

Ayurveda Inspired Personalised Dietetics Based on *Daihika Prakriti*

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ABSTRACT

Ayurveda states that everything in this universe comprises of five basic elements i.e. the *Pancha Mahabhootas*. *Tri-Upastambha* i.e. *aahar*, *nindra* & *brahmacharya* are the three sub-pillars of life. They are vividly described in *Ayurveda* classical texts as they provide sustainable support to our body in the form of strength, complexion and growth. *Ayurvedic* concepts of *Ahara* and dietary or *pathya* guidelines are vast, scientific, and personalized depending on the *prakriti* of the individual. Major texts exclusively deal with a balanced diet for healthy living based on dietetic rules like *virrudha aahar*, *aahar vidhi vidhaan* etc. As stated by *Acharya Sushruta* “*dosha, dhatu, malamulam hi shareeram*” bringing balance to the whole system of *doshas*, *dhatu* and *malas* is the primary aim of ayurveda treatment. *Prakriti* plays a vital role in deciding *aahara* and *vihara*, *achara* and *parihara* following which an individual can lead a healthy life. But there is an immense difference in dietary applications in ancient India and the present digital era so by the need of time it is an emerging area of research, which may unfold future possibilities toward smart yet safe therapeutics, hence an attempt has been made to present the basic personalized dietetics based on the individual *daihika prakriti*.

Keywords: *Tri-Upastambha*, *aahara*, *Prakriti*, personalized dietetics, *pathya*.

INTRODUCTION

The word “*ĀHĀRA*” has been very familiar since time immemorial. The etymology of *Āhāra* is described in various classics/dictionaries, according to *Śabda Kalpadṛma*, the word *Āhāra* is a substance that is swallowed through the throat after eating. *Dalhaṇa* states *Āhāra* as the substance that is swallowed through *Annanalikā* (oesophagus). *Cakrapāṇi* quotes that *Āhāra* means that which is ingested and thus it includes both diet and drugs¹. Major B.

N. Khan a famous nutritionist states that “*Food is a substance which, when taken in the body, can build up or repair tissue, protect against ill health (disease) and supply material for the production of health and energy*”. Harry Benjamin says that “*the function of the food is to supply the body with the materials necessary for the growth, maintenance, repair and efficient functions of its various organs and structures, and in this way to ensure the harmonious working*”.

of the whole human machine at its highest level”.

Importance of Āhāra:

As Caraka has stated –

हिताहारोपयोग एक एव पुरुषवृद्धिकरो भवति,
अहिताहारोपयोगः पुनर्व्याधिनिमित्तमिति [3] ||ⁱⁱ

A wholesome diet is a prime cause for the growth and development of the body, on the contrary, an unwholesome diet causes several diseases. Caraka emphasizes that the ideal diet is that, which rebuilds the worn-out systems and nourishes the Dhātus and maintains the equilibrium of the body constituentsⁱⁱⁱ. Caraka states that these three factors support life while describing Trayopastambha i.e. Āhāra, Swapna (Nidra) and Brahmacharya^{iv}. Among the Trayopastambha, much importance is given to Āhāra since it is primarily responsible for the growth, development and protection of the body, from decay and disease. In Caraka Sutra 26, quotes that an ideal food not only nourishes the body but, also the mind. Hence the qualities of mind too are influenced by the types of food consumed. Caraka while explaining the importance of Āhāra states that all living beings require food complexion, clarity, good voice, longevity, geniuses, happiness, satisfaction, nourishment, strength and intellect are all maintained by the food. In his commentary, on this Cakrapāṇi states “Food is the basis for the attainment of Puruṣārtha Catustaya”. The variation between ease and disease arises after consuming wholesome nutrition or the lack of it respectively.

