

CLINICAL NUTRITION IN AYURVEDA

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Clinical Nutrition is a well-established subject in Ayurveda, the Indian System of Medicine. With Aushadhi (therapeutics) and Vihar (behavioral factors), Aahar (Nutrition) is considered as one of the three main approaches for maintenance of health and cure of ill health. The importance of Aahar (Nutrition) in relation to diseases is described in detail. Further to this, the items of nutrition i.e. Aahar Dravyas are also provided with an elaborate classification, which is of great interest.

Specific information on Nutrition has been given with reference to prevention of disease and treatment of diseases.

An attempt is made in this paper to provide information with this important aspect of Indian System of Medicine, create awareness and interest for future research.

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