



Ayurdietics - The Art of Prakriti Based Personalised Eating

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ABSTRACT:

Introduction: Ayurdietics means combination of Ayurveda and Dietics i.e. dietary habits. The art of *Prakriti* based personalised eating elucidate the interaction between diet and *prakriti*. The new science focuses on how food affect our genes and can play an important role in disease treatment, prevention and mitigation through nutrition. According to Ayurveda, we all have different *Prakriti* i.e. *Vata*, *Pitta* and *kapha*, that reside in the body to help regulate its state. Ayurved merges food and natural drugs to reach a balance of these pathophysiological condition in each person . Ayurdietics embodies the study of inter-individual variability due to genetic variability in humans for assessing susceptibility and establishing diagnosis and prognosis mainly on the basis of the constitution type of a person's *prakriti*. Personalised nutrition is a novel concept for developing personalised functional food and nutraceuticals suitable for one's genetic makeup with the help of Ayurvedic concept . This review study aims to highlight the Ayurdietics in predictive, preventive and personalised aspect to maintain health.

Objectives: Improving health and preventing disease through tailored diet.

Methods: Textual resources have been used for this study, from which various references have been collected. Foremost Ayurvedic texts as *Charak Samhita*, *Sushrula Samhita*, *Ashtanga Sangraha*, *Ashtanga Hridaya* and the available commentaries on these books has been used. Related modern texts and websites have also been searched for recent knowledge.

Results: We find that Ayurdietics presents a huge scope of development towards the understanding of *Prakriti* based nutrition research. The fundamental recommendations can be very useful in framing health recommendations and personalized food design.

Conclusions: This Ayurveda-inspired concept of personalized nutrition is a novel concept in the realm of nutrigenomic research for developing personalized functional foods and nutraceuticals suitable to one's genetic makeup. The concept is that food and drugs intersect, considering their effects according to the genetic constitution (*Prakriti*) of a person at the systems biology level. It is evident that the reviewed techniques can be of utmost use in Ayurdietics research. This review introduces and presents this novel concept of Ayurdietics as an emerging area of research, which may unfold future possibilities.

1. Introduction

Ayurvedic dietics is considered primarily with balancing the dosha and also take in account our food intake , manner of eating , the nature of food stuff, *Agnibala* , process of cooking etc . Diagnosis and prognosis mainly

on the basis of the constitution type of a person's *prakriti* and inter-individual variability in human.

Acharya Charak proclaims that *Ahara* maintains the balance of *Doshas* and *Dhatu*s by promoting healthiness and disease avoidance (C.Su.25/33). The holistic



approach of Ayurveda embraces various issues which are absolute in the fortitude of human's health. 'Diet according to *Prakriti*' is one such pivot concept. *Prakriti* is the innate constitution of an individual. It is the index of body functions in the form of morphology, physiology and behaviour of a human being.^[1] Ayurveda described different types of *prakriti* of human being along with appropriate food, drink, type of work, exercise and suitable for maintaining the dynamism. Ayurveda emphasizes *Prakriti* or body constitution in the consideration of food intake. Three extreme human phenotypes - *Vata*, *Pitta*, and *Kapha* are seven types of *Prakriti* among human beings with contrasting phenotypic differences.^[2] A person is capable to prevent various disorders from just beginning and is also able to prop up his health by the knowledge of his or her *Prakriti* and diet.

Genetic (*Prakriti*) and environmental factors (*Mahabhuta Vikara*) together with diet (*Ahara*) and lifestyle (*Dinacharya*), particularly overnutrition (*Santarpana*) and sedentary behavior (*Eksthana*), are interrelated in promoting the progression and pathogenesis (*Nidana*) of polygenic diet-related diseases.^[2] The Ayurvedic principles of diet correlating to various factors such as genomics (*Prakriti*) and other environmental factors. Research utilizing these advanced methods can only augment a better understanding. Traditionally, plants that are used as both food and a source of medicine embody great public and medical significance worldwide because the foundation of nutraceutical development in personalized food design is utilized in novel lead compounds for drug development.^[3]

2. Objectives

Improving health and preventing disease through tailored diet.

