

<https://doi.org/10.46344/JBINO.2021.v10i2b.21>

## CONCEPTUAL STUDY OF DIETETICS MENTIONED IN ASTANGA SANGRAHA SUTRASTAN

Girish Sahadev Kargutkar

Principal, Ideal Ayurved Hospital ,At Posheri Post pimplas ,Tal wada ,Dist Palghar 421303

### ABSTRACT

Ayurveda always emphasizes on consuming healthy and nutritious diet for maintaining good health. The categorization of food items in different ways in Ayurveda epitomizes their profound knowledge on food items, their source, quality, requirement and usage by human beings. Diet is the unique concept of Ayurveda. Ahar (Diet) for fulfilling both the aims of Ayurveda i.e for swasthapurush (healthy person) as well as for Atur (patient). Concept of Dietetics is more important to achieve the status of complete health which is said as prakritisthapan (establishment of original health status). According to Acharya Ahara determines the origin of beings and forms a chief source of bodily strength, complexion and ojas. Astanga sangraha samhita has earned its right place among the great treatise of Ayurveda because it covers whole eight branches of ayurveda, topics are chronological arranged, precepts and practices of medical science are narrated clearly. Dietetics is the interpretation and communication of the science of nutrition; it helps people make informed and practical choices about food and lifestyle in both health and disease. India, the global capital for diabetes and other diseases (cardiovascular disorders, hypertension, heart disease, cancers) needs both curative and preventive nutrition. The threat of widespread household food insecurity and chronic under nutrition was very real. People don't have knowledge of diet, nature of food, how to protect food, lastly how much quantity of food to consumed in proper manner. Fundamental principle of dietetics to study the concept of dietetics in astangasangraha with its placement related to particular adhaya gives a clue in understanding importance of diet and its mode of action. Commentary on Astanga sangraha written by Indu is Shashilekha, only available which explains its significance and way of thinking. Indu's commentary exhibits the esoteric material of Ayurveda untouched by previous commentators. DIETETICS-is the interpretation and communication of the science of nutrition; it helps people make informed and practical choices about food and lifestyle in both health and disease. This will be conceptual and literary study. Sample size N/A, Sample selection techniques N/A. Approval of the study will be taken after presentation from institute's ethics committee. Data will be interpreted to summarize the exact concept of dietetics. On the basis of steps of study discussion will be done on- 1. Principle of Dietetics. 2. All the findings in the literature observations will be discussed in depth. On the basis of discussion, conclusion will be drawn on

**Keywords:** Ahar, Dietetics, Diet, Astanga sangraha

## INTRODUCTION

Anything that is taken for the purpose of nourishment and maintenance of the biological system in the form of solid or liquid is known as Ahara (food).<sup>1</sup> Ahara is the best among the things which sustain life. Ahara has been described as one of the Trayopastambha (three subsidiary pillars) of life which are Ahara, Nidra (sleep) and Brahmacharya (celibacy). Here Ahara, has been enumerated first, which shows its more importance.<sup>2</sup>

Ayurveda always emphasizes on consuming healthy and nutritious diet for maintaining good health. The categorization of food items in different ways in Ayurveda epitomizes their profound knowledge on food items, their source, quality, requirement and usage by human beings. A physician can distinguish the types of food and drink for a particular individual depending upon the Prakarti (psychosomatic constitution), etc. Balanced diet in Ayurveda can be defined as "the diet enriched with Shadarasa (all six rasa), required Gunas (properties), Veerya and given to the individual after consideration of Prakrati, Agni (digestive power), Kostha (digestive system) and Ritu (season variation).<sup>3</sup> Contrary to modern approach, Ayurvedic dietetics does not deal only with the specific nutritional contents of food - carbohydrates, fats, proteins, vitamins, minerals etc, but it also takes into account the food we take in and the manner in which we take it, nature of food, agnibala, mode of preparation, combination, season, place and environment etc.<sup>4</sup> Field of Ayurvedic dietetics is vast and more scientific.

Diet is the unique concept of Ayurveda. One can alter the properties of dravya (substances) with the help of kalpana. Aharkalpana includes selection and preparation of the food articles according to personalized need and convention from particular dravyas. It has been mentioned under various titles by various acharyas as AharVidhiVisheshtayatana and AharVidhi vidhan by Charaka.<sup>5</sup> And DwadashAshanaPravicharana by Shushruta<sup>6</sup>, SaptavidhAharkalpanas by VriddhaVagbhata etc.<sup>6</sup>

This is very important feature of Ayurvedic science. Acharya Vagbhata has described Ahar (Diet) for fulfilling both the aims of Ayurveda i.e. for swasthapurush (healthy person) as well as for Atur (patient). Concept of Dietetics is more important to achieve the status of complete health which is said as prakritisthapan (establishment of original health status).

