

Review Article

PRINCIPLES OF FASTING IN AYURVEDA

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Abstract: Ayurveda, the scientific way of life and the portion of old Indian knowledge, is a definitive craft of all-inclusive pharmaceutical and medicinal understandings. It guides humanity to combat sicknesses as well as to keep up and maintain supreme wellbeing. Ayurveda recognizes the viewpoint that fasting realizes the assimilation of metabolic toxins which are not good for health. It is also stated in Ayurveda that fasting encourages digestive fire with exclusion of blockage in the channel which helps in reducing of effects of any disease. There are ten consumption treatments are enlightened in Ayurveda and Upavasa is one of them. Ayurveda guides three therapies for the wellbeing and health i.e. spiritual, psychological and rational/physical. Many experts believe that fasting is mixture of all these three. In simple words fasting is withdrawal of food for specific time periods generally done under the observation of person with knowledge about it. Fasting is not advised to exceptionally youthful, elderly, gaunt, pregnant woman and soon after vigorous exercise. Advantages of fasting incorporate clarity of organs which are responsible for sense. During fasting person can feel the easiness of body as well as brain. It gives better feeling in sicknesses. Collectively, these things contribute to make individual feel energised. Ayurveda advocates fasting relying on the individual and his body type. The body type is decided on the vaya, agni, kala and dosha of the person. Fasting is advised as a precautionary and in addition remedial methodology. This article is a sincere endeavour to comprehend the principles of fasting recognized in the classics of Ayurveda.

Introduction

All medicinal frameworks on the planet recognize the advantages of fasting in different ways. Ayurveda has indexed as well as explained about this advantage comprehensively. Fasting is very vital part for guaranteeing the adequacy and accomplishment of *Panchakarma* medications (Ayurvedic detoxification treatment). It is believed in western medical system, that fasting empower the body to revive its self-mending capacities [1]. Numerous western healers quoted about fasting and according to them “fasting is the best cure as physician inside.” Either short or long term fasting is prescribed in all faiths as a method for otherworldly purification.

India, the striking place known for its antiquated human advancements and cherished therapeutic legacy. Ayurveda, the verified, systematized information framework relating to life science, wellbeing and therapy. Ayurveda is a definitive specialty of comprehensive medication. According to Ayurveda, health is about gaining 4-fold bliss, in which *Dharma* (nobility) is most important followed by *Artha* (righteousness) and *Kama* (satisfaction of desires). Along with these three *Moksha* (salvation) is the extreme important bliss one can gain [2].

Ayurveda have intricately and astoundingly clarified the signs and manifestations of satisfactory, excess and inadequate fasting alongside the exemptions and safety guidelines amid the execution of fasting, with a view to aid the physician direct adept and exact treatment and in this manner help the individual accomplish culminate wellbeing [3]. According to Ayurveda The digestion is like a fire. If you dump too much fuel on the fire all at once, you will simply put out the fire. Fasting is a powerful approach to ignite the digestive fire which lead to burning away all accumulated toxins which are saturated in the body and mind. It likewise wipes out gas with enhancing mental clarity of fasting individual which lead to better health. Ayurveda suggests general and short term fasting over long haul fasting which can hamper health [4]. This could involve fasting around the similar time every week otherwise few days every month to quick, contingent upon body type and purifying prerequisites.

Definition of fasting

According to medical science "Fasting" can be characterized as "deliberate restraint from devouring sustenance for specific time spans." Fasting is utilized as a treatment for a few medicinal disorders. Fasting is likewise fundamental part among ceremonial and profound practices in numerous faiths. Ayurveda depict fasting as *Upavasa*. It is characterized as forbearance from all the four types of food which is consist of chewing of any material, licking of any food, gulping and drinking [5].

Principle of fasting

Intensity of fire is reduced by the ash particles remaining on it, due to which it hampers the process of burning. Same in the case of human body, the vitiated *dosha* in human body, especially the digestive viscera known as *Aamashaya* in Ayurveda. This lessen the power and disable the digestive fire and causes stomach related debilitation, and production of *ama* (metabolic poisons), which is considered as underlying driver of all illnesses. Which further lead to blockage of channels of the body, bringing about different sicknesses. Fasting,

without nourishment in the viscera leads to the important destruction of many metabolic toxins, ignite the digestive fire along with clearance of blockages in the channels. This process helps to combat against illness. Notwithstanding, feasting before and after observing a fast is not at all recommended. [6]. Ayurveda recommend that something which is easy for digestion should be consumed like newly prepared rice gruel after fasting. This food should be light for assimilation, hot, unobtrusive and liquid in consistency.

Ayurveda states spring (*Shishira Ritu*) is the best time for fasting, according to which the cold and moist period from the finish of February onwards is exceptionally appropriate for fasting. Self-cleansing forces are aroused in body when the force of the sun begins to boost. Ayurveda don't guide to abandoning complete food but it guides to take light food during fasting and its quantity can be lessened according to body type and *dosha* in decreased amount.

