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PHYSIOLOGICAL AND PATHOLOGICAL ASPECT OF *AHARA* PREDOMINANT WITH *MADHRA* AND *KATU RASA*

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Abstract

Ayurveda considered as oldest system of medicine originated from India and now this system serving to whole world towards in terms of health management and prevention of diseases. In this connection Ayurveda presented several theories for health restoration and disease management. Concept of “three *Sthambas*” is one such aspect of Ayurveda and *Ahara* is one of the *Upasthambas* amongst three *Sthambas*. *Ahara* contributed for normal physiological functioning of body and maintain good health status physically as well as mentally. *Ahara* if consumed in proper manner then it provides essential nutrients for balancing overall functioning of body. While improper intake of food causes many harmful effects including initiation of pathological events, taste (*Rasa*) of *Ahara* play vital role for specific effects of consumed foods, considering this present article explored physiological and pathological aspect of *Ahara* predominant with *Katu* and *Madhr Rasa*.

Key-Words: *Ayurveda, Ahara, Katu Rasa, Madhr Rasa.*

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PHYSIOLOGICAL AND PATHOLOGICAL ASPECT OF *AHARA*

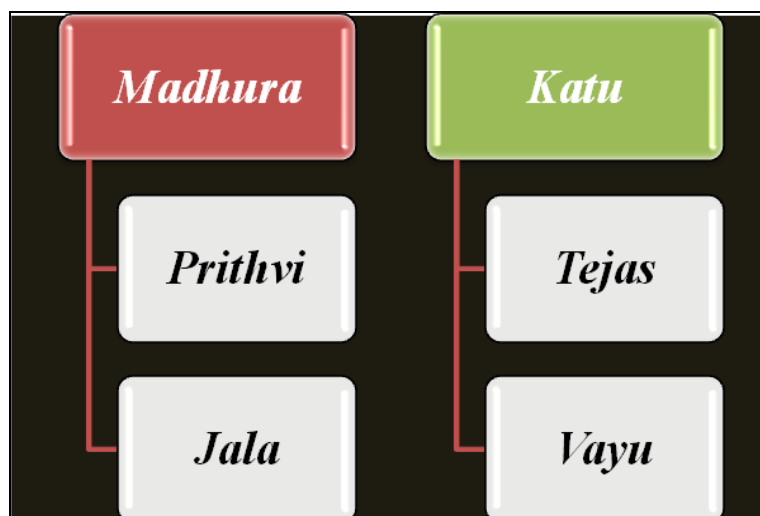
PREDOMINANT WITH *MADHRA* AND *KATU RASA*

Introduction

Ayurveda described many factors which contributed towards the health of human being and *Ahara* is one such prime factor for healthy living. Ayurveda also emphasizes concept of *Viruddha Ahara* means consumption of unwholesome diet which can cause health adversity. Therefore it can be stated that balanced dietary habits support good health status while *Viruddha Ahara* (unwholesome diet) can leads pathological events inside the body. Consumption of inappropriate diet can deteriorate metabolism, inhibits formation of tissue and imparts pathological consequences inside the body, while intake of wholesome diet provides good sleep, strong physic, memory, mental strength and disease resistance power. These physiological and pathological effects of *Ahara* may be attributed to the various properties of *Ahara* like *Guna* and *Rasa*.

The *Rasa* means taste play important role towards the effects of any substances including dietary materials. *Rasa* are different types and each *Rasa* has their own health benefits, however excessive or deficient consumption of *Ahara* predominate to particular *Rasa* can leads pathological conditions. Therefore it can be stated that *Ahara Rasa* in balance amount beneficial for health while inappropriate intake of *Ahara Rasa* is responsible for abnormal health adversity.

