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Understanding of Balanced Diet in Ayurveda

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ABSTRACT

In modern society, lifestyle diseases such as obesity, type 2 diabetes, and cardiovascular diseases are prevalent, largely due to poor dietary habits and sedentary lifestyles. *Ayurveda* emphasizes the importance of *Ahara* for maintaining health and preventing diseases. It highlights the significance of *Ahara* (food), *Nidra* (sleep), and *Brahmacharya* (proper lifestyle) as the three sub pillars of health. *Ahara*, in particular, is considered the most crucial element, influencing various aspects of health including complexion, strength, intelligence, and longevity. The principles of *Nitya Sevaniya Dravya*, *Parigraha*, *Sarvagraha*, *Sarvarasa Abhyasa*, *Pravara Saatmya*, and *Maatravat Bhojana* explained in the classics align closely with the principles of balanced diet in contemporary science. These principles ensure the intake of essential macro and micronutrients necessary for maintaining health, general well-being and preventing the forthcoming diseases.

Key Words *Balanced diet, Nitya Sevaniyadravya, Parigraha, Sarvagraha, Sarvarasa Abhyasa*

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INTRODUCTION

The current era witnesses a rise in lifestyle diseases, often linked to dietary habits and sedentary lifestyles. Conditions like obesity, type 2 diabetes, cardiovascular diseases are closely associated with poor diet choices and lack of physical activity. Adopting a balanced diet, engaging in regular exercise, and maintaining a healthy lifestyle are pivotal in preventing and managing these diseases and promoting long-term well-being.

A balanced diet is defined as one which contains a variety of food in such quantities and proportions that the need for energy, amino acids, vitamins, minerals, fats, carbohydrates and other

nutrients is adequately met for maintaining health, vitality and general well-being and also makes a small provision for extra nutrients to withstand short duration of leanness¹. In Ayurvedic literatures *Ahara* (Food), *Nidra* (Sleep) and *Bramhacarya* (lifestyle adopted to enable one to attain reality) are considered as *Trayopasthamba* (Three external subpillars of body) which help in maintaining the life of an individual². *Ahara* is considered as *Mahabhaishajya*³. *Ahara* is best among all the things which sustain life⁴.

Complexion, clarity, good voice, longevity, intelligence, happiness, satisfaction, nourishment, strength and intellect are all dependent on

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*Aahara*⁵. It also does *Prinana* (enhances vitality), *Sadyobalavardhana* (improves strength instantaneously), *Dehadharana* (makes the body sturdy), *Smritivivardhana* (enhances memory), *Agnivivardhana* (increases Agni), *Ayushya* (increases life span), *Tejavivardhana* (enhances luster), *Utsahakara* (increases enthusiasm) and *Ojaskara* (increases *Ojas*)⁶.

The proper *Ahara* consumed in proper manner helps in the proper growth of the body. On the other hand if taken in improper manner leads to various kinds of diseases. Acharya *Lolimbaraja* has mentioned that if a person takes *Pathya ahara* (healthy diet) then there is no need of taking medicines but if a person is not consuming *Pathya ahara* then intake of medicines is also of no use⁷.

In Ayurveda classics *Nitya Sevaniyadravya* (foods that can be consumed daily), *Sarvarasa Abhyasa*, consuming *Ahara* in the form of *Sarvagraha* and *Parigraha* are mentioned, which not only helps in maintaining the health of an individual but also helps in preventing the onset of diseases. An illuminating lamp is protected from being extinguished by adding proper quantity of oil and using a good wick and it is also protected from external factors like wind by covering the lamp with a shield⁸. Similarly, *Swasthya* (health) is maintained by following proper *Ahara*, *Acara* and protecting oneself from various *Rogotpadaka Hetus*.

The *Nitya Sevaniyaahara* are *Shashtika Shali*, *Mudga*, *Saindhava*, *Amalaki*, *Yava*, *Antariksha*

jala, *Paya*, *Sarpi*, *Jangala mamsa*, *Madhu*⁹.

