Abstract

In *Ayurveda*, diet has been given a great importance and is referred as *Mahabhaisjaya* in *Ayurveda* classics. *Bhaisjaya* means medicine or any substance that cure body, means diet is not only to satisfy hunger of *Ahaara*, but it also acts as medicine i.e., build and cure the body. The distinction between health and disease is correlated with wholesome and unwholesome diet because both body and disease are the product of food. There is urgent need to have knowledge about real facts and burst myths about food items. *Ayurveda* has its own unique approach to Planning a daily diet for an individual. It is not based on conventional chemistry; rather, it is based on *Panchmahabhautic* chemistry and *Tridoshic* functions. In *Ayurveda*, *Annapanavidhi* can be correlated with dietetics. It incorporates the concept of *Pathya-Apathya*, the natural characteristics of different food items and the dietary guidelines which leads towards sound health. According to *Ayurvedic* classics One type of food can't be benefited for different type of people. There are many variations like *Prakriti*, *Desh*, *Kaal*, *Agni* etc. Digestion of *Ahara* and *Poshan* by *Ahara* is based on many factors. It's not like modern science reduced to calories or in term of carbohydrates, proteins, fats etc. only. Unhealthy diet practice is considered as one of the important reasons of disease. Hence the correction of diet itself is considered as treatment. Without this knowledge our food is worthless even after we consume a very high-quality food. So, there is an effort to put some light on facts and myths about food in today lifestyle by this paper.

Key Words: *Vrutti*, *Agni*, *Dhatus*, *Doshas*, *Ayu*, *Mahabhaisjaya*, *Tri-upstambha*.

Introduction

The goal of life is to die healthy as late as possible, when we are young, we lose health to gain wealth & when we are old, we lose wealth to regain health. First of all, from *Ayurvedic* point of view what is health and how the diet effects health is. *Ayurveda* defines health as balance of the three *Doshas* (biological humors), the proper functioning of *Agni* (good digestion and metabolism), the *Dhatus* (tissues) and the *Malaas* (excretion), as well as the sensorial, mental, emotional and spiritual well-being (*Prasanna*) (1). A healthy person is well proportionate in flesh, well-knit in figure and firm of senses. He is able to endure hunger and thirst, heat & cold, the strain of exercise and has normal digestive & assimilative powers. Thus, *Ayurveda* presents the most complete definition of health in parlance with WHO which defines health as "a state of physical, mental, social and spiritual, economic and ecological well-being and not merely an absence of disease or infirmity".

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Aim of *Ayurveda* – To maintain *Shareera & Ayu*

Nature of the body and *Ayu* to move towards end... 3rd law of thermodynamics. *Ayurveda* aims to stabilize these by means of proper diet and life style (2). In *Ayurveda*, there is great importance of diet. Diet is base of body formation. So that diet is named as *Mahabhaisjaya* in *Ayurveda* classics. There is need to give attention to *Mahabhaisjaya*. *Bhaisjaya* means medicine or any substance that cure body means diet is not only to satisfy hunger of *Ahaara*, it acts as medicine i.e., build and cure the body. Along this, *Tri-upstambha* in *Ayurveda* tell us the importance as *Ahara* is first and main *Stambha* (3). *Tri-upastambha* - *Ahara* (food intake), *Nidra* (sleep) and *Brahmcharya* (celibacy) are the three supporting pillars of the body. *Ahara* is one third part of this and has been given the prime importance to maintain health, it is considered as the best sustainer of life. It is called the vital force by which human being survives. The distinction between health and disease is correlated with wholesome and unwholesome diet because both body and disease are the product of food.

At present time there is a flood of food items in market. So, it become more difficult for us to choose better one for health. Now we know the importance of *Ahara* in our life. But in today's era life style, we also found many misconceptions around us about food. The sources of misconception are many. They can be via media i.e., tv, newspapers, magazines etc. So, in today's

date, we are confused about food products what to eat or not. We are not sure, which food material is healthy for us and which food material cause harm to our body instant or in long term use. There are many food items about that actual facts or actual effects of that food product on body is different and rumours or myths about that food product is different. So, it becomes necessary to separate the harmful food products or healthy food products. There is urgent need to have knowledge about real facts and a myth about food items as food is main base of our body and life. Without this knowledge our food is worthless even after we consume a very high-quality food. So, there is an effort to put some light on facts and myths about food in today lifestyle by this paper.