Basis for selection of Āhāra Dravyās and relation with Prakṛti

तच्च नित्यं प्रयुञ्जीत स्वास्थ्यं येनानुवर्तते।

अजातानां विकाराणामनुत्पत्तिकरं च यत्||^v

In Matrāsītiya Adhyāya of Sūtrasthāna various ways of maintaining normal health are described. Among all the factors in the maintenance of positive health, food taken occupies the most important position. In this context, Ācārya Caraka has quoted the principle of a wholesome diet as one should

regularly take such articles which are conducive to the maintenance of good health and are capable of preventing future diseases. Annotator Cakrapāṇi explained that Swāsthya can be maintained in two ways, viz.

(a) by replenishing the used up Dhātus of the body by use of a proper regimen

(b) by removing the obstacles that destroy the state of health viz. those vitiating Vāta Doṣa etc. Due to exposure to physical and mental vitiating factors and exposure to unavoidable factors like seasonal variations.

विपरीतगुणस्तेषां स्वस्थवृत्तेर्विधिर्हितः
समसर्वरसं सात्म्यं समधातोः प्रशस्यते||४१||^{vi}

Ancient classics have mentioned seven types of Prakṛti. Except Samaprakṛti individual's others have dominance of any of the vitiated one or two Doṣās in their constitution. For this type of individual diet and regimen having opposite properties to that of constitutional Doṣa are to be prescribed for the maintenance of health. For individuals having Samaprakṛti diet consisting of all Rasās in proper quantity is to be prescribed. Ācārya Ātreya has implemented this principle that such persons should regularly take Dravyās of Madhūra, Amla, and Lavan Rasās. Pittala individuals should regularly practice Madhūra, Tikta and Kaṣāya Rasās, for Śleṣmā individual's regular practice of Katu, Tikta and Kaṣāya Dravyās will pacify the Kapha Doṣa. This Doṣa alleviating type of Āhāra should be continued till the attainment of Samāgni. Thus, primarily the objective behind the selection of Āhāra Dravyās is to achieve the state of Samāgni. In Sama Prakṛti individuals for maintenance of Samāgni such Āhāra Dravyās should be selected which will maintain the state of equilibrium of three Doṣās^{vii}.

Classification of Āhāra Dravyās according to Deha Prakṛti

The principle for selection of Āhāra Dravyās has been elucidated by Ācārya Caraka as Vātala, Pittala and Śleṣmala type of individuals should select the Āhāra Dravyās having opposite qualities to that of

predominant *Doṣa* of the constitution^{viii}
Based on above principle, *Āhāra Dravyās* are further classified w.s.r to *Deha Prakṛti*:

Classification of Wholesome Āhāra Dravyās According to Deha Prakṛti

S. No	ĀHĀRA VARGA	DRAVYĀS WHOLESOME FOR VĀTA PRAKṚTI	DRAVYĀS WHOLESOME FOR PITTA PRAKṚTI	DRAVYĀS WHOLESOME FOR KAPHA PRAKṚTI
1.	ŚAMĪ DHĀNYA	Kulattha/Kulathī/ Horse gram	Mudga/ Munga/Green gram	Mudga/Muñga/Green gram
2.		Tila/ Sesame, Gingeli	Rājamāṣa/Lōbiyā/ Chinese beans	Kulattha /Kulathī/ Horse gram
3.		Rajaśimbī/ Soya bean	Makuṣṭha/Mōṭha/Moth bean	Niṣpāva/sēma/ Flat bean
4.		Masūra/Lentil	Masūra /Lentil	Makuṣṭha/Mōṭha/Moth bean
5.			Ādhakī/ Arahara/Red gram	Masūra /Lentil
6.			Caṇaka/ Canā/Chōlē/Bengal gram	Ādhakī/ Arahara/Pigeon pea/Red Gram
7.			Kalāya/ Matar/Garden pea	Caṇaka/ Canā/Chōlē/Bengal gram
8.				Kalāya/ Matar/Garden pea
9.	ŚŪKA DHĀNYA	Atasī/ Alasi/ Common flax	Yava/Java/ Barley	Atasī/ Alasi/ Common flax
10.		Sarṣapa / Saraso / Indian Colza	Godhūma/ Gēhū/ Wheat	Sarṣapa / Sarso/Indian Colza
11.		Godhūma / Gēhū/ Wheat	Vrīhī, Ṣaṣṭika / Cāvala /Rice,Paddy	Yava/ /Java/ Barley
12.		Vrīhī, Ṣaṣṭika / Cāvala /Rice,Paddy	Nartaka/ Rāgi/Finger millet	Godhūma/ Gēhū/ Wheat
13.		Sītāphala / Śarīphā /custard Apple	Kōdrava/ Kōdō/Kodo millet	Kōdrava/ Kōdō/Kodo millet
14.			Yavanāla/ Jwāra/ great millet	Yavanāla, Jūrṇa/ Jwāra/ great millet
15.			Makāya/Makkā /Indian Corn, Maize	Makāya/ Makkā, /Indian Corn, Maize
16.	PHALA VARGA	Śṛṅgātaka / Singhādā / Water Caltrops	Panasa/Katahala/Jack tree(<i>ripened</i>)	Kālīnda/ Tarbūja/water melon
17.		Kadalī / Kēlā / Banana (<i>ripened fruit</i>)	Kadalī /Kēlā /Banana(<i>ripened</i>)	Kramuka/ Sūpārī/Betel Nut Palm
18.		Nārīkēla/ Nāriyala /Coconut	Nārīkēla/ Nāriyala/Coconut	Bilva/Bela/stone apple (<i>unripened</i>)
19.		Kālīnda/ Tarbūja / water melon	Kharbūja/Melon (<i>ripened fruit</i>)	Priyāla/ Chironji
20.		Kharbūja /Melon (<i>ripened fruit</i>)	Kramuka/ Sūpārī/Betel Nut Palm	Taṅka/ Nāśapātī/Pear
21.		Tālaphala/ Tāda / Palmyra palm	Kapittha/Kaintha/ Elephant Apple	Kharjūra/ Khajura/Date
22.		Bilva/ Bela/stone apple (<i>unripened fruit</i>)	Priyāla/ Chironji	Jambu/Jāmuna/ Black plum
23.		Kapittha / Kainth/ Elephant Apple	Sēvam/ Seba/Apple tree	Amlīkā/ Imali/Tamarind (<i>ripened</i>)
24.		Urūmāṇa/ Khubānī / Apricot	Taṅka/Nāśpātī/Pear	Dādīma/ Anāra/ Pomegranate