Madhura, Amla, Lavana, Tikta, Katu and *Kashaya* are major types of *Rasa* of *Dravya* and each *Rasa* of *Ahara* possesses specific combination of *Bhutas* and this combination of *Bhutas* is responsible for properties of specific *Rasa*. *Madhura* & *Katu* are important *Rasa* of *Ahara* and as depicted in **Figure 1** these *Rasa* posses specific combination of *Bhutas*, this combination contributed towards the inherent properties of *Madhura* & *Katu Rasa*. This article deals with physiological and pathological aspect of *Katu* and *Madhr Ahara*. **Table 1** depicted effects of *Madhura* and *Katu Rasa* on *Dhatus, Mala* and *Doshas*.

Figure 1: *Bhutas* predominance in *Madhura* & *Katu Rasa*Table 1: Effects of *Madhura* and *Katu Rasa* on *Dhatus*, *Mala* and *Doshas*

Actions of Rasas on Dhatus	<i>Madhura Rasa:</i> <i>Balya, Jivana, Dhatusvardhana, Stanyavardhana and Ayushya</i>
	<i>Katu Rasa:</i> <i>Lekhana, Avrushya and Dhatunashana</i>
Actions of Rasas on Mala	<i>Madhura Rasa:</i> <i>Srishta Vin Mutra Maruta</i>
	<i>Katu Rasa:</i> <i>Baddha Vin Mutra Maruta</i>
Actions of Rasa on Doshas	<i>Madhura Rasa:</i> <i>Pitta Shamaka and Kapha Vardhaka</i>
	<i>Katu Rasa:</i> <i>Kapha Shamaka and Vata-Pitta Prakopaka</i>

Madhura Rasa Ahara:

Madhura Rasa means sweet taste, compounds like honey, melon, sugar, rice, coconut, banana, wheat, almonds and potato, etc. used as *Ahara* contains *Madhura Rasa*. Similarly medicinal plants such as; *Yashtimadhu*, *Shatavari* and *Bala*, etc. also contains significant amount of *Madhur rasa*. *Madhura Rasa* possesses *Snigdha*, *Guru* and *Sheeta Guna*. *Sheeta* and *Guru Guna* of *Madhur rasa* decreases hotness of *Pitta Dosha* thus relieve pathological problems like hyperacidity and heart burning. *Madhur rasa* pacify vitiation of *Vatadosha* by virtue of their *Pichil* and *Snigdha Guna*. *Madhura Rasa* imparts *Medhya*, *Tarpana*, *Trishna Nigrahana*, *Hridya*, *Kanthya*, *Mutrala*, *Vrushya*, *Keshya* and *Varnya* action thus provides following physiological benefits inside the body:

- ❖ Helps to constitute *Dhatus*
- ❖ Provide strength and immunity to the body
- ❖ Provides lubrication to the body thus helps in movement
- ❖ Improves complexion
- ❖ *Ahara* contains *Madhur rasa* provide energy, strength to sense organs and boost immunity.

Pathological Involvement of Madhur Rasa:

- ✚ Excess use of *Madhur Rasa* can leads heaviness, lethargy, obesity and diabetes, etc.
- ✚ Reduces *Agni* thus hamper digestive system.
- ✚ Increases congestion of tract.
- ✚ *Atisevana* of *Madhura Rasa* can also leads *Aruchi*, *Mukha Kanthagata*, *Shwasa*, *Pratishyaya*, *Anaha*, *Sajnanasha*, *Netra Rogas*, *Galaganda*, *Shleepada* and *Krimietc Kaphaja Rogas*, etc.

Katu Rasa Ahara:

Katu rasa means bitter taste, foods like onion, ginger, spices, chilies, mustard seeds, black pepper and garlic, etc. predominant to *Katu rasa*. *Katu Ahara* possess *Ushna*, *Laghu* and *Ruksha* properties thus improve *Agni*, helps in digestion process, break toxins thus facilitate their elimination from body and cure constipation and anorexia. *Katu Ahara*

maintains normal condition of *Pitta Dosha* and *Laghu guna* increases absorption and transportation of such nutrients.

