

**HEALTH BENEFITS OF NATURAL NUTRIENTS: AYURVEDA DRAVYA AS
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ABSTRACT

Nutraceuticals are the nutritional supplement that offers natural physiological benefits and reduces risk of diseases related to nutritional deficiency. Generally nutraceuticals are bioactive materials help to maintain nutritional balances and now a day's nutraceuticals acquired great market place globally. Classically they are recommended to improve quality of life as complementary or alternative products. The basis towards the uses of nutraceuticals resides around the traditional knowledge of Ayurveda. The traditionally used nutraceuticals involves; *Chyavanprash*, *Brahma Rasayana*, *Phala Ghrita*, *Arjuna Ksheerpak*, *Shatavari Ghrita* and *Rasona Ksheerpaka*. These all nutraceuticals offers health benefits such as; prevention of respiratory disorders, mental strength, sexual empowerment, cardioprotection, maintenance of hormonal regulation in female and improvement in physical strength. Nutraceuticals also recommended in some specific disease conditions. This article emphasized ayurveda perspective of nutraceuticals.

KEYWORDS: *Ayurveda, Health, Disease, Nutraceuticals.***INTRODUCTION**

The traditional science of Indian medical system ayurveda emphasized need of nutritious balance diet for the maintenance of healthy physical and mental status. The lack of nutritious diet may resulted several health abnormalities and these types of conditions requires use of nutraceuticals. Nutraceuticals are food or edible material which offers health benefits and help in the management of various diseases. The modern concept of nutraceuticals resembles combination of nutrition and pharmaceuticals. The ayurveda concepts of dietetics; *hita*, *satmya* and *pathya* can be correlated to the uses of nutraceuticals. Antioxidants, digestive stimulants, strength booster and probiotics are commonly used nutraceuticals. Herbal products, dietary supplements, processed foods; cereals, soups, beverages and proteins are capturing large market share as nutraceuticals.

Ayurveda mentioned *ahara* as best medicine however preventive or curative properties of *ahara* depends upon *prakriti*, *sara* and *dosha*. Loss of synchronization between these factors or lack of nutritional diet causes several health problems therefore use of following nutraceuticals recommended in such conditions:

- Isolated nutrients

- Dietary supplements
- Specific genetically modified food
- Herbal products
- Dairy products
- Proteins

Ayurveda towards the nutritional balance of food stuffs

Ayurveda describe concept of *Samsarjana Karma Dravya* which deals with various method of foods processing to get desired nutritional value of specific foods stuffs. *Peya*, *Vilepi*, *Akrita yusha*, *Krita yusha*, *Akrita mamsa rasa* and *Krita mamsa rasa* are such techniques of food processing offers diversified nutritional benefits of food materials as follows:

❖ *Peya*

It is rice preparation which involves use of more liquid but rice in small amount therefore possesses fewer amounts of carbohydrates.

❖ *Vilepi*

It is rice preparation which involves use of lesser amount of liquid but rice in high amount therefore possesses higher amounts of carbohydrates.

❖ *Akrita yusha*

It is preparation of pulses without salt and fat therefore rich in protein.

❖ *Krita yusha*

It is preparation of pulses with salt and fat therefore rich in protein with fat.

❖ *Akrita mamsa rasa*

It is *mamsa* preparation which consisted of high amount of protein and fat.

Nutrients Action

The *Panchabhautika* composition of *Dravya* may be modified by *Agni*; *Paka* or *Pachana* process may change the whole composition of *Dravya*. Therefore food articles should be *Saagni Ahara Kalpana* as per traditional text of ayurveda. The other ayurveda term *samsarjanakrama* helps to stimulate *Agni* and nourish body. The metabolism of drug administered in body also depends upon *Agni*; therefore ayurveda considered *Agni* as prime factor for the absorption, assimilation and utilization of nutrients. Thus balance diet along with proper functioning of *Agni* help individual to acquire complete nutritional benefits of food stuffs. The nutrients consumed either in the form of nutraceuticals or as food stuffs (*ahara*) offer health benefits as follows:

