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Review Article

THE ROLE OF *AHARA* IN HEALTH: ANALYZING *NITYA SEVANIYA DRAVYA* AMIDST MODERN DIETARY SHIFTS

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ABSTRACT

In the *Upanishada*, food is regarded as *Brahma*, the supreme entity. *Acharya Charaka* highlights that both the body and diseases are formed from food, with wholesome food leading to happiness and unwholesome food leading to misery. Similarly, *Acharya Kashyapa* refers to food as *Mahabheshaja* (the supreme medicine). World Health Day, celebrated on April 7th, underscores the importance of food safety with the slogan "From farm to plate, make food safe," reflecting the critical role of *Ahara* (food) in health. **Objectives:** To examine the role of *Ahara* in Ayurveda, particularly its influence on health and disease, and to explores the consequences of modern dietary changes on traditional Ayurvedic recommendations. **Methods:** First, a literary study was conducted using classical Ayurvedic texts such as the *Charaka Samhita*, *Sushruta Samhita*, and *Kashyapa Samhita* etc. Following this, additional literature was reviewed using various modern textbooks, research journals, and electronic databases. **Results:** In the contemporary era, many of the traditional *Ahara Dravya* (foods) recommended by Ayurveda have been replaced by their degraded versions, driven by taste and compatibility preferences. This article discusses the advantages and disadvantages of these dietary changes, highlighting the impact on health and alignment with Ayurvedic principles. **Conclusion:** *Ahara*, as a foundational element in Ayurveda, plays a crucial role in determining health outcomes. The shift from traditional Ayurvedic dietary recommendations to modern alternatives has both positive and negative implications, which require careful consideration to maintain health and well-being.

INTRODUCTION

Ahara is considered the most essential element sustaining life. According to *Acharya Charaka*, our body is the ultimate and supreme product of *Ahara*, which supports the sustenance of all living beings. Complexion, clarity, good voice, longevity, intelligence, happiness, satisfaction, nourishment, strength, and intellect are all derived from food.[1]

Acharya Sushruta states that food enhances vitality, strength, and makes the body sturdy. It boosts enthusiasm, memory, *Agni* (digestive fire), lifespan, luster, and *Oja* (immunity) of the body.[2]

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In the *Charaka Samhita, Acharya Charaka* mentions that adhering to a proper diet can lead to a life of 36,000 nights (100 years) free from diseases.[3] Such a life is healthy and blessed by good people. According to Ayurveda, food plays a crucial role in the continuous processes of wear and tear, growth, development, and protecting the body from decay and disease. A man can live without clothes or shelter but not without *Ahara*. Thus, *Ahara* is given prime importance among the three *Trayopasthamba* (three pillars of life). Properly consumed *Ahara* promotes the growth of the body, while improper consumption leads to various diseases. All types of diseases can be cured without any medicine by following a wholesome regimen, while even hundreds of medicines cannot cure a disease in the absence of a wholesome regimen.

Acharya Lolimbaraja emphasizes that in both health and disease, the *Pathya Ahara* (wholesome diet) and *Apathya Ahara* (unwholesome diet) are prime

factors.[4] Similarly, Acharya *Kashyapa* asserts that no medicine is equivalent to food and that proper *Ahara* alone can make a person disease-free.[5] Health depends on food quality and quantity.

For healthy living, Ayurveda emphasizes consuming the right kind of *Ahara*, which is healthy and nutritious. *Acharyas* have provided detailed descriptions of proper and improper quantities of food and their effects on the human body. Daily consumption of *Hita* (beneficial*), Avirudha* (non-antagonistic), *Satmya* (wholesome), and *Nitya Sevaniya* (regular) *Ahara* keeps a person disease-free.[6] Therefore, one should plan their diet according to their constitution. In present era, people have acquired sedentary lifestyle causing many lifestyle disorders.

AIMS AND OBJECTIVES

1. To Study the concept of *Nitya Sevaniya Ahara*.
2. To study the concept of degraded versions of *Nitya Sevaniya Ahara*.
3. To evaluate the effects of degraded versions of *Nitya Sevaniya Ahara* on health.

