

“Ayurvedic Aahar as a Preventive and Promotive Health Measure: A Comprehensive Study”

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Abstract:

In studying the Healthy Living branch of Ayurveda, it is well known that health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity and Aahar that which forms the portion of Swasthavritta (the normalcy of health) i.e. maintenance of health. This makes it a very attractive and interesting subject to investigate how the food consumed during Swasthavritta or towards that end or in other words how the diet named as Swasthavritta enhances preventive as well as positive health. In particular, it examines the system of Ayurvedic Food Science, its benefits in both body and mind, and its relevance to wellbeing. This information is the result of assessing of the population who is on Ayurveda food versus the one using the present-day diet. The findings indicate that Swasthavritta Aahar enforces effective digestion, immune processes and overall wellbeing. The findings of the study are that it is prudent that following the Ayurvedic dietary regimens can aid in the promotion of health as more of the disease can be prevented rather than let to develop and treat it.

Keywords: Swasthavritta, Aahar, Ayurveda, Preventive Health, Promotive Health, Lifestyle, Diet, Immunity, Wellness.

Introduction:

On the contrary, in today's world, health is often identified hand in hand with curing illness through the medium of drugs, surgeries, and technologization. Nonetheless, the ancient culture of India maintains that the propagation, health rather maintenance of is the essence of healthcare. Along with Ayurvedic approaches, this view is shared by the ancient Greece wisdom.

Swasthavritta is the combination of two signs where Swastha means one hale, while Vritta means a discipline. It can thus be said that Swasthavritta either translates to ‘Science of Good Living’ all healthy regimen. It details how one should lead their life normally including what to eat, how to exercises, when to sleep, etc.

all the principles of a hygiene in term of balanced social programmer (swastha) which includes tap.

This includes familiar aspects such as Diet (Aahar), Activities of daily living (Din Acharya), Management of the year (Ritucharya), Rest (Nidra), Hot reducing Ceremony (Vyayama) and mind control. Among all these, Aahar (food) is the most important because as per the Ayurveda,

‘Ahar serves the nourishment of life, strength and consciousness.’

When food is taken according to these principles, it helps to maintain the balance of the three vital energies (Tridoshas Vata, Pitta, and Kapha), which are responsible for physical and mental equilibrium. Thus, to the creative force (prana) within the five elements and the utter transcendent is ayurveda directed, and this is the Ayurvedic concept of life.



On the other hand, the way we currently live have created dietary patterns and ways of eating that are detrimental to the health of the individual such as taking too much refined food, eating at any hour, eating more than the stomach can accommodate, and eating without minding the amount of food one is consuming. These things have led to a surge in diet-related illnesses which include overweight, diabetes, high blood pressure, peptic ulcers, anxiety, frustration, among others. Lifestyle diseases have also been identified by the World Health Organization as a global epidemic, calling for the development of proactive health programs as opposed to reactive ones.

Simple and effective, this guideline proposed in Atharva Veda has stood the test of time. The principles of “Swasthavritta” prescribed in the Yajurveda carried forward this in the Ayurvedic culture. Thus, the art of “Swasthavritta” was developed considering the above principals. It included the design of Nutrition for the above principles of the diet and Food Psychology. For instances, people are advised to consume foods characterized as light and refreshing and offering more cooling properties during the summer. People like to consume food that give more heat and are more nourishing during the winter. Also, people are not supposed to take meals when they are not hungry. People should also try to avoid consuming food when they are not reminded. People should also eat food that has been cooked with oil and also has been freshly prepared. Such cultural norms develop healthy digestive capacity (Agni), efficient body metabolism, enhanced protective mechanisms (Ojas), and a clear mind (Sattva).

This report seeks to delve into Swasthavritta Aahar health care measures, which are designed to maintain the well-being of the recipient and prevent diseases among healthy people, and also evaluate its contribution to health and well-being in the country. It juxtaposes the health behavior of subjects who consume an ayurvedic diet with that of those subjects who consume a typical western diet. Furthermore, the research embarks on demonstrating the amalgamation of the Ayurvedic diet principles and how it could provide building blocks for maintaining health and wellbeing.