The other *dravya* included under *Nitya Sevaniyadravya* are *Godhuma*, *Sunishannaka*, *Jeevanthi*, *Baalamolaka*, *Vastuka*, *Haritaki*, *Mrudvika*, *Patola*, *Sharkara*, *Dadima*¹⁰.

MATERIALS AND METHOD

Literary review was conducted through an analysis of all the available literature, including *Brahatraxis*, *Laghutrayis*, and other texts. All available modern books relevant to the topic, articles, journals etc. were also studied.

Shashtika Shali – *Oryza sativa* – Rice

Shashtika Shali is considered as *Shreshta* among *Shukadhanya Varga*¹¹.

It has *Madhura Rasa*; *Snigdha*, *Sheeta* and *Laghu Guna*. It has *Grahi*, *Balya* (improves strength) and *Tridoshaghna* (pacifies all three *Doshas*) properties and also causes *Baddhavaracas* (constipation due to low fibre content)¹².

Table 1 Nutritive value of *Shashtika Shali* (Per per 100g)¹³

Mudga – *Phaseolus aureus* – Green gram

Mudga is considered *Shreshtha* among *Shimbidhanya varga*¹⁴.

It has *Kashaya*, *Madhura Rasa*; *Laghu*, *Ruksha* and *Vishada Guna*. It has *Kaphapittahara* (pacifies *Kapha* and *Pitta*), *Vatakara* (increases *Vata*) and *Cakshushya* (improves eyesight) properties¹⁵.

Table 2 Nutritive value of *Mudga* (per 100g)¹⁶

Godhuma – *Triticum aestivum* – Wheat

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It has *Madhura Rasa*; *Guru*, *Snigdha* and *Sheeta Guna*. It has *Vatakaphahara* (pacifies Vata and Kapha), *Vrushya* (aphrodisiac), *Jeevaniya* (increases vital strength), *Balya* (improves the strength), *Sthairyakara* (delays aging), *Sandhanakar* (heals) properties¹⁷.

Table 3 Nutritive value of *Godhuma* (per 100g)¹⁸
Saindhava lavana – Pink salt

It has *Lavana* and *Madhura Rasa*. It has *Dipana*, *Rocana* (increases taste perception), *Vrushya* (aphrodisiac), *Cakshushya* (improves vision), *Avidahi* (doesnot produce burning sensation in the body) and *Tridoshaghna* properties¹⁹.

Table 4 Nutritive value of *Saindhava Lavana* (per 100g)¹⁹

Amalaki – *Emblica officinalis* – Gooseberry

It has *Madhura*, *Amla*, *Katu*, *Tika*, *Kashaya Rasa* and *Sheeta virya*. It has *Cakshushya*, *Keshya* (good for hair), *Pittakaphahara* (pacifies *Pitta* and *Kapha*) and other properties²⁰.

Amalaki is considered as best *Vayasthapaka*(delays aging) and in treating *Prameha*^{21,22}.

Amalaki has *Ayushya*, *Buddhi-Indriya* *Balaprada*, *Paushtika*, *Deepana*, *Pacana*, *Sarvarogaprashamana* *Guna*. It is used in treating *Kushta*, *Gulma*, *Udavarta*, *Shosha*, *Mada*, *Arshas*, *Grahani*, *Prameha*, *Anaha*, *Vishamajwara*, *Hridroga*, *Chardi*, *Krimi*, *Shiroroga*, *Atisara*, *Arocaka*, *Kasa*, *Udara*, *Srotovibandha*²³.

Table 5 Nutritive value of *Amalaki* (per 100g)²⁴
Yava – *Hordeum vulgare* – Barley

It has *Kashaya*, *Madhura Rasa*; *Ruksha*, *Sheeta* and *Guru Guna*. It is *Balya* (improves strength), *Sthairyakara* (improves compactness), *Shleshmavikaranut* (pacifies *Kaphavikara*), *Medohara* (reduces the fat) *Vatahara* (pacifies *Vata*) properties²⁵.