Generally, all the edible substance are called as *Ahara*. But in reality, all the substances which can be swallowed and also provide nutrition to the body is called as *Ahara*. *Ahara* is the best preventive medicine and is solely responsible for health and illness, also called as *Mahabhaisajya*. Complexion, clarity, good voice, long life, understanding, happiness, satisfaction, growth, strength and intelligence are all established in food. Both palatability and nutritional enrichment of food is important for survival of an organism. Consuming food is an inborn instinct. A newborn is solely dependent on mother's milk for six months which is also the transformation of diet. After 6 months, a child begins to take *Anna* (grains) which is called *Annaprashana Samskara* in Indian society. If a person is taking wholesome diet, then there is no need of medicine and if it is not true, then even medicine is of no use. The wise man constantly avoids unwholesome diet while the worldly people passionately & ignorantly attach to the things that are pleasurable for the time being. *Ayurveda* considers that food has a notable emotional and spiritual significance, in addition to its material and biological attributes.

What is "Ahara"?

- "Aahreeyate dehaposhanartham iti ahaarah"
- Balance diet – *Chaturvidha shadrasayukta* ...
- Dietary guidelines – *Ahara vidhi visheshyatana*
- Personalised – *Purusham veekshate*

Body is not benefited by *Ahara* property in every condition. There are some rules about *Ahara*

- *Ahara* should be as per *Agni* not as per time.
- Should be taken fresh within *Yama*.
- It should be properly digested.
- Dose should be changed according to *Satmya*, *Ritu* and *Avastha*.
- *Ahara* should be as per assimilation quotient and quality not as per the nutrition content
- To form *Satva Sara* not *Mala Sara*.

Material and Methods

Ayurveda classics have been reviewed. It helped to analyse the importance of diet (*Ahara*). These classics have been correlated with all the research papers that have established the evidence-based concept of *Ahara*. Digital databases like PubMed, Scopus, WoS were searched using the keywords *Vrutti*, *Agni*, *Dhatus*, *Doshas*, *Ayu*, *Mahabhaisajya*, *Tri-upstambha*,

importance of diet, diet as preventive medicine, role of diet in growth, strength and intelligence with the help of Boolean operators 'AND', 'OR' and 'NOT'.

Review of Literature

According to Modern Dietetics

The Gross Essential Components of food are (1) Carbohydrates (2) Fat (3) Protein (4) Vitamins, (5) Minerals (6) Water.

Carbohydrates and fat provide energy to the body
Proteins are the building blocks for growth and repair

Vitamins and minerals assist in a range of vital functions in the body

Water is an important component of food and is essential for hydration and circulatory functions

Depending on a person's age and a range of functional conditions, different individuals require different proportions of these food components

A proper combination and proportion of food components is called a balanced diet.

Ayurvedic approach

Ayurveda has its own unique approach to Planning a daily diet for an individual. It is not based on conventional chemistry; rather, it is based on *Panchmahabhautic* chemistry and *Tridoshic* functions. In *Ayurveda*, *Annapanavidhi* can be correlated with dietetics. It incorporates the concept of *Pathya-Apathya*, the natural characteristics of different food items and the dietary guidelines which leads towards sound health.

Importance of food

The diet is one of the most important *entities* for *vrutti* (sustenance of life). The body is constituted and nourished by food. All living beings in the world requires food. *Aahara* is *prana* or life of living beings mentioned by Acharya Charaka (4). After proper digestion and metabolism of food nourishes the tissues, results in Complexion, Clarity, Good voice, Longevity, Improve innovation skills, Nourishment and Strength and Improves Intellect (5).

According to *Ayurveda*, *Ahara* i.e., food is the best Preventive medicine and is solely responsible for Health and Illness, Sorrow and Happiness. Although, specific drugs are required for management of specific diseases, *Ahara* is best of all the medicines. No medicine can perform well unless it is accompanied by proper food. The articles of food & drink which are pleasant in color, smell, taste and touch, if taken systematically; constitute the vital energy (*prana*) in living beings. It is the fuel for *Agni* (digestive fire) and provides energy to mind. It also promotes the proper distribution of *Dhatu* (primary tissues), vitality, complexion and the acuity of the sense organs. The contrary conduct will lead to harmful results.