3. Methods

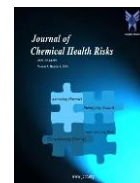
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Ahara: traditional concept of personalized foods

Ayurveda describes *Ahara* as specific food/dietary schedules for different times of the day and for different seasons according to one's age and, most importantly, to suit one's individual constitution or *Prakriti*.^[4-9] In *Taiteriyopanishad*, *Ahara* has been considered as *Brahma* (mythologically, the creator of universe) because every animate object is dependent on energy for survival, which comes from any form of food (Tait.Up.Bh.V.-2/1).^[10] Bhagwad Gita acknowledged diet as a source for the creation of life (Bhag.G.-3/ 14). In addition to achieving success in *Yoga*, appropriate diet along with other activities and regimens of life are, in fact, addressed (Bhag.G.-6/17).^[11] *Ahara* as a causative factor, in the context of the origin of *Purusha* (man) and his diseases, carries the historical value of dietetics, according to *Charaka Samhita* (C.Su.-25/31).^[12] On the other hand, *Susruta Samhita* comprehensively narrated dietetics concerning the applicability and significance of diet in human life, establishing the historical importance of diet.^[13]

It has been said that whatever material taken by mouth into the alimentary canal, which after proper digestion is transformed into the tissue elements and performs functions such as the promotion of growth, recovery due to loss, and protection from diseases for survival, is termed *Ahara*.^[9] *Charaka* proclaims that *Ahara* maintains the balance of *Doshas* (biological humors) and *Dhatus* (body components) by promoting healthiness and disease avoidance (C.Su.- 25/33).^[12] *Ahara* restores vigor, provides strength, sustains the body, and increases lifetime, bliss, memory, *Ojas*(immunome), and digestive capability (S.Ci.-24/68).^[13]

Dietary consideration in terms of wholesome and unwholesome food is an important component of *Ayurvedic* therapeutics, which eventually leads to happiness or misery. Sometimes, dietary management in itself is a complete treatment. *Ayurvedic* dietetics is concerned primarily with the energetics of food as a means of balancing the biological humors (*Dosha*). As opposed to the present-day approach, Ayurvedic nutrition not only deals with the detailed nutritional aspects of food, but also takes into account our food intake and manner of eating, the nature of the foodstuff, *Agnibala*(enzymatic activity of digestive metabolism), the process of cooking, blending, time of year, and surroundings and settings, etc.



Ayurveda and balanced diet

Just like modern science explains balanced diet based on macro and micro nutrients. In Ayurveda, one has to look at the *Prakriti* (constituents) *Agni* (digestive power), *Koshta* (digestive system) of a person and *Rasa* (taste), *Guna* (property), *Virya* (active potency), *Vipaka* (digestion and metabolism) of particular food and also the *Ritu* (season) for designing an ideal dietary regimen. The diet of a person should restrain the factors which will keep the *Doshik* balance of the body in equilibrium. For instance, person of *Vata prakriti* should consume Madhura (Sweet), *Amla* (Sour) and *Lavana* (Salt) *rasa* (taste). Person of *Pitta prakriti* should take *Madhura* (Sweet), *Tikta* (Bitter), *Kashaya* (Astringent) *rasa* and person of *Kapha prakriti* should consume *Tikta* (Bitter), *Katu* (Pungent), *Kashaya* (Astringent) *rasa* (taste) etc.

Table 1

<i>Prakriti</i>	<i>Rasa indicated</i>
1. <i>Vata</i>	<i>Madhur, Amla, Lavana</i>
2. <i>Pitta</i>	<i>Madhur, Tikta, Kashaya</i>
3. <i>Kapha</i>	<i>Katu, Tikta, Kashaya</i>

4. Result

Improper dietary habit is the primary reason for the increasing trend of health disorders in the current era. Every human being is unique with respect to his *Prakriti*, *Agni*, *Koshta* etc. herefore, considerations on *Ahara* (diet) should also be done with specificity to the individual. *Ahara* (diet) when taken in proper quantity at proper time following all *Niyamas* (guideline) contribute health. By understanding the constitution of human being, physicians can distinguish which food and drink appropriate for maintaining their healthy life.^[15-17]

