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## Ayurvedic foods and their nutritional values

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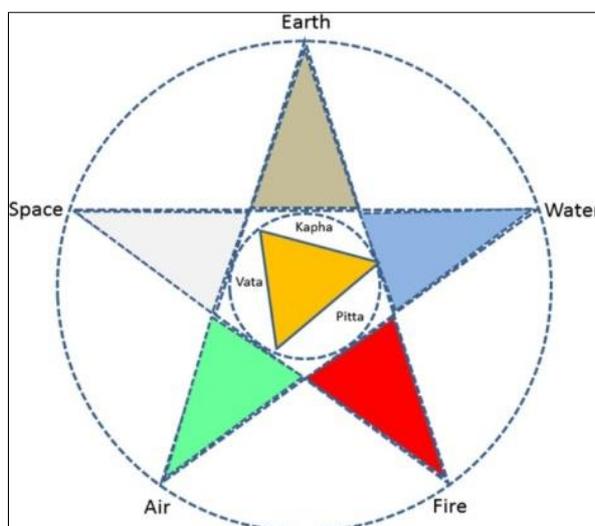
### Abstract

In this study we are going to look and learn about the hidden properties that are present in the different foods, which came into existence by the knowledge of Ayurveda. Ayurveda is the ancient science of life that stresses on the different aspects of diet and nutrition which plays a major role in promotion of human health and eradication of diseases. This review article clarifies the Concept of Ayurveda, grain based and leaf based health foods and their nutritional status and what are the advantages that can be obtained by following the diet of Ayurveda.

**Keywords:** Ayurvedic foods, nutritional values

### 1. Introduction

The term Ayurveda is a Sanskrit word. Which means- *ayu* (life) and *Veda* (knowledge) combinely known as knowledge of life? Ayurveda deals with various health aspects and it is a past practice that is currently using in these modern days. Ayurveda is a holistic tradition and system of medicine started at Indian sub-continent and evolved about three millennium. During 300BC an Ayurveda physician charaka liberated a charaka samhita, altered from Agnivesa Samhita, which is complicate to understand. Considering his efforts and contribution made him father of India medicine. Ayurvedic medicine is considered as pseudoscientific. Other researchers consider it as protoscience. Or trans-science system. Ayurvedic Ahara also recognized as functional foods because of the presence of functional components such as antioxidants, probiotics, body-healing chemicals, dietary fibre, and proteins. This functional molecules assist in weight management, blood sugar level balance as well as it supports immunity of the body. Five elements of Ayurveda i.e., air; space, water, earth and fire are classified into Three Energetic Forces of Nature named as *tri-dosa-vata* (a combination of space and air), *pitta* (fire), and *kapha* (water and earth).



### 1.1 Concept of Ayurveda

There are twelve classes in Ayurveda that are categorized based on techniques of preparation and utility; namely 1.Sukandhanya (corns with bristles) 2. Samidhanya (pulses) 3. Mamsa (meat) 4.Saka (vegetables) 5.Phala (fruits) 6.Arita (salads) 7. Madya (fermented drinks) 8. Ambu (water) 9.Gorasa (milk and milk products) 10. Iksuvikara (products of sugar-cane)

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11. Krtanna (food preparations) 12. Aharayogi (accessory food articles). These different classes have developed different criteria's to describe psana (food) items and intake of food patterns for healthy life. Ayurveda also encourage the consumption of less fat, saturated fat, dietary cholesterol and sodium, it stabilizes the human health. In basic Ayurveda literature vata is one of the component in tri-dosa, showcase the "airy element" of human body. It also refers as Vayu, which is used in Ayurveda literature. Tri-dosa known as tri bodily humours which can stabilize the human health. According to drdhabala, vata-dosa is present in the pelvic region (basti). The mechanism of vata-dosa can fluctuates during declining years. Vata-dosa fluctuates according to seasons: in summer it accumulates, in monsoon it aggravates, and in autumn it pacifies. By keeping eye on these fluctuations can prevent from seasonal disorders. Pointing to second component pitta manage all heat, metabolism and transformation in the body. It guides the food digestion and metabolizes our own sensory perceptions, and how we differentiate either right or wrong. Pitta controls the digestion and fires of the body and at last, discussing about kapha it contributes structure, solidity, and cohesiveness to all things, and hence it is connected firstly with the earth and water elements. Kapha also represents the water energies of love and compassion. This dosha renders all cells and systems, lubricates the joints, nourishes the skin, keep up immunity, and immunise the tissues.

