

Types of Diets Recommended in Ayurveda for a Healthy Lifestyle

Rahul D. Bhalekar*, Jaideep Hire**

Abstract

An Ayurvedic diet is a way of eating that provides guidelines for when can you eat, what you can eat, and how you can eat to boost your health by preventing or managing diseases which leads to maintain wellness. In an Ayurvedic diet you need to eat mostly whole or minimally processed foods and practice mindful eating not just as an activity but as a ritual. Ayurveda which dates back thousands of years mentions the diets based on doshas (Type of energy your body is constituted of – sometimes in combination). It also referred as Indian Ayurvedic wellness system with three doshas as a source or base to consider the dietary requirement of a body to stay healthy. Ayurveda considers food or diet as fuel to the body which keeps it healthily moving.

Keywords: Ayurvedic, Diet, Doshas, Healthy, Lifestyle

Finding out the body type really helps in great manner as one feeds the body accordingly. This includes the type of food, the way it has to be processed and the quantity and its timing for supplying it to the body.

NEED OF THE STUDY

Looking at a larger picture about the need for going back to the basics of human being and its health, there should be serious efforts by all the sectors of the society with all the influential resources. Ayurveda the age old Indian Science of Human wellness not just discusses health physically but psychologically as well. It emphasizes not on curing the disease but preventing it from occurring to the human health. It is been proven and vouched that if you really adopt the diets as per your doshas, it keeps you healthy thus making your life happy and fruitful as you get energy to complete all your activities with a sound health of your body and mind both simultaneously producing the best results.

Thus keeping this in mind that the every possible effort needs to be contributed by all of us to spread the awareness about the importance about the need of the hour... which is to follow the instructions given in the Ayurveda which is a priceless gift given by our ancestors.

SIGNIFICANCE OF THE STUDY

This little study about ‘Types of Diets recommended in Ayurveda for a healthy lifestyle’ is a effort to bring it to the notice of the small crowd of audience or readers who might go through this piece of information and would at least attempt to know more about it in detail. The purpose of presenting this topic is to contribute in spreading a

INTRODUCTION

In today’s time where a day has become hectic and too stressful, the only thing which we can easily keep steady and in our control is our “HEALTH”. Good healthy body could keep everything else away which would otherwise affect the body health inviting the diseases through infections. This could be achievable if one follows the diets recommended in ayurveda based on the body three types. The body types could be determined by examining it through an Ayurvedic Practitioner, who also can advise about the suitable diet by giving a thought to other influencing factors as well, with the inputs provided by you such as the weather and your geographical location, dietary habits, allergens, available fresh supplies of food materials in your vicinity etc.

* Assistant Professor, All India Shri Shivaji Memorial Society’s College of Hotel Management and Catering Technology, Pune, Maharashtra, India. Email: bhalekar.rahul@gmail.com

** Associate Professor, Mahatma Gandhi Vidya Mandir SPH College of Hotel Management and Catering Technology, Nasik, Maharashtra, India.

word of awareness about ‘The most appropriate path for the Human Health could be practicing Ayurveda’.

LIMITATIONS OF THE STUDY

- This study is purely based on the information given by the faculty and students of Bachelor of Science in Hospitality Studies and Bachelor of Hotel Management and Catering Technology of All India Shri Shivaji Memorial Society’s College of Hotel Management and Catering Technology, Housewives, Working Professionals, Business People and professionals from the hotel industry.
- The study is conducted in the current scenario and the opinions, perception and expectations of the respondents may differ with time.
- The study does not differentiate respondents on basis of their demographic factors which may have an influence of their perception thereby identifying scope for further research.

DEFINITIONS

- *Ayurvedic Diet*: Is an eating plan that provides guidelines for when you eat, what you eat, and how you eat to boost your health, prevent or manage disease, and maintain wellness. If you follow an Ayurvedic diet, you’ll eat primarily whole or minimally processed foods and practice mindful eating rituals. – By Malia Frey
- *Vata (Space and Air)*: Vatas are often described as creative, intense, or expressive. Attributes include dry, light, cold, and rough. – By Malia Frey
- *Pitta (Fire and Water)*: Pittas are often described as intelligent, joyful, and driven. Attributes include sharp, hot, liquid, and mobile. – By Malia Frey
- *Kapha (Earth and Water)*: Kaphas are often described as calm, loving, or lethargic. Attributes include moist, heavy, soft, and static. – By Malia Frey

LITERATURE REVIEW

The research had reviewed a number of relevant literatures to identify the important elements of Ayurvedic Diets and its effect on healthy Lifestyle in today’s world. There are a number of researches, seminars and articles on the subject are a testimony to the importance of the topic.