Table 6 Nutritive value of *Yava* (per 100g)²⁶
Antariksha jala – Water

It has *Avyakta Rasa*; *Laghu* and *Sheeta Guna*. It has *Jeevaniya*, *Hrudya* (good for heart), *Buddiprabhodhana* (enhances memory), *Tarpana* (nourishes the body) properties²⁷.

It is considered to be *Amrutopama*(equivalent to nectar)²⁸.

Paya – Cow's Milk

It has *Madhura Rasa*; *Sheeta*, *Mrudu*, *Snigdha*, *Bahala*, *Shlakshna*, *Guru*, *Manda*, *Picchila* and *Prasanna Guna*. It has *Medhya* (improves memory), *Balya*, *Stanyakara* (improves lactation), etc properties²⁹.

Table 7 Nutritive value of *Paya* (per100g)³⁰
Sarpi – Ghee

It has *Madhura Rasa* and *Sheeta virya*. It has *Smrutivardhaka* (improves memory), *Buddhivardhaka* (improves intellect), *Ojovardhaka*, *Kaphavardhaka*, *Agnivardhaka*, *Vatapittahara*, *Vishahara*, *Jwarahara* properties³¹.

Table 8 Nutritive value of *Sarpi* (per 100ml)³²
Jangala Mamsa – Meat

It has *Kashaya*, *Madhura Rasa*; *Ruksha* and *Laghu*, *Guna*. It has *Balya*, *Brumhaniya* (nourishes the body), *Vrushya* (aphrodisiac),

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Dipaniya (increases digestive power), *Hridya* (good for heart), *Tridoshaghna* properties³³.

Table 9 Nutritive value of *Jangala Mamsa* (per 100g)³⁴

Table 1 Nutritive value of *Shashtika Shali* (Per per 100g)¹³

Carbohydrate	78%
Protein	7.2%
Fat	0.6%
Fibre	2%
Mineral	0.7%
Calcium	0.01%
Phosphorous	0.17%
Iron	2.8%
Vitamin A	4 IU
Vitamin B1	180mcg
Vitamin B3	4.8mg
Calorific value	351kCal

Table 2 Nutritive value of *Mudga* (per 100g)¹⁶

Carbohydrate	56.6%
Protein	24%
Fat	1.3%
Fibre	4.1%
Mineral	0.7%
Calcium	0.14%
Phosphorous	0.28%
Iron	8.4%
Vitamin A	158 IU
Vitamin B1	456mcg
Vitamin B2	387mg
Calorific value	334kCal

Table 3 Nutritive value of *Godhuma* (per 100g)¹⁸

Carbohydrate	71.2%
Protein	11.8%
Fat	1.5%
Fibre	1.2%
Mineral	1.5%
Calcium	0.05%
Phosphorous	0.32%
Iron	5.3%
Vitamin A	108 IU
Vitamin B1	540mcg
Vitamin B2	120mg
Calorific value	348kCal

Table 4 Nutritive value of *Saindhava Lavana* (per 100g)¹⁹

Sodium	3.6%
Potassium	0.28%
Magnesium	0.1%
Calcium	0.16%
Iodine	Trace

Magnesium	Trace
Phosphorous	Trace
Iron	Trace
Chromium	Trace
Zinc	Trace
Strontium	Trace

Table 5 Nutritive value of *Amalaki* (per 100g)²⁴

Carbohydrate	10.2g
Protein	0.88g
Fat	0.58g
Fibre	4.3g
Potassium	198mg
Calcium	25mg
Phosphorous	27mg
Iron	0.31mg
Vitamin C	27.7mg
Vitamin A	298IU
Calorific value	44kCal

Table 6 Nutritive value of *Yava* (per 100g)²⁶

Carbohydrate	69.3%
Protein	11.5%
Fat	1.3%
Fibre	3.9%
Mineral	1.5%
Calcium	0.03%
Phosphorous	0.23%
Iron	3.7%
Vitamin A	22 IU
Vitamin B1	450mcg
Calorific value	335kCal

Table 7 Nutritive value of *Paya* (per100g)³⁰

Carbohydrate	4.9g
Protein	3.4g
Fat	1g
Sodium	25.4mg
Potassium	115mg
Calcium	118mg
Phosphorous	96.5mg
Iron	0.15mg
Vitamin E	0.22mg
Vitamin B1	0.03mcg
Calorific value	72kCal