MATERIALS AND METHODS

Firstly, literary study was performed in classical Ayurvedic text such as *Charaka Samhita, Sushruta Samhita*, *Kashyapa Samhita* etc. Then for further literature study has been gone through various modern text book, research journal and electronic database.

DISCUSSION

In Ayurveda, *Ahara* (food) is integral to maintaining health and balance within the body. According to Ayurvedic principles, food should not only nourish but also maintain the equilibrium of the *'Tridosha'* (*Vata, Pitta,* and *Kapha*), which is crucial for overall health. The concept of *Nitya Sevaniya Dravya*, emphasized by ancient scholars such as *Acharya Charaka* and *Vagbhata*, underlines the essential role of nutrition in sustaining health and preventing diseases. Proper consumption of food characterized by its quality, quantity, and manner of intake supports growth, vitality, and tissue health, there by fostering a well-balanced and disease-free life. However, the contemporary food landscape presents significant challenges to these Ayurvedic principles. The quality of food today has deteriorated due to various factors, including environmental pollution, excessive use of pesticides and fertilizers, and industrial food processing. These changes have led to a decrease in the nutritional value of food and an increase in the presence of harmful substances that can disrupt the body's balance. Such degraded food can negatively impact the *Tridosha* and contribute to health issues, countering the fundamental Ayurvedic approach to nutrition. The shift towards processed and chemically treated foods reflects a departure from traditional Ayurvedic practices, which emphasize the consumption of natural, wholesome, and minimally processed foods. Modern dietary patterns, characterized by high levels of refined sugars, artificial additives, and unhealthy fats, contrast sharply with the Ayurvedic ideal of fresh, organic, and balanced nourishment.

To align with Ayurvedic principles and safeguard health in the face of contemporary food challenges, it is essential to prioritize organic and natural food sources. Reverting to traditional agricultural methods, reducing reliance on processed foods, and adopting a mindful approach to nutrition can help restore the balance of the *Tridosha* and support overall well-being. Emphasizing these practices can bridge the gap between ancient Ayurvedic wisdom and modern dietary realities, promoting a healthier and more balanced lifestyle. People have changed their food habits according to their taste, time, availability and convenience. Many elements of *Nitya Sevaniya Ahara* have been replaced by their degraded versions, which is impacting the health a lot.

These are stated as follows:

***Shashtikashali* (Rice Maturing in 60 Days)**

Shashtika Shali, mentioned by *Acharya Charaka*, is highly valued among *Shukadhanya varga*[7] and matures in *Grishma Ritu*.[8] It has *Laghu*, *Mrudu*, and *Snigdha guna*, with *Madhura Rasa*, *Kashaya Anurasa*, *Madhura Vipaka*, and *Sheeta virya*.[9] Its properties include *Tridoshaghna*, *Sthira*, *Grahi*, *Dhatuvardhaka*, *Shukrajanana*, *Balya*.[10] Rich in dietary fibre, vitamins (thiamine, riboflavin, niacin, pyridoxine), minerals (magnesium, phosphorus, selenium), antioxidants (phenolic compounds and flavonoids), and omega-3 and omega-6 fatty acids.

Table 1: Showing Ayurvedic pharmacological properties of *Shashtika shali*

Latin name	Oryza sativum
English name	Rice
Family	Gramineae
Gana	*Shuka dhanya varga*
Guna	*Laghu, Snigdha*

Rasa	*Madhura*
Anurasa	*Kashaya*
Virya	*Sheeta*
Vipaka	*Madhura*
Doshaghanta	*Tridosha*
Karma	*Hrudya, Ruchikara, Pittahara, Vrishya, Vishaghna, Mutral, Brimhana, Swarya, Baddhavarchskara*

Polished white rice

White polished rice is processed through cleaning, hulling, milling, polishing, grading, sorting, and packaging, removing the bran and germ layers. This enhances appearance and texture but strips away essential nutrients.[11] The bran contains fibre, B-vitamins (thiamine, riboflavin, niacin, B_6), and minerals (magnesium, phosphorus, zinc, iron), while the germ is rich in healthy fats, B vitamins, antioxidants, and omega fatty acids.[12] Polished rice mainly consists of starchy endosperm and loses significant nutritional value, including fibre, vitamins, minerals, and antioxidants.[13] Though some varieties are enriched, they still lack the full nutritional benefits of unpolished rice like *Shashtika shaali*.

