

OUTSIDE FOOD AND AYURVEDA

Abstract

Food is one of the 3 pillars of Ayurveda as being the base of health; it's always suggested to eat well unctuous freshly cooked easily digestible food. Considering all this home food is always superior and best, though how much ever loyally followed sometimes outside food is unavoidable. So here the motto is to incorporate healthy food as much as possible. So outside food when and how?!

The rationale is better than being hungry. Must to consider one's agni (metabolic capacity). prakruthi (Self constitution), desha(place) etc. Minimum criteria to follow are fresh, hygienic, warm, unctuous, healthy, likeable, must eat with whole mind on food neither too slow or fast.If aided with mantra(empowering), daana (feeding the animals, dependents etc) etc more beneficial.

Never to be prescribed by peer, marketing etc. Water being vital part of food, locally available clean and warm water preferable.

Food is part of daily routine, which adds on to long term health. Even WHO golden rules for safe food as almost included the above criteria. Let's start living and being healthy for achievement of dharma, artha, kaama, moksha as health is base for all this.

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Food is one of the 3 pillars of Ayurveda as being the base of health^[1,2,3]; it's always suggested to eat well unctuous freshly cooked easily digestible food. Considering all this home food is always superior and best, though how much ever loyally followed sometimes outside food is unavoidable. So here the motto is to incorporate healthy food as much as possible. So outside food when and how?!

Single Meal/Snack
Occasional Crave Feed
Outing/Picnic/Small Travel
Office/Home 1 meal
Dinner/Lunch Party
Functions Ex: Marriage
Other Instances: Train, Trucking, Prasadam/ Anna Santarpana, etc

Many Meals
Canteen/ Mess (In Campus/ Other)
Habit: Parcel Food/Eating Out
Bakery: Biscuits, Bread etc
During Long Travel
Mostly Travelers, drivers, occupied people, field workers, residential students, etc

I. INSTANCE

1 day/ Few days/ Frequently/ Many days/ Daily. Say it be a small food joint or a big international place: Quality of food varies based on management and preparation process.....so, WHERE also matters

II. RATIONALE

Hotel food should be eaten or not!!! IF SUPPOSE TO EAT!!!! The Disclaimer

1. Better than being hungry!!!! , and falling sick
2. The agni(metabolism) should be maintained (Sarva Apachara Saha, Sama agni)
3. Pitta Prakurthi/ Teekshna Agni: Not to suffer without eating on time
4. Socialization with friends/family; Functions etc: Not to miss to maintain social health
5. Nitya Vyaayama(Physical activities), Abyanga(Oil bath) etc Dinacharya must to do
6. Snigdha Seve : Ghee(Vishahara- Also helps reducing toxic/poisonous effects), Butter healthy unctuous with food
7. Balanced Diet (Other meal/ next day etc.); Can skip as well if not hungry
8. It's our duty to achieve Trupti(Satiety) and pusti(nourished) for both mind and body
9. In Douhrida(Pregnancy): Fulfill the iccha but with vivechana of good or too bad
10. Abhimantrita: Annapurna mantra, Mrutyjanja etc will have positive effect
11. Panchendriya Pareeksha along with manas: Self-examination with senses and instinct etc
Ex: Good aroma vs Bad odor, Visible hygiene, Taste, Feel to figures, etc

III. MINIMUM CRITERIA

Should always fall in this boundary i.e., Universality in Diversity^[4,5,6,7]

1. **Ushna:** Hot/Warm
2. **Snigdha:** Specific unctuous
3. **Matrvat:** As per self-digestive capacity
4. **Aviruddha:** Not opposite to the health status Ex: Too rich food, Opposite quality, etc

5. **Esta Desha and Sarva-upakrama:** Pleasant place and other relevant things
6. **Naati Druta and Vilambita:** Should not eat too slow or fast
7. **Ajalpan, Ahasan:** Shouldn't laugh, talk, etc while eating
8. **Tanmanaa bhunjeeta:** Likable and eat with all concentration/passion
9. **Atmanaa Abhi sameeksha_samyak(Satmya):** Suitable to self