Table 8 Nutritive value of *Sarpi* (per 100ml)³²

Fat	99.8g
Vitamin A	840mcg
Vitamin K	8.6mcg
Calorific value	876kCal

Table 9 Nutritive value of *Jangala Mamsa* (per 100g)³⁴

Protein	18.5%
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Fat	13.3%
Mineral	1.3%
Calcium	0.15%
Phosphorous	0.15%
Iron	2.5%
Vitamin A	31 IU
Vitamin B1	465mcg
Nicotinic acid	6.8mg
Calorific value	194kCal

Table 10 Nutritive value of *Madhu* (per 100g)³⁶

Carbohydrate	82.4g
Protein	0.3g
Fat	0
Total sugar	82.1g
Sodium	4mg
Potassium	52mg
Calcium	6mg
Iron	0.42mg
Calorific value	304kCal

Table 11 Nutritive value of *Sharkara* (per 100g)³⁸

Carbohydrate	100g
Calorific value	400 kCal

Table 12 Nutritive value of *Sunishannaka* (per 100g)⁴⁰

Carbohydrate	4.6g
Protein	3.7g
Vitamin C	531.33mg
Mineral	5.3g
Calcium	80.35mg
Potassium	6.14mg
Iron	2%
Magnesium	38.33mg
Phosphorous	91mg
Tannin	0.31%
Calorific value	46g

Table 13 Nutritive value of *Jeevanthi* (per 100g)⁴²

Carbohydrate	34.68%
Protein	24.24%
Fat	15.35%
Fibre	18.3%
Mineral	98mg
Calcium	248mg
Phosphorous	185.08mg
Manganese	197.5mg
Zinc	4.7mg
Iron	42.3mg
Vitamin A	520mcg
Vitamin C	29.27mg
Calorific value	236kCal

Table 14 Nutritive value of *Baalamoolaka* (per 100g)⁴⁴

Carbohydrate	3.4g
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Protein	0.68g
Fat	0.1g
Fibre	1.6g
Sodium	39mg
Potassium	233mg
Calcium	25mg
Phosphorous	20mg
Manganese	10mg
Zinc	0.28mg
Iron	0.34mg
Vitamin A	7IU
Vitamin C	14.8mg
Vitamin B1	0.012mg
Calorific value	16kCal

Table 15 Nutritive value of *Vastuka* (per 100g)⁴⁶

Carbohydrate	7.3g
Protein	4.3g
Fat	0.8g
Fibre	4g
Calcium	309mg
Phosphorous	72mg
Iron	1.2mg
Vitamin A	580mcg
Vitamin C	90mg
Vitamin B1	0.16mg
Calorific value	20kCal

Table 16 Nutritive value of *Haritaki* (per 100g)⁴⁸

Carbohydrate	43.49%
Protein	3.7%
Fat	2.97%
Fibre	48.62%
Sodium	18.2mg
Calcium	113.2mg
Potassium	620.5mg
Manganese	41.97mg
Zinc	4.7mg
Iron	19.95mg
Vitamin A	520mcg
Vitamin C	29.27mg
Calorific value	0.94kCal

Table 17 Nutritive value of *Mrudvika* (per 100g)⁵⁰

Carbohydrate	10g
Protein	1g
Fat	Trace
Fibre	1.3g
Mineral	98mg
Potassium	175mg
Iron	0.1mg
Vitamin A	12IU
Vitamin C	39mg
Vitamin B1	0.04mg
Calorific value	39kCal

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Table 18 Nutritive value of *Patola* (per 100g)⁵²

Carbohydrate	3.52g
Protein	1.8g
Fat	0.27g
Fibre	3g
Calcium	30mg
Sodium	5mg
Potassium	281mg
Copper	1.1mg
Iron	1.7mg
Vitamin C	29mg
Vitamin B1	0.05mg
Vitamin B2	0.06mg
Calorific value	20kCal