Apart from that below mentioned had also provided the valuable information.

- Books / Journals / Magazines / Newsletters
- Internet / Websites – Citation
- Prajapati PK, Rohit Sharma have tried to put a focus on the lifestyle recommended by Ayurveda which includes Dinacharya (daily regimen for healthy living), Ritucharya (seasonal regimen for healthy living), Sadvaritta (moral conducts) and Achara Rasayana (social conducts) as a well established guidelines for healthy diet and lifestyle. The concern is registered over the disturbed lifestyle resulting in health related disorders majorly type2 diabetes. Their aim of having this review is to bring into the limelight the Ayurvedic dietary and lifestyle guidelines for prevention of type2 diabetes and making available factual research evidence validating it.
- In the publication “Ayurvedic Concept of Obesity, Metabolic Syndrome, and Diabetes Mellitus” r Hari Sharma and H. M. Chandola has emphasized on the necessity of the health care system known as Ayurveda which has much to offer in curing and preventing the immense disorders like obesity, metabolic syndrome and diabetes mellitus. As per their study and observations this not only makes the humans suffer but puts a burden over global economics as well. So to lead the global population out of it Ayurveda is the best available health care system to the mankind. It makes the authors to suggest that the theoretical background and comprehensive set of strategies Ayurveda utilizes to treat the health may be valuable in managing obesity, metabolic syndrome, and diabetes mellitus in an efficacious and cost-effective manner.
- In the paper appraising the Ayurvedic approach towards the Ideal Diet Planning author Sulochana Bhat and G. S. Lavekar has enumerated how it deals with all the diseases by detailing the food we eat. It has so much in detail information about the foods we should eat based on our body type such as what ingredients it should consist, how it should be cooked, what needs to be followed and what needs to be restricted. Also it gives adue consideration to the atmosphere, psychological condition, status of health, digestion etc. of the person. Age, season, habitat and the preference of the person gives more accuracy for managing and preventing the diseases

through the diet regime as per Ayurveda which is also known as “Pathya Vyavastha (dietetics)”.

- Preetam Sarkar, Lohith Kumar, DH Chanda Dhumal, Shubham Subrot Panigrahi, Ruplal Choudhary quoted “The Ayurveda contains a wealth of knowledge on health sciences” which stands appropriate in today’s globalization. As the diets or food recommendations illustrated in Ayurveda helps in managing and curing the diseases and which are the base for Indian traditional food from all its regions, in a way it could be said that Ayurvedic food and its dietary guidelines are what Indian regional traditional food is. The Indian traditional food based on Ayurvedic guidelines could prove very helpful to the global population considering the age and health condition and seasonal considerations as well.
- Amala Guha, referred to the Ayurvedic concept of food and nutrition which not only nourishes the body but the mind and soul as well. Placing an emphasis on Ahar (diet) and Anna (food) Ayurveda does not discriminate food to be good, or bad, instead it emphasizes various factors that influences food, such as its biological properties, origin, environmental factors, seasons, preparation, freshness and provides a logical explanation of how to balance food according to one’s dosha (type of energy the body is constituted of) and its actual physical needs.
- M. M. Pandey, Subha Rastogi, and A. K. S. Rawat had focused the fact that due to growing modernization some traditional foods are sidelined resulting in poor health of the global population. The changed lifestyle has no time and money to look after the health care as it is the need of this era, but it seems less possible. These situations are making people to move towards their concern for wellness of their health. Ayurveda provides an ancient but still living tradition of medicines. Increased side effects, lack of curative treatment for several chronic diseases, high cost of new drugs, microbial resistance and emerging diseases are some reasons for renewed public interest in complementary and alternative medicines offered by ayurveda. Also the market is flooded with numerous varieties of functional foods derived from some traditional medicines and or its combinations. It is good to know with this review by M. M. Pandey, Subha Rastogi, and A. K. S. Rawat, about the Ayurvedic system of medicine and its role

in translational medicine in order to overcome malnutrition and related disorders.

