

# Chapter 2

## Ayurveda Gastronomy Practice: A Way to Wellness of Human Beings

**Umang Bhartwal**

 <https://orcid.org/0009-0003-3202-615X>

*Nims International Hotel Management, India*

**Monika Rani**

 <https://orcid.org/0000-0002-9415-4777>

*UITHM, Chandigarh University, India*

**Manoj Srivastava**

 <https://orcid.org/0000-0001-5976-656X>

*NIMS University, Jaipur, India*

### ABSTRACT

*Human being living in the ERA of fast pacing due to technology advancement and flow of information which showing the adverse impact on the wellness of human being. Another reason for the disorder into human health is in appropriate practices concern with the food habits which is now inseparable part of life. AYURVADA Gastronomic Practices an ancient principle of the world suggest the best way to come out with these days. Here the AYURVEDA Food Practices related to gastronomy involve in many aspect mainly classified in ingredients, cooking techniques, spare time to exercise gastronomy practices, food habits and addressing the specific food issue. This is the research piece of study where the data is collected through the structured questionnaire on likert scale on 5 points. And then the information inform of data is processed through the SPSS statistical tools; one sample chi square test, one sample binomial test, Frequency test and resulted presented into tabular and graphical form.*

### INTRODUCTION:

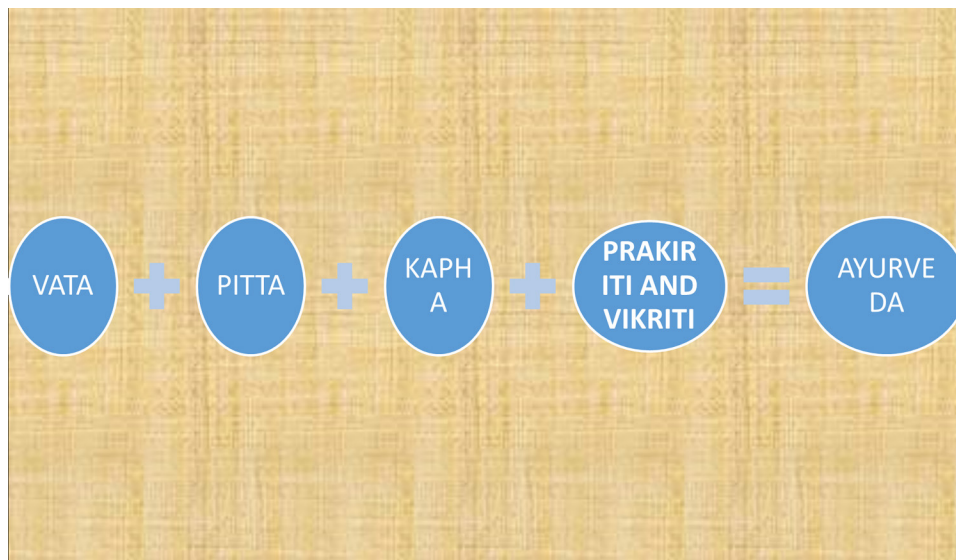
Ayurveda is a run-through from ancient times as natural healing that was opted in India over 5,000 years ago. This is regarded as the world's holistic medical system and continues to be practiced and respected globally. "Ayurveda" is a word derived from two words of Sanskrit; "AYUR" denotes life and "VEDA" for knowledge or science. As a simple understanding of the meaning of AYURVEDA means "Science of Life". Here the science of life "AYURVEDA" includes many significant aspects DOSHAS

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elaborates on three aspects; VATA, PITTA, and KAPHA. That also explains the five components of life base name as earth, Water, Fire, Air, and ether.

Ayurvedic food is a key component of Ayurveda, the ancient Indian system of natural healing and holistic medicine. It emphasizes the importance of maintaining balance within the body to promote health and well-being. Ayurvedic dietary principles are based on an individual's constitution (Prakriti) and current imbalances (Vikriti), as well as the three doshas: Vata, Pitta, and Kapha. Here's an introduction to Ayurvedic food principles:

Figure 1. Four Doshas for Ayurveda



Source: Author

**VATA:** This aspect explains the Ether and Air in human life. Vata is linked with creativity, change, and movement. There are a few issues considered by Vata such as constipation, restlessness, and anxiety. Vata individuals intended to have qualities of dry, cold, light, and mobile. They consider on foods that are provided warm, and nutritious, to steadiness their composition.

**Pitta:** It's a composition of water and fire. The Pitta rule in the human body accelerates digestion, intelligence, and metabolism. The imbalance of Pitta shows the result of anger, digestive problems, and inflammation. Pitta categorized is characterized by qualities of sharp, hot, and concentrated. They benefit from cooling, soothing, and hydrating foods to retain balance.

**Kapha:** Kapha individuals own abilities of heavy, cold, and moist. To balance their dosha, they should consume foods that are warm, light, and stimulating.

**Prakriti and Vikriti:** Prakriti is known for an individual's inborn constitution. That starts from the birth of a baby. Vikriti is a negative word in the Hindi Language that denotes the imbalance of dosha. Ayurveda routine practices aim to make the balance between Prakriti and Vikriti.

**PANCHAMAHA BHUTAS:** As per the belief of AYURVEDA human body is the combination of five elements and keeping a harmonious equilibrium among these elements is vital for health. Each dosha is linked with dissimilar magnitudes of these essentials.

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