Saindhava Lavana

Saindhava Lavana, or Himalayan rock salt, is mined from the Sindh region in Pakistan and is considered one of the purest salts. It has *Madhura Anurasa*, *Sheeta virya*, *Snigdha guna*, and properties such as *Tridoshaghna*, *Hridaya*, *Dipana*, *Vrushya*, *Chakshushya*, and *Ruchikara*.[14] The salt is hand-harvested to maintain its natural purity and avoid modern pollutants. It is manually extracted, washed to remove impurities, and sun-dried to enhance flavour and texture.

Table 2: Showing *Ayurvedic* pharmacological properties of *Saindhava Lavana*

Latin name	Sodium chloride
English name	Rock salt
Gana	*Pancha lavana* and *Shad Lavana*
Guna	*Visyandi, Sukshma, Ushna, Vyavayi, Snigdha, Tikshna, Laghu*
Rasa	*Lavana, Madhura*
Virya	*Sheeta*
Vipaka	*Madhura*
Doshaghanta	*Tridoshamak*
Karma	*Agnideepaka, Pachaka, Ruchikaraka, Chakshushya, Lekhana, Vibandh Ahara, Hridya, Shoth Ahara, Vrana, Sodhaka* and *Ropana*

Iodized Salt

Iodized salt is table salt fortified with iodine, crucial for thyroid function and preventing iodine deficiency disorders. In Ayurveda, its use is limited due to a few concerns:

1. Iodine Content: While beneficial for thyroid health, excessive iodine can disrupt *Dosha* balance, especially in those with *Pitta* or *Kapha* predominance.[15]

2. Heating Effect: Iodized salt is considered heating, potentially aggravating *Pitta dosha* and leading to issues like acidity and inflammation if consumed in excess.[16]

3. Processing Concerns: The fortification process may involve chemical additives and refining, which can reduce the natural mineral content of the salt.[17]

Yava

Yava has *Kashaya Rasa, Madhura Anurasa, Sheeta Virya,* and properties like *Lekhaniya, Mridu, Medhya, Deepana, Anabhishyandi, Swarya, Balya.*[18] Rich in dietary fibre, especially beta-glucan, barley helps regulate blood sugar by slowing glucose absorption. It contains vitamins, minerals, and antioxidants, contributing to overall health. With a lower glycaemic index than wheat, barley causes a slower increase in blood sugar, making it beneficial for diabetes management. Its high fibre content and lower glycaemic index make barley a nutritious whole grain option for controlling blood sugar and supporting overall health.

Table 3: Showing Ayurvedic pharmacological properties of *Yava*

Latin name	*Hordeum vulgare* Linn.
Family	Gramineae
Guna	*Laghu*, *Ruksha*, *Pichilla*, *Mridu*, *Sara*
Rasa	*Madhura, Tikta*, *Kashaya*
Virya	*Sheeta*
Vipaka	*Katu*
Doshaghanta	*Kapha, Pittashamak* and *Vatakara*
Karma	*Kapha Shamaka, Mutrala, Lekhana Medohar*, *Vrushya*, *Balya, Varnya, Swarya, Agnideepana*

Godhuma

Godhuma has *Madhura Rasa*, *Sheeta Virya*, and properties such as *Guru*, *Snigdha*, *Vrushya*, *Jeevaniya, Brumhaniya, Varnya, Balya*, *Ruchiprada*, *Sandhankruta*, *Kaphakruta*, and *Vata-pittaghna*.[19] Whole wheat, including whole wheat flour, contains fibre, vitamins, minerals, and antioxidants, though slightly less fibre compared to barley. Its glycaemic index can vary, but it generally has a higher glycaemic index than barley. Whole wheat can be part of a balanced diet for diabetes if consumed in moderation and as whole grain varieties to avoid rapid blood sugar spikes.

