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Understanding “*Ashta Ahara Vidhi Visheshayatana*” and its current culinary practices

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Abstract: The importance of Food is aptly depicted by the statement “One cannot think well, behave well, sleep well, if one has not dined well”. That is why *Ahara* is given the first and foremost position amongst the *Trayaupastambha* in Ayurveda as it’s indeed being the prime need of any individual both in healthy as well as in diseased state. However, despite playing a crucial role in the sustenance of healthy state of an individual the food that we consume can provide the fruitful result only when it’s prepared as per the guidelines mentioned in our ancient Ayurvedic classics viz *Ashtaaharavidhivisheshayatana* they are *Prakriti, Karana, Samyoga, Rashi, Desha, Kala, Upayoga Samstha* and *Upayokta*. Modern Science has also accepted the fact that Faulty diet does plays a major role in several diseases by triggering various food allergens and metabolic reactions inside the body.

Objective: The objective is to extensively explore the concept of *Astaaharavidhivisheshayatana* and elicit its applied aspect in various culinary process in light of our ancient Ayurveda classics. **Data**

Source: All the available information related to Proper dietary practises mentioned in classical texts and its related Commentaries, Research-Databases related to this particular concept of *Ahara*.

Review Methods: The information related to *Ahara* and its judicious use is reviewed by analysing the different aspects of both classical tests and allied commentaries. **Results and Conclusions:** The concept of *Ashtaaharavidhivisheshayatana* here has been studied analytically in the radiance of proper and judicious culinary practices to elicit its utility in health promotion.

Keywords: *Ashta Ahara Vidhi Visheshayatana, Ahara*, culinary practices.

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