25.		Nāranga/ Santra/ Orange	Kharjūra/Khajura/Date	Āmalakī/ Āmalā/Indian gooseberry
26.		Priyāla/ Chironji	Āmra/Āma/Mango (ripened fruit)	Mṛudvika/ Munakka/Grapes
27.		Vātāda/ Badāma /Almond	Jambu/Jāmuna/ Black plum	Ārūka/ Ādu/ peach
28.		Sēvam / Seba /Apple tree	Śṛṅgātaka/Siṅghādā/Water caltrops	Śṛṅgātaka/ Siṅghādā/Water caltrops
29.		Taṅka / Nāśapātī / Pear	Karamarda/ Karōṇḍā (ripened fruit)	
30.		Kharjūra / Khajura / Date	Dādima/ Anāra/ Pomegranate	
31.		Āmra / Āma / Mango (ripened fruit)	Āmalakī/Āmalā/Indian gooseberry	
32.		Badar/ Bera /Jujube	Falgu/Añjīra/common fig	
33.		Amlikā/ Imalī /Tamarind Tree (ripened fruit)	Mrudvika/ Munakka/Grapes	
34.		Nim̄buka / Nimbu /Lime	Parūśakam/ Phālasā (ripened fruit)	
35.		Karamarda / Karōṇḍā (ripened fruit)	Mōsambī/ Citrus limetta /sweet lemon	
36.		Dādima / Anāra / Pomegranate	Pārāvata/ Amarūda/ Common Guava	
37.		Āmalakī/ Āmalā /Indian gooseberry	Ārūka/ Ādu/ peach	
38.		Falgu / Añjīra / common fig	Sītaphala/ Śarīphā/custard Apple	
39.		Kājū/ Cashew Nut	Makhānna/ Makhānā/Fox nut, Gorgon nut	
40.		Mṛudvika / Munakka / Grapes	Eraṇḍakarkatī/ Papītā/ Papaya (ripened)	
41.		Parūśakam / Phālasā (ripened fruit)	Badar/Bera/Jujube	
42.		Akṣōtaka/ Akharota /Wal nut	Akṣōtaka/ Akharota/Wal nut	
43.		Mukulaka / Pista (pistachio)	Mukulaka/ Pista(pistachio);	
44.		Bahunētraphala / Anānāsa / Pineapple		
45.	ŚĀKA VARGA	Vāstūka / Bathua patra /Lamb's Quarters	Taṇḍuliya / Caulāi/Prickly Amaranth	Taṇḍuliya / Caulāi/Prickly Amaranth
46.		Methī-Bīja/ Mēthī-Bīja /Fenugreek	Vāstūka/ Bathua patra/Lamb's quarters	Vāstūka/ Bathua patra/Lambs Quarters
47.		Eraṇḍakarkatī / Papītā/ Papaya (un ripened fruit)	Palaṅkyā/ Pālaka patra/ Spinach	Śigru, / Sahēnjana phalī /Drum stick
48.		Cukrikā/ Cukā /Bladder Dock	Śigru/Sahēnjana phalī /Drum stick	Methī-Bīja/ Fenugreek
49.		Ciciṇḍa/ Cacēṇḍā, padavala/ Snake gourd	Ciciṇḍa/ Cacēṇḍā, padavala/ Snake gourd	Eraṇḍakarkatī/ Papītā/ Papaya (unripened fruit)
50.		Mahā-Koṣātaki / Ghiyā-Tōrai, Badī Tōrai phala (Ghōsāle) / Sponge Gourd	Mahā-koṣātaki /Ghiyā-Tōrai, Badī Tōrai (Ghōsāle)/Sponge Gourd	Patōla Phala / Paravala/ pointed gourd

51.	Patōla Phala / Paravala/ pointed gourd	Rāja-Kośātakī / Torai phala (Dōdakā)	Kuṣmānda- Phala/Pēthā/The Ash Gourd
52.	Kadalī Puṣpa /Kēlā /Banana Flowers	Patol phala / Paravala/pointed gourd	Alābū/ Lauki phala, Kaddū/ White Gourd
53.	Methī-Patra / Fenugreek	Kadalī Puṣpa / Kēlā /Banana Flowers	Kāravellaka/ Karela phala /Bitter Gourd
54.	Kushmanda-Phala / Pēthā/The Ash Gourd	Kushmanda- Phala/Pēthā/The Ash Gourd	Vṛntāka /Baingana/ Brinjal
55.	Bimbī phala/ Kandarū / Ivy Gourd	Alābū / Lauki phala, Kaddū/ White Gourd	Sūraṇa Kanda /Jimikanda/Elephant foot yam
56.	Laghu Mūlaka kanda/ Choṭi Mūlī / Radish	Trapusa / Khīrā/cucumber	Laghu Mūlaka kanda/ Choṭi Mūlī/ Radish
57.	Gr̥ñjana / Gājara / Carrot	Ērvārū, Kakadī/Snake cucumber	Gr̥ñjana / Gājara/ Carrot
58.	Salayama / Salagam / Turnip	Kāravellaka/ Karela phala /Bitter Gourd	Diṇḍiśa/Tiṇḍā/ apple gourd
59.	Kūṣmāṇḍa/ Sapheda Kaddū / Field Pumpkin	Bimbī phala/ Kandarū/ Ivy Gourd	Puṣpagōbhī/Phūlagōbhī/ Cauliflower
60.	Raktālu/Shakarkanda / sweet potato	Vṛntāka phala/ Baigana/ Brinjal, Egg plant	Patragōbhī/ Bandagōbhī/ Cabbage
61.		Ālūka kanda/ Ālū/Potato	Patol / Paravala/pointed gourd
62.		Laghu Mūlaka kanda/ Choṭi Mūlī/ Radish	Kūṣmāṇḍa/ SaphedaKaddū /Field Pumpkin
63.		Diṇḍiśa/ Tiṇḍā/ apple gourd	Salayama/ Shalgam/Turnip
64.		Patragōbhī / Bandagōbhī/ Cabbage	Kamala karṇikā/ Kamalagatta (kamalakakadi) /Lotus root
65.		Bhiṇḍātikā/ Bhiṇḍī/Lady's finger	
66.		Swēta Māriṣa/ Saphēda marasā (Mātha)	
67.		Rakta Māriṣa/ Rakta marasā (Lāla Mātha)	
68.		Gōpaśimbī/ Guvāraphali/ cluster beans	
69.		Kadalī / Kēlā/Banana (unripened fruit)	
70.		Kadalī Puṣpa/kele ke phula/Banana flowers	
71.		Raktālu / Shakarkanda/sweet potato	
72.		Salayama/ Śelgam/Turnip	
73.		Kamala karṇikā/ Kamalagatta /Lotus root	
74.		Ādraka / Adarakha /Ginger	Ādraka / Adarakha/Ginger
75.		Yavāni /Ajavāyana/Ajōvā seeds	Dhānyaka/ Dhaniyā/ Coriander
			Yavāni / Ajavāyana/Ajōvā seeds