OBJECTIVES

- To understand the awareness about the diets mentioned in Ayurveda.
- Acceptance of Ayurvedic diets from people by preferring the suitable diet for each body type.
- To know the right approach to the Ayurveda for a healthy lifestyle.
- People’s knowledge about Ayurvedic diets effectiveness.

RESEARCH METHODOLOGY

The data required for the research was collected using the following technique:

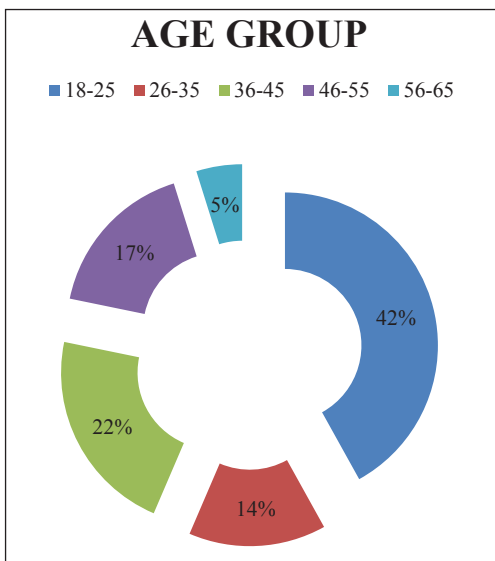
Survey with Structured Questionnaire: The researcher conducted a survey through a well drafted questionnaire covering all the points related to the Research topic. This was then floated online to collect the responses from the desired segment of students which is the Final Years student of Bachelor of Science in Hospitality Studies of All India Shri Shivaji Memorial Society’s College of Hotel Management and Catering Technology, the faculty teaching different subjects at All India Shri Shivaji Memorial Society’s College of Hotel Management and Catering Technology as well as Housewives, Working Professionals, Business People and professionals from the hotel industry. The sample size was 124 respondents.

- *Internet:* The general information is compiled to illustrate the subject in detail with some additional data.

DATA ANALYSIS AND INTERPRETATION

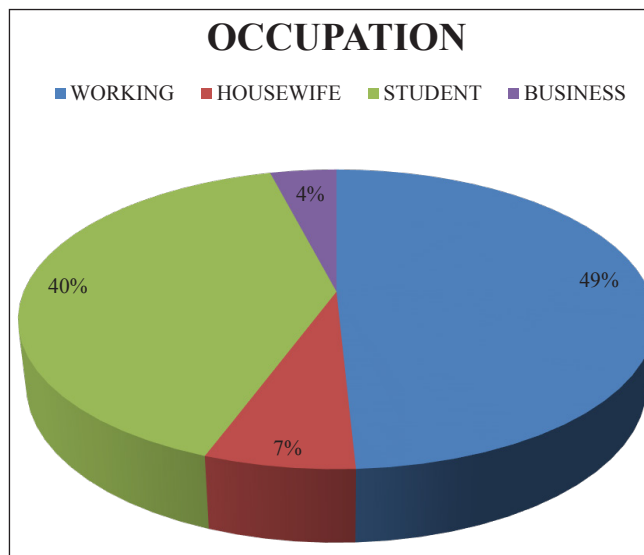
The data collected was analyzed using basic and advanced analytical tools. This also includes the detailed analysis of the data which was conducted with the purpose of attaining the set objectives of the research. Mentioned below is the analysis which be presented graphically and in tabulated form for better interpretation. The Interpretation of the collected data was done by drawing inferences from the collected facts after the analysis of the study.

Age Group of the Respondents



Inferences: According to the above chart out of 124 respondents majority of the respondent i.e. almost 42% are from the age group of 18–25 years and the rest of the respondents are from the other age groups mentioned as above i.e. 26-35, 36-45, 46-55, and 56-65.

Occupation of the Respondents



Inferences: According to the above chart out of 124 respondents majority of the respondent i.e. almost 49% were students from the age group of 18–25 years and the rest of the respondents were belonging to the other occupation respectively.

