

OUTSIDE FOOD AND AYURVEDA

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Food is one of the 3 pillars of Ayurveda as being base of health; its always suggested to eat well unctuous freshly cooked easy 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 moto is to incorporate healthy food as much possible.

SINGLE MEAL/SNACK
Occasional Crave Feed
Outing/Picnic/Small Travel
Office/Home
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 works, residential students

Instance: 1 day/ Few days/ Frequently/ Many days/ Daily

Say it be a small food joint or big international place

Quality of food varies based on management and preparation process.....so, WHERE also matters

Rational: Hotel food: should eat or not!!! IF SUPPOSE TO EAT!!!! The Disclaimer

- Better than being hungry!!!!
- The agni should be maintained (Sarva Apachara saha, Sama agni)
- Pitta Prakurthi/ Teekshna Agni
- Socilization with friends/family; Functions etc
- Nitya Vyaayama, Abyanga
- Snigdha Seve : Ghee, Butter
- Balanced Diet (Other meal/ next day etc)
- Its our duty to achive Trupti and pusti for both mind and body
- (In Douhrida : Fullfill the iccha but with vivechana of good or too bad)
- Abhimantrita: Annapurna mantra etc
- Panchendriya Pareeksha along with manas

Minimum Criteria: Should always fall in this boundary i.e., Universality in Diversity

- Ushna: Hot/Warm
- Snigdha: Specific unctous

- Matravat: As per self digestive capacity
- Jeera and Veerya viruddha: Not opposite to the health
- Esta Desha and sarvaupakrama: Pleasant place and other relevant things
- Naati Druta and Vilambita: Should not eat too slow or fast
- Aжалpan, Ahasan: Should'nt laugh, talk while eating
- Tanmanaa bhunjeeta: Likable
- Atmanaa Abhi sameeksha samyak(Satmya)

Why:

- For achieving Dharma, Artha, Kaama, Moshha - 4 Purushartha; Aarogya is mula uttma and disturbance in Agni is one of the main reasons for anarogya.
- As Rightly Said by Chandogya Upanishad:
 - Aharashuddhau Sattvashuddhih; Sattvashuddhau Dhruva Smratih; Smaratilambhe Sarvagranthinam Vipramoksha
 - Small Small Steps: Purity of food helps in purity of Soul; inturn mind and intellect which accelerates elimination of illusion and ignorance
- Krishna tells in Bhagvadgeeta: Krishan is Antra Agni; don't do apachara and celebrate like pure yajna; no starving also.
- Ahara and Dhatu Parinaama Vaada: What we eat, such is quality of our dhatu etc

RAW MATERIAL Problems:

- Quality
- Addition or deletion
- Adulteration: with lower once Ex: peanut for cashew, animal fat for butter
- Some allergic contents Ex: some ppl allergic to dalda
- Expire
- Preservatives
- Infestations (Rodent, insects, warms, fungi, rotten)
- Fresh/Frozen/Preserved/Dehydrated
- From Scratch/ Instant Mixes/ Ready mix: Partially/ Completely
- Reusing Ex: Oils, cooked food
- Source of Water
- Washing technique of vegetables, fruits etc.....Reminant of dirt, pesticides
- Don't know the ingridents: Seecret reciepy etc

PREPRATIONS Problems:

- Large Scale/ Mass Production(Not good)
- Most Bases Are Same

- Reheating/ Hot Bath
- Refrigeration (Paryushita)
- High Heat Cooking
- Vessels : Material, Hygiene
- Emotion(Manas) and Hygiene of Cook, Server
- Intermixing : Accidental/ Neglegent
- 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 if machines mixer etc cause ushna....then for juice Ex: sugarcane

Better to avoid: HEAVY FOOD BY INGRIDENT/ BY PREPARATION PROCESS

- Bread, Bakery, White sauce pasta, cheese, mayonnaise,
- dosa and idly, sweets, maida roti, paneer, lassi, milk shakes etc
- Too much lipids

Must and Should avoid Packed Food:

- Water : Told to be dead
- Plastic wraps
- Becomes heavy by steam consolidation
- More preservatives for 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 body
- Multiple cookings/ processes

Choose Place/ ambience Peacefull:

- Open/closed
- Roadside(Dust, microbes, insects) not good
- Mobile place if no option
- Standing Ex: Darshini to be avoided
- Roaming Ex: Buffets.....Walk less, priorly take sufficient food
- Sitting with comfort
- Drive through: Road, Train Ships, Adventure games not advisable
- Watching the screen in sports restaurant etc or eating in cinema theatre is bad too
- Too crowded: Better avoid
- Long wait/pressure to wind fast: its 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 Other Hand Avoid Improper sitting etc uncomfortable postures (to self and to Jeerna kriya)

Common amenities = Many hands; Use non-dominant hand or best to avoid

- Water
- Pickles
- Salt and pepper
- Sugar
- Sauces
- Mouth freshener
- Tissues
- Common serving cutlery
- Sitting area
- Washing area

INTELLIGENCE OF NEED, HOW MUCH, WHY, WHERE: Caution

- Water-Hot water/ boiled and cooled, preferable carry own water
- Select hotel: Fresh food, Jain food, not too crowded, with basic seating, friendly staff.....
- Preferable Satmya
- Avoid nonveg, heavy food, viduddha, fermented; especially after evening
- If eating nonveg; avoid curd(raita), milk (payasa),...
- Carry/ ask for extra ghee or butter
- Customize or tell specifications Ex: confirm its wheat roti and not Maida, avoid more Amla rasa juices, take juices like pomegranate without ice 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 may be we were longing for some soothing food)
- Or should choose from the best available Ex: Ghee Pongal, Kashaya
- Wash hands, feet, face before and after eating

- Carry own soap preferable soap; whenever required even wash the cutleries or carry degradable one-use ones
- Eat sweet prominent food
- Search for your origin place hotels and cuisine Ex: South Indian hotels in North India and vice versa or if can digest eat that place hotel Ex: Gujarathi food in Gujarath
- Pattern of eating.....
- Soup at start?
- Desserts at end?
- More fluids at start not good, can order By 2 soups; drink little at start and rest with food
- If desserts crave: Instructed at start or as part of food
- Not to eat similar food daily
- If health conscious diet: Know the properties at first
Ex: Oat, chia seed, protein powder, yogart, egg, neem, bitter gourd, millets etc daily

DON'T GET TRAPPED TRICK OF MARKETING AND PRESENTABILITY IN MENU

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

Totally avoid: Diseases/ prone to

- Acidity
- 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 Damaging's
- From nonveg transfer of disease or warns Ex: improperly cooked pork

To Conclude:

- Now is the best time to start or bring in change
- Its not who's right, its whats right
- What is a daily routine is a whole life some day