In Ayurveda, Time and sort of fasting for detoxification is distinctive for various people according to their body category. Fasting as indicated by one's body sort implies fasting as per the *doshas*. This is on the grounds that each Ayurvedic measure ought to be coordinated to individual constitution. As indicated by Ayurveda, physiology of each individual is infested by three all-inclusive and all-encompassing basic powers (*doshas*), *Vata*, *Pitta* and *Kapha*. These represent all physical, mental and psychosomatic processes. This major individual balance of *Vata*, *Pitta* and *Kapha* decides *Dosha* category. Practically everybody is a 'blended sort' since a few or less everybody have blend of these three.

The classics explain that wellbeing is only the balance condition of *Vata*, *Pitta* and *Kapha*, the three physical *doshas* (constituents) and *Satva*, *Rajas* and *Tamas*, the mental *doshas*. Therefore, the vitiation of physical *doshas* which are *Vata*, *Pitta* and *Kapha* alongside mental *doshas* *Tamas* and *Rajas* result in different toxicities [7]. When fasting, the body ought to wipe out metabolic deposits, waste items and body fats. Consequently, this procedure is constantly joined by lost body weight. Despite the fact that zero fasting (taking no food by any means) is not prescribed in Ayurveda since it would overstrain the force of *agni* (digestive fire), the conceivable outcomes of medicinal recommendations the fasting plans may varied. From the Ayurvedic point of view, weight issues are not only an issue of eating excessively. Particularly outrageous stoutness is for the most part an issue of digestion system. So as to accomplish long-lasting outcomes, the digestion system must be come back to its periodic, typical working. Ayurveda prescribe an assortment of techniques that all

influence the general digestion system decidedly, and in blend ought to prompt to effectively keeping up the accomplished metabolic balance and weight reduction.

The original Sanskrit writings of Ayurveda make a concentrated, remarkable point. It is a secret of wellbeing. The writings express that health seeker should:

"Chikitsatam vyadhikaram pathyam sadharanam aushadam prayshitam prakritisthapanprashanam itaman."

Deciphered, it says individual ought to "eliminate everything which is not completeness, displeasing, by that which is reasonable for the person, utilizing methodology along with arrangements to re-establish the person, to re-build up *prakriti* and appease by that which is helpful for wellbeing." According to Ayurveda, swearing off sustenance or water for expanded timeframes exhausts bodily tissues, prompting to *doshic* imbalance [8].

In Sanskrit *Panchakarma* means "five activities or actions." Fasting is used in Ayurveda considering it as preparatory treatment for *Panchakarma* and an essential technique for detoxification. It is advised by many experienced *Vaidya* (Ayurvedic medicinal expert) that individual should do healthy fasting on specific time intervals to maintain there *prakriti*, (health) and prevent *vikriti* (imbalance in healthy body).

As per Ayurveda, Intermittent fasting is not only an eating regimen, it's pattern of consumption. It's a method for planning meals to get the most advantageous health impact out of them. Intermittent fasting alongside what to eat, it changes timing of food consumption. Doctors' recommends intermittent fasting to lose fat. Maybe in particular, intermittent fasting is one of the least difficult procedures Ayurveda recommend for taking bad weight off while keeping good weight on in light of the fact that it requires next to no behaviour changes. Ayurveda indorses regular and short duration fasting. Occasional long haul fasting can disturb the balance of *doshas* in the body, which can hamper the capacities of the body. The type of fasting should be adopted accordingly with body type and level of toxins accumulated in the body. Digestive strength, body type and vitiation of *doshas* are the most important factors for selection of fasting method.

At the point when food is undercooked, overcooked or not legitimate by any methods it makes undigested nourishment waste or toxin known as *Ama* in Sanskrit. Ayurveda guides that this substantial, sticky, poisonous waste gathers in our digestive tract and can eventually run flood into our channels and tissues, hampering cellular nutrition and waste transfer.

In the tissues and channels, that can hasten the sign of disorder. Since imbalanced Agni and gathering, flooding *Ama* is viewed as the root physical reason for the vast majority of the

illness in Ayurveda. Fasting is prompted by Ayurveda to keeping a lid on this consistent build-up of toxins [9]. In Ayurveda, it is stated that "*aho ratri bhojana abhavaha*", which means 'the condition of withdrawal of food for a night' it is also considered as one type of fast along. Fasting is also revealed as "*sarva bhoga vivarjitaha*" which means abstaining from every single common delight [10]. The body of individual purifies and revives itself by doing this small kind of fasting every night by removing the waste on following day. These refer to the bodily and spiritual features of fasting, correspondingly.

Conclusion

In the present worldwide situation, individuals are continually presented to various poisonous substances through water, air, nourishment, and meds alongside expanding way of life issue and tangible over-burden. Which leads to higher collection of different toxins in the body. Due to which, the regular procedures of body to remove unhealthy thing and purifying remains inadequate to retain person sound. This increases significance of abstaining in precautionary and remedial contexts.

Ayurveda give very much importance to the concept of fasting due to which it is found that different books about of fasting are available written by many Ayurvedic experts. Great Ayurvedic Acharya have given focus on fasting this can be very easily observed in the texts like Astanga Sangraha, Sushruta Samhitha, Charaka Samhitha, Astanga Hridaya [11,12]. It is also observed that Bhaishajya Rathnavali and Bhavaprakasha extravagantly explain the similar things about fasting at different occasions. Ayurveda have done extensive work on fasting and given prime importance to it. The authenticities of Ayurveda, need to be adopted for better life.

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