IV. WHY

1. For achieving Dharma, Artha, Kaama, Moshha - 4 Purushartha; Aarogya is mula uttma, and disturbance in Agni is one of the main reasons for anarogya.
2. As Rightly Said by Chandogya Upanishad:
 - Ahara-shuddhau Sattva-shuddhih; Sattva-shuddhau Dhruva Smratih; Smarati-lambhe Sarva-granthinam Vipramoksha
 - Small Small Steps: The purity of food helps in the purity of the Soul; in turn mind and intellect which accelerates the elimination of illusion and ignorance
3. Krishna tells in Bhagvadgeeta: Krishan is Antra Agni; don't do apachara and celebrate like pure yajna; no unnecessary starving as well.
4. Ahara and Dhatu Parinaama Vaada: What we eat, such is quality of our dhatu(Sustainable portion of body like healthy tissues etc), etc

V. RAW MATERIAL

Problems: Solve by Rational choice

1. Quality
2. Addition or deletion of ingredients
3. Adulteration: with lower once Ex: peanut for cashew, animal fat for butter
4. Some allergic contents Ex: some people allergic to Dalda/Vegetable oil
5. Expire concern
6. Preservatives
7. Infestations (Rodents, insects, warms, fungi, rotten)
8. Fresh/Frozen/Preserved/Dehydrated
9. Prepared from Scratch/ Instant Mixes/ Ready mix: Partially/ Completely
10. Reusing Ex: Oils, cooked food
11. Source of Water
12. Washing technique of vegetables, fruits, cutleries etc.....Remnants of dirt, pesticides
13. Don't know the ingredients: Secret recipes etc

VI. PREPARATIONS

1. **Problems:** Solve by reading the description in the menu/internet or interacting with Chef/Staff.
 - Large Scale/ Mass Production(Not good)
 - Most Bases Are Same and preprepared
 - Reheating/ Hot Bath
 - Refrigeration (Paryushita-Old food)
 - High Heat Cooking

- Vessels: Material, Hygiene
- Emotion(Manas) and Hygiene of Cook, Server
- Inter-mixing: Accidental/ Negligent
- Pattern : Order of ingredients, level of cooking(proper, less, over), addition of bad/rotten ingredients, mixture of viruddha(Chicken in mustard, chilli cream etc)
- Use of machines mixer etc cause ushna.... juice Ex: sugarcane

2. **Better to Avoid:** Heavy Food by Ingredients/ by Preparation Process

- Too many lipids, ingredients, process, etc
- Ex: Bread, Bakery, White sauce pasta, Cheese, Mayonnaise, Dosa and idly, Sweets, Maida roti, Paneer, Lassi, Milkshakes, etc

3. **Must and Should Avoid Packed Food:**

- Water: Told to be dead.....Instead, carry or drink local filtered/hot/infused water
- Plastic wraps
- Becomes heavy by steam consolidation
- More preservatives for the long-term Ex: Juice, Bread
- Instant food/Fast food/ frozen food: Amlata/ fermentation, Gases, Dead cells
- Active organisms
- Less nutritious
- Most often pulls fluids from the body
- Multiple cooking/ processes

4. **Choose Place/Ambiance Peaceful:**

- Open/closed
- Roadside(Dust, microbes, insects) not good
- Mobile place if no option
- Standing Ex: Darshini hotels to be avoided
- Roaming Ex: Buffets..... Walk less, priorly take sufficient food
- Sitting with comfort
- Eating while Drive-through Roads, Trains, Ships, and Adventure games are not advisable
- Watching the screen in a sports restaurant etc or eating in a cinema theatre is bad too
- Too crowded: Better avoid
- Long wait/pressure to wind fast: it alters the hunger vega
- Lightings: not too dull or bright
- Behaviour of staff: most mattered
- Stress of manners, anger over more sugar/ spicy, etc
- On the Other Hand, Avoid Improper sitting, etc. uncomfortable posters (to self and to Jeerna Kriya)

