Importance of Food

अन्नादृ भवनित्र भुतानि!!

Wholesome food provides life to living organisms

- Sweet (Madhura): Nutritive, Promoter of longevity, e.g., Wheat, Milk
- Astringent (Koshaya): Promotes healing, e.g., Jambu, Haritaki
- Sour (Amla): Appetiser, Digestive, Taste enhancer, e.g., Lemon
- Bitter (Tikta): Digestive, Blood purifier, Antitoxic, e.g., Neem, Guduchi, Bitter gourd
- Salty (Lavana): Digestive, Appetiser, Stomachic, e.g., Sandhav
- Pungent (Katu): Thinning and Weight reducing activity, e.g., Red chilly, Black Pepper

Central Council for Research in Ayurvedic Sciences
Ministry of AYUSH
(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)
Government of India
Pathya Ahar (Wholesome Diet)

Advised for regular consumption. The wholesome diet promotes health, brings happiness & balances bodily humour.

- Red rice, Millet, Wheat etc.
- Green gram Chanak, Wheat Coriander, Brinjal, Grapes, Mango, Dates etc.
- Egg, Fish etc.
- Sugar, Cowmilk, Rock salt, Sesame oil, Jeera, Haldi etc.

Apathya Ahar (Unwholesome Diet)

Regular consumption of the unwholesome diet is not beneficial to the body.

- Barley
- Blackgram
- Rape seed plant
- Jack fruit
- Beef, Fat of buffalo
- Safflower,
- Saline salt, Treacle

Incompatible Diet on account of Combination, Preparation etc.

Honey + Ghee in equal quantity
Fish + Milk

Use of Honey after heating
Milk + Citrus fruits and other sour substances
Kakìmachì + Honey