Literature Review:

In Ayurveda, the concept of a proper, sterile and neat life is referred to as Swasthavritta. The concept of Swasthavritta focuses on promotion of health principles so that there are no issues of organic health problems by aiming at the development of the healthy state without the disease through food intake (Aahar), behavior (Vihar) and daily regimens. Patwardhan (2015) further elaborates regarding the present-day significance of Swasthavritta. She points out that modifications in dietary and lifestyle patterns as per Ayurveda, can decrease the morbidity of non-communicable lifestyle disorders in India like diabetes, obesity and hypertension. To further illustrate, Joshi and Mehta (2018) were able to show that Ayurvedic diet practices, which are primarily based on hypothetically stimulating, especially warm, fresh, and unseasoned easy to digest foods were able to help improve their defensive functions and protect them from contracting any conditions and hence serve for the promotion and prevention of Swasthavritta Aahar.

There are many historical Ayurvedic literature which is the foundation of the described processes. Basic health on the other hand, as argued by Lad (2002) is achievable with an integration of all aspects of the wellness triangle; utilizing the balance of physical, mental and spiritual wellbeing. The health of an individual in regards to dietary and other maintenance parameters is appreciably captured in Sushruta Samhita as Dash (2000) insists that failing to follow the right eating and living patterns would bring about an exacerbation in the Tridoshas—Vata, pitta, Kapha hence the occurrence of pathological conditions. Yet another scholar, Tiwari (2011, 2013) adapts the similar concept for it states that there are certain dietary rules that need to be followed for good health, and modification of the treatment regimens basing on the person's constitution (Prakrit), Agni and ritur, in order to promote overall health and to prevent chronic illness.

This day and age, rather than seeming incompatible, Ayurvedic basics are shown to work exceedingly well with present day health practices. Ayurvedic preventive practices cater for the needs of the present-day health system. According to Sharma (2014), Ayurvedic dietetic intervention serves the purpose of boosting immunity and body strength and helps manage physical and psychological energy components. As also detailed by research conducted by Mishra, Singh and Dagenais (2001), strict dietary and lifestyle behavioral regimens of Ayurvedic medicine brings about a major reduction in the rates of chronic diseases and hence improved health outcomes. Bhattacharya and Satyanarayan (2010) focus on the fact that the application of Swasthavritta ensures the physical, mental and emotional coherence of a person making it a corner stone attraction for comprehensive wellness.

It should be noted that several analyses concentrate on the application of Ayurveda worldwide. Relatives towards the case in point, the pertinent research by (Lad & Frawley, 2000) concerns

about the preventive effects of such medications whereas it enlightens Swasthavritta; thereby showcases the treatment of modern lifestyle disorders. As illustrated by The National Institute of Ayurveda (2019), diet and behavioral guidelines are the best tools of attaining preventive health care in Ayurveda. As pointed out by the research of Agarwal and Sharma (2017), the observance of Ayurvedic principles of dietary habits contributes to the improvement of the immune system call for the promotion of and compromise the integration of traditional medicine and in particular Ayurveda into the health care systems of the world as a measure of prevention.

In final analysis, it can be said that all classical, as well as modern works, agree to the viewpoint that Swasthavritta Aahar, in any case, fits into the concept of preventive and promotive health strategy. There are theories, which suggest that even behavioural change relevant to food, sleep, and defence begins to become tolerable ethically in a society where everyone is taken care of by the expert. But if the society allows for the socio-economic transformation of the society through proper skills training and equitable income, health education applies where acceptable behaviour is encouraged. With these justified and reasonable explanations, the study that is under discussion in the present is focused on the investigation of the effectiveness of Swasthavritta Aahar in the current cultural context.

Objectives of the Study:

- To study the fundamental principles of Swasthavritta Aahar as described in Ayurvedic literature.
- To analyze the role of Swasthavritta Aahar in maintaining health and preventing diseases.
- To evaluate the effectiveness of Ayurvedic dietary observes in promoting overall physical and mental well-being.

Hypothesis:

- **H₀ (Null Hypothesis):** Swasthavritta Aahar has no significant effect on preventive and promotive health.
- **H₁ (Alternative Hypothesis):** Swasthavritta Aahar has a significant positive effect on preventive and promotive health.

