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Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

JRIM

A Glance on Nutraceuticals and Dietetic preparations (Krtanna varga) in Ayurveda - As per Sushruta Samhita

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Abstract

In Ayurveda, Ahara is based on the biological action of the food on their *Rasa, Guna, Virya, Vipaka*. In present Urbane science, food articles refers to food that contains the right amount of nutrients to keep our body fit. A strict regimen of diet donot need any kind of medication. Healthy food does not only impact our physical health but mental health too. Aim of *Ayurveda* is prevention of diseases and maintain health of healthy person by proper *Ahara and Vihara*. Although the concept of Nutraceuticals is gaining more popularity more recently, its root can be traced to the ancient Indian system of medicine. It is clearly stated that food which besides providing nutrition helps to maintain the health. So, the thought of *Pathya Kalpana* has been formulated by our *Acharyas* in normal and diseased condition.

Key words: *Ahara, Pathya, Nutraceuticals.*

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Website: http://heb-nic.in/jrim-issues/	Quick Response Code:
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