76.	ĀHĀRA YONI VARGA (CONDIMENT S)	Palāṇḍu / Pyāja / Onion	Lavaṅga/ Lauṅga/Cloves	Rasōna/ Lasāṇa /Garlic	
77.		Rasōna/ Lasāṇa / Garlic	Twak/Dālacīnī/ Cinnamon Bark	Hiṅgu /Hiṅga/Asafoetida	
78.		Hiṅgu / Hiṅga / Asafoetida	Kuṅkuma/ Kēśara /Saffron	Saindhava /Saindhā Namaka/Rock salt	
79.		Saindhava / Saindhā Namaka / Rock salt	Haridrā/ Haladī /Turmeric	Marīca/ Kālī mirch/Black pepper	
80.		Marīca/ Kālī mirch /Black pepper	Sthūla-Ela/Badī Ilāyaci/ greater cardamom	Jīraka/ Jīrā /Cumin seed	
81.		Jīraka / Jīrā /Cumin seed	Palāṇḍu/ Pyāja/ Onion	Dhānyaka/ Dhaniyā/ Coriander	
82.		Dhānyaka / Dhaniyā/ Coriander	Jīraka/ Jīrā /Cumin seed	Lavaṅga/ Lauṅga/Cloves	
83.		Mīsrēyā / Saunfa/Fennel Fruit		Jātīphala/Jāyaphala/Nutmeg	
84.		Twak/ Dālacīnī/ Cinnamon Bark		Jātīpatrī/ Jātīpatrī/ Nutmeg aril covering	
85.		Sūkṣma Elā/ Elāyaci/cardamom fruit		Tamāla patra/Teja pattā/Malabar leaf	
86.		Jātīphala/ Jāyaphala /Nutmeg		Kuṅkuma/ Kēśara / Saffron	
87.		Tamālapatra/Tejapattā/Malabar leaf		Rakta Marica/ Lāla Mirca/Red Chilli	
88.		Kuṅkuma/ Kēśara / Saffron		Āmrāpēṣī/Āmacūra	
89.		Sāmudra Lavaṇa / Salt		Haridrā/ Haladī /Turmeric	
90.		Āmrāpēṣī/Āmacūra (Āmrātwak-Cūrṇa)		Pūtihā/ Pudīnā/Spearmint	
91.		Haridrā/ Haladī /Turmeric		Vṛkṣāmlaka/Kōkama Kokam butter Tree (ripened fruit)	
92.		Vṛkṣāmlaka / Kōkama/ Kokam butter tree (ripened fruit)		Sthūla-Ela/Badī Ilāyaci/greater cardamom	
93.		GŌRASA VARGA	Gōdugdha/ Cow Milk	Gōdugdha/ Cow milk	Gōdugdha/Lactus/Cow Milk
94.			Santānikā / Cream	Ghṛta/ Ghee/Clarified butter	Takra/ Buttermilk
95.			Takra/ Buttermilk	Rasāla/Shrikhand/strained yogurt	Goghṛta/ Cow ghee/Clarified Butter.
96.	Ghṛta / Ghee /Clarified Butter		Ajā or Chāga Dugdha /Sheep milk	Ghṛta/ Ghee/Clarified Butter	
97.	Rasāla /Śrikhanda /strained yogurt		Navanīta/ Makkhana/Butter		
98.	Navanīta/ Makkhana /Butter		Ghol/Lassi		
99.	Ghola/Lassi		Kilāta(Paneer)		
100.			Santānikā / Cream		
101.	JALA VARGA	Uṣnodaka / Warm water		Uṣnodaka/ Warm water	
102.	TAILA VARGA	Til Tail /Sesame oil	Nārikēla Tail/Coconut oil	Til tail/Sesame oil	
103.		Sarṣapa tail /Sarsökā Tail / Mustard oil		Sarṣapa tail /Sarsökā Tail/ Mustard oil	
104.		Suvarcalā Tail/ Surajmukhi Tail / Sunflower oil			
105.		Nārikēla Tail /Coconut oil			

