



AN OVERVIEW OF THE PRINCIPLES OF NEUTRACEUTICALS AND PATHYA KALPANA

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ABSTRACT

The history of Ayurveda stretches back to the very origins of the universe. The term "brihatrayi," meaning "the trio of the old/mature," refers to the foundational texts that have shaped the Ayurvedic medical system. Key works such as the Charaka and Sushruta Samhitas have undergone various revisions, including Pratisamskara, Pathashuddhi, and Sampurana. A detailed examination of these ancient texts can reveal how Ayurvedic concepts and practices have evolved over time. The concept of Ahara and Ahara Kalpana, for example, has developed significantly. Sutrasthana, one of the texts in the Brihatrayi, contains most of the descriptions related to Ahara Kalpanas, which are categorized as Kritanna and include various types of culinary items (Ahara Varga). While the original authors only briefly covered some Kalpanas and their preparation methods, later commentators expanded on these descriptions. Successive scholars, from Charaka and Sushruta to Vagbhata, introduced modifications and integrations. Vagbhata, for instance, merged the teachings of Sushruta and Charaka and introduced new concepts for describing Ahara Kalpanas. Bhavaprakash further developed these ideas and added descriptions of new Ahara Kalpanas. Thus, studying the evolution of Ahara Kalpana provides insight into the comprehensive development of food preparation techniques and culinary skills for both therapeutic and preventative purposes.

KEYWORDS: Ahara Kalpana, Kritanna, Brihatrayi

INTRODUCTION

Ayurveda, often referred to as the "science of life," places greater emphasis on disease prevention and health maintenance ("Swasthasya Swasthya Rakshanam") rather than just treating illnesses ("Atursya Vikaar Prashanam"). This ancient Indian health care system focuses on understanding both the individual and their health issues. In Ayurveda, optimal health is defined as a well-balanced metabolic state, promoting a long and healthy life, which can be understood as the "science of longevity" through proper diet and nutrition. In Ayurveda, Acharya Kashyapa regards diet (Aahara) as the highest form of medicine (mahabheshaja). Medicine will be ineffective for a patient who does not adhere to proper dietary guidelines (pathya). The significance of Aahara and Pathya in maintaining good health is highlighted because they help keep the seven bodily tissues (saptadhatu) and the three doshas (tridosha) in balance, which are essential for overall well-being. Ayurveda believes that factors such as voice, complexion, longevity, strength, happiness, physical growth, and mental intelligence are influenced by the type of food consumed. The primary aim of Aahara Kalpana is to emphasize the importance of diet in both health maintenance and the treatment of various conditions, including imbalances in doshas, dhatus, malas, and agni. Ahara, Nidra (sleep), and Brahmacharya (celibacy) are all crucial for preserving health and managing diseases.

In Ayurveda, Aahara (diet) and Vihaar (lifestyle practices such as exercise) are essential for maintaining Arogya (health). Arogya is defined as a state free from illness, which is a primary

concern for doctors. The daily practices within Swasthavritta (a regimen promoting physical and mental well-being) are extensively detailed.

Ayurveda emphasizes three core elements: Ausadh (medicine), Aahara (food), and Vihaar (healthy living). Among these, Aahara Kalpana is a vital aspect. Ayurveda provides comprehensive guidance on every detail related to diet, including ingredients and preparation methods. Food that is precisely balanced and prepared, known as Pathya (ideal food), is considered highly beneficial for maintaining good health.

The primary aim of all Ayurvedic treatments is to improve and restore Agni (digestive fire), a goal also achieved through Aahara Kalpana. This approach not only supports and maintains Agni but also contributes to overall health and addresses various conditions. Consequently, there are two main types of Aahara Kalpana to be considered in dietary preparations for both patients and healthy individuals: Pathya Kalpana, which is recommended for those with health issues, and Kritanna Varga (Aahara Kalpana), which is suggested for healthy people.

Concept of Pathya Kalpana

Pathya Kalpana is a fundamental yet highly significant concept in Ayurveda, emphasizing practical and clinical application. It involves using various methods of processing (Samskara) to make diets more beneficial for health. The importance of understanding the "concept of Pathya Kalpana" is highlighted



by its benefits, such as easy availability, palatability, cost-effectiveness, good nutritional value, and versatility. Among other disease prevention strategies, nutraceuticals play a crucial

role. Preventing and delaying the onset of diseases has become an attractive and cost-effective approach in the medical field.

Diet form	Quantity	Prepared formulation	Final constitution prepared formulation	Actions
<u>Manda</u>	Rice ; 1 part Water ; 14 part	Untillall the rice particles are properly cooked	Only supernatant liquid.	<u>Dipana, Pachana, Vatanulomaka, Grahi, Kaphaghna</u> etc
<u>Peva</u>	Rice : 1 part Water ; 14 part	Untill all the rice particles are properly cooked.	Solid rice and liquid portion are taken in equal proportion	<u>Deepana, Pachana, Vatanulomaka, Dhatupushtikara</u> ³¹ etc
<u>Yavagu</u>	Rice ; 1 part Water : 6 part	Untill all the rice particles are properly cooked	Only solid rice part is taken.	<u>Grahi, Balva, Tarpana, Vatanashana</u> etc
<u>Vilepi</u>	Rice ; 1 part Water ; 4 part	Untill all the rice particles are properly cooked.	More solid portion with little liquid is taken.	<u>Deepana, pachana, Hrdya, Vrusya</u> , ³⁴ etc
<u>Anna / odana</u>	Rice ; 1 part water ; 5 part	Untill all the rice particles are properly cooked	Only solid rice part is taken.	<u>Vrihna, Tarpana , atisara</u> etc
<u>Krusara</u>	Rice : 1 part <u>Mudga</u> ; ¼ part Water ; 6 part	Untill the rice and <u>Mudga</u> are properly cooked	Only solid rice and <u>Mudga</u> part is taken.	<u>Balva , Kapha Pittakara, Vatanashaka</u>