Table 1 – Frequency Analysis – Awareness of Types of Ayurvedic Diets and Their Description or Explanation were Observed by Mismatching or by Interchanging the Information, which are Sattvik, Rajasik and Tamasik. The Response was Expected Either True or False

Sattvik	Age Group	18-25		26-35		36-45		46-55		56-65	
	Count	T-15	F-37	T-3	F-15	T-3	F-24	T-3	F-18	T-1	F-5
Rajasik	Age Group	18-25		26-35		36-45		46-55		56-65	
	Count	T-36	F-16	T-7	F-11	T-15	F-12	T-15	F-6	T-4	F-2
Tamasik	Age Group	18-25		26-35		36-45		46-55		56-65	
	Count	T-23	F-29	T-5	F-13	T-10	F-17	T-7	F-14	T-1	F-5

The following false statement was asked to understand the awareness about Sattvik Diet

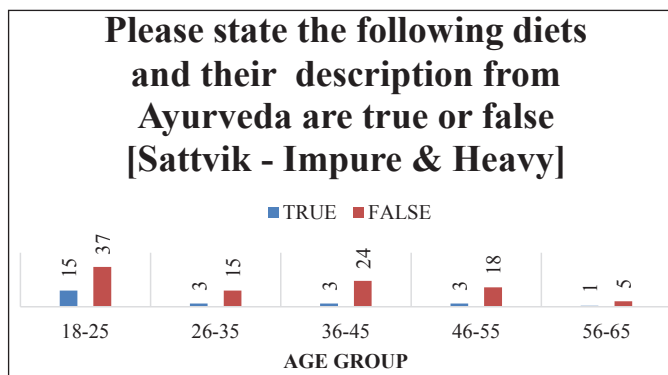
[Sattvik - Balancing Foods] – True

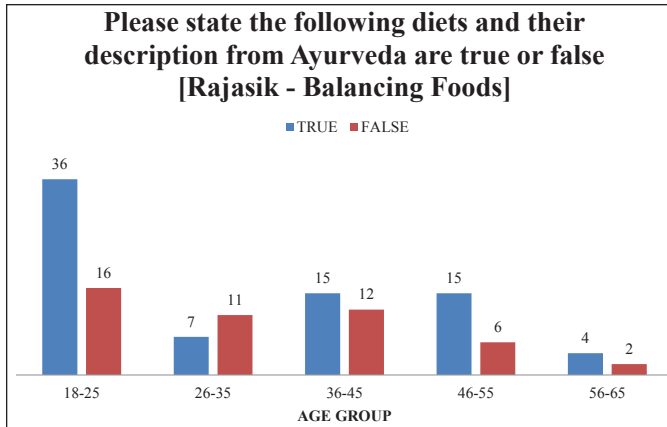
[Sattvik - Impure & Heavy] – False

The following false statement was asked to understand the awareness about Rajasik Diet

[Rajasik - Fresh and Heavy to digest] – True

[Rajasik - Balancing Foods] – False

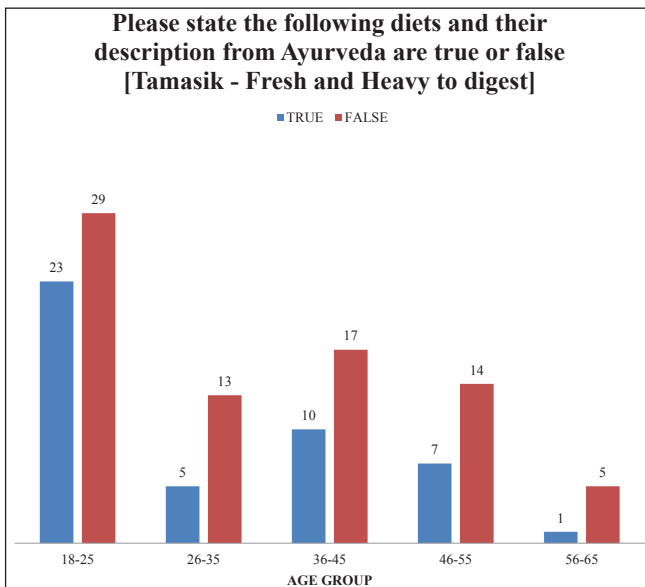




The following false statement was asked to understand the awareness about Tamasik Diet

