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## Nutritional Values Of Ahara In Samsarjana Krama

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**ABSTRACT:** *Ayurveda* places special emphasis on *Ahara*(diet) believes that “healthy nutrition” nourishes the mind, body and soul. It is a science which has given importance to diet and regimen as a part of *chikitsa. pathya* *Ahara* has a major supportive role in the management of disease. *Shodhana* and *Shamana* are two treatment principles of *Ayurveda*. *Panchakarma* is *Shodhana* treatment which includes *Vamana*, *Virechana*, *Vasti*, *Nasya*, *Raktamokshana*. Every *Panchakarma* is done in three stages *Poorva karma*, *Pradhana Karma*, *Paschat karma*. All of these stages has been given its own importance and relevance. *Paschat karma* is mainly focused on strict sequential dietary regimen called “*Samsarjana krama*”. This starts with introduction of simple carbohydrates to the diet and ends with inclusion of multi nutrient dietary formulation and finally normal diet. During *Samsarjana krama*, advised diet essentially consists of nutritive and easily digestive preparations such as *Peya*, *Vilepi*, *Akritayusha*, *Kritayusha*, *Akritamamsa rasa*, *kritamamsa rasa*. Factors such as *Agni*, *Agniavasta*, *Dosha*, *Dosha avasta*, *Dhatu*, *Vyadhi*, *Vyadhi avasta* need to be considered before planning *Samsarjana krama*. Adaptation of this diet is specific to quantity, nutritive value’s like increase the power of *Pachana*(digestion), *Deepana*(appetizer), *Hrudya*(cordinal), *Truptigna*(pacifies thirst), *Brumhaniya*(strengthen) , *Dhatu pusti* (nourishment of different tissues) etc... of the individual. So, this work will focus on evaluating the importance and nutritional values of *Peya*, *Vilepi*, *Yusha*, *Mamsa rasas*.

**Key words :** Nutritional Values, *Samsarjana Krama*, *Peya*, *Vilepi*, *Akritayusha*, *Kritayusha*, *Akritamamsa rasa*, *kritamamsa rasa*.

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## INTRODUCTION:

### Nutrition;

The consuming process of food and using it for growth, metabolism and repair. Nutritional stages are ingestion, digestion, absorption, transport, assimilation and excretion. Nutrition is about eating a healthy and balanced diet. Food and drinks provide the energy and nutrients which are need to be healthy.

### SAMSARJANA KRAMA:

*Ayurveda* places special emphasis on *pathya ahara*(diet) believes that “healthy-nutrition” nourishes the mind, body, and soul. It is a science which has given importance to diet and regimen as a part of *chikista*. *Pathya ahara* has a major supportive role in the management of disease<sup>1</sup>.

*Ahara* is first among the three significant pillars of *Ayurveda*<sup>2</sup>. *Shodhana* and *shamana* are two treatment principles of *Ayurveda*<sup>3</sup>. Many number of *pathya ahara* and *vihara* are mentioned before, during and after *shodhana karma* in order to protect and provide strength to body. *Panchakarma* is *shodhana* treatment which includes *vamana*, *virechana*, *vasti*, *nasya* and *raktha mokshana*. Every *Panchakarma* is done in three stages *poorva karma*, *pradhana karma*, *paschat karma*. One of the *Paschat karma* is mainly focused on “strict sequential dietary regimen is called *samsarjana krama*”. This start with introduction of simple carbohydrates to the diet and ends with inclusion of multi

nutrient dietary formulation and finally normal dite<sup>4</sup>.

### AIMS AND OBJECTIVES:

To study the concept of “Nutritional values of *ahara* in *samsarjana krama*”.

### METERIALS AND METHODS:

The material used for this study is classical texts and commentaries of *Ayurveda*.

### PURPOSE OF SAMARJANA KRAMA:

Due to the elimination of *dosha* from the body after *samshodhana karma*, *agni* becomes weak. So as to restore the strength of *agni* and *prana*, *peyaadi samsarjana krama* should be followed<sup>5</sup>. *Samana vayu* and *kledaka kapha* are disturbed in strenuous process of *vamana karma* and *virechana karma*. *Vamana karma* and *virechana karma* causes weakness, loss of weight, freeness of *sandhibandhana*, decrease in the *agni* and emptiness in the respective organs due to the expulsion of vitiated *kapha*, *pitta*, and *mala*.