Godugdha

Godugdha is having *Madhura Rasa, Sheeta Virya, Jeevaniya, Rasayana, Medhya, Balya, Stanyakara, Sara, Shramahara, Ojovardhaka* properties.[20]

Table 4: Showing Ayurvedic pharmacological properties of *Godugdha*

Synonyms	*Dugdha, Ksheera, Paya*
Guna	*Sheeta*, *Mridu*, *Snigdha*, *Bahala*, *Guru* and *Manda*
Rasa	*Madhura*
Virya	*Sheeta*
Vipaka	*Madhura*
Prabhava	*Manaskara*
Doshaghanta	*Kapha-Pitta shamak and Vatakara*
Karma	*Tarpana, Hridya, Buddhivardhaka, Jivaniya, Rasayana, Brimhana.*

Traditional Cow Milk

Traditionally, cow milk is sourced directly from cows that are often grass-fed and raised in natural environments. It is considered pure, especially if the cows are well-treated and follow a natural diet. Fresh cow milk is believed to retain all its natural nutrients, including vitamins, minerals, enzymes, and beneficial bacteria. It is rich in *Prana* (life force), which is vital for overall health and well-being. Milk is often boiled to enhance its digestibility and to kill any harmful pathogens. Boiling milk with spices like turmeric, cardamom, and ginger can increase its therapeutic properties. Promotes *Oja* (immunity), which is essential for immunity and vitality. Supports tissue nourishment, especially the bones and muscles. Helps in balancing *Vata* and *Pitta dosha*.

Pasteurized Milk

Typically, from industrial dairy farms, pasteurized milk is heated to kill harmful bacteria, which also destroys some beneficial enzymes and vitamins, reducing its nutritional value. It is harder to digest and may cause imbalances in the body, being less effective in promoting *Oja* and balancing *Dosha* compared to traditional milk.

A1 Cow milk

Contains both A1 and A2 beta-casein proteins, with higher A1beta-casein, which may cause digestive discomfort in some people. It is a good source of calcium, vitamins D, and B_{12}, important for bone health, muscle function, nerve function, and red blood cell formation.

A2 Cow milk

Contains primarily A2 beta-casein, potentially easier to digest than A1. Similar in fat and carbohydrate content to A1 milk, it also provides essential nutrients like calcium, vitamins D, and B_{12}, offering the same health benefits.

Goghrita: *Goghrita* is having *Madhura Rasa, Sheeta virya, Vata-Pittaghna, Ojovardhak, Tarpaka, Vrushya, Mrudu, Swarya, Varnya* properties.[21]

Table 5: Showing Ayurvedic pharmacological properties of *Ghrita*

Latin name	*Butryum departum*
Gana	*Madhura skandhas*
Source	Animal
English name	Clarified butter
Synonyms	*Ajya, Havi, Sarpi, Ghrita*
Guna	*Snigdha, Mridu, Sheeta, Guru, Yogavahi*
Rasa	*Madhura*
Virya	*Sheeta*
Vipaka	*Madhura*
Doshaghanta	*Vata-Pitta, Shamaka, Kaphavriddhikar*
Karma	*Deepaniya, Vayasthapana, Rasayan, Medhya, Chakshushya, Vrishya, Lavanya, Rakshoghna, Vayasthapaka, Rochak, Kantivardhaka, Vishahara, Agnivardhaka, Oja Teja, Bala Ayushyavriddhikar, Balavardhaka, Smritivardhaka*

Traditionally Made *Ghrita* (Ghee)

Traditional *Ghrita* is made by simmering unsalted cow's milk butter over low heat until water evaporates and milk solids separate, leaving pure clarified butter. Often churned from cultured cream, it has a rich flavour and beneficial bacteria. *Ghrita* is rich in healthy saturated fats, including MCTs like lauric acid, and contains fat-soluble vitamins A, E, and K_2, which support vision, immune function, and bone health. It may also contain trace minerals like calcium, phosphorus, and selenium, depending on the milk source. The distinct aroma and flavour of traditional *Ghrita* are influenced by cow breed, diet, and regional production methods.