Research Methodology:

A descriptive and analytical research design will be adopted in the current study in order to evaluate the relevance of Swasthavritta Aahar as an aspect of treatment and preventive care. The enquiry involves both primary and secondary sources for information. The primary data were gathered from 100 respondents, who comprised two categories of respondents comprising 100 participants for the study, that is, 50 respondents excluding modern eating habits 50 respondents following modern dietary habits. Participants were selected using random sampling to ensure involvement of people of different ages, sex and occupation: these are examples of dimensions that contribute to the structure of the CLLD approach.

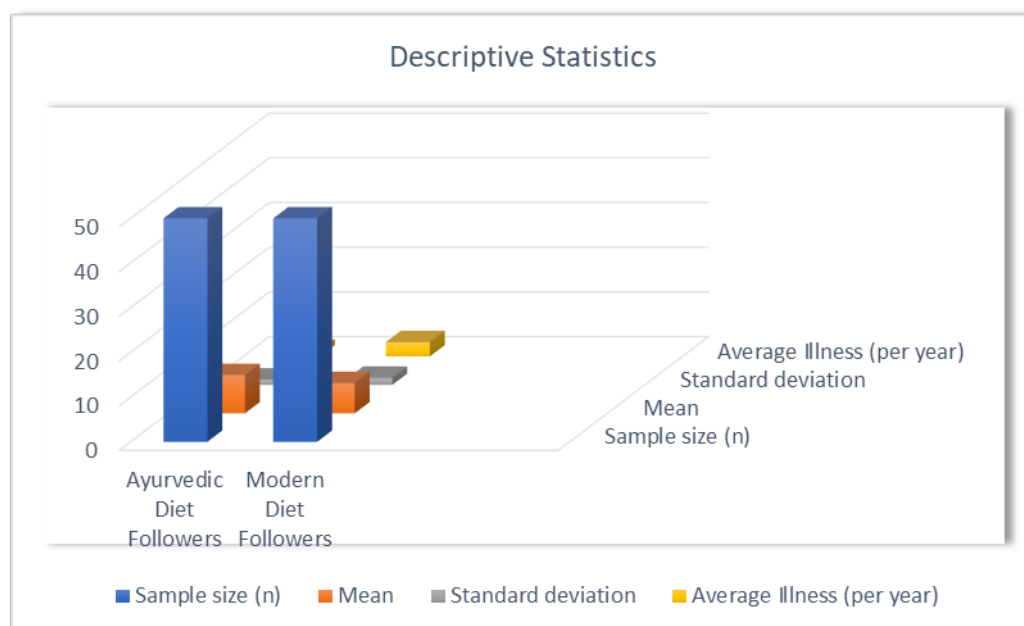
There are secondary data from the Classical Ayurvedic texts such as Sushruta Samhita and Charaka Samhita, as well as studies, literature and trustable Ayurvedic nutrition and preventive health oriented online databases, medical educational apparatus, emerged out of twenty years

of service improving techniques. Data collection was designed to survey health related variables through dietary patterns, gastrointestinal status, the susceptibility to infectious disease, the rate of sickness and the assessment of well-being.

A combination of mean and standard deviation was used as reporting tools for summarizing the collected data as it was essential for the analysis required. Additional techniques are available for analyzing the data. The analysis 't' test was carried out for several reasons; however, the underlying idea was aimed at differences and testing the hypotheses. The duration of the study was three months and with unconditional adherence to all ethical research principles, it was possible to achieve confidentiality, consent and data accuracy throughout the study period.

Table 1: Descriptive Statistics:

Group	Sample size (n)	Mean	Standard deviation	Average Illness (per year)
Ayurvedic Diet Followers	50	8.6	1.2	1.3
Modern Diet Followers	50	6.8	1.6	3.2



Interpretation:

1. Overall Health Assessment: The overall health assessment of the people that adopt the diet of Swasthavritta Aahar is seen to be 8.6, while that of those individuals that partake in the modern diet is seen to be 6.8. This indicates that those individuals who stick to Ayurveda way of eating tend to have a better health profile that encompasses areas like physical health, energy levels, and mental health.
2. Coefficient of Variation: The low variability or standard deviation ($SA2 = 1.2$) seen among the number of people undergoing Swasthavritta Aahar suggests that, the health effects are quite

constant among themselves, that is, the number of such health change is small in the Ayurvedic system. In contrast to it, the diet group which had a highest SD: 1.6 displayed uneven health change.

