

Ayurveda - Vol. 9 : Dietary norms - 3

Medicinal properties of foodgrains, pulses, vegetables, fruits and spices

(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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卐 ————— Preface ————— 卐

The word 'Ayurveda' means the 'Veda of life', that is, knowledge about life. Sages like Charak and Sushrut have always insisted that whatever information and knowledge are available for a useful and happy life should be incorporated in Ayurveda. All medical sciences should be considered as branches of Ayurveda.

Modern medicine provides detailed information on the functions of proteins, fats, carbohydrates, Vitamins, minerals and water and their quantity in every food item. It describes in detail the ill-effects of consuming these food items inadequately or excessively. It also describes a balanced diet and the proportion in which various food items should be included in the diet.

Another special feature of Ayurveda is that it has studied in depth, the qualities of each food item and their effects on the three doshas namely Vata, Pitta and Kapha, tissues like body fluids, blood, etc. and organs like the heart, brain, etc.

Ayurveda accords an equal or rather a greater importance to diet than medication in ailments; hence, a Vaidya advises observance of dietary restrictions to maintain good health in every individual and to cure the patient. It emphasises that a patient may not take medication but he should certainly observe dietary restrictions. The reason is that one takes medicines in small doses of a teaspoonful or a tablet; however, food is consumed in a large quantity.

Ayurveda has classified food items and has stated the most beneficial and most harmful food item in each class.



To facilitate handling of this Text, it has been divided into two volumes for the sake of convenience of the readers. The science of dietetics will be understood totally only after reading both these volumes.

This Text is useful not only to Vaidyas, doctors and students but to every individual. If one takes diet by studying this book, one can enjoy a long, healthy, useful and happy life.

Deity Vishnu is the Deity of food. We fervently pray unto Deity Vishnu to bless everyone with the best possible food so as to make physical, mental & spiritual progress and through it enjoy the Bliss of the divine nectar. - **Authors**

ॐ विष्णवे नमो, विष्णवे नमो, विष्णवे नमः ॥



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Importance of good health

Ayurveda is considered to be the fifth Veda. Charaksanhita is the basic Text of Ayurveda. In this Text the following has been expressed for good health.

धर्मार्थकाममोक्षाणाम् आरोग्यं मूलमुत्तमम् ।

– Charaksanhita, Sutrasthan, Adhyaya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four Purusharthas - Dharma, Artha, Kama and Moksha.