There are many myths about diet in our mind. We never tried to know about truth and used the same diet up to a long period. Like in general, dieting means to restrict oneself to small amount or special kinds of food in order to lose weight. *Apatarpaka Ahara* (depleting

diets) can be correlated with the modern concept of dieting which causes *langhana Karma* (lightness) in the body decreasing the tissue content of body. *Langhana* includes fasting, sunbath, jogging & exercise, suppression of thirst and *Shodhana* (purification) procedures (except *Anuvasana*).^[6] But, in fact, dieting is

the practice of eating food in a regulated & supervised fashion to decrease/maintain or increase body weight or to prevent and treat diseases. Like this many more food items concepts are there about which we are not aware about what is fact and myth. See table-1.

Table: 1

Phala (Fruits)	
Myths	Facts
<ul style="list-style-type: none"> ◆ Very good for health ◆ Can take any time ◆ Juice is nutritive and are rich of minerals 	<ul style="list-style-type: none"> ◆ <i>Rasa</i> should be considered ◆ Time of fruits should be considered ◆ Combination should be considered ◆ <i>Matra</i> should be taken care of

Fruits are among the healthiest foods in the world. But we can get their maximum benefits only if we eat them at the right time and in the right manner. Yes, it makes a lot of difference in the way you consume them. When it comes to fruits. Ayurveda has laid down some rules about eating them (6). See table-1.

Table: 2

Fruit Shake	
Myths	Facts
<ul style="list-style-type: none"> ▶ Fruits are a great source of nutrients and anti-oxidants and adding milk isn't just a way to make them to taste nice but also make them an immunity booster. 	<ul style="list-style-type: none"> ▶ Fruits are incompatible with milk and cause skin diseases (<i>Kushtha</i>). ▶ It's not an immunity booster but reason to develop different type of diseases due to production of various endo-toxin

Ayurveda suggests that fruits that are not absolutely sweet should not be mixed with milk. Fruits that have even a little bit of acidic content in them should never be added to milk as can spoil the milk as they are incompatible with milk and cause skin disorders in future (7). See table-2.

Table: 3

Sprouts	
Myths	Facts
<ul style="list-style-type: none"> ▶ Considered as wonder food with high nutrition value. ▶ Sprouts ensure blood purification and strengthen the immune system to protect against several diseases. 	<ul style="list-style-type: none"> ▶ Germinated seeds are not good for eyes ▶ Aggravate the <i>Dosha</i> ▶ Causes debility and hard to digest ▶ <i>Sopha Hetu- Ch. Su. 18</i> ▶ Causes pro-geria 1/2/3 ▶ Causes <i>Arsha Ch. Chi. 14</i>

Foods that should not be consumed habitually-germinated grains, dried vegetables, solid part of curds, sweet dairy products etc. Eating germinated corn, when the digestion strength is weak can lead to inflammatory disorders (8). Germinated barley is difficult to digest. Germinated cereals and pulses, freshly harvested corns with bristles and pulse consumption of these can cause diseases as they are *guru*, difficult to digest. They can lead to aggravation of *apana vata*, leading to hemorrhoids, eye disorders etc (9). See table-3.

Table: 4

Flax Seed	
Myths	Facts
<ul style="list-style-type: none"> ▶ Flaxseeds are loaded with nutrient ▶ Good for eye health ▶ Their high omega 3 fatty acids content can help lower undesirable fats in the blood ▶ Help in improving hormone balance in both female and male 	<ul style="list-style-type: none"> ▶ Hot in potency ▶ Hard to digest ▶ Not good for vision and semen ▶ Increase <i>Kapha</i> and <i>Pitta</i> in the body

Flax seeds also known as also in india,are hot in potency. So they are certainly not recommended for pitta constitution.They also aggravates kapha and vata.So not good for these two constituion also.Actually they are heavy to digest.They leads eye disorders,sperm abnormality etc. (10). See table-4.

Table: 5

Curd	
Myths	Facts
<ul style="list-style-type: none"> ▶ Good for digestion ▶ Soothe inflamed digestive system ▶ It is light on the stomach and easier to digest than milk ▶ Good to take in summer ▶ Good for skin 	<ul style="list-style-type: none"> ▶ Hot in potency and that's why not good to intake in summer and hot weather ▶ Heavy to digest ▶ An important cause of inflammation ▶ A cause of skin disease

Curd are sour in taste, hot in potency, is heavy to digest. It increases fat, strength, kapha, pitta, inflammation. It also worsens the inflammation. Curd improves taste, effective in fever with cold, irregular fever, rhinitis and dysuria. Curd should not consumed during night (*nishi*). Curd should not be consumed by making it hot (*ushna*). It should not be consumed during the spring and summer season. However curds mixed with soups of green gram, honey, ghee, sugar and amla is good. Dont take curd daily. Dont take curd if incorrectly prepared or the curd which is just forming. If dont follow these rules than it can lead fever, piita vitiation, skin disorders, anemia, vertigo etc. (11). See table-5.