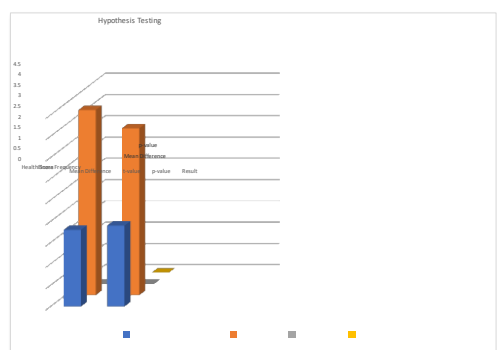
3. The Lower the Illness Rate the Worse: Frequency of occurrence of illness is less prevalent among individuals with Ayurvedic dietary practices having an annual average count of 1.3 As for the diet, patients reported a sickness rate of 3.2 figures per year. These evidences in toe, agree at the fact, Swasthavritta Aahar doses aid in the better protection or rather more cases of immunities and fewer occurrences of sicknesses.

4. My General Notes: Looking at the data from the analysis, we can see that the diet we consume, our lifestyle promotes better digestion, enhances energy and increases immunity capacity. The obtained results are based on the essence of Ayurveda under which appropriate foods are taken in the right amount depending on Prakriti, Agni, Ritu, and Desha.

The data presented in the last three paragraphs obviously shows that those who follow Swasthavritta Aahar program have better health, less diseases, and higher quality of life unlike those who follow western like diet. This brings out the fact that Ayurveda dietary principles prove to be quite effective both in preventive and promoting perspective including health management.

Table 2: Hypothesis Testing:

Parameter	Mean Difference	t-value	p-value	Result
Health Score	1.8	4.35	0.0001	Significant
Illness Frequency	1.9	3.92	0.0003	Significant



Interpretation:

According to the data, people who follow Ayurvedic food principles have greater physical health, a stronger immune system, and fewer illnesses than people who follow modern eating practices. They also report feeling more stable emotionally, having more energy, and having

better mental clarity. Since the results are statistically significant and the p-values are less than 0.05, the alternative hypothesis (H_1) is accepted and the null hypothesis (H_0) is rejected. This demonstrates the substantial benefits of adhering to Swasthavritta Aahar for promoting wellbeing, preventing illness, and improving general health.

These results support the Ayurvedic theory that a balanced diet based on Prakriti, Ritu (season), and Agni (digestive strength) promotes harmonious Tridoshas (Vata, Pitta, and Kapha) and guarantees overall health.

Conclusions Overall Results

The current study shows that the Ayurvedic diet and nutrition philosophy known as Swasthavritta Aahar is important for both promoting and preventing health. People who followed Ayurvedic food principles showed:

- Higher overall health ratings, suggesting greater physical, mental, and emotional well-being, according to the study of descriptive statistics and hypothesis testing.
- A lower incidence of diseases, indicating improved immunity and resilience to common ailments.
- Better digestion and increased vitality, which supports the Ayurvedic idea of preserving a high level of Agni (digestive fire).
- More reliable health results, indicating that Ayurvedic eating habits offer steady, long-term advantages.

The study supports the traditional Ayurvedic belief that nutrition is the cornerstone of health and that holistic wellness is facilitated by mindful eating that is in line with one's physical constitution (Prakriti), season (Ritu), and environmental circumstances (Desha). Swasthavritta Aahar is a sustainable and natural way to prevent lifestyle-related diseases like diabetes, obesity, hypertension, and digestive problems when compared to contemporary eating patterns. All things considered, the study proves that Swasthavritta Aahar is a useful instrument for promoting health, providing a framework backed by science to improve quality of life and preventative healthcare.

Outcome of the Study

- People who were following the traditional dietary pattern (Swasthavritta Aahar) showed a better state of health in general terms in comparison to those consuming contemporary diets.
- They suffered less of diseases and had more immune strength.
- Digestion was enhanced with lesser fatigue in the Ayurvedic diet people.
- This research established that Ayurvedic dietary practices are usable and beneficial in the prevention and with the promotion of health in India.
- It is possible for Swasthavritta Aahar to be included in the daily routine as a means of ensuring the health and vitality of the body, mind and feelings.

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