[Tamasik - Impure and Heavy] – True

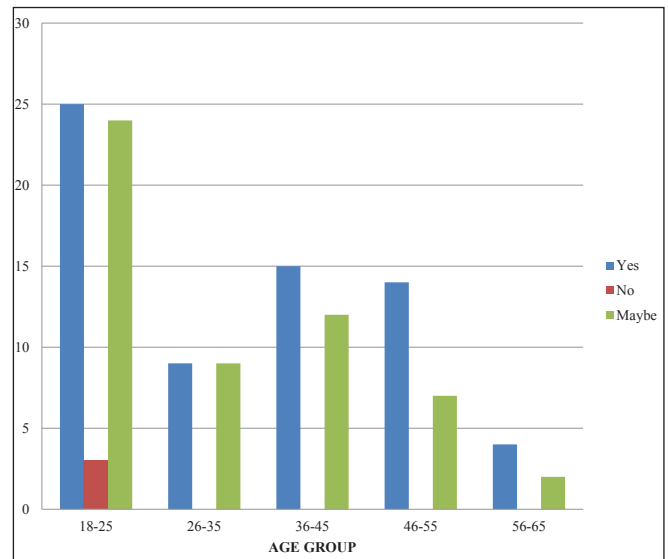
[Tamasik - Fresh and Heavy to digest] – False



Observation: As per the above table and charts it is seen that out of 124 respondents count of ‘99’, ‘47’ and ‘78’ is the respondents who have agreed upon the parameter “False”, whereas the count of respondent for the parameter “True” is ‘25’, ‘77’ and ‘46’ respectively for Sattvik, Rajasik and Tamasik respectively.

Interpretation: According to the above observation Awareness of types of food diets on the basis of its description mentioned in the Ayurveda needs to be focused and made clear in understanding for everyone in the society. This will initiate the acceptance of Ayurvedic diets in their day to day life, leading towards the healthy and prospering lifestyle.

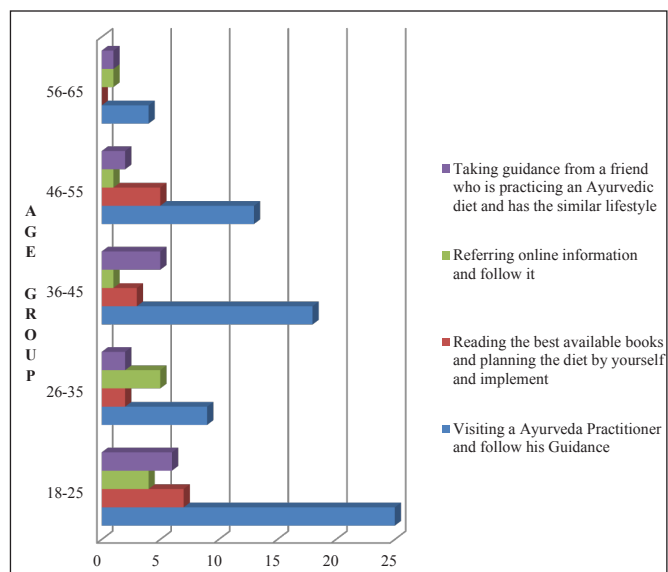
Would You Prefer to Adopt the Suitable Diet as per the Ayurveda?



Observation: The graph indicates that out of 124 respondents considering all the age groups 67 respondents agrees and thinks it is better to adopt a diet as per Ayurveda and 54 are not sure about the same whereas only 3 respondents disagree.

Interpretation: The knowledge about ayurveda which makes us to decide its adoption is not that much known to people in comparison with its incomplete understanding.

What would be the Right Approach towards Ayurveda for a Healthy Lifestyle?