Table 19 Nutritive value of *Dadima* (per 100g)⁵⁴

Carbohydrate	14.7%
Protein	1.6%
Fat	Trace
Fibre	4g
Mineral	0.7%
Calcium	0.01%
Phosphorous	0.07%
Manganese	197.5mg
Zinc	4.7mg
Iron	0.3%
Potassium	236mg
Vitamin C	10.2mg
Vitamin K	16.4mcg
Calorific value	83kCal

Madhu – Honey

It has *Kshaya, Madhura Rasa; Guru, Sheeta, Ruksha* and *Sukshma Guna*. It is *Vatala* (increases vata), *Raktapittakaphahara* (pacifies rakta, pitta and kapha), *Ropana* (wound healing), *Cakshushya, Pittahara, Shleshmahara, Medohara, Pramehahara* (pacifies Diabetes mellitus), *Kasahara, Shwasahara, Hikkahara, Chardighna, Trishnahara, Krimighna, Vishaprashamana* (pacifies the effect of poison) properties³⁵.

Table 10 Nutritive value of *Madhu* (per 100g)³⁶

Sharkara – Rock candy

It has *Madhura Rasa*. It has *Vrushya* (Aphrodisiac), *Raktapittahara* (haemorrhage) and *Vatahara* (pacifies vata) properties³⁷.

Table 11 Nutritive value of *Sharkara* (per 100g)³⁸

Sunishannaka – Marsilea minuta – Water clover
It has *Madhura, Kashaya Rasa; Laghu, Ruksha, Avidahi Guna; Dipana, Rucya* (increases taste perception), *jwarahara* (pacifies fever), *Shwasahara* (pacifies dyspnoea) properties³⁹.

Table 12 Nutritive value of *Sunishannaka* (per 100g)⁴⁰

Jeevanthi -Leptadenia reticulate – Cork Swallow Wort

It has *Madhura, Kashaya Rasa; Snigdha, Laghu Guna* and *Sheeta Veerya*. It has *Tridoshashamaka* (pacifies Vata, Pitta and Kapha Doshas), *Chakshushya* (improves vision), *Balya* and *Grahi* properties⁴¹.

Table 13 Nutritive value of *Jeevanthi* (per 100g)⁴²

Baalamoolaka – Raphanus sativus – Radish
It has *Katu, Tikta Rasa; Laghu Guna* and *Ushna Veerya*. It has *Tridoshashamka, Swarya* (improves quality of voice), *Jwarahara* (pacifies fever), *Shwasahara, Nasikakantarogaghna* (pacifies diseases related to nose and throat), *Nayanamaynashana* (pacifies diseases of eye) properties⁴³.

Table 14 Nutritive value of *Baalamoolaka* (per 100g)⁴⁴

Vastuka – Chenopodium album – Lamb's quarters

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It has *Madhura Rasa; Laghu, Kshara and Sara Guna*. It has *Deepana* (improves appetite), *Pachana* (improves metabolism), *ruchya* (improves taste perception), *Shukrabalaprada*, *Pleehapaha* (pacifies diseases related to spleen), *Raktapittahara*, *Arshahara* (pacifies hemorrhoids), *Krimihara* properties⁴⁵.

Table 15 Nutritive value of *Vastuka* (per 100g)⁴⁶
Haritaki – Terminalia chebula – Myrobalan

It has *Madhura, Amla, Katu, Tikta, Kashaya Rasa; Laghu, Ruksha Guna; Ushna virya* and *Tridoshashamaka* properties⁴⁷.

Haritaki has *Ayushya, Buddhi-indriya balaprada, Paushtika, Deepana, Pacana, Sarvarogaprashamana* Guna. It is used in treating *Kushta, Gulma, Udavarta, Shosha, Mada, Arshas, Grahani, Prameha, Anaha, Vishamajwara, Hridroga, Chardi, Krimi, Shiroroga, Atisara, Arocaka, Kasa, Udara, Srotovibandha*²³.

