CONCEPT OF AHARA WSR TO SHAREERIKA PRAKRUTI (BODY
CONSTITUTION)

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ABSTRACT

For positive health, Ayurveda has given three sub pillars- Ahara, Nidra and Abrahamacarya, which support the body itself. Ahara, is given importance for manifestation of disease and maintanence of health. Ahara plays a very vital role in satisfying all the aspects of Swastya. That which is ingested by the tongue down to the throat is called Ahara. The cause of disease is Ahitahara or Apathya as an aid in curing diseases in the form of Pathya. Prakruti is an important concept of Ayurveda that explains individuality and has role in prevention, diagnosis and treatment of diseases. It expresses unique trait of an individual that is defined by specific and permanent composition of Dosha at conception. Prakruti forms basis for understanding Sampraaapti (pathology), extent and Vikalpana (combinations) of vitiated Dosha and status of host factors. Prediction of proneness and severity of disease can be speculated that helps in prognosis judgment.

The diet for Vata Prakruti person should be rich in Madhura,Amla, Lavana Rasa. The Vata Prakruti person should avoid frequent skipping the meal ,because of Vishma Agni. Should have Snigdha(unctous) Guru(heavy),Ushna(hot) Gunas in good quantity. Should avoid too much of dry pungent light and cold Gunas in his diet. The diet for Pitta Prakruti person should be rich in Madhura, Tikta and Kashaya Rasa.It should be rich in Sheeta (cold), Guru(heavy) Gunas. He should avoid pungent, light, spicy, hot foods which will aggravate the Pitta. The diet for Kapha Prakruti person should be rich in Katu, Tikta and Kashaya Rasa. It should be rich in Ushna(hot), Laghu(light), Raksha(dry) Gunas. He should avoid too much sweets, dairy products, unctuous,which will aggravate the Kapha Dosha.

Keywords: Ahara, Shareera, Prakruti, body constitution.

INTRODUCTION

Swastya is the state of well-being. It includes Physical, Mental, Emotional, spiritual and Social well being of an individual. For positive health, Ayurveda has given three sub pillars- Ahara, Nidra and Abrahmacarya, which support the body itself1. Ahara, is given importance for manifestation of disease and maintenance of health. Ahara plays a very vital role in satisfying all the aspects of Swastya. That which is ingested by the tongue down to the throat is called Ahara. Cause of disease is Ahitahara or Apathya and curing of diseases in the form of Pathya.

Doshas vitiate due to excess consumption of Eka Rasa, which are not conducive for health. Madhura Rasa Atiseavana causes diseases like Stoulya, Alasya etc. Similarly,
excess use of Amla, Lavana, Katu, Kashaya and Tikta Rasa produces Roga. Eka Rasa alone or in combination if used improperly they may be damaging to the body².

Prakruti is an important concept of Ayurveda that explains individuality and has role in prevention, diagnosis and treatment of diseases. It expresses unique trait of an individual that is defined by specific and permanent composition of Dosha at conception. Prakruti is specific composition of Dosha that is permanent throughout the life. Dominance (Utkata) and unchangeable (Avyaabhichaari) nature of Dosha are called as Prakruti³.

Tridosha are basic factors responsible for health and disease. Dosha are biological expression of Mahaabhoota. They govern all functions of body and mind but on vitiation produce diseases. Vata, Pitta and Kapha are three Dosha. Each Dosha possesses specific Guna or attributes. These attributes are defined according to pharmacological actions and form base for diagnosis, treatment, diet and lifestyle advisable.

Prakruti forms basis for understanding Sampraapti (pathology), extent and Vikalpana (combinations) of vitiated Dosha and status of host factors. Prediction of proneness and severity of disease can be speculated that helps in prognosis judgment.