Acharya has mentioned that, Ahara (food) is the best sustainer of life. Taking into account the utility of food not only at individual but at universal level, it has been mentioned that whatever beneficial for worldly happiness, whatever pertains to the Vedic sacrifices leading to heaven, and whatever action leads to spiritual salvation are all said to be established in food.<sup>8</sup>

According to Acharya Ahara determines the origin of beings and forms a chief source of bodily strength, complexion and ojas.<sup>9</sup>

Showing the importance of pathya (ahara) Acharya says that, if wholesome diet is given in a planned way, there is no

need for separate medical treatment and if unwholesome diet is being permitted, there is no benefit of any medication.<sup>10</sup>

Acharya Charaka, in his Charaka Samhita is found to have given more importance to the study of general medicine i.e. Kaya Chikitsa. Sushruta, in his Sushruta Samhita has laid emphasis on the detailed study of surgical science i.e. Shalyatantra. But Acharya Vagbhata has given importance to all the 8 branches of Ayurveda and composed Astanga Sangraha. In this treatise we get to know about all the 8 branches. He has covered everything in brief and in a sweet and understandable manner, thus making Ayurveda learning an easy process. Though the Astanga Sangraha borrowed copious material from the compendia of Charaka and Shushruta but he adds very useful material in his work.<sup>11</sup> Vagbhata will always be praised in the world of medicine (Ayurveda) for having presented Ayurveda in a simple, yet precise way. Vagbhata is famous for having presented Ayurveda and its essence in an easy, simple, comprehensive and understandable way. Astanga Sangraha Samhita has earned its right place among the great treatise of Ayurveda because it covers whole eight branches of ayurveda, topics are chronological arranged, precepts and practices of medical science are narrated clearly.<sup>12</sup> Important precepts and practices of Ayurveda are explained in brief and codified form in sutra sthana. Sutra sthana, the first section of Astanga Sangraha contain 40 chapter. Derivation of sutra sthana is as sochanat means indicating briefly the ideas sutra sthana means arranging topics in

respective orders and originating flow of ideas just like a thread<sup>13</sup>, which keeps all pearls together in necklace the specialty about sutra sthana of Vagbhata's Samhita is that it comprise all the meaning of Tantra in concise manner.

### **Present Scenario**

Dietetics is the interpretation and communication of the science of nutrition; it helps people make informed and practical choices about food and lifestyle in both health and disease. India, the global capital for diabetes and other diseases (cardiovascular disorders, hypertension, heart disease, cancers) needs both curative and preventive nutrition. The threat of widespread household food insecurity and chronic under nutrition was very real. Junk food and fast food has become a way of life for most of us, but the past few years have seen an adverse change in lifestyle by many. In addition, people don't have knowledge of diet, nature of food, how to protect food, lastly how much quantity of food to consumed in proper manner. So there is a necessity to spread awareness about diet and healthy eating so that people can change their eating habit for betterment.

### **Rationalization -**

#### **Fundamental Principles of dietetics and therapeutics described in the Astanga Sangraha Sutra sthana**

A living body is composed of the five fundamental elements (Mahabhutas). Food is also composed of the same elements. The basic reason for taking food is to augment and replenish the five fundamental elements in the body. Hence proper diet in sickness or health is an integral part of medical treatment; food may also be the cause of ill-health,

due to its impaired qualities. Improper quantity, unsuitability to specific conditions of the body, incompatibility with other foods taken at the same time and defective cooking are cause of ill health. Seasonal factors should also be taken into consideration in the proper selection of food. Chapter knowledge of liquid materials, nature of food materials protection of food and proper quantity of food described in the Astangasangraha provide detail knowledge about above problems. Knowledge of therapeutics which includes wholesome diet and drug is one among three principles as a means of wellbeing par excellence to healthy and diseased. Chapter knowledge of liquid materials, nature of food materials, protection of food and proper quantity of food described in the AsatangaSangraha provide detail knowledge about wholesome diet.<sup>14</sup>

Sutrasthan of Asatangasangraha is based on ayurved classics because each section deals with principle Ayurveda related to preventive as well as curative medicines, fundamental principle of dietetics to study the concept of dietetics in astanga sanghaha with its placement related to particular adhaya gives a clue in understanding importance of diet and its mode of action. In Astangasanghaha correct sequential order is explained for food which is beneficial for our health food which is advisable in particular disease whole ayurvedic diet plan for healthy people.