Table: 6

Raw vegetables and Salads	
Myths	Facts
<ul style="list-style-type: none"> ▶ Heating food destroy its nutrients and natural enzymes ▶ They boost digestion and fight chronic diseases ▶ Raw food diet can clear up allergies and improve immunity 	<ul style="list-style-type: none"> ▶ Raw vegetables aggravate all the <i>Dosha</i> ▶ Only by cooking in steam and mixed with oil will not cause much aggravation of <i>Dosha</i> ▶ Hard to digest and are <i>Abhishyandi</i> ▶ Shelter of diseases

The properties of all vegetables is general are-generally all vegetables are *Vistambhak*, *Guru*, *Rukhsa*, *Bahuuvarcha* (Excessive formation of stool), nomalise the urges of *Mala & Adhovayu*. The people who are in expert in *Draya Guna* sometimes also explains shaka as it has properties to hemper *Asthi Dhatu*, *Netra*, *Rakta*, *Shukra*, *Buddhi*, *Smriti*, *Gati*, also responsible for whitening of hairs (12). See table-6.

Table: 7

Mushroom	
Myths	Facts
<ul style="list-style-type: none"> ▶ Contain varying degrees of protein and fiber ▶ Helps to support the immune system ▶ Help to regulate blood pressure 	<ul style="list-style-type: none"> ▶ Due to rich in protein, it is very <i>Guru</i> and heavy to digest ▶ The cause of diarrhea

Mushrooms are guru, so heavy to digest. Mushrooms that are grown on clean ground, wood, bamboo and in cow pen are considered to be best. They do not increase *doshas*, unlike other types of mushrooms. Other mushrooms are heavy, can cause vomiting, diarrhea, fever and *kapha* disorders (13). See table-7.

Table: 8

Ghrita	
Myths	Facts
<ul style="list-style-type: none"> ▶ It is harmful for health ▶ Increase the cholesterol in the body ▶ Hard to digest 	<ul style="list-style-type: none"> ▶ It is nectar according to <i>Ayurveda</i> ▶ Improve memory ▶ Good in every age ▶ Good for having better progeny ▶ Improve digestive fire

Ghee increases intelligence, retention power. It refines the *buddhi* or intellect and improves the *smriti* or memory. Ghee also increases *Agni*, helpful to digest food, without aggravating the *Pitta dosha*-fire element in the body. Ghee calms the *Pitta* and *Vata*. Hence, it is ideal for those suffering from *Vata* and *Pitta* imbalance disorders. It is good for those desiring good eye sight, to improve quality of *shukra dhatu*, with chest injured, for old aged, children and weak person. It is also good for voice, progeny, good complexion, luster, acidity, skin disorders, fever and for psychological disorders. Ghee rejuvenates and contributes to longevity. It is best for slows the ageing process (14). See table-8.

Table: 9

Honey	
Myths	Fact
<ul style="list-style-type: none"> ▶ Should take with warm water ▶ It is good in all season and good source of antioxidant 	<ul style="list-style-type: none"> ▶ It is incompatible with hot water ▶ Not good in all season can be act as a poison if would take in hot weather

Honey kills, if used after heating it, and by those suffering from great heat, used during hot season, hot country or with hot foods (15). See table-9.

Table: 10

Water	
Myths	Facts
<ul style="list-style-type: none"> ▶ Should drink a lot of water in a day ▶ Flush out toxins ▶ Drinking more water may help relieve constipation 	<ul style="list-style-type: none"> ▶ Don't need to drink more water even to a healthy person ▶ Drinking more water can reduce the digestive fire ▶ Only two seasons namely summer and autumn have been indicated for drinking sufficient amount of water

Water should not be consumed in more quantity by a person who is suffering from poor digestion, tumors of abdomen, anemia, enlargement of the abdomen, diarrhea, piles, irritable bowel symptoms, swelling all over body and in ascitis. If it is inevitable one can take processed water like processed with *sunthi/jeera* etc. *Excepting for Sharad* (Autumn) and *Nidhage* (Summer) even healthy persons should drink less quantity of water in all other seasons (16). See table-10.