Vata Prakruti is illustrated on the basis of Ruksha, Laghu, Chala, Sheeghra, Sheeta, Parusha, Vishada, Alpa Guna. Each Guna is responsible for specific characteristics. Sushruta and Vagbhata, Harita, Bhavmishra and Sharangdhara describe Prakruti on anatomical, physiological and psychological characters. Sushruta and Vagbhata (Samgraha and Hridaya) have added numerous objective parameters as: cracked legs and feet and developed calf muscles of Vata Prakruti, coppery hair and laxity of joints for Pitta Prakruti, long arm, wider chest and muscular body of Kapha Prakruti. Dreams, liking and disliking of different Prakruti have elucidated by other Samhita⁴.

Just like modern science explains balanced diet based on macro and micronutrients. Ayurveda explains it on the basis on Rasa, Guna, Virya and Vipaka. One has to look at the Prakruti, Agni, Kostha of a person and Rasa, Guna, Virya, Vipaka of food and also the Rutu(season) for designing a ideal dietary regimen A proper wholesome diet should be containing food stuff having all five Mahabhutas, all six Rasas, two types of Viryas (Sheeta and Ushna), eight types of Viryas (Sheeta, Ushna, Snigdha, Ruksha, Vishada, Picchila, Mrudu, Teekshna) and should be suiting his body constitution.

In Vata Prakruti appetite will be variable in nature. So the time required for digestion will vary because of the Vishama Agni. In Pitta Prakruti the appetite will be good and strong and the digestion will be quick due to Teekshna Agni. In Kapha Prakruti the appetite will not be as strong as in Pitta and digestion will be slow and the person can even skip meal without undue discomfort⁵.

Vata Prakruti person will have dominance of Tikta, Katu, Kashaya rasa in him so his diet should be consisting of Madhura, Amla, Lavana Rasa. Pitta Prakruti person will have dominance of Katu, Amla, Lavana Rasa so his diet should be rich in Madhura, Tikta, Kashaya Rasa. Kapha Prakruti person will have dominance of Madhura, Amla, Lavana in him so balanced diet for Kapha Prakruti should be one that is rich in Katu, Tikta, Kashaya Rasa⁶. Vata Prakruti – Amleerasa Bhojanecchu (desire for sour taste) Pitta Prakruti – Tiktarasanubhojee (desire for bitter taste) Kapha Prakruti – Tikta Katu
Ushna Bhojee (desire for bitter pungent and hot food)

**DISCUSSION**

The diet of a person should contain the *Gunas* and *Rasas* which will keep the *Doshik* balance of the body in equilibrium. e.g: a *Vata Prakruti* person with a dominance of *Ruksha* (dry) *Guna* should also have a good amount of *Snigdha* (unctuous) food in order to balance the excess *Ruksha Guna* which is naturally seen in him.

**Diet for Vata Prakruti:**

The diet for *Vata Prakruti* person should be rich in *Madhura, Amla* and *Lavana Rasa*. The *Vata Prakruti* person should avoid frequent skipping the meal because of *Vishma Agni*. Should have *Snigdha* (unctuous) *Guru* (heavy), *Ushna* (hot) *Gunas* in appropriate quantity. Should avoid too much of dry pungent light and cold *Gunas* in his diet.

**Food items suitable for vata prakruti individuals:**

- **Grains:** Rice, wheat, oats, amaranth, all cooked until tender.
- **Cooked Vegetables:** Asparagus, tender greens, carrots, peas, green beans, lauki squash, sweet potatoes.
- **Fruits:** pineapple, papaya, peaches, plums, grapes, mangoes, oranges, cherries, all kinds of berries, limes and lemons, coconut, fresh figs, raisins (soaked), all ripe and sweet.
- **Lentils:** Mung beans, black beans, all cooked until butter-soft.
- **Dairy:** Whole milk, cream, butter, fresh yogurt (cooked into foods), lassi, cottage cheese, fresh paneer cheese.
- **Oils:** Ghee, olive oil, walnut oil.
- **Herbs:** curry leaves, fresh basil, fresh fennel, fresh mint.
- **Nuts and Seeds:** Almonds (soaked and blanched), sunflower seeds, pumpkin seeds.
- **Spices:** Ajwain, dried ginger, asafetida (hing) in small quantities, fenugreek, turmeric, cumin, clove, cardamom, coriander, black pepper, basil, mustard seed, rock salt or sea salt, dried mango powder, pomegranate seeds or powder.