106		Soya oil – Rajaśimbī / Soya bean		
107	IKSHU VARGA	Guda/Jaggari	Śarkara/Sugar	Madhu/ Honey
108		Ikshu/Sugarcane	Ikṣu/Sugarcane	Śarkara/Sugar
109		Śarkara/Sugar	Madhu/ Honey	Ikṣu/Sugarcane
110	MĀMSA VARGA	Kukkut Māmsa / Chicken	Ajā Māmsa/Mutton	Ajā Māmsa/Mutton
111		Ajā Māmsa/Mutton		

Classification Unwholesome of Āhāra Dravyās According to Deha Prakṛti

Sr. No.	ĀHĀRA VARGA	DRAVYĀS UNWHOLESOME FOR VĀTA PRAKṚTI	DRAVYĀS UNWHOLESOME FOR PITTA PRAKṚTI	DRAVYĀS WHOLESOME FOR KAPHA PRAKṚTI
1.	ŚAMĪ DHĀNYA	Rājamāṣa/Lōbiyā/ Chinese beans	Māṣa/ Uḍada/Black gram	Māṣa/ Uḍada/Black gram
2.		Niṣpāva/sēma/Flat bean	Kulattha/ Kulathī/ Horse gram	Rājamāṣa/Lōbiyā/ Chinese beans
3.		Makuṣṭha/Mōṭha/Moth bean	Niṣpāva/sēma/Flat bean	Tila/ Sesame, Gingeli
4.		Māṣa/Uḍada/Black gram	Tila/ Sesame, Gingeli	Rājmā/Red Kidney beans
5.		Ādhakī/ Arahara/Pigeon pea/Red Gram	Red Kidney beans/Rājmā	
6.		Caṇaka/ Canā/Chōlē/Bengal gram		
7.		Kalāya/ Matar/Garden pea		
8.		Red kidney beans/Rājmā		
9.	ŚŪKA DHĀNYA	Yava/ Java / Barley	Atasī/ Alasi/ Common flax	Vrihī, Ṣaṣṭika/Cāvala /Rice, Paddy
10.		Chināk / Śamā Ke Cāvala / Indian millet	Sarṣapa / Sarso / Indian Colza	
11.		Kōdrava/ Kōdō / Kodo millet	Sājaka/ Bājarā /Spiked millet	
12.		Sājaka / Bājarā / Spiked millet		
13.		Makāya/Makkā /Indian Corn, Maize		
14.	PHALA VARGA	Jambu/ Jāmuna / Black plum	Kāliṇḍa/ Tarbūja/water melon	Panasa/ Katahala/Jack tree (ripened)
15.		Śrīngātaka /Śīnghādā/Water caltrops	Tālahala/Tāda/Palmyra palm	Kadalī / Kēlā/Banana, (ripened)
16.		Makhānam/ Makhānā/ Fox nut, Gorgon nut	Urūmāṇa/Khubānī/ Apricot	Nārīkēla/ Nārīyala/Coconut
17.		Panasa/ Katahala/Jack tree (ripened fruit)	Vātāda/ Badāma/Almond	Tālahala/ Tāda/Palmyra palm