#### Imbalance of Vata

May leads to fear, anxiety, isolation, loneliness, and exhaustion. It can create physical and energetic depletion, imbalance can interrupt the communication and it makes all sorts of abnormal movements in the body.

#### Imbalance of Pitta

Stresses on emotions and make short temper, frustration, jealousy, criticism. Mainly causes inflammatory disorders, which can damage the organs and tissues in the body.

#### Imbalance of Kapha

Mainly focused and triggers the emotions of attachment, possessive and makes people stubborn, lethargy, and endurance to change. Kapha tends congestion and stagnation in organs and tissues in the body.

### 1.2 Grain Based Health Foods

Grains are staple food of Indians. These are rich in carbohydrates, proteins, iron, calcium, potassium and some major vitamins which are responsible for human diet. Some of the traditional foods with their nutritional value and health benefits are listed below.

**1.2.1 Idly:** It is prepared from rice and black gram batter. Idly is considered to be the most nutritious food in the World due to the presence of carbohydrates, proteins, enzymes, fats, amino acids and fibre. Vitamin B12 and  $\beta$ -galactosidase enzyme increases probiotic activity and decrease the chances of heart diseases.

#### Preparation Process

- Soak urad dal and idly ravva separately in water for 3to4 hours
- Flood the soaked water from both urad dal and ravva separately

- Grind the urad dal into very fine paste.
- Now add idly ravva to the paste after completely squeezing of water
- Mix it well n leaves it for overnight or at least 3 to 4 hours to ferment.
- add required salt up to your taste and mix well, now it is ready to make idly
- Take idly plates, apply little ghee or oil in the moulds of the idly plates. Pour the enough batter into each idly plate Stack the plates one upon the other and keep them in cooker an stove them.

**1.2.2 Ashtaguna Manda:** It is an ancient Ayurveda ahara (food) recipe used as a home remedy for many disorders. The word ashtaguna refers to eight ingredients used in this recipe such as rice, green gram, trikatu (pepper, long pepper, ginger), dhanyaka (coriander seeds), saindhava lavana (rock salt), ghee fried hingu (asafoetida). These ingredients are rich in minerals like calcium, iron and vitamins such as niacin, thiamine which helps in improving digestion strength, cleanses and detoxifies kidneys and bladder, increases haemoglobin and rakta-dhatu.

#### Preparation Process

- Firstly mix 4cups of rice, 1 cup of green gram and add 14 cups of water to it
- Add pepper, long pepper, ginger, coriander seeds, rock salt and hingu to the mixture
- Now heat the mixture until the rice is cooked properly
- Then the entire mixture is dispensed to get the liquid

**1.2.3 Quinoa:** Quinoa is a light grain that provides carbohydrates and protein. It contains more protein (14% by mass) and fat. This pseudo-grain especially attracts those with weak digestion or recovering from illness. It is rich in fiber, soothing to the digestive tract, slightly cooling, relieving inflammatory conditions. Quinoa is rich in iron which restores strength to deficient blood, and is rich in magnesium, phosphorus which strengthen kidney yang. Magnesium nourishes the heart and muscles.

**1.2.4 Anasazi Beans:** It is an ancient grain based Ayurvedic food. This recipe is mixture of beans, lime, rubbed sage, water, ghee and vata churna which provide iron, calcium, potassium and lectins to the body. These beans have anti-tumor, immunomodulatory, antifungal, antibacterial and anti-HIV abilities. These are helpful in reducing diabetes, the antimutagenic and antiproliferative compounds of these beans helps to fight against cancer.