Table 16 Nutritive value of *Haritaki* (per 100g)⁴⁸
Mrudvika – Vitis vinifera – Raisins

It has *Madhura, Kashaya Rasa; Snigdha, Sheeta* and *Guru Guna*. It has *Chakshushya, Srushta mutrapurisha* (helps in alimination of urine and feaces), *Nihanti anilapittaasra* (pacifies the diseases of *Vata, pitta* and *Rakta*), *Trushnahara* (pacifies thirst), *Kasahara* (pacifies cough), *Swarabhedahara* (pacifies hoarseness of voice) properties⁴⁹.

Table 17 Nutritive value of *Mrudvika* (per 100g)⁵⁰
Patola – Trichosanthes dioica – Pointed gourd

It has *Tikta Rasa and Ushna Guna*. It has *Kaphapittahara* (pacifies kapha and pitta), *Rucya* (increases taste perception), *Dipana* (increases digestive power), *Hrudya* (good for hear), *Vrnya* (heals wound) properties⁵¹.

Table 18 Nutritive value of *Patola* (per 100g)⁵²
Dadima – Punica granatum – Pomogranate

It has *Madhura, Amla Rasa; Laghu and Snigdha Guna*. It has *Hrudya* (cardio tonic), *Grahi* (relieves diarrhoea), *Rocana* (improves taste perception) and *Deepana* (increases appetite) properties⁵³.

Table 19 Nutritive value of *Dadima* (per 100g)⁵⁴
Sarvarasa Abhyasa or *Pravara Saatmya*: is another concept to understand the Balanced diet in *Ayurveda*. Consumption of *Sarpi, Paya, Taila* and *Maamsarasa* and utilising *Sarvarasa* in the diet leads to *Pravara Saatmya* where person become *Balavanta, Kleshasaha* (Capable of withstanding difficulties)⁵⁵. *Sarvarasa Abhyasa* in *Sarvagraha* leads to maintenance of health as well as prevention of disease.

DISCUSSION

Ahara which can be consumed daily is termed as *Nitya Sevaniya Dravya* in literature. These *Nitya Sevaniya Dravyas* are the combination of all the *Ahara vargas* including *Shukadhanya, Shimbidhanya, Mamsa, Shaka, Phala, Ksheera, Ikshu, Jala* and *Aharayogi varga* thus making it a complete food which is essential for an individual. *Ahara* explained under *Nitya Sevaniya* category helps in *Dhatu Vardhana*,

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normalising the *Dosha*, correcting the *Agni*, providing nourishment and *Rasayana* effect.

Here *Shashtika shali*, *Godhuma* and *Madhu* are excellent sources of carbohydrate; while *Mudga*, provides plant-based protein, and *Jangala mamsa* offers animal-based protein; *Yava* is rich in both carbohydrate and dietary fiber; *Sarpi* and *Paya* are sources of fats; *Amalaki* is a superior source of vitamins and *Saindhava lavana*, *Jeevanthi*, *Balamoolaka*, *Vastuka*, *Haritaki*, *Mrudvika*, *Patola*, *Sharkara*, *Dadima* supply various micronutrients.

Sarvagraha and *Parigraha Ahara Matra* are crucial concepts related to dietary intake. *Sarvagraha* refers to the total quantity of food consumed in a meal, emphasizing the importance of moderation and ensuring that the digestive system is not overwhelmed⁵⁵. Eating *Matravat Ahara* (right amount of food) helps maintain balance and supports optimal digestion and assimilation of nutrients. On the other hand, *Parigraha* pertains to the variety of food items included in a thali, advocating for a diverse and balanced composition of different food groups⁵⁶. This ensures that the body receives a comprehensive range of nutrients, promoting overall health and well-being. Together, these principles guide the holistic approach to eating, focusing on both the quantity and variety of food for maintaining harmony within the body.

