

Ayurveda Aahar and Organic foods

By Dr. Mukta



Introduction

पथ्ये सति गदार्तस्य किम औषधं निषेवणं ?

पथ्ये असति गदार्तस्य किम औषधं निषेवणं (Vaidyajeevanam)

आहारसम्भवं वस्तु रोगाश्चाहारसम्भवाः ।

हिताहितविशेषाच्च विशेषः सुखदुःखयोः ॥ (Charak Sutra)

विनापि भेषजं व्याधिः पथ्यादेव निवर्तते ।

न तु पथ्य विहीनस्य भेषजानाम शतैरपि ॥(Kaidev Nighantu)



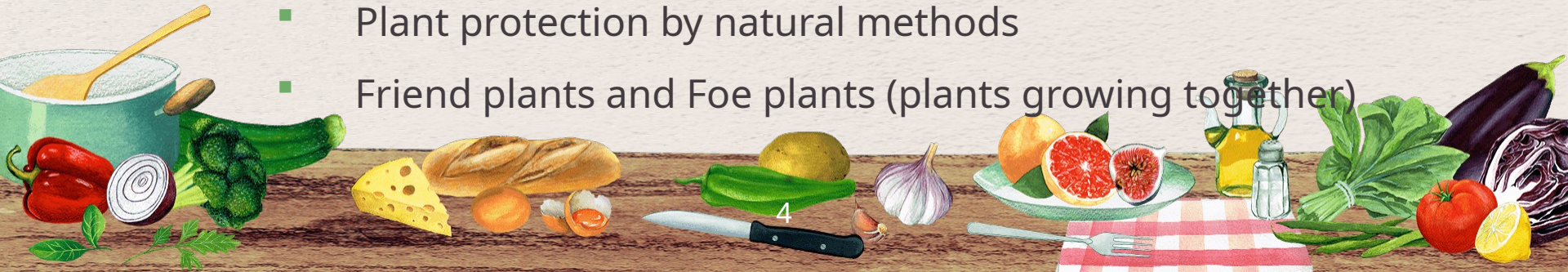
Ayurveda Aahara

1. The concept – **Food is the prime medicine**
2. The Components – **Rasa (Six tastes), Guna(20 Properties , Virya (2 potencies) and Vipaka (metabolism)**
3. Food groups – **12**
4. Nutrients in Ayurveda- **Rasa**



Organic Foods in Ayurveda

1. Concept – Vrukshayurveda
2. Components –
 - Calculation of water to be given at every stage
 - Organic fertilisers for underdeveloped and undeveloped plants
 - Kunapjala
 - Plant protection by natural methods
 - Friend plants and Foe plants (plants growing together)



Current Scenario

1. addition of Ayurveda Aahara in FSSAI
2. Ayurveda Aahara Logo
3. Vrukshayurveda as separate curriculum in UGC
4. Ayurveda Poshanahara a seperate curriculum in UGC
5. Ayurveda Day 2021 Theme
6. Component of Ayurveda day 2022 theme







Take Home Message

- ◆ To eat is a necessity but,
- ◆ To eat intelligently is an art illustrations



Thank You

