

Role of Diet in Ayurvedic Treatise as Perceived by Ayurvedic Doctors

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KEYWORDS Ayurveda; health care; diet; life style; traditional system

ABSTRACT Ayurveda is a component of health care having a traditional system of medicines. The basic principle of Ayurveda is to prevent illness by maintaining balance in the body, mind, and consciousness through proper drinking, diet and lifestyle, as well as herbal remedies. A study on the role of diet in Ayurvedic treatise was undertaken. An attempt was also made to find out the existing diet counseling practices, barriers and suggestions for improvement. For the purpose, fifty Ayurvedic practitioners serving in two government Ayurvedic hospitals of Udaipur city Rajasthan were selected. The information was collected with the help of an interview schedule. Majority of the respondents were of the opinion that diarrhea, hypertension, peptic-ulcer, tuberculosis, hepatitis and typhoid are the diseases for which the diet- drug therapy is the most appropriate mode of the treatment where as obesity can be cured by dietary modifications coupled with physical exercise. All the Ayurvedic doctors agreed with need for improving nutrition counseling practices and recommended to include more nutrition courses in Ayurvedic curriculum and need for appointing dietitian in Ayurvedic hospital was also suggested.