18.			Karamarda/ Karōndā (Unripen fruit)	Urūmāṇa/Khubānī/ Apricot
19.			Kājū/Cashew Nut	Vātāda/ Badāma/Almond
20.				Sēvam/ Seba/Apple tree
21.				Āmra/ Āma/Mango (ripened)
22.				Badar/ Bera / Jujube
23.				Karamarda/ Karōndā (unripened)
24.				Kājū/ Kaju/ Cashew Nut
25.				Parūṣakam/ Phālasā (ripened)
26.				Akṣōtaka/ Akharota/Wal nut
27.				Mukulaka/ Pista(pistachio)
28.				Pārāvata/ Amarūda/ Common Guava
29.				Bahunētraphala/ Anānasa/ Pineapple
30.				Makhānam/ Makhānā/Fox nut, Gorgon nut
31.	ŚĀKA VARGA	Palāṅkyā / Pālaka patra/ Spinach	Cukrikā/ Cukā/Bladder Dock	Cukrikā/Rumex vesicarius /Cukā/Bladder Dock
32.		Rāja-Kośātākī / Torai phala (Dōdakā)	Sarṣapa patra/Sarsō kā śāka	Rāja-Kośātākī /Luffa acutangula / Torai phala (Dōdakā)
33.		Sarṣapa patra / Sarsō kā śāka	Mulak patra (Snehasiddha)/ Mūlī Kē Pattē/Radish leaves	Sarṣapa patra / Sarsō kā śāka
34.		Alābū / Lauki phala, Kaddū/ White Gourd	Gṛñjana / Gājara/ Carrot	Mūlaka patra (Snehasiddha)/ Mūlī Kē Pattē/ Radish leaves
35.		Trapusa / Khīrā /cucumber	Chatrak/ Mushroom	Trapusa / Khīrā/cucumber
36.		Ērvārū /Kakadī /Snake cucumber	Panasa(Unripened)/ Katahala/Jack fruit	Ērvārū / Kakadī/Snake cucumber
37.		Ālūka kanda/ Ālū / Potato	Ālukī/ Arabi /Taro	Ālūka kanda/ Alū/Potato
38.		Chatrak/ Mushroom		Chatrak/ Mushroom
39.		Diṇḍīśa/Tiṇḍā/ apple gourd		Bhindi /Lady's figure
40.		Puṣpagōbhī / Phūlagōbhī /Cauliflower		Swēta Māriṣa/ Saphēda marasā (Māṭha)
41.		Patragōbhī / Bandagōbhī / Cabbage		Rakta Māriṣa/Rakta marasā (Lāla Māṭha)
42.		Bhiṇḍātikā / Bhiṇḍī / Lady's finger		Gōpaśimbī/Guvārāphali/cluster bean
43.		Panasa / Katahala /Jack fruit (Unripened)		Kadalī /Kēlā/Banana (unripened fruit)
44.		Swēta Māriṣa / Saphēda marasā (Māṭha)		Ālukī/ Arabi/Taro,Eddoe
45.		Rakta Māriṣa / Rakta marasā (Lāla Māṭha)		Raktālu/ Shakarkanda/ sweet potato
46.		Gōpaśimbī / Guvārāphali / cluster bean		Palāṅkyā/ Pālaka patra/ Spinach
47.	Kadalī / Kēlā /Banana (Unripened fruit)			