Due to this reason patients can't tolerate any treatment or diet regimen<sup>6</sup>. so in order to normalize the *jatharagni*, *samsarjana krama* is essential by following the

sequence of *peyaadi krama* after *vamana karma* & *virechana karma*<sup>7</sup>.

### AHARA IN SAMARJANA KRAMA:

*Acharya caraka* mentioned twelve types of *ahara varga*, out of these *krittana varga* is one which can be said as class of cooked foods<sup>8</sup>. *Peya*, *vilepi*, *yusha*, *mamsa rasa* are few preparations mentioned in this *varga* which can be used in *samsarjana krama*<sup>9</sup>.

**PEYA** - 1:14 ratio (1 part of rice and 14 parts of water) – in the form of carbohydrates as more liquid consistency in less quantity<sup>10</sup>.

**VILEPI** - 1:6 ratio (1part of rice and 6 parts of water) \_ in the form of carbohydrates as thick consistency<sup>11</sup>.

**AKRITA YUSHA** - 1:18 ratio (1 part of *dhanya* and 18 parts of water) consists of protein in less quantity<sup>12</sup>.

**KRITA YUSHA** - 1:18 ratio (1 part of *dhanya* and 18 parts of water - with *Sneha*, *lavana*, *katu dravya*) consists of protein and fat

**AKRITA MAMSA** - 1:4 ratio (1 part of *mamsa* and 4 parts of water) consists of more protein and fat

**KRITA MAMSA** - 1:4 ratio (1 part of *mamsa* and 4 parts of water - with *Sneha*, *lavana*, *katu rasa dravya*) consists of more protein and more fat<sup>13</sup>.

salt 4) cow ghee and Sesame seed oil 5) Goat meat 6) pepper and their nutrition values as followed

Most commonly used ingredients are 1) red rice and brown rice 2) green gram 3) rock

**NUTRITION VALUES OF MOST COMMONLY USED INGREDIENT**

1) Nutritional value of Red Rice	
Serving Size:0.5 cup (98ggrams)	
Amount Per Serving	
Calories from Fat	7.3
Calories	109
Total Fat	0.8g
Saturated Fat	0.2g
Polyunsaturated Fat	0.3g
Monounsaturated Fat	0.3g
Potassium	77mg
Total Carbohydrates	23g
Dietary Fibre	1.8ggrams
Protein	2.3ggrams

Nutrition Facts - Rice, brown, long-grain, cooked	
Amount Per 100 grams - Calories 111	
Total Fat	0.9 g
Saturated fat	0.2 g
Polyunsaturated fat	0.3 g
Monounsaturated fat	0.3 g
Sodium	5 mg
Potassium	43 mg
Total Carbohydrate	23 g
Dietary fibre	1.8 g
Sugar	0.4 g
Protein	2.6 g

2) Nutrition Facts raw Mung beans	
Amount Per 100 grams	
Calories	347
Total Fat	1.2 g
Saturated fat	0.3 g
Polyunsaturated fat	0.4 g
Monounsaturated fat	0.2 g
Sodium	15 mg
Potassium	1,246 mg
Total Carbohydrate	63 g
Dietary fibre	16 g
Sugar	7 g
Protein	24 g

3) Nutrition Facts of Salt	
Amount Per 100 grams	
Sodium	38,758 mg
Potassium	8 mg

4) Ghee nutritional values	
Fats & fatty acids	Amounts per 100 g of ghee
Total fat	99.5 g
Saturated fat	61.9 g
Monounsaturated fat	28.7 g
Polyunsaturated fat	3.7 g
Trans fats	4 g
Omega-3 fatty acids	1.447 g
Omega-6 fatty acids	2.247 g
Omega-9 fatty acids	25.026 g
Other non-fat nutrients - Amounts per 100 g of ghee	
Cholesterol	256 mg (85% DV)
Vitamin A	3069 IU (61% DV)
Vitamin E	2.8 mg (14% DV)
Vitamin K	8.6 µg (11% DV)