Katu Ahara helps to cure *Kaphaj Vyadhi* since *Katu Rasa* reduces excessive *Pichil* quality of *Kaphadosha* due to their *Ruksha* and *Laghu Guna*. *Ahara* predominant to *Katu Rasa* imparts *Indriyottejaka*, *Mukha Shodhaka*, *Deepana*, *Pacahana*, *Rochana*, *Hridayottejaka*, *Krimighna*, *Kaphagna*, *Mutra Sangrhaniya*, *Avrushya*, *Kandugna* and *Kusthagna* effects. These properties of *Katu Ahara* provides following physiological benefits:

- ❖ Improves circulatory process of body due to their *Ushna Guna*.
- ❖ Normalizes process of abortion and routed through minute channels under the influence of their *Laghu Guna*.
- ❖ *Ruksha Guna* removes lethargy and numbness.
- ❖ Warms up body and clears throat and other pathways.
- ❖ Alleviates *Kapha* and helps in respiratory distress.
- ❖ Improves detoxification process by enhancing metabolic activities and sweating process.
- ❖ Eliminates itching, cleanses blood and reduces cholesterol.

Pathological Involvement of *Katu Rasa*:

- ✚ Excessive uses of *Ahara* predominant to *Katu Rasa* may cause irritation and heart burn.
- ✚ Excessive use may lead symptoms of nausea and vomiting.
- ✚ *Ahara* predominant to *Katu Rasa* may imparts confusion (*Bhrama*) and sometimes *Murcha* if consumed inappropriately.
- ✚ *Daha* (burning sensation) is major health issue related with excessive consumption of *Katu Ahara*.
- ✚ Excessive consumption of *Katu Rasas* can vitiate *Pitta* thus responsible for digestive problems.
- ✚ *Ahara* with *Katu Rasa* leads *Chardi*, *Vataja Arshas* and *Pittaja Kasa*, etc.

✚ *Katu Rasa Atisevana* responsible for *Kampa, Krashata, Angashula, Avrushyakara* and *Trushna*, etc.

Conclusion

Madhura Rasa gives strength to the body tissues, good for children, useful for emaciated person, improves complexion and skin tone, provides strength to hairs, boosts functioning of sense organs, maintains *Ojas*, increases breast milk, strengthen fractured bones and cure foul smell of mouth. *Ahara* predominant to *Madhura Rasa* alleviates *Pitta* thus useful in heart burn and hyperacidity. The coldness of *Madhura Ahara* provides relief in heat stroke and cure excessive burning sensation. Excessive uses of *Madhura Ahara* can cause pathogenesis of diabetes, obesity and reduction in digestive capacity, etc. *Atisevana* of *Madhura Rasa* can leads *Aruchi, Shwasa, Pratishyaya, Sajnanasha, Mukha Kanthagata, Galaganda* and *Netra Rogas*, etc.

Ahara predominant with *Katu rasa* useful for conditions like; anorexia, constipation, cure digestive problems, increases intelligence, clears toxins form body, alleviates *Pitta* and *Kapha dosha*, improves circulatory process of body, removes lethargy, useful for respiratory distress, enhances metabolic activities and reduces excessive cholesterol. Excessive uses of *Ahara* predominant to *Katu Rasa* can cause heart burn, *Bhrama, Murcha, Daha*, aggravation of *Pitta, Chardi, Pittaja Kasa* and *Vataja Arshas*, etc. This article concluded that *Madhura* and *Katu Ahara* play significant role towards the normal physiological functioning of body and *Ahara* rich in *Madhura* and *Katu Rasa* gives various health benefits, on others hand if consumed inappropriately then these *Rasa* can leads pathological consequences inside the body. Therefore it is suggested to follow dietary regimen of Ayurveda to get beneficial effects of *Ahara* and balanced conduction of dietary regimen also prevent chances of food related abnormalities.

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