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**OVERVIEW ON NUTRITION AND DIETETICS: AYURVEDIC PERSPECTIVE**

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**ABSTRACT**

All living beings in the universe require food for sustenance of life. Ayurvedic concepts of Ahara and dietary or pathya guidelines are very vast, scientific, and on the basis of application. Nutrition is the science of food and diet is application of food in health and sick. Food, sleep, and expansion of mind are three subpillars or tripods (Triopastambhas) of life, and vividly described in classical texts. Each Ayurvedic prescription is based on Ahara (diet), Vihara (lifestyle), Aushadhi (medicaments). Major texts exclusively deals with balanced diet, diet in different seasons, constitution, and age group, specific diet for all eight clinical branches of Ayurveda, classification of food sources, protection of food items, right and wrong rules of eating, incompatible diet etc. for healthy living on the basis of dietetic rules. But there is immense difference of dietary applications in ancient India and in the present digital era.

Keywords: Tridosh, Ahara, Agni, Ama, Kalabhojan