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Anna Pana and its contemporary relevance; a review

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Abstract:

Modernization had wide spread effects on each and every part of nature, in the same manner it had also huge impact on health of human beings. Ayurveda has addressed all aspects of human life. Ahara vidhi and the respective classification are been mentioned in detail in Ayurveda classics. Anna – solids, which can be chewed and Pana – liquids which are to be sipped are been discussed in details. In order to maintain the sound health and also to cure any ailments, one has to take proper Ahara along with medication. The classification of Anna and Pana with its contemporary relevance and its optimum use for gaining maximum benefit is briefed in present work.

Keywords: Ahara vidhi, Anna, Pana

Introduction:

Ayurveda is not only a health care science but a total holistic science of life. It addresses the basic principles of healthy living and also states the treatment protocol to be followed for the diseased. Food – a basic entity of life is of foremost importance when it comes to maintain a healthy life or getting cured from a disease. Ayurveda is the only science which had studied food or diet regimes in its true magnanimity. In Ayurveda, basic substance – *Dravya* is classified in two types – *Aahar dravya* and *Aushadha dravya*. The utility of Aahar Dravya is been described on some sets of principles. These can be stated as follows,

- Origin of *Anna – Pana* – plant / animal
- Rasa Pradhanatva* – predominance of *Rasa* (*Madhur, Amla, Lavan, Tikta, Katu* and *Kashaya*)
- Dosha Prabhava* – *Shamaka, Prakopak, Swasthyakar*

- d) *Gurvadi Guna* – *Dravya* properties
- e) *Panchamahabhuta* – predominance of respective *Panchamahabhuta*

In present day scenario, food is been weighted in terms of calories and new day diet regimes are been practiced to maintain the health. The new age of consultation has been observing a shift from medication based consultation to diet base consultation.

Here the ancient principles mentioned in Ayurveda classics regarding food and the respective classification can prove to be of utmost importance. As the holistic consideration of food and liquids to be ingested is been discussed in its depth in Ayurveda. The classification and its contemporary part can be stated as follows;

1. *Shuka Dhanya* – Grains:

These are classified as monocotyledons and are prime source of energy. The grains primarily used in today's day to day life can be listed as, Wheat, rice, maize, *Jowar*, *Ragi*, *Bajara* etc. the variety of rice – *Shali* are also mentioned according to their properties.

2. *Shimbi Dhanya* – the cereals:

These are classified as Dicots and are source of proteins. These group includes, *Mudga*, *Masha*, *Kulitha*, *Masura*, *Tila* etc.

3. *Krutanna Varga* – food preparations:

These are the food preparations made out of *Shuka* and *Shimbi Dhanya*. These are also termed as *Pathya Kalpana* – as they are *Laghu* in property and thus easy to digest. These includes *Manda*, *Peya*, *Vilepi*, *Odana*, *Mamsrasa*, *Yush*, *Apoop* etc.

4. *Mamsa Varga* – meat:

Here *Acharya* had mentioned meat originating from various animals. The respective use of these meat according to their properties is been mentioned in texts. It includes meat of pig, goat, chicken, fish etc.

5. *Shaka Varga* – leafy or other veggies:

It includes green leafy vegetables – *Patra Shaka*, *Pahla Shaka*, *Mula Shaka* etc. which are used as ingestible food. There are number of *Shaka* mentioned in many Ayurveda classics, but the *Phala Shaka* and to some extent *Patra Shaka* are advisable for daily consumption.

6. *Pahala Varga* – fruits:

All varieties of fruits are included in this group. The seasonal fruits and in accordance to *Dosha* effects these are advisable for consumption. In present era these group is mush overrated and rightly it also provides high nutritional value when consumed fresh.

Apart from above mentioned *Anna Varga* by *Acharya Vagbhata* in *Ashtanga Hrudaya*, he also mentions *Drav Dravya* separately. It includes following classification;

1. *Toya Varga* – water:

Water from different sources are been categorized and mentioned. These possesses peculiar properties and have respective pacifying effect on *Dosha*. It includes *Nadi Jala*, *Koop Jala*, *Ganga Jala* etc.

2. *Ksheer Varga* – milk:

In this classification milk obtained from various animals and their respective properties along with utility is been explained. It includes cow milk, goat milk, human milk, elephant milk etc. but in present day condition which milk is advisable according to their properties and expected outcome one is used.

3. *Ikshu Varga* – sugarcane juice:

Here the sugarcane juice is given importance as there are various products which are prepared from it like, sugarcane juice, *Phanit*, *Guda*, *Sharkara* etc. these are used according to their properties mentioned as per text.

4. *Madhu Varga* – honey:

Here various types of honey and their usage are discussed.

5. *Taila Varga* – oils:

In this classification the various sources of oils and their properties are been mentioned. As the use of various oil is in vogue in day to day life the mentioned properties are proving a guideline for its safe and beneficial use.

6. *Madya Varga* – alcohols:

In this category the fermentation of various raw materials and thus forms *Madya* – alcohol are been described. The use according to their respective properties is advocated.

7. *Mutra Varga* – urine:

In Ayurveda the *Mutra* – urine is also included in the liquids which are fit and beneficial for ingestion. Here the urine of various animals as like human urine, cow urine, camel urine etc. are been described.

Contemporary relevance of these *Anna* and *Pana varga* are to be evaluated as the food habits are ever-changing in present day scenario. Grains and cereals taken from organic farming are Advocated as these are natural and pesticide free. One should include *Shaka Varga* sparingly in ones diet as it is not advocated on daily basis. The use of red meat and fish are to be done judiciously. These food items are heavy to digest and expect the optimum functioning of digestive fire. Hence the preparation should be such that it should be easy to digest and also pacify the *Dosha*. Preferably local fruits are advocated as one belong to same Desha, also fresh properly ripped and organically farmed fruits are beneficial for keeping good health.

The liquids are of equal importance as our body is majorly made up of liquids. The *Prinana*

Karma of liquids is served here which replenishes body and mind too. One should take fresh and purified water which is easily available for drinking purpose. As in present day scenario one cannot categorize water according to its origin for its use. Juices of fruits are not mentioned except sugarcane juice. So here we can insist to eat raw fresh fruit and to have sugarcane juice in seasons accordingly.

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