**Diet for Pitta Prakruti:**

The diet for *Pitta Prakruti* person should be rich in *Madhura, Tikta* and *Kashaya Rasa*. It should be rich in *Sheeta* (cold), *Guru* (heavy) *Gunas*. He should avoid pungent, light, spicy, hot foods which will aggravate the *Pitta*.

**Food items suitable for Pitta Prakruti individuals:**

- **Grains:** Rice, wheat, barley, oats all cooked until tender.
- **Vegetables:** Asparagus, tender and bitter greens, bitter gourd, carrots, fennel, peas, green beans, lauki squash, cauliflower, beets, sweet potatoes, all cooked, carrots or cucumber.
- **Fruits:** pineapple, peaches, plums, grapes, mangoes, melons, pears, pomegranates, cherries, all kinds of berries, apples, coconut, dates, fresh and dried figs, raisins (soaked), all ripe and sweet.
- **Lentils:** Mung beans, urad dhal, red or brown lentils, black beans, all cooked until butter-soft.
- **Dairy:** Whole milk, cream, butter, fresh yogurt (cooked into foods), lassi, cottage cheese, fresh paneer cheese.
- **Oils:** Ghee, olive oil, walnut oil.
- **Herbs:** curry leaves, fresh basil, fresh fennel, fresh mint.
- **Nuts and Seeds:** Almonds (soaked and blanched), sunflower seeds, pumpkin seeds.
- **Spices:** Turmeric, cumin, cardamom, coriander, fennel, small quantities of black pepper, mint, saffron, dill.

**Diet for Kapha Prakruti:**

The diet for *Kapha Prakruti* person should be rich in *Katu, Tikta* and *Kashaya Rasa*. It should be rich in *Ushna* (hot), *Laghu* (light), *Ruksha* (dry) *Gunas*. He should avoid too much sweets, dairy products, unctuous, which will aggravate the *Kapha Dosha*. 
Food items suitable for Kapha Pradhana Prakruti:

CONCLUSION
Swastya is the state of well-being. It includes Physical, Mental, Emotional, spiritual and Social well being of an individual. For positive health, Ayurveda has given three sub pillars- Ahara, Nidra and Brahmacharya, which support the body itself. Ahara, is given importance for manifestation of disease and maintenance of health. The diet of a person should contain the Gunas and Rasas which will keep the Doshik balance of the body in equilibrium. e.g: a Vata Prakruti person with a dominance of Ruksha (dry) Guna should also have a good amount of Snigdha (unctious) food in order to balance the excess Ruksha Guna which is naturally seen in him.
The diet for Vata Prakruti person should be rich in Madhura, Amla, Lavana Rasa. The Vata Prakruti person should avoid frequent skipping the meal because of Vishma Agni. Should have Snigdha (unctious) Guru (heavy), Ushna (hot) Gunas in good quantity. Should avoid too much of dry pungent light and cold Gunas in his diet. The diet for Pitta Prakruti person should be rich in Madhura, Tikta and Kashaya Rasa. It should be rich in Sheeta (cold), Guru (heavy) Gunas. He should avoid pungent, light, spicy, hot foods which will aggravate the Pitta. The diet for Kapha Prakruti person should be rich in Katu, Tikta and Kashaya Rasa. It should be rich in Ushna (hot), Laghu (light), Ruksha (dry) Gunas. He should avoid too much sweets, dairy products, unctious, which will aggravate the Kapha Dosha.

REFERENCES

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