

Ayurveda - Vol. 10 : Dietary norms - 4

Medicinal properties of milk products, dry fruits, oil, etc.

(English)

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level, 'Stage of a Sadguru' denotes 80-89 %, 'Stage of a Paratpar Guru' denotes 90% and above, whereas 'God' denotes 100% spiritual level.)

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Preface

Modern medical science studied various constituents of human body as well as constituents of food (nutrients) that nurture human body in detail, and provided us in-depth information on the proportion and functions of proteins, fats, carbohydrates, vitamins, minerals and water in all the nutrients.

Ayurveda, on the other hand, has conducted in-depth study of the qualities of each food item and has gone a step ahead and studied their subtle effects on the doshas of Vata, Pitta and Kapha; the seven tissues (plasma, blood, muscle, fat, bone marrow, nerves and reproductive tissues); and organs such as heart, brain, etc.

Ayurveda gives as much importance or rather greater importance to diet than medicines; this is precisely the reason why a Vaidya (Ayurveda Doctor) lays greater emphasis on dietary norms for maintaining health in case of general people and for recovery in case of patients. The logic is simple. As medication we take just one spoonful of syrup or a tablet; in comparison, our meal is quantitatively enormous. Ayurveda has identified and categorised the medicinal properties of food items and elaborated on their qualities.

Readers will get detailed information on all the categories in this Text as well as in the Text 'Medicinal properties of foodgrains, pulses, vegetables, fruits and spices', in this series. For in-depth knowledge of Dietetics, both the Texts are worth reading. These Texts are beneficial for not just Vaidyas, doctors and students, but for every individual. If one plans his/her diet after studying these Texts, he/she will be able to savour a



long, healthy, constructive and happy life.

Our heartfelt prayer at the Holy feet of Deity of Annarasa, Bhagawan Shri Vishnu is - 'May everyone be blessed with the best form of food and thus, they get the taste of Brahmarasa and Bliss; so also, may reading and implementing the advised Dietetics help all evolve physically, psychologically and spiritually.

- Authors



Reason for mentioning use of alcohol and meat in Ayurveda

Since Ayurveda is a science, it describes the qualities of meat and alcohol along with other aspects. Consumption of these items in daily life is contraindicated in Hindu Scriptures as well as in Ayurveda. From ancient times, Ayurveda has considered consuming these only as the last resort to save an individual's life. Only from this perspective, meat and alcohol have been mentioned in this Text.

Detailed information on how to prepare medicines such as kadha, ghrut (Ghee used in medicines), vati (Tablets), etc. mentioned at various places in this Text has been provided in Sanatan's Text - 'Ayurvedic remedies on cough, TB, asthma, hiccups, etc.'

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