Sesame seed oil in clear glass vial	
Nutritional value per 100 g (3.5 oz)	
Energy	3,699 kJ (884 kcal)
Fat	100.00 g
Saturated	14.200 g
Monounsaturated	39.700 g
Polyunsaturated	41.700 g
Vitamins	Quantity %DV†
Vitamin E	9% 1.40 mg
Vitamin K	13% 13.6 µg

5) Nutrition Facts of raw Goat meat	
Amount Per 100 grams	
Calories	109
Total Fat	2.3 g
Saturated fat	0.7 g
Polyunsaturated fat	0.2 g
Monounsaturated fat	1 g
Cholesterol	57 mg

Sodium	82 mg
Potassium	385 mg
Protein	21 g
Cobalamin	18%
Iron	15%

6) Nutrition Facts Black pepper	
Amount Per 100 grams	
Calories	251
Total Fat	3.3 g
Saturated fat	1.4 g
Polyunsaturated fat	1 g
Monounsaturated fat	0.7 g
Sodium	20 mg
Potassium	1,329 mg
Total Carbohydrate	64 g
Dietary fibre	25 g
Sugar	0.6 g
Protein	10 g

**SAMSARJANA KRAMA PRAYOGA  
VIDHI:**

<i>shudhdi</i>	<i>Annakala</i>	<i>Days</i>
<i>Hina shudhi</i>	1 × 4 = 4 <i>annakala</i>	3 days
<i>Madyama shudhi</i>	2 × 4 = 8 <i>annakala</i>	5 days
<i>Uttama shudhdi</i>	3 × 4 = 12 <i>annakala</i>	7 days
1)Peya, 2)Vilepi, 3)Akruta, Kruta Yusha, 4) Akruta, Kruta Mamsarasa		

**DISCUSSION:**

Immediately after the *samsodhana karma*, The sequence followed by the first *annakala* starts from the evening on that same day. At this stage *agni* is in weak form, which means it is not capable of digesting normal food. at that time strength of body is also less. so the first thing which is given is *peya*. this *peya* is *laghu*(light) in nature and easy to digest, at the same time *deepana* and *vatanulomana* takes place. This *dravyas* increases *agni* as well as provides nourishment which is required initially. This is administered for four *annakala* in *pravara shuddhi*. After

administration of *peya*, *agni* is in better condition for four *anna kala* in *pravara shuddhi*. After administration of *peya*, *agni* is in better condition as well as body strength is also retained. so more of solid food can be administered. For this *vilepi* is used. It also light to digest, *deepana*, good for body and capable of increasing strength. As, per ingredients of *peya* and *vilepi* is concerned it can be inferred that they are source of carbohydrates in body. The smallest unit of carbohydrate is glucose which is easily digestible and instant energy provider. The next *dravya* is *yusha* which is prepared without any additives like salt, ghee etc. is called *akrita yusha*. whereas the *yusha* which is cooked with salt and little *Sneha* is called as *kritayusha*. This *yusha* is increasing palatability, *deepana* and capable of alleviating *tridosha*. First only protein content is introduced in form of *akritayusha*, then a little fat is introduced in form of *kritayusha*. Now the *agni* is ignited which can digest protein as well as fat in more quantity. The next *dravya* is *mamsa rasa* which is rich in protein as well as fat. The *akrita mamsa rasa* is rich in protein as well as fat. Whereas, when salt and *Sneha* is added, it becomes rich in protein as well as fat. *Acharya caraka* clearly states *akrita yusha* is easily digestible than *krita*



*yusha* and also is applicable for *akrita mamsa rasa* and *krita mamsa rasa*.

## CONCLUSION

- 1) *Samsarjana krama* gradually enhances the digestive power and restoring the energy levels in human body.
- 2) Carbohydrates, protein, fats, minerals are the essential prime nutritional supplements to the human body, these are abundantly available in *samsarjana kramokta ahara*.
- 3) So this study will prove that post purificatory diet is more scientifically closer in nutritional point of view also

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