#### Preparation process

- 9 cups of water
- 16 oz. Anasazi beans, washed
- 2 tsp. rubbed sage
- 3 Tbsp. ghee
- 2 tsp. Vata Churna
- Juice of 1 lime
- Take a cooker and add all the ingredients except the lime. Set the cooker at low flame and place the lid and leave overnight.
- next morning, stir mixture and add lime juice

**1.2.5 Ragi Sankati:** Ragi is one of the whole grain crop

which is placed in higher position due to its high nutritional values. It has special value due to the presence of amino acids methionine and lysine. It is rich in iron, calcium, polyphenols and dietary fibers which prevents osteoporosis, Controls Diabetes, prevents wrinkles and sagging of skin tissues. Ragi consumption can prevent anxiety, depression, insomnia and migraine.

### Preparation process

- Soak 2 cups of rice in water for 15-20 minutes.
- Take a pan and add soaked rice, water, pinch of salt and cook by placing lid over until it is 80% cooked.
- Remove lid and add 2 cups of finger millet flour and mix properly
- Add little water, and required amount salt and stir it well, and then cook it by placing lid on very little flame for 5 minutes.
- Transfer into a plate and add ghee before serving

### 1.3 Leaf based health Foods

**1.3.1 Moringa:** The leaves of Moringa have rich nutritional values. The leaves are cooked and used like spinach, and they are also dried, powdered to use as a condiment. Moringa leaves contain iron, calcium, vitamin A, vitamin B, amino acids like methionine, lysine. Moringa is used for “tired blood” (anaemia), arthritis and other joint pain (rheumatism), asthma, constipation, diabetes, stomach pain, stomach and intestinal ulcers, intestinal spasms, headache, heart problems, kidney stones, thyroid disorders.

**1.3.2 Neem leaf Juice:** Neem leaves have wide variety of uses due to antibacterial, anti-inflammatory and antifungal properties. Neem leaves contain nimbin, nimbolide, nimandial and minerals like iron, calcium, proteins. It is used to treat Fever, Upset stomach, Breathing conditions, Malaria, Head lice, Skin conditions and diseases, Heart disease.

**1.3.3 Papaya leaf Juice:** Papaya leaves contain high amounts of vitamins A, C, E, K, and B and minerals like calcium, magnesium, sodium magnesium and iron and an alkaloid carpaine. Papaya leaf juice is used to treat malaria, dengue, liver diseases and maintain diabetes.

**1.3.4 Tulasi:** It is a traditional plant in which all parts have medicinal values. It is good source of vitamins, dietary fibres, and minerals like magnesium, phosphorous, potassium, zinc, copper, foliate and omega 3-fatty acids. Tulsi has antiinflammatory properties. Crushed leaves of tulasi are very effective in diagnosing fever, cough, bronchitis and other diseases of lungs. Tulsi juice helps to reduce acne, pimples, rashes and other skin problems.

**1.3.5 Gotu Kola:** In Ayurveda, *C. asiatica* is known as *maṇḍukaparnī* or *maṇḍuki*, and is classified as a vegetable in the *Carakasamhita* with supposed rejuvenating properties. It is rich in amino acids, beta carotene, fatty acids, and phytochemicals. Gotu kola is also used for fatigue, anxiety, depression, psychiatric disorders, Alzheimer's disease, and improving memory and intelligence.

### Conclusion

Ayurveda is an old technique introduced by ancestors. They use Ayurveda as medium to cure the diseases and make the people strong from inside. But, in this modern era people

forget the hidden values in Ayurveda and they are going with different kind of Allopathy medications which are not having the potential to cure the diseases and make people weak and also many side effects indulged in it. The unknown thing to the people is that in the tree of Ayurveda each branch is having its own importance and methodologies to cure many diseases. The saints has explained all the valuable constituents present in each and every plant from root part to apex which has been gifted by the nature, saints brought many foods which consists medicinal values by the usage of different plant parts apart from taking medicine separately. Food and nutrition are somewhat different from allopathic and modern nutrition. Although Ayurveda has slow response rate then allopathy it takes on the root cause of the ailments which prevents its resurgence now a day's world is witnessing rapid growth in the usage of Ayurveda. We have chosen this topic to bring awareness in the people regarding Ayurveda. At last we conclude that Ayurveda has its solutions for every problem. It cures better then allopathy with best results, we should not let the Ayurveda disappear.

This should follow by every person:

“When dietary is improper medicine is of no use, when dietary is proper medicine is of no need.”

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