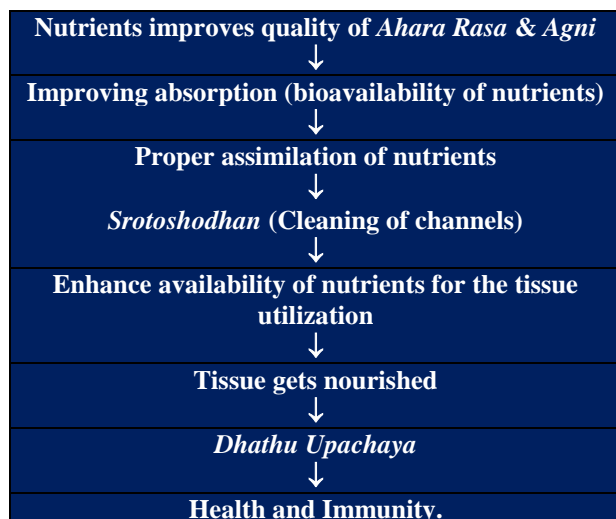


Figure 1: Nutrients action.

Ayurveda *Dravya* as Nutraceuticals

Ayurveda describe a term rejuvenation which exactly related with the uses and therapeutic benefits of *Rasayana* as nutraceuticals. The *Rasayana* therapy offer health benefits as like nutraceuticals such as; maintaining health and vigor, youthfulness, reduces drowsiness & fatigue and maintain balances of *doshas* thus improves biological rhythms of physiological functioning. The term nutraceuticals as per ayurveda resides around following traditional approaches:

❖ *Rasayana*

Preventing the degenerative changes caused by ageing.

❖ *Balya*

Post illness nutrition.

❖ *Vyahikshamatwa*

Enhancing the immunity.

❖ *Vajikarana*

Maintaining vitality.

Table 1: Ayurveda *Dravya* as nutraceuticals for specific health benefits.

S. No.	<i>Dravya</i>	Health Benefits
1	<i>Chyavanprashm</i>	General health and prevention of respiratory disorders
2	<i>Brahma Rasayana</i>	Mental strength
3	<i>Narasimha rasayana</i>	Vitality
4	<i>Phala Ghrita</i>	Reproductive health
5	<i>Arjuna Ksheerpaka</i>	Cardioprotection
6	<i>Rasona Ksheerpaka</i>	Cardioprotection

Nutrient *Dravya* for different age group recommended by ayurveda❖ *Kashmari & Bala*

Used for age groups 11-20 years and helps in *Vrdhhi* (growth & development).

❖ *Sankhapushpi*

Used for age groups 31-40 years and improve *Medha*.

❖ *Amalaki*

Recommended for age groups 41-50 years and improve *Tvak*.

❖ *Aatmagupta & Ashvagandha*

Recommended to age group 35-45 years to boost *Sukra*.

❖ *Bramhi*

Used for any age groups to improve *Buddhi*.

Dravya* which potentiate specific *Dhatu

Chyawanprasha: A Poly-herbal nutraceuticals

Chyawanprasha is one of the most commonly used traditional nutraceuticals which improves intelligence, memory, immunity, longevity, sensory strength, digestive fire, complexion and physical strength. It greatly helps to alleviate cough and asthma, act as rejuvenator, anabolic and immunomodulator. *Chyawanprasha* composed of various beneficial herbs and natural compounds such as; *Bilva*, *Syonaka*, *Kasmari*, *Patala*, *Bala*, *Salaparni*, *Prsniparni*, *Mudgaparni*, *Pippali*, *Svadamstra*, *Brhati*, *Kantakari*, *Tamalaki*, *Draksa*, *Jivanti*, *Agaru*, *Haritaki*, *gudchi*, *Rddhi*, *Rsabhaka*, *Musta*, *Punarnava*, *Kakanasika*, *Tugaksiri*, *Madhu* and *Ghrta*, etc. The ingredients of *chyawanprasha* act as health booster and offers great prophylactic actions.

CONCLUSION

The consumption of nutrient helps to maintain optimal health and also offer disease prevention. Nutraceuticals are the nutritional supplement (complementary or alternative products) which helps to combat nutritional deficiency. Nutraceuticals offers health benefits such as; prevention of infectious disorders, improves mental strength, sexual empowerment, maintain circulatory process and improve physical strength. *Chyawanprash*, *Brahma Rasayana*, *Phala Ghrta*, *Arjuna Ksheerpak*, *Shatavari Ghrta* and *Rasona Ksheerpak*, etc. are also used as nutraceuticals traditionally.

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