5. **Common Amenities:** Many hands; Use non-dominate hand or best to avoid

- Ex: Water, Pickles, Salt and pepper, Sugar, Sauces, Mouth freshener, Tissues, Common serving cutleries, Sitting area, Washing area

VII. INTELLIGENCE OF NEED, HOW MUCH, WHY, WHERE

Caution

1. Water-Hot water/ boiled and cooled, preferable to carry own water
2. Select hotel: Fresh food, Jain food, not too crowded, with basic seatings, friendly staff.....
3. Preferable Satmya
4. Avoid nonveg, heavy food, viduddha, and fermented; especially after the evening
5. If eating nonveg; avoid curd(raita), milk (payasa),...
6. Carry/ ask for extra ghee or butter, Seasoning add on's, water infusers etc always
7. Customize or tell specifications Ex: Confirm its wheat roti and not Maida, avoid more Amla rasa juices, take juices like pomegranate without ice, milk and less quantity sugar, make less spicy, well-cooked, know the type of food in terms of ingredients-cooking etc. if any dish not known- read description/ask/google(Ex: 5-star hotel, costly food, hungry....it turned out to be deep fried food...no other go and will eat; but at that time maybe we were longing for some soothing food)
8. Or should choose from the best available Ex: Ghee Pongal, Kashaya
9. Wash hands, feet, face, mouth before and after eating
10. Carry own soap preferable soap; whenever required even wash the cutleries or carry degradable one-use ones
11. Eat sweet prominent food Ex: Rice, Wheat, etc
12. Search for your origin place hotels and cuisine Ex: South Indian hotels in North India and vice versa or if you can digest eat that place hotel Ex: Bangalore food in Bangalore etc
13. Pattern of eating.....Should develop this skill
14. Soup at start? Desserts at the end? Not necessarily
 - More fluids at the start are not good, can order 1 By 2 soups; drink little at the start and rest with food
 - If desserts crave: Instructed at the start or as part of the food
15. Not to eat similar food daily
16. Make known at least some easily and globally available cuisine
Ex: Will not freak out reading Thai-green curry rice over Dal rice if we have the insight that its base is coconut milk; Lentil soup is nothing but Pulse boiled water etc.
17. If health-conscious diet: Know the properties at first
Ex: Oat, chia seed, protein powder, yogurt, egg, neem, bitter gourd, millets etc daily

VIII. DON'T GET TRAPPED:

1. Trick of Marketing and Presentability in Menu

- Ex: more fried.....requires more liquid
- Costly first
- Tasty 1st Etc.....

2. Totally avoid or must find Suggested Alternative Intelligence:

- Diseases/ prone toAcidity, GI ulcers, Hormone imbalance, Piles, Fissures, Skin Diseases, Affecting Sense organs, Indigestion, Mall absorption, Warms,

Blockages, Overweight and Obesity or Malnourishment, Cross infections, Food Poisoning, Organ Damage

- From nonveg transfer of disease or worms Ex: improperly cooked pork etc.

3. To add on: WHO Golden Rule for Safe Food Preparation:^[8]WHO data indicate that only a small number of factors related to food handling are responsible for a large proportion of foodborne disease episodes everywhere.

- Preparation of food several hours prior to consumption, combined with its storage at temperatures that favor the growth of pathogenic bacteria and/or formation of toxins;
- Insufficient cooking or reheating of food to reduce or eliminate pathogens;
- Cross contamination; and
- People with poor personal hygiene handling the food.

- Choose foods processed for safety
- Cook food thoroughly
- Eat cooked foods immediately
- Store cooked foods carefully
- Reheat cooked foods thoroughly(As per Ayurveda not all food safe to reheat)
- Avoid contact between raw foods and cooked foods
- Wash hands repeatedly
- Keep all kitchen surfaces meticulously clean
- Protect foods from insects, rodents, and other animal
- Use safe water

IX. CONCLUSION

1. Now is the best time to start or bring in change
2. It's not who's right, it's what's right
3. What is a daily routine is a whole life someday
4. This Literature is a Very Basic guide from the much more tressure of Ayurveda

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