Table 2.1

Cereals	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
1. Rice	Yes	Yes	Yes
2. W	Yes	Yes	No

he at			
3. Millet	No	Yes	Yes
4. Corn	No	No	Yes
5. Barley	No	Yes	Yes

Table 2.2

Vegetables	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
1. Radish	Yes	No	Yes
2. Brinjal	No	Yes	Yes
3. Cabbage	No	Yes	Yes
4. Potato	Yes	No	No
5. Onion	Yes	No	No
6. Beetroot	Yes	No	No



oot			
7. Bitter gourd	No	Yes	Yes
8. Yellow pumpkin	Yes	Yes	Yes
9. Snake gourd	No	Yes	Yes
10. Cucumbers	No	Yes	No
11. Spinach	Yes	Yes	No

Table 2.3

Fruits	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
1. Apple	Yes	Yes	No
2. B...	Yes	Yes	No

anana			
3. Grapes	Yes	Yes	Yes
4. Gooseberry	Yes	Yes	Yes
5. Plum	Yes	Yes	No

Table 2.4

Spices	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
1. Garlic	Yes	No	Yes
2. Fenugreek	Yes	No	Yes
3. Clove	No	Yes	Yes
4. Cinnamon	Yes	No	Yes
5. Cardamom	Yes	No	Yes



m o m			
6. Gi ng er	Yes	No	Yes
7. Pe pp er	Yes	No	Yes
8. C or ia nd er	Yes	Yes	Yes
9. C u m in	Yes	No	Yes
10. A sa fo eti da	Yes	No	Yes

Table 2.5

Oils	Vata Prakriti	Pitta Prakriti	Kapha Prakriti
1. Se sa m e	Yes	Yes	Yes
2. C oc on ut	Yes	Yes	No
3. M us ta rd	Yes	No	Yes

4. S un fl o w er	Yes	No	Yes
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Table 2.6

Milk and Milk products	Vata Prakri ti	Pitta Prakriti	Kapha Prakriti
1. Milk	Yes	Yes	Yes
2. Butter milk	Yes	No	No
3. Curd	Yes	No	Yes
4. Ghee	Yes	Yes	Yes
5. Butter	Yes	Yes	Yes

This Ayurveda-inspired concept of personalized nutrition is a novel concept in the realm of nutrigenomic research for developing personalized functional foods and nutraceuticals suitable to one's genetic makeup. The concept is that food and drugs intersect, considering their effects according to the genetic constitution (*Prakriti*) of a person at the systems biology level. It is evident that the reviewed techniques can be of utmost use in Ayurdietics research. This review introduces and presents this novel concept of Ayurdietics as an emerging area of research, which may unfold future possibilities.

5. Discussion

Ayurveda is an evidence-based science, but it has not been updated in thousands of years when genetic evolution and environmental changes have occurred. Hence, research should be guided to follow *Ayurvedic* understanding and develop evidence to find its justification in the present time. *Ayurvedic* principles have also given the concept of adaptability termed *Satmya*. According to this concept, even if a food habit is harmful considering a person's genetic constitution, due to climatic (*Ritu Satmya*), geographical (*Desha Satmya*), disease (*Roga Satmya*), regular habit (*Oka*



Satmya), and sociocultural (*Jati Satmya*) factors, his or her nutriome may become adjusted to that food habit. Here, nutriome is referred to as the entire food habit of a person interacting with his/her genome or physiome. A simple example is a carbohydrate-rich rice diet consumed by Indians; yet they are prone to diabetes. Different clinical principles have been mentioned in Ayurveda to advise a human being about preventive and personalized treatment, such as *Prakriti* (individual constitution), *Dosha-Dushya* (disease state and localization), and *Satmya* (habituation factor), to determine food, medicine, or lifestyle. Thus, we find that Ayurdietics presents a huge scope of development towards the understanding of *Prakriti* based nutrition research. The fundamental recommendations can be very useful in framing health recommendations and personalized food design.

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