Table: 11

Maida	
Myths	Facts
<ul style="list-style-type: none"> ▶ White flour regulates glucose/sugar in your body: ▶ White flour is acidic ▶ Can take as per your choice 	<ul style="list-style-type: none"> ▶ Endosperm of the wheat is removed from the germ (wheat germ) and the bran (wheat bran), which is very crucial for digestion. ▶ As a result, our body gets depleted of vitamins and minerals. ▶ Few manufacturers attract customers by labelling their products as 'enriched flour', which is nothing, but adding 3-4 vitamins at the cost of 10 lost vitamins during processing

Maida is *Triptikarak*, *Baldayak* (strengthen the body), *Guru* (heavy to digest), *Grahi*, *Bhagan Sandhaankarak* (to rejoin the broken bones), Taste enhancer and subsides *Pitta*, *vata*. But don't use in excess amount as it is hard to digest (17). See table-11.

Table: 12

Talita Maasa & Bhasa	
Myths	Facts
<ul style="list-style-type: none"> ▶ Having rich nutrition ▶ Roasted and that is why pure ▶ Easy to digest 	<ul style="list-style-type: none"> ▶ <i>Mamsa Rasa</i> is <i>laghu</i> not roasted ▶ It is also <i>Virrudha</i> ▶ <i>Puna Puna Siddha – Virruddha</i>

Mamsa is *laghu* only after boiling or make as *mamsa ras*. Roasted *mamsa* is *virruddha* told by *Acharya Charak*. It is also *virruddha* if fried repeatedly i.e., *punna punna siddha* (18)(19). See table-12.

Table: 13

Oats	
Myths	Facts
<ul style="list-style-type: none"> ▶ Oats are incredibly nutritious ▶ Whole oats are rich in antioxidants, including avenanthramides ▶ Oats contain a powerful soluble fibre called Beta-Glucan ▶ They can lower cholesterol levels and protect LDL Cholesterol 	<ul style="list-style-type: none"> ▶ <i>Tridosha Karaka</i> ▶ Can't take daily ▶ Most harmful among grains.

Oats are *Trishnakarak* (thirst enhancer) and *Tridosha karak* (aggravates all three *doshas*). Daily uses of oats slow down the digestion (*Agnimandya*) and in long term creates constipation and further more diseases related to weak digestion. So not suitable for daily uses (20). See table-13.

Table: 14

Poha (Prathuka)	
Myths	Facts
<ul style="list-style-type: none"> ▶ It is considered as a light breakfast ▶ Most people cook it by the method of frying 	<ul style="list-style-type: none"> ▶ It is <i>Guru</i> and heavy to digest ▶ Steam is the right method to cook poha ▶ Obstructing the channel

Priithuka (parboiled and flaked paddy) is *Guru*, hard to digest, strengthening increases *kapha* and causes constipation. It also creates *srotoavrodha* (Obstructing the channels). *Prithuka* is prepared by boiling paddy for short while and pounding it with pestle and mortar (21)(22). See table-14.

Above are some examples of food items. Besides these, there are many more food items that general people are not aware about facts and myths. There are some special *Anna/* preparations like *Dala*, *Sabji*, *Dadhi*, *Puti Anna*, *Paryusita Anna/* fridged *Anna*, *Mamsa*, *Kukkutanda*. Along with particular food item's property, in *Ayurveda* some rules of *Ahara* are also explained. They are named as *Ahara Vidhi Visheshayatana*.

These rules must be followed during *Ahara* taken otherwise we became unable to gain the proper benefits of *Ahara*. *Ahara Vidhi Visheshayatana* (Specific principles in regard to diet explained in *Charak Samhita* in *Ayurveda* are as follows (23). See table-15.

- *Prakriti* (Nature of food)
- *Karana* (Method of processing)
- *Samyoga* (Combination)
- *Rashi* (Quantity)
- *Desha* (Habitat)
- *Kala* (Time)
- *Upayoga Sanstha* (Dietary rules)
- *Upyokta* (User)

Table: 15

Food articles that should be consumed regularly	Food articles that should not be consumed regularly- <i>Vallura</i> (Dried meat)
<ul style="list-style-type: none"> ➤ <i>Shastika</i> (variety of <i>Oryza sativa</i>) ➤ <i>Shaali</i> (variety of <i>Oryza sativa</i>) ➤ <i>Saindhava Lavana</i> (Rock salt) ➤ <i>Amalaki</i> (Gooseberry) ➤ <i>Yava</i> (Barley) ➤ <i>Antariksha Jala</i> (Rainwater) ➤ <i>Paya</i> (Milk) ➤ <i>Sarpi</i> (Ghee) ➤ <i>Jangal Mansa</i> (Meat of wild animals & birds) ➤ <i>Madhu</i> (Honey) 	<ul style="list-style-type: none"> ➤ Meat of lean animals and birds, ➤ Pork ➤ Beef ➤ Fish ➤ Dried leafy vegetables ➤ Stalk & pods of lotus ➤ Curd and other milk products ➤ <i>Urad</i> (Black gram), ➤ <i>Yavaka</i> (Oats) etc.