Astangasanghaha is the only ayurvedic text in which views of Charaksamhita as well as Sushrutasamhita is explored in sequential manner ,mentioned all chapters in proper sequence also through light on concept of diet

incompatibility with seven types of Aaharvidhivisheshayatan. In addition to knowledge of liquid diet, nature of food is explained,also tells about how to protect food with ways of taking food and lastly how much quantity of food to consumed in proper manner.<sup>15</sup>

Commentary on Astanga sanghaha written by indu is shashilekha,only available which explains its significance and way of thinking.Indu's commentary exhibits the esoteric material of Ayurveda untouched by previous commentators.He quotes often Bhattarharischandra&jejjata as commentators of Charaksamhita..Arundatta and Hemadri have mentioned Indu commentary in their commentaries. His commentary possesses simplicity of language, lucidity in the presentation of subject matter & serenity in elucidation..He touches the untouched fields of text wherever he needs. His facts makes more understandable and gives a new approach to solve the difference of concept propounded by other samhita.

**1.Spread awareness** -This study will educate people about healthy food ,impact of poor diet .

**2 Build strong Immune system** –this study can also help people develop a healthy diet that can strengthens their immune system so that they reduces the chance of common health issues.

**3.Recovery from illness-** this will also help people to develop food plans to recover patients from number of diseases .

So the presents study will be done on dietetics mentioned in Astanga sanghaha and Indu commentary to establish its importance in present era. That's why the topic is selected.



**Aim :**

To Study the Concept of Dietetics in AstangSangrahaSutrasthanw.s.r to Indu commentary.

**Primary Objectives :**

- 1.To elaborate concept of dietetics in AstangSanghraha.
- 2.To establish significance of Indu commentary.
- 3.To fulfill knowledge gaps for elaborating meaning of Dietetics( शब्दार्थ )& its application (अभिप्रेतार्थ ).
- 4.To establish importance and utility of dietetics from Astangsanghraha of indu commentary in present era.

**Secondary objectives:**

- 1.To study various views and controversies about Dietetics in Astangsangrahasutrasthan w.s.r.to Indu commentary.
- 2..Rewriting of sutras on Dietetics from Astangasangrahasutrasthan with its critics.

**Methodology-**

Operational Definition –

DIET-a kind of food that person habitually eats.

DIETETICS-is the interpretation and communication of the science of nutrition; it helps people make informed and practical choices about food and lifestyle in both health and disease.This will be conceptual and literary study.

Steps of study

1. Collection of Commentary.
2. Comprehensive reading of commentary of each sutra.
3. Critical analysis of commentary will be done with the help of following steps
  - Retrieval
  - Revival
  - Technical correlation
  - Translation
  - Editing
  - Review
4. Interpretation.

1. Collection of data – material about subject will be drawn from AstangaSangrahasutrasthan and Indu commentary.

2. Comprehensive reading-reading of each sutras of AstangaSangraha will be done and described them by Shabdārtha and Abhipretārtha.

3. Analysis of data- will be done on collected data using following steps

- Retrieval- collected data will be studied thoroughly with all its minute entities like- used language, sentence/sutra construction type, padsamgraha, definitions (paribhasha), tantrayukti etc.

- Revival- All the available data will be critically enumerated in order as it is illustrated in Samhita and will be critically analyzed.

- Technical correlation- Related references from other ancient classical texts will be noted and then correlation will be done.

With the help of retrieval, revival, the relation of sutra and pada with that text and also Indu's opinion will be established. Tantrayuktis, different vadas and nyayas will be applied in different occasions in order to achieve better understanding.

- Translation- Sutras & padas will be converted into English Language.

- Editing- could be done if required

- Review- review of whole steps will be done.

- Analysis- Interactions with large number of renowned scholars, experts in the field of Ayurveda will be carried out regarding study of Dietetics, sutrasthan of AstangaSangraha .

**Statistical Methods-N/A****OBSERVATION AND RESULTS:**

Interpretation-

Data will be interpreted to summarize the exact concept of dietetics .

Data management and analysis procedure-

1. Collected data will be arranged according to Astangasangrahasutrasthan on Dietetics w.s.r to Indu commentary.
2. It will distribute according to similarities and dissimilarities in views of Astangasangraha and Indu commentary about dietetics.
3. Collected data will be enumerated in tabular form wherever necessary.
4. According to necessity of data it will also be presented in graphical representation

#### Discussion -

On the basis of steps of study discussion will be done on-

- 1.Principle of Dietetics .
- 2.All the findings in the literature observations will be discussed in depth. Discussion will be done on
  - Dietetics principle of Astangasangraha and Indu commentary.
  - Critical comment on Dietetics
  - To establish importance and utility of Dietetics from Astanga Sangraha w.s.r to Indu commentary in present era.

#### Conclusion

On the basis of discussion ,conclusion will be drawn on.

**4) Ethical Consideration:** Study will be started after the ethical clearance from IEC.

**5) Withdrawal Criteria:** N/A

**6) Consent according to ICMR/WHO Format:** N/A

Research Methodology specified and explained for data collection

1. Sample size- NA
2. Sampling technique- NA
3. Methods for data collection relevant to objectives- already mentioned in methodology
4. Plan for statistical analysis- NA

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