Classification of Nutraceutical

Nutraceutical is broadly classified and varied types of products that are encircled under the terms of nutraceutical.

1. Dietary supplements
2. Functional foods
3. Pharmaceutical
4. Medical foods

Dietary supplements are products that contain dietary nutrients derived from food sources and are designed to enhance the nutritional value of the diet. These include botanical products or herbs, such as Aloe Vera, Garlic, Ginger, and Turmeric, which can be found in various forms like tablets, capsules, soft gels, gel caps, liquids, or powders. Additionally, there is a range of nutraceutical products that overlap with these supplements, as detailed below.

Nutraceuticals offer significant potential for preventing chronic diseases and enhancing health, particularly through herbal

remedies. For instance, flaxseed oil and powder, which are rich in omega-3 fatty acids, possess properties such as analgesic, anti-inflammatory, and antipyretic effects. Probiotics are live microbial supplements designed to enhance or restore the balance of microorganisms in the body. Notable probiotics are commonly used to address issues such as lactose intolerance, acute diarrhea, and gastrointestinal side effects caused by antibiotics. Key types of probiotics include Lactobacillus bacteria and bifidobacteria. It's a vital component of the body that plays a key role in various biological functions. Additionally, including nutraceutical enzymes in the diet can help alleviate symptoms of hyperglycemia, digestive issues, obesity, and more.

Functional: The concept of functional foods was first introduced in Japan. These are foods that have been enhanced with specific components or ingredients to provide medical or physiological benefits beyond basic nutrition. When these foods are used to help prevent diseases, other than anemia, they are referred to as nutraceuticals. Foods that have added ingredients or nutrients are considered fortified foods.



Examples include milk fortified with Vitamin D and orange juice enriched with calcium.

Pharmaceutical: The term "pharmaceutical" is increasingly used in agricultural contexts, particularly in relation to the medical applications of genetically engineered crops or animals. Examples of energy-providing foods produced using biotechnology include bread, alcohol, fermented starch, yogurt, cheese, vinegar, and others.

Medical foods: Medical foods are specially formulated for internal consumption under the supervision of a physician, designed for the specific dietary management of certain diseases or conditions with unique nutritional needs. These foods are regulated by the FDA and can be prescribed under medical supervision.

DISCUSSION

Consuming Shadrasayukta aahara (wholesome food with all six tastes) in the appropriate amounts, while considering the season and one's digestive capacity, provides satisfaction (tushti), nourishment (pushti), intellectual skills (buddhi), bodily firmness (dhruti), valor (paurusha), strength (bala), an appealing voice (swara), immunity (oja), and radiance (teja). Aahara Kalpana is emphasized throughout Ayurveda. The Swasthavrutta (daily living routines) promote maintaining good health, while Rutucharya (seasonal routines) and Dinacharya (daily rituals) incorporate the use of Aahara Kalpana. Those experiencing imbalances should consume foods that maintain their Dhatus (body tissues) in good condition and prevent further aggravation by the Doshas (provoked humors). Aahara Kalpana is a key aspect recommended throughout Ayurveda. The practice of Swasthavrutta (daily living routines) promotes maintaining good health, while Rutucharya (seasonal routines) and Dinacharya (daily rituals) incorporate the use of Aahara Kalpana. Patients should consume foods that maintain their Dhatus (body tissues) in good condition and prevent further aggravation by the Doshas (provoked humors). Therefore, patients must follow the principles of "healthy food consumption," or Pathya. In Panchakarma, Aahara Kalpana is also used as Samsarjana Krama to strengthen the Jatharagni (digestive fire), and rejuvenate the Annavaha Srotas (digestive system) and the Purishavaha Srotas (excretory system), restoring them to a healthy state from a weakened condition caused by the purification process.

CONCLUSION

Ayurvedic texts contain extensive knowledge on dietetics, particularly through the concept of Pathya Kalpana, which emphasizes making food healthy, enjoyable, and appropriate. This approach is beneficial for both healthy individuals and those who are ill. Pathya Kalpana ensures that all essential nutrients are provided by incorporating the six tastes (shadras), thus maintaining the body's elemental balance (Panchabhautika). It is recommended to include Pathya Kalpana in our daily diet to align with Ayurvedic principles. Additionally, the field of nutraceuticals serves as a bridge between Ayurveda and modern medicine, highlighting the importance of collaborative research and mutual acceptance.

Nutraceuticals play a significant role in maintaining health and preventing nutritionally related acute and chronic diseases, thereby enhancing overall health, longevity, and quality of life. It is evident that Ayurveda and nutraceuticals complement each other, and their combined application can lead to widespread acceptance by society.

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