48.	ĀHĀRA YONI VARGA (CONDIMENTS)		Ādraka /Adarakha/Ginger	
49.			Yavāni / Ajavāyana/Ajōvā seeds	
50.			Rasōna/ Lasana /Garlic	
51.			Hiṅgu / Hiṅga/ Asafoetida	
52.			Marīca/ Kālī mirch/Black pepper	
53.	GŌRASA VARGA	Dadhi/ Curd	Dadhi/ Curd	Dadhi/ Curd
54.		Kilāta /Paneer	Paneer	Cheese, Lassi, Kyoyā
55.			Cheese	Māhiṣī Dugdha/ Buffalo milk
56.				Kilāta(Paneer)
57.				Santānikā/ Cream
58.	JALA VARGA		Uṣṇodaka / Warm water	
59.	TAILA VARGA	Kusumbha tail / Safflower oil / Karadai tail	TilaTail/Sesame oil	Kusumbha tail/ Karadai tail/ Safflower oil
100.		Muṅgaphalī tail/ Ground nut oil	Sarṣapa tail / Sarsōkā tail/ Mustard oil	Muṅgaphalī tail/ Ground nut oil
101.		Karpaas Tail / Cotton seed oil	Kusumbha Tail/ Karadai tail/ Safflower oil	Suvarcalā tail/ Surajmukhi tail/ Sunflower
102.			Suvarcalā Tail/ Surajmukhi tail/ Sunflower oil	Karpāsa tail /Cotton seed oil
103.	IKṢU VARGA		Fanita/Rāba	Guda/Jaggari
104.			Guda/Jaggari	Fanita/Rāba
105.	MĀMSA VARGA	Matsya /Fish	Matsya /Fish	Kukkut Māmsa /Chicken
106.				Mastya /Fish

CONCLUSION

अन्नं वृत्तिकराणां श्रेष्ठम् ॥^{ix}

Food is having utmost important for the sustenance of life.

प्राणिनां पुनर्मूलमाहारो बलवर्णो जसां च ॥^x

Food maintains the living status of living beings and also the cause for their strength, complexion and vigour. *Āhāra* forms the basis for the continuation of human life and the creation of new progeny. Only the individual having a healthy body can afford to perform all activities leading to happiness, heaven and salvation and for the preservation of health, intake of food is essential. hence food is the basic factor for the attainment of all of them. *Vātala*, *Pittala* and *Śleṣmala* type of individuals should select the *Āhāra Dravyās* having opposite qualities to that of the predominant *Doṣa* of the constitution. *Vātala* individuals should select *Āhāra Dravyās* of *Madhūra*, *Amla*, and *Lavan Rasās*, *Pittala* individuals should regularly

practice *Madhūra*, *Tikta* and *Kaṣāya Rasās*, for *Śleṣmā* individuals regular practice of *Katu*, *Tikta* and *Kaṣāya Dravyās*. This *Doṣa* alleviating type of *Āhāra* should be continued till the attainment of *Samāgni*. Thus, primarily the objective behind the selection of *Āhāra Dravyās* is to achieve the state of *Samāgni*. Then to maintain the functioning of *Samāgni*, the same regimen should be adopted which are prescribed for *Samaprakṛti* individuals. In *Sama Prakṛti* individuals for maintenance of *Samāgni* such *Āhāra Dravyās* should be selected which will maintain the state of equilibrium of three *Doṣās*. For this purpose, one should practice all the six *Rasās*. The proportion will vary according to seasons and other factors like *Deṣa*, *Mātrā*, *Prabhāva* etc. The *Rasāyana* Drugs which will protect the status of *Samāgni* should be practiced. The guidelines and regimen prescribed by *Ācārya* for the continuation of the health of a healthy person should be adopted.

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