

Health Restoration & Rejuvenation Food/Recipe in Ayurveda

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Health conscious food/recipe is now growing with the awareness of organic sources to a variety of combinations. Antioxidant fresh vegetable and fruit recipe are very popular now in health markets around the globe. How does Ayurveda consider? These modernised mixtures and combinations of food recipe is the point for discussion in this review article.

Fresh celery, apples, pomegranate and any vegetable and fruit combinations are needed to be carefully pick and choose according to Ayurveda. Reasons are obvious with the potency alterations from hot and or cooling energies vice versa. Ayurveda does give 20 qualities in major to distinguish the energies and it can extend a total of 41 qualities as they produce the desired and unwanted effects on our physiology. Extension of another three qualities is also added to understand the subtle efficacies even on to mind and spiritual health.

Above qualities are being used to assess the growth and development of living organism from food/diet combinations to any potent medicinal properties from natural medicine or herb resources. From the natural source point of view especially considering food or dietary combinations there could be around 18 types of incompatibilities raise in total as mentioned in Ayurveda.

Here should we consider few examples to quote. Most of the fruit combinations in general does produce a level of incompatibility with the dairy sources. Especially the fruit like banana and milk for example. What level of incompatibility raise from individual sources and combinations is subject of physiological assessment for health as considered in Ayurveda. Usually we see banana milk shakes been popular for quick energies. Use of above is seen in athletic to sportive personalities. The problem is the milk which is cold from fridge and is not processed or boiled before consumed as a combination with banana is negative for health. Considering similar energies though from Ayurveda point of view, as banana is heavy and milk is also heavy. Both are sweet, unctuous, sticky, mucilaginous, dense, cooling energy etc. to grade from Ayurveda qualities still does not go together as a healthy combination. According to first principle the fruit or fresh fruits most are unsuitable with the milk and their products. Similarly the dairy source which is ghee in its purest form of extract from dairy also does not match with honey in equal or weight by volume quantities. These subtle variations of physiological disturbances need to be understood for their negative benefits in long run courses and or larger doses. Ayurveda thus give time tested knowledge about combinations and permutations resulted out of natural substances and their interactions before being administered orally.

Further the theories of compatibility is also altered though with the dose or limited uses. For example, traditional mixtures of incompatible substances in Ayurveda like Ghee, Honey, milk, yoghurt, banana etc. may play a role of immune modulation as well. In nutshell what is negative in small doses may become nectar or ambrosia for physiology as immune system getting aware and better in modulation and the same in larger doses and continued usage is producing adverse and alarming health hazards in due course of time.

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