



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 7.560 (SJIF 2024)

Nutraceuticals in light of Ayurveda

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DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doilink/06.2024-76348244/IRJHIS2406002>

Abstract:

As there is development in all sectors of life so is it in medical field. More and more research had unveiled the newer generation of modern medication but it comes with due adverse effects on human health. The shift of willingness and also the gaining pace of use of food as medicine is in vogue. The concept of Nutraceuticals had emerged recently for foods which can be used as pharmaceutical medications. The classical concept of nutraceuticals in the light of Ayurveda and the supper foods mentioned in Ayurveda along with their nutritional as well as medicinal value are briefed in following study.

Keywords: Nutraceuticals, supper foods, Ayurveda

Introduction:

Right from the dawn of civilization the quest for food and healthy living is observed. The trends and research according to respective time period had led to the food culture and also more over the therapeutics followed. Since early days the food is considered the medicine and was used accordingly. The use of various herbs are in vogue till date. The medicinal benefits of food have been explored for many ages. As according to present time phrase, Modification of lifestyle and change in one's diet had gained focus. Thus the modern nutraceutical industries started to develop in late 1980. Using medicinal properties of food as well as supply of nutrients in form of medication is included in nutraceuticals. There is no through definition of what nutraceuticals are, but we can brief it to, designer foods, health foods, med food, functional food, dietary supplements, fortified food etc. Nutraceutical is any substance considered as food or part of it which in addition to its normal

nutritional value provides health benefits including the prevention of diseases or promotion of health. These are based on supply of required nutrients to body in the form of pharmaceutical dosage form. Health professionals worldwide recommend usage of this products to gain desired results.

Nutraceutical is made up of the words “nutrition” and “pharmaceutical” and was coined by Dr. Stephen L. DeFelice, founder and chairman of the Foundation of Innovation Medicine (FIM), Crawford, New Jersey. The term is applied to products that range from isolated nutrients, dietary supplements and herbal products, special foods and ultra-processed foods and beverages. These products were derived from various food sources and are also artificially prepared that would provide extra health benefits in addition to nutritive value found in regular foods.

As these are termed as fortified foods, this may alter the natural or organic touch of the raw food and thus may impart the complexity of inorganic food stuff. For this purpose if we study and research the ancient Ayurveda classics we could find the modern day nutraceutical with total organic herbal origin and also with optimum results. Description of food and its utility along with concept of *Rasayana* and some single herbs or herbal combinations mentioned in classic covers almost all aspects of modern day nutraceuticals and justify it in a proper manner.

Modern day science mentions number of types of nutraceuticals. In accordance to it when we study Ayurveda we come across the *Rasayana*, single herbs and some formulations which compiles these categories mentioned by modern science.

The concept of *Ahara* is also very well described in Ayurveda classics. The group of foods mentioned and their utility can be implemented as it is and can be titled as raw nutraceutical supplements. The concept of *Pathy-apathya* is a classic example of raw nutraceutical which can be prepared easily and also has mark benefits.

***Rasayana* in Ayurveda:**

As stated in Ayurveda texts, *Rasayana* are the procedures / medication / foods combinations which are responsible for producing optimum quality of *Sapta Dhātu*.

The word is made up of *Rasa* and *Ayana*. *Rasa* which primarily means the vital liquid produced after first pass metabolism in body and *Ayana* means the path or channel for its production and circulation. So this provide proper growth, sharp intellect, helps to stay young and helps to balance body and mind.

Acharya Sharangdhara had mentioned a very special use of *Rasayana* according to decades of life. These can be considered as nutraceutical supplements in that respective age group. Here we can consider the various natural nutraceuticals prescribed in that respective age. This drugs can complement the growth as well as protect from any possible diseases. Use of *Ksheera*, *ghrita*, *Gambhari* in first ten years, *Bala*, *Amalaki* in next ten years for growth purpose, *Amalaki*, *Haridra* for gaining luster in next decade, *Brahmi*, *Sankhpushpi* for gaining intellect in preceding ten years,

Bhringaraja, *Haridra* for maintaining healthy skin, *Thriphala*, *Jyothishmathi* for optimum vision, *Aswagandha*, *Kapikachu* for vitality and *Amalaki*, *Bala* for *Vikrama* - physical strength in last decade of life.

Other *Rasayana* formulations which can be used as nutraceuticals;

Rasayana	Effects
<i>Chawanprash Rasayana</i>	Maintaining respiratory health and <i>Prana Shakti</i>
<i>Brahma Rasayana</i>	Nervine stimulator, improves cognitive functions
<i>Chandraprabha Vati</i>	Reproductive and urinary track medication
<i>Ashwagandha (Powder)</i>	Strength and good physical as well as mental health
<i>Shilajit</i>	<i>Sapta Dhatu Rasayana</i>
<i>Arjun Ksheerpak</i>	Helps protect cardiac muscle health
<i>Phala Ghrut</i>	Better reproduction
<i>Dhatu Bhasma</i>	Enhancing potency and micro level cellular action
Mercurial preparations	Multipurpose and widely used mineral origin <i>Rasayana</i>

Some single herbs which can be used as nutraceuticals are as follows,

Herbs	Uses
Turmeric	Cucumanoids found are most potent antioxidant
Orange	Supply of micronutrients and vitamins
<i>Amla</i>	Rich source of vitamin C
Moringa	Super food in terms of micro nutrients and vitamins
Flax seed	Rich source of omega fatty acids
<i>Ashwagandha</i>	Potent anti-inflammatory
<i>Shatavari</i>	Hormone regulator in women

Inference:

Change in the trend of health care industry had increased the use of nutraceuticals in global market. Each day the new and advanced version of designed food or fortified foods are been manufactured. The supply of micronutrients and isolated food ingredients like proteins, fats etc. are been manufactured in accordance to one's health requirement. Here the traditional food habits and the procedures mentioned in Ayurveda classics tend to fulfil the intended use of nutraceutical. The

concepts of age related *Rasayana* and other herbal combinations mentioned can be used as modern day natural day nutraceuticals. Other single herbs are also mentioned which can be title rightly as super food.

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