Discussion

Ayurveda explained the food/diet concept very deeply. *Ayurveda* has a Personalized approach on dietetics. One type of food can't be benefited for different type of people. There are many variations like *Prakriti*, *Desh*, *Kaal*, *Agni* etc. Every person requires a different food according to his/her requirement of the body. According to *Ayurveda* digestion of *Ahara* and *Poshan* by *Ahara* is based on many factors. It's not like modern science reduced to calories or in term of carbohydrates, proteins, fats etc. only. Here we try to discuss these factors one by one. firstly, one of important factor is *Agni*. *Agni* plays very important role to digest and make nourishment for body.

Concept of *Agni*

Agni carries everything in it. It moves everywhere and metamorphoses substances, burns, assimilates, glitters and grows.

- *Agni* in *Ayurveda* is reflected in the concept of *Pitta* of the system (24).
- *Acharya Susruta* has maintained that there cannot be any *agni* without *Pitta*. *Pitta* is same as *agni* and it is called as *antaragni*, since it possesses the properties of *Agni* and performs similar actions as performed by the *Agni* (digestive fire) itself (25).

Importance of *Agni*

Agni provides *Bala*, *Arogya*, *Ayu*, *Prana*, *Swasthya*, *Varanm*, *Prabha*, *Oja* and *Teja* to the body. *Acharya Charak* has mentioned that after stoppage of the function of *Agni*, the individual dies, and when the *Agni* of an individual is *sama* (normal), then that person would be healthy and would lead a long life. But, if the *Agni* of a person is vitiated, resulting in ill health and disease. Hence, *Agni* is said to be the *mool* of life (26).

Functions of *Agni*

- *Paka* = *Parinaman* = Transformation.
- *Pakah pachanam tat dravyanam swarupayoh rasayoh pararittih*.
- *Agni* causes physical and chemical transformation

Ahara & *Agni*

- Diet needs to be transformed for nutrition of various components at various levels.
- *Agni* does this work.
- Thus, *Agni* is critical for optimum utilization of *Ahara*.

Types of *Agni* (27) on basis of *Dosha* predominance

- *Vishamagni*
- *Teekshnagni*
- *Mandagni*
- *Samagni*

So, every person has different type of *Agni* and required different type and quantity of *Ahara* according to capacity of *Agni*. Just Like *Agni* food habits are also depends on some other factors like *Desh*, *Kaal* etc. like north Indian food is not suitable for a south Indian person. In *Ayurveda* three types of *Desh* are explained. Every person should take diet according to his/her *Desh*. In other hand food that has to be taken in *Grisham Ritu* will not be suitable in *Sharad Ritu*. In our classics there are six *Ritus* and for every *Ritu* body has different requirement of food. A slim person cannot tolerate the diet that is given to an obese person. An athlete requires more diet as compared to a normal person. There is concept of *Bala* in *Ayurveda*. We should take diet according to our *Bala*. A field worker's food requirement is different as compared to an office worker. So, this type of personalised food requirement is explained in *Ayurveda* and we can remain healthy only after following these types of rules regarding diet/food. And only after that our diet plays a role like *bhaishajya* i.e., Medicine.

Conclusion

In *Ayurveda*, *Ahara* concept is a broad and great concept. *Ayurveda* has a Personalized approach on dietetics. Requirement of food intake is assessed on the basis of constitution in healthy individuals. Assessment of quality of food is made subjectively through six tastes, attributes, potency and *Vipaak*. *Ayurveda* gives more importance to regulate the digestive power than

correction of the calorie of food. *Ayurveda* emphasized the need of healthy mind for the proper nourishment of body. Various processing methods alter the attributes of food. Hence the assessment of food quality is to be made at the time of dining. *Ayurveda* warns against the complications of food, food interaction due to wrong combination of food materials. Unhealthy diet practice is considered as one of the important reasons of disease. So, we should aware about the real facts and myths about our food. It's necessary to know what is really healthy or not. Hence the correction of diet itself is considered as treatment.

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