

## A Survey study to find out percentage of followers of Aaharsevankaal mentioned in Samhita amongst Vaidyas in Kolhapur City, Kolhapur

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### Abstract –

*The Vaidyas in Kolhapur City, Kolhapur who are working around the clock for treating their patients. While taking care of patients, most of them forget to follow regimen and diets according to Ayurved.*

*Vaidyas are well versed with the concept of Aaharsevankaal but due to their hectic schedule, they are unable to follow it. So this survey study aims to sensitize Vaidyas about following Aaharsevankaal for maintenance of their well-being.*

**Keywords** – Vaidys, Aaharsevankaal, Diet.

### Introduction-

Ayurved is a science which deals with maintenance of health of a healthy individual. According to Sushrut Samhita, Swastha means balanced state of doshas viz. Vata, Pitta and kafa, normal state of Agni including Jatharagni, dhatvagni and panchmahabhutagni and normal state of dhatus viz. ras, rakta, mansa, meda, asthi, majja, shukra; normal status of malas viz. mutra, sweda and purisha and pleasantness of soul & mind, sound activities of indriyas (senses). For maintaining physical health, regimen like Dinacharya (Daily Regimen), Rutucharya (season specific regimen) are given and for maintaining psychological health Achar Rasayanas (how to behave in society) are included in Ayurved. Social soundness of society always helps the nation for progress. Ayurved mentions Trayopastambha<sup>2</sup> which includes Aahar, Nidra and Brahmacharya. If these three pillars of life are well managed then body will remain free from various disorders. Out of these trayopastambh, Aahar has given the utmost importance in maintaining swasthya. Ayurved strongly promotes the concept of We are what we eat. It also tells us about what to eat, where to eat, how to eat and then most important when to eat. Aaharsevankaal is unique concept which deepens the dietetics aspects. If one has eaten hitakar aahar according to Aaharsevan kaal, that food will not do any harm and also nourishes the body. Ideal time for taking food is after elimination of faeces and urine, when the doshas are in their own habitats, when belching are pure and without any smell or taste, when there is an

expression of hunger, when Agni is well ignited. When these signs are shown by the body, Aahar should be consumed observing rules<sup>5</sup> and procedures of taking food. The Vaidyas in Kolhapur City, Kolhapur who are working around the clock for treating their patients. While taking care of patients, most of them forget to follow regimen and diets according to Ayurved.

Vaidyas are well versed with the concept of Aaharsevankaal but due to their hectic schedule, they are unable to follow it. So this survey study aims to sensitize Vaidyas about following Aaharsevankaal for maintenance of their well-being.

### Research Question

#### Primary Research Question-

What is the percentage of followers of Aaharsevankaal mentioned in Samhita amongst Vaidyas in Kolhapur City, Kolhapur?

#### Secondary Research Question-

What is the percentage of followers of Aaharvidhividhan amongst Vaidyas in Kolhapur City, Kolhapur?

### Objectives-

#### Primary Objective-

To find out percentage of followers of Aaharsevankaal mentioned in Samhit amongst Vaidyas in Kolahapur City, Kolhapur through specially designed questionnaire.

#### Other Objective-

To find out percentage of followers of Aaharvidhividhan amongst Vaidyas in Kolahapur

City, Kolhapur through specially designed questionnaire.

**Materials and Methods**

Study Design-

Descriptive observational study

Study Setting-

Duration of An observational study- 06 months

Study Population-

Ayurved practitioners in Kolhapur city, Kolhapur

**Method-**

1. Designing of questionnaire and Validation of Questionnaire was done.
2. Vaidyas from Kolhapur City, Kolhapur was considered as volunteers for the survey study.
3. Direct interview method with specially designed questionnaire was used for collection of data and responses were recorded.
4. Collected data was analysed with appropriate assessment criteria.

Statistical analysis of the data was done.

Percentage of followers of Aaharsevankaal mentioned in Samhita amongst vaidyas in Kolhapur city , Kolhapur was calculated.

Assessment was done on the basis of following points:

Aaharsevankaal

Mala – Mutra pravrutti

Kshudha

Agni

Shudhodgar

Laghav

Vidhiniyamit Aaharsevan

1. Each question was given five options to choose from. These options were categorized as follows- Regularly- Every day in a week

Often but not always- 5-6 times in a week

Sometimes- 3-4 times in a week

Rarely- 1-2 times in a week

Never- not a single day in week.