Commercially Available Ghee

Commercial ghee is produced on a large scale using industrial processes, with varying butter sources and processing conditions. Like traditional ghee, it is primarily composed of saturated fats, but nutrient content can differ based on milk quality and processing methods. It may have lower levels of fat-soluble vitamins and minerals compared to traditionally made ghee due to processing. Some commercial ghee products contain additives like preservatives, flavour enhancers, or colorants to extend shelf life or enhance flavour and appearance.

Refined Oil

Refined oils are extracted from seeds, nuts, or fruits using high heat and chemicals, stripping away natural nutrients and beneficial compounds. They often lack vitamins and beneficial elements found in unrefined oils or ghee and can contain harmful trans fats if partially hydrogenated. High in omega-6 fatty acids, refined oils can contribute to inflammation and are considered less beneficial due to nutrient loss and potential harmful compounds. Excess consumption may increase *Pitta* and *Kapha dosha*, cause digestive issues, and create toxins (*Ama*) in the body. While they have a high smoke point and neutral flavour, they lack the rich taste and aroma of traditional ghee.

Madhu

Madhu is having *Madhura Rasa, Kashaya Anurasa, Ruksha, Sheeta, Deepana, Varnya, Swarya, Laghu, Hrudya, Vrushya, Chakshushya, Pittakaphaghna* properties.[22]

Honey is produced by bees from flower nectar, which is collected, stored, concentrated, and transformed into honey through enzymatic activity and evaporation in the hive. It primarily consists of natural sugars like fructose and glucose, with small amounts of other carbohydrates, vitamins, minerals, antioxidants, and enzymes. Raw honey has antibacterial properties due to its low pH and high sugar content. Its glycaemic index varies by floral source and processing, generally being lower than refined sugars, causing a slower increase in blood sugar levels.

Table 6: Showing Ayurvedic pharmacological properties of *Madhu*

English name	Honey
Guna	*Ruksha, Laghu, Sukshma*
Rasa	*Madhura, Kashaya*
Anurasa	*Kashaya*
Virya	*Sheeta*
Vipaka	*Madhura*
Doshaghanta	*Tridoshashamak*
Karma	*Lekhana, Sangrahi, Shodhana, Swarya, Chakshushaya, Mehaghna, Deepana, Vranashodhana, Srotoshodhana, Varnya, Medhya, Vrishya, Sangrahi, Lekhanam, Sandhanam, Ropanam, Chedanam, Prasadanam, Yogavahi*

Refined Sugars

Refined sugars, such as white sugar and high-fructose corn syrup, are produced from sources like sugarcane and sugar beets through extraction and chemical purification. They consist almost entirely of simple carbohydrates, primarily sucrose or a mix of fructose and glucose. Refined sugars offer empty calories with no essential nutrients and excessive consumption is linked to obesity, type 2 diabetes, and dental cavities.

Artificial Sweeteners

Artificial sweeteners are synthetic compounds that mimic sugar's sweetness with little to no calories. Produced through chemical synthesis, they are used in various processed foods and beverages. They are not metabolized in the body, providing minimal calories. While considered safe in moderation, concerns exist about their long-term effects, including potential links to weight gain, metabolic disorders, and gut microbiota disruptions.

