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## Only Six Types of Food, “Can Make Your Life” W S R to Charaka

**Dr Arvind Paikrao**

MD (Ayu), Reader, Kriyasharir Dept, GJPIASR, New Vallabh Vidyanagar Anand-388121  
[drarvindayurved@gmail.com](mailto:drarvindayurved@gmail.com), or [drarvind.007@rediffmail.com](mailto:drarvind.007@rediffmail.com)

**Email ID: [serviceheb@gmail.com](mailto:serviceheb@gmail.com)**

### Abstract:-

Food in Ayurveda also called by common world ‘Āhāra’ it is important to know by common people, because, food only able to help to become alive to all living ones.

‘Āhāra’:- The substance which is consumable is called ‘Āhāra’. Or the substance specified as solid substance or all liquid beverages are included in ‘Āhāra’. Or whatever substance is swallowed and taken into the stomach through mouth is called ‘Āhāra’.

One should consume the food by having concentration on it only without thinking, laughing or talking. One should consume the food as per their power of digestion and then only food can be digested properly.

**Ayurveda** is science which imparts knowledge about, life with special reference to its definition & the description of happy & unhappy life, useful & harmful life, long & short span of life & such other materials along with their properties & actions as promotes & demotes longevity is described in Ayurveda.

*“Heetaaheetam sukham dukkham ayusthasya heetaaheetam*

*Maanam cha taccha tatroktham ayurvedah sa yuchate” -Ch. Su. 1/41*

By knowing six types of food, someone will understand its merits & demerits & according to became put on the type of diet; he/she needed to be getting consumed.

**Keywords:-** Ayurved, Types of Āhāra (food), madhur (sweet), amla (sour), lavana (salty), tikta (bitter), katu (pungent), kashaya (astringent) etc.

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