2. Options of the each questions were designed as first three options suggests positive feedback and next two options suggests negative feedback of the volunteer.

3. Each question of the questionnaire was separately assessed.

4. First 3 options of the question were grouped & their percentage was derived.

5. Then 4th and 5th options of the question were grouped and their percentage was derived.

6. After getting all the percentages of each questions, percentage of followers of aaharsevankaal and aaharvidhidhan was calculated by average.

**Sample Size-**

100 Vaidyas practicing Ayurved in Kolhapur City, Kolhapur

**Sampling Technique**

Purposive sampling technique

**Inclusion Criteria** Those who were BAMS graduate or having more higher qualification practicing Ayurved.

**Exclusion Criteria**

Those Vaidyas who were suffering from Raktapitta & Kasa.

**Data collection tool-**

Specially designed Questionnaire about Aaharsevankaal and Aaharvidhidhan.

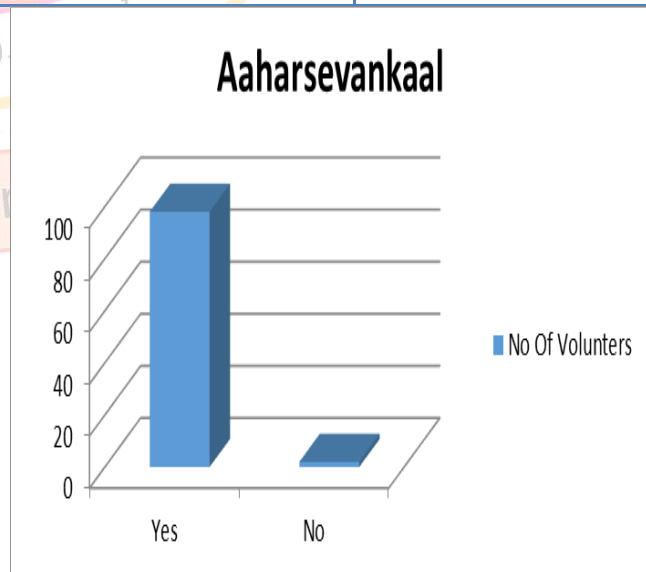
**Data analysis plan & Methods-**

Observations were analysed by various Graphs and charts.

**Observation And Results**

**Table 1.Aaharsevankaal**

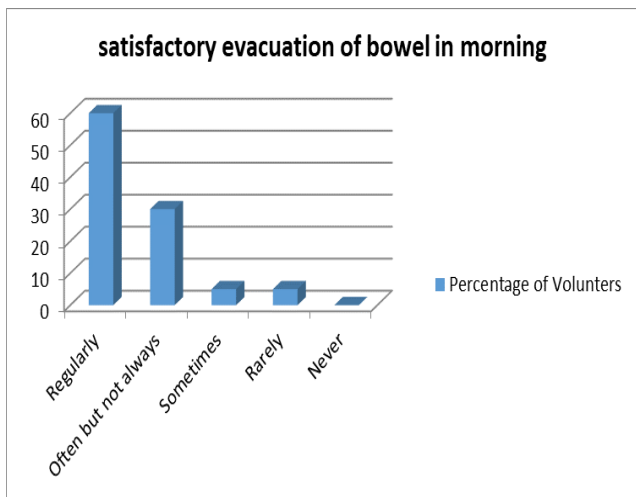
Do u know about Aaharsevankaal	No Of Volunters
Yes	98
No	2



This table 01 shows that majority of volunteers i.e. 98 volunteers knew about the concept of Aaharsevankaal and only 2 volunteer didn't know the concept of Aaharsevankaal.

**Table No 2**

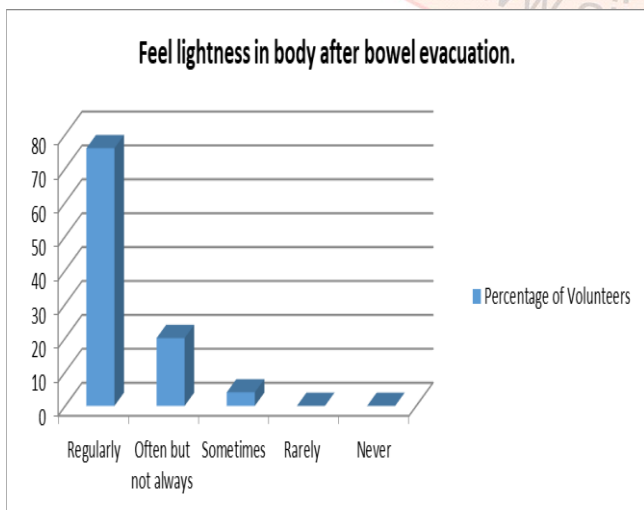
<b>Is there satisfactory emptying of bowel every morning?</b>	<b>Percentage of Volunteers</b>
<b>Regularly</b>	60
<b>Often but not always</b>	30
<b>Sometimes</b>	5
<b>Rarely</b>	5
<b>Never</b>	0



