

# **Importance of Aahara [Diet] and Vihara [Lifestyle] in Pittaja Prakruti Persons**

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**Abstract:** In Ayurveda, concept of Prakruti was described according to composition of Doshas in the body and it may vary from person to person. Therefore, Prakruti has 7 types which are Vataja, Pittaja, Kaphaja, Sannipataja & Dvamdvaja. Here in this paper, need to study the Pittaja Prakruti and its importance in Aahara & Vihara. Various Diet and lifestyle will be important for the Doshaja Prakruti. In Pitta Prakruti person maintenance of Aahara and Vihara is important for the management of Vyadhi or disease formation. Pittashamaka Aahara and Vihara, also Dinacharya, Ritucharya etc. This treatment modalities helps to maintain health and Aahara & Vihara helps to keep away from diseases.

**Keywords:** Aahara, Vihara, Pittaja Prakruti

## **I. INTRODUCTION**

*Ayurveda* has mentioned various principles and treatment modalities which described its aim as to prevent as well as cure for every disorders. This is the main aim of *Ayurveda*<sup>1</sup>.

*Acharyas* has described about how to maintain proper health and improves immunity. According to *Ayurveda*, there are various rules & regulations which are helps to maintain the health. Which includes implementation of *Dinacharya*, *Ritucharya*, *Ratricharya*, *Vyayama*, *Adharniya vega* ( Non-suppressing the natural urges ), *Dharniya vega* ( Suppressing the suppressible urges ), *Sadvritta* ( Code of good conduct for mental health and social behaviour ), *Rasayana* therapy, *Achara Rasayana* ( Behavioural conduct ), proper *Aahara*, Proper *Vihara*, etc<sup>2</sup>.

*Acharya Charaka* has narrated it as very first factor should examined by the help of physician<sup>3</sup>. The current era has seen a significant shift in the way people think about health and disease issues, with a focus on prevention. In this advancing and rapidly changing scenario of global health, personalised medicine is a field of health care that is informed by each person's unique, genetic, genomic, and environmental information.

Personalized medicine is about making the treatment for individual as well as for the disease. It is similar to *Ayurveda's* *Prakruti* based treatment. According to *Ayurveda*, the individual constitution, or *Prakruti* classification, is based on differences in physical, physiological and psychological characteristics and is independent of racial, ethnic or geographical considerations. It is an inherent balance of three *doshas* at the time of conception.

*Ayurveda* stressed that one must protect the body 1<sup>st</sup> by leaving all worldly things because without healthy body there is nothing in the world to do and for live happy and healthy life, health it is very essential matter. Now a days to gain optimum health *Prakriti* based diet and life style is the first and prime need for everyone<sup>4</sup>.

### **Concept of Prakruti**

The concept of *Prakruti* is claimed to be useful in predicting an individual susceptibility to a particular disease, prognosis to an illness and selection of therapy. *Prakruti* stands for nature of the body in terms of *dosha* and is decided at the time of conception according to the predominance of *dosha*. It remains same throughout the life and is responsible for the physical and mental characteristics of an individual.

This *Prakruti* is of seven types according to *Tridosha*. *Sharira Prakruti*<sup>5</sup>; *Vataja*, *Pittaja*, *Shleshmaja*, *Vatapittaja*, *Vata Shleshmaja*, *Pitta Shleshmaja*, *Samadoshaja*.



**Importance of *Prakruti* -**

There are two aspects on the basis of the two aims of *Ayurveda*<sup>6</sup> –

- For health purpose.
- For treatment purpose.

**Importance of *Aahara and Vihara* in *Pittaja Prakruti* –**

***Pittaja Prakruti Aahara and Vihara*<sup>7</sup> –**

**Beneficial *Aahara & Vihara* -**

- Food which are cold, dry, sweet and bitter are beneficial to *Pitta Prakruti*. Cereals such as wheat.
- Pulses *masur*, *Greengram*, *Channa*.
- Ghee, butter, fresh buttermilk.
- Vegetables such as snake gourd, white gourd, carrot, beetroot.
- Fruits such as dried grapes, apple, pomegranate, ripe bananas.
- Old jaggery.
- Spices such as coriander, rock salt.
- *Shayana* [Sleeping]

**Non-Beneficial *Aahara & Vihara* -**

- Food which are hot, pungent and sharp (*teekshna*) in properties are not beneficial to *Pitta Prakruti*.
- Pulses such as blackgram, horsegram, sprouted pulses.
- Sour curds and butter milk.
- Beef, mutton, sea fish.
- Vegetables such as bringal, drumstick, green leafy vegetables.
- Fruits such as oranges, lime, tamrind, unripe mango.
- Spices such as garlic, pepper, chillies, asafoetida.
- *Anidra*, *Alpanidra*, *Jagarana*

*Ayurveda* has mentioned all this *Aahara* and *Vihara* for the management of *Pittaja Prakruti* persons.

## II. CONCLUSION

Proper *Aahara* and *Vihara* for different *Prakriti* is mentioned so that One should know the suitability for particular *Aahara* towards their body and than after consuming it. Hence knowledge of *Aahara* for different *Prakruti* is very essential. clarify the concept of *Aahara & Vihara* for different *Prakruti* and *dosha*.

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