Mudga

Mudga (whole moong dal) in Ayurveda is classified as *Laghu* (light) and *Ruksha* (dry), and is *Tridoshaghana* balancing *Vata*, *Pitta*, and *Kapha*.[23] It's particularly effective for balancing Pitta and *Kapha* due to its cooling nature and astringent taste.[24] Rich in dietary fibre, protein, vitamins, and minerals, *Mudga* aids digestion, supports bowel health, and helps manage cholesterol and blood sugar levels. It also contains antioxidants that reduce inflammation and oxidative stress, and its low glycaemic index and calorie content make it beneficial for overall health.

Table 7: Showing Ayurvedic pharmacological properties of *Mudga*

Latin name	*Vigna radiata Linn.*
English name	Green Gram
Guna	*Laghu, Ruksha*
Rasa	*Madhura, Kashaya*
Virya	*Sheeta*
Doshaghana	*Kapha-Pittaghna*
Karma	*Grahi, Chakshushya* (good for eyes), *Jvaraghna*

Polished Moong Dal

The polishing process removes the outer husk, resulting in a significant reduction in dietary fibre content. This makes polished moong dal less effective in promoting digestive health. Although still rich in protein, the content may be slightly reduced due to the removal of the husk and other parts during processing. The polishing process can lead to a loss of these essential vitamins and minerals, making polished moong dal less nutritionally dense. The antioxidant content is reduced in polished moong dal due to the removal of the outer layers, which contain most of these compounds. The glycaemic index may be slightly higher than whole moong dal due to the reduction in fibre and other components, which can lead to quicker glucose absorption. Slightly higher in caloric density because the fibre content is reduced, leading to a more concentrated calorie source per gram.

Antariksha Jala

In *Ayurveda*, water is regarded as the essence of life (*Jeevan*/*Prana*) and essential for the survival and well-being of all living beings.[25] It's not only vital for hydration but also for balancing the body's *Dosha* (*Vata*, *Pitta*, and *Kapha*) and carrying nutrients.

Rainwater, or *Varsha Jala*, is considered one of the purest forms when collected during early rainfall after the atmosphere is cleansed. Revered for its ability to balance all three *Dosha*, rainwater absorbs minerals like calcium, magnesium, and potassium, aiding in electrolyte balance. Its neutral to slightly acidic pH aligns with the body's natural levels, and its softness (low dissolved solids) ensures efficient hydration and detoxification. Rainwater is believed to support detoxification, ease digestion, and provide a cooling effect, particularly beneficial for *Pitta dosha* in hot seasons. However, it must be collected and stored properly to maintain its purity, as modern pollution can contaminate it.

Table 8: Showing Ayurvedic pharmacological properties of *Antariksha Jala*

Guna	*Laghu, Snigdha*
Rasa	*Avyakta Rasa*
Virya	*Sheeta*
Vipaka	*Madhur*
Doshaghanta	*Kapha Pitta Shamak* and *Vatakara*
Karma	*Jeevana, Tarpana, Hridya*

R.O. Water (Reverse osmosis water)

RO water often lacks essential minerals like calcium, magnesium, and potassium due to the filtration process, making it "empty" in terms of nutritional value. RO water usually has a slightly acidic pH, which can disrupt the body's acid-base balance if not remineralized. Although free from harmful contaminants, the lack of minerals and slight acidity may affect its absorption and utilization by the body. The absence of natural minerals and potential acidity in RO water may disturb *Dosha*, especially *Pitta* and *Vata*, and provide less nourishment.

Recommendations: Add natural salts like rock salt or Himalayan pink salt to restore mineral content and balance PH. Boiling RO water before drinking can enhance its properties.

Jangala Mamsa

Jangala Mamsa (wild game meat) is a high-protein food with all essential amino acids and B vitamins, including riboflavin and niacin, as well as iron and phosphorus. Goat meat (*Aja mamsa*) is considered neither too cold nor too hot, does not disturb the body's *Dosha*, and is similar to human muscle tissue.[26] It is nourishing, supports overall health, and aids in various bodily functions. Ayurvedic texts recommend it for its health benefits and compatibility with human tissues, particularly when consumed as a soup. It is the only type of red meat Ayurveda endorses for regular or medicinal use.