Integral to this approach is *Sarvarasa abhyasa* the practice of including all six tastes in the diet, is a significant principle in *Ayurveda*. It is

considered *Pathya* (health-promoting), providing comprehensive nutrition to the body. The six tastes – *Madhura* (sweet), *Amla* (sour), *Lavana* (salty), *Katu* (pungent), *Tikta* (bitter), and *Kashaya* (astringent) - should be balanced in the diet for optimal health. This practice is considered to not only be *Balavruddhikara* (enhances overall strength and immunity) but also helps in balancing the three *Doshas* (*Vata*, *Pitta*, *Kapha*), thereby reducing the likelihood of various diseases. Thus, a balanced and regular intake of all tastes is essential for long-term health and vitality, perfectly complementing the principles of *Nitya Sevaniya dravya*, *Sarvagraha* and *Parigraha* in maintaining overall well-being. Interestingly, these principles align closely with those advocated in contemporary science. In both *Ayurveda* and modern nutritional science, there is an emphasis on moderation (*Sarvagraha*) in the quantity of food consumed during a meal. This ensures that the digestive system functions optimally and efficiently absorbs nutrients. Likewise, the concept of *Parigraha*, which encourages a diverse and balanced composition of food groups, resonates with the contemporary recommendation of including a variety of foods from different food groups in one's diet to meet nutritional needs comprehensively. Furthermore, the practice of *Sarvarasa abhyasa*, which entails incorporating all six tastes into the diet, mirrors the contemporary understanding of the importance of a balanced diet comprising various nutrients, flavours, and textures. Together, these

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principles underscore the importance of a balanced and varied diet, supporting overall well-being and reducing the risk of diseases, much like the recommendations in contemporary nutritional science.

Consuming a healthy diet helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases. A balanced diet is crucial in the current era for overall health and well-being. It provides essential nutrients, supports immune function, helps maintain a healthy weight, and reduces the risk of chronic diseases. In a fast-paced world with diverse food options, a balanced diet ensures that your body receives the right mix of proteins, carbohydrates, fats, vitamins, and minerals to function optimally. *Nitya Sevaniya Dravya* with *Sarvagraha* and *Parigraha* concept includes all the macronutrients and micronutrients that are required for the body and hence can be considered as the Balanced diet in *Ayurveda*.

These concept of balanced diet in *Ayurveda* can be incorporated in both *Swastha* (healthy individual) and *Vyadhita* (diseased individual) *Purusha*. In *Sthoulya* (Obesity) the concept of balanced diet is as follows. Among *Nitya Sevaniya Dravya*, *Yava*, *Sanidhava*, *Mudga*, *Madhu*, *Amalaki*, *Baalamoolaka*, *Jala* should be used. *Ahara* should be prepared with these *Dravya* and consumed *Maatratvat* (right quantity) along with the principle of *Sarvagraha* and *Parigraha*. Since *Sthoulya* is characterized by *Kapha* and *Medo Dustijanya Vikara*, the concept

of a balanced diet here is based on reducing *Kapha* and *Meda*. Hence, the utilization of required *Ahara Dravyas* is mandatory, and so above-mentioned *Dravyas* are selected from the group. The combination of these *Ahara* fulfills the required balanced diet for a *Sthoola* person. Needless to say, the concept of a balanced diet varies from person to person based on their condition. To attain a balanced diet, one has to utilize the concept of *Nitya Sevaniya Dravya* with the principle of *Sarvagraha* and *Parigraha* in the right quantity.

CONCLUSION

The combined principles of *Nitya Sevaniya Dravya*, *Parigraha*, *Sarvagraha*, *Sarvarasa Abhyasa*, *Pravara Saatmya*, and *Maatratvat Bhojana* lead to a balanced diet in *Ayurveda*. *Ayurveda* emphasizes the utility of all *Ahara Varga Dravya* in day-to-day dietary practices. One *Dravya* from each *Varga* is highlighted in *Nitya Sevaniya Dravya*. As per individual requirements, adjustments can be made in their diet plan according to these principles without violating the principles of a balanced diet. Hence, the intake of wholesome and unwholesome food will result in positive health and disease, respectively. Thus, the principles of *Nitya Sevaniya Ahara*, *Sarvagraha*, *Parigraha*, *Sarvarasa abhyasa*, *Maatratvat Bhojana* altogether helps in maintaining health and preventing forthcoming diseases.

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