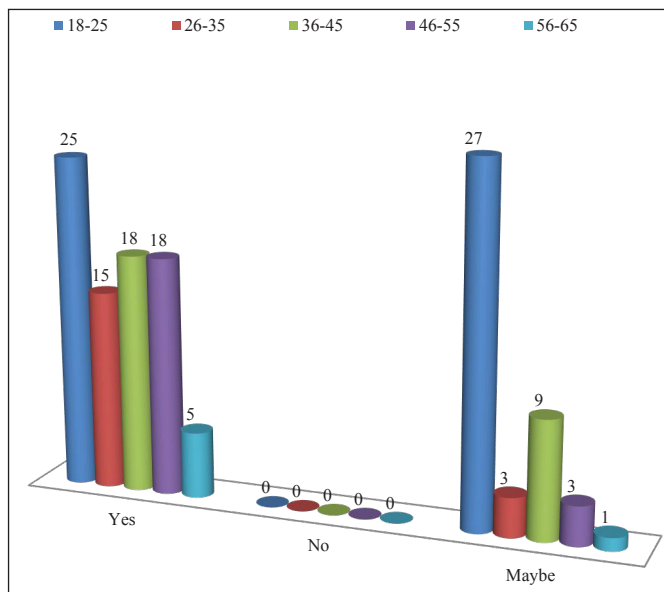


Observation: Out of 124 respondents all the age groups respondents following were the opinions about the approach towards Ayurveda for a Healthy Lifestyle.

- Visiting a Ayurveda Practitioner and follow his Guidance – 69 responses.
- Reading the best available books and planning the diet by yourself and implement – 17 responses.
- Referring online information and follow it – 12 responses.
- Taking guidance from a friend who is practicing an Ayurvedic diet and has the similar lifestyle – 16 responses.

Interpretation: As expected most of the respondents have chosen the first option of “Visiting a Ayurveda Practitioner and follow his Guidance”, whereas it seems that few others have opted for other provided choices, it can be considered as a difference of opinions with different effecting factors on the individuals.

Does the Ayurvedic Diet Really Benefits to the Healthy Lifestyle?



Observation: According to the above graph, out of 124 respondents 81 have agreed that the Ayurvedic diets really benefits to the healthy lifestyle in contrast 43 respondents are not sure about the effects about the Ayurvedic diets on the health. Also none of the respondent had a “No” as an answer.

Interpretation: Mostly everyone is aware about the influence or benefits that Ayurvedic Diets are going

to have on the health of the human beings. Due to the globalization life has become too busy and stressed where the diet would help to straighten up most of the health related issues. So the efforts are needed to change the “Maybe” into “Yes”.

FINDINGS

According to the analyzed data below mentioned are the findings:

- Majority of the respondent were students and belonging to the age 18-25 years respectively.
- Ayurvedic diets are very much required for today’s lifestyle and should be taken seriously into consideration. The responses received are also strongly supporting the statement that Ayurvedic Diets does really benefits to the Healthy Lifestyle.
- Ayurvedic diets and foods suggested in it with its cooking styles could be practiced on a regular basis because of its good health benefits. The adoptability and the practicality are seen occasionally because of the busy day to day schedule but on the other hand people would always like follow it every day.
- As the world is getting more diet conscious people are getting back towards the forgotten treasure of health which could be a key to longer and healthier life. This is a great gift from our ancestor which we need to adopt and nurture so that we can pass it as it is to our next generations.
- Globalization has created an unwanted stress and pressures in day to day life, which fortunately has been realized by most of the population. Most of the people are opting for different types of diets to keep the physical health in good status, one of the most or rather it can be considered as the most preferred and followed diets are the Ayurvedic diets.
- The respondents would like to adopt the Ayurvedic diet which suits to their body type based on energy it constituted of. They also think that it is the best diet available in today’s time of globalization.

SUGGESTIONS AND CONCLUSIONS

- There needs to be easier ways which should be available to gain the basic required knowledge to decide and follow the Ayurvedic diets by large number of individuals from all the levels of society.

- Study of Ayurvedic diets to be incorporated in the teaching schedules at the primary schooling, this will allow students to know more about it, understand its importance and can start implementing at an early stage where it could result in eradicating the diseases and disorders.
- The Ayurvedic diets needs to be learnt, understood and followed in everyday life, this would result in the definite healthy mankind.
- There is a need of written literature that too as easy information which could be affordable to all in terms of money as well as the knowledge.

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