Table 9: Showing Ayurvedic pharmacological properties of *Jangala Mamsa*

Guna	*Guru*
Rasa	*Madhura*
Virya	*Sheeta*
Doshaghanta	*Pitta-Kapha dosha Vardaka*
Karma	Indicated in *Shosyata*, *Krushyata* (emaciation)

Hybridized Poultry meat

Naturally grown meat generally has better omega-3 to omega-6 fatty acid ratio, while poultry often has higher omega-6 content. Poultry from industrial farms may contain antibiotic residues, contributing to resistance. Naturally grown meats are less likely to have these concerns. Poultry farming often has a larger environmental footprint and raises animal welfare concerns due to intensive farming practices. Naturally grown meat often has superior flavour and a lower risk of contamination compared to poultry.

Amalaki

Amalaki is one of the richest sources of vitamin C in the plant kingdom, containing active compounds such as phyllemblin, gallic acid, tannins, pectin, and ascorbic acid. The vitamin C in *Amalaki* plays a crucial role in replenishing the body's energy. The fruit possesses antioxidant, hepatoprotective, and anti-inflammatory properties and is an effective iron absorption agent. As a potent *Rasayana*, *Amalaki* helps protect against diseases and reduces the risk of premature aging. *Acharya Charaka* and *Vagbhata* have praised *Amalaki* for its *Vayasthapana* (anti-aging) effects, and it is also recognized for its ability to alleviate *Tridosha*, particularly normalizing *Pitta dosha*.[27] *Vagbhata* further recommends *Amalaki*, especially for managing *Prameha* (diabetes), in combination with turmeric.[28] In addition to vitamin C, *Amalaki* is rich in minerals and vitamins, including calcium, phosphorus, iron, carotene, and vitamin B complex, making it a powerful antioxidant and anti-aging agent.

Table 10: Showing Ayurvedic pharmacological properties of *Amalaki*

Latin name	*Emblica officinalis*
family	Gramineae
Part used	*Phala* (fruit)
Guna	*Laghu, Ruksha, Sheeta*
Rasa	*Pancharasa (Amlapradhana)*
Virya	*Sheeta*
Vipaka	*Madhura*
Doshaghanta	*Tridosha Shamaka*
Karma	*Chakshushya, Keshya, Rechana, Deepana, Balya, Rasayana, Vayasthapana*

Madya

Alcohol accelerates aging through its detrimental effects on both body and mind. In *Ayurveda*, it aggravates the *dosha Vata*, *Pitta*, and *Kapha* leading to issues like dry skin, inflammation, and toxin build-up, while also depleting *Oja*, the essence of vitality and youthfulness.[29] Modern science similarly highlights alcohol's role in increasing oxidative stress, causing liver and brain damage, disrupting hormones, and weakening the immune system. These factors collectively lead to premature skin aging, cognitive decline, and a general decline in health, underscoring the need for moderation to preserve longevity.

CONCLUSION

Ayurveda emphasizes the importance of *Ahara* (food) for nourishing the body and maintaining the balance of the *'Tridosha'* essential for health. *Acharya Charaka* and *Vagbhata* concept of *Nitya Sevaniya Dravya* highlights the crucial role of proper nutrition in daily life. Consuming the right food in the right manner promotes growth, strength, vigour, and tissue health, while improper consumption leads to disease. In today's era, food quality has degraded due to pollution, chemicals, and modern farming practices, diminishing nutritional value and introducing harmful substances. In older times people used to have all these things in their most possible natural form with minimal procedures and changes. So, all these foods were having their nutrients and contents intact contributing to overall health. These wholesome foods always fulfilled body's day to day needs minimizing nutritional deficiencies and keep the human body healthy with strong immunity. The degraded versions of these foods are heavily processed, lacking most of nutritional profile leading to various deficiencies and thus causing many disorders. Ayurveda advocates for pure, wholesome, natural foods to maintain health and prevent disease. To uphold Ayurvedic principles, it is vital to revert to traditional farming practices and prioritize organic and natural foods for overall well-being.

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