This table 02 reveals percentages of volunteers about satisfactory evacuation of bowel in morning. There are 100% volunteers recorded positive response.

**Table No.3**

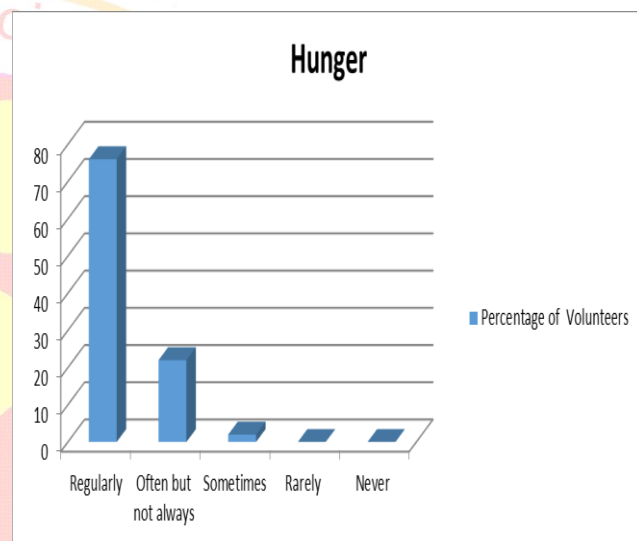
<b>Do you feel lightness after bowel evacuation?</b>	<b>Percentage of Volunteers</b>
<b>Regularly</b>	76
<b>Often but not always</b>	20
<b>Sometimes</b>	4
<b>Rarely</b>	0
<b>Never</b>	0



This table 03 reveals that how many volunteers feel lightness in body after bowel evacuation. There are 100% followers responded with positive response to this question.

**Table No 04**

<b>Do you feel hungry?</b>	<b>Percentage of Volunteers</b>
<b>Regularly</b>	76
<b>Often but not always</b>	22
<b>Sometimes</b>	2
<b>Rarely</b>	0
<b>Never</b>	0



This table 04 shows percentage of volunteers who feel hunger. There are 100% volunteers recorded positive response to this question.

**Table No.5**

<b>Do you eat only when you are very hungry?</b>	<b>Percentage of Volunteers</b>
<b>Regularly</b>	34
<b>Often but not always</b>	59
<b>Sometimes</b>	6
<b>Rarely</b>	1
<b>Never</b>	0

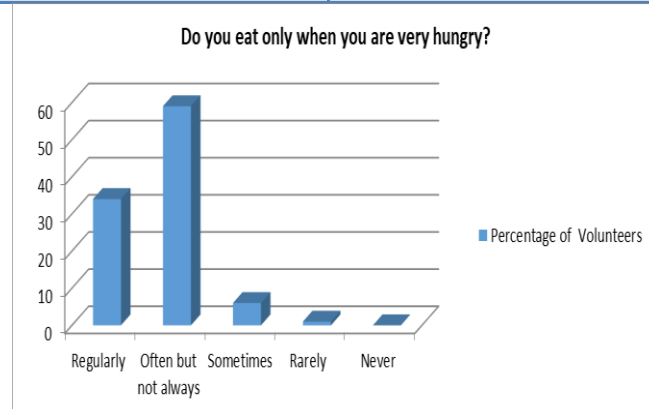




Table 05 shows percentage of volunteers who eat only when they are very hungry. There are 99% of volunteers recorded positive response and only 1% of volunteers recorded negative response for question.

recorded positive response and 29% of volunteers recorded negative response for the question.

**Tabel No.6**

Do you consume food daily on specific time without the feeling of hunger?)	Percentage of Volunteers
Never	20
Sometimes	20
Rarely	30
Often but not always	20
Regularly	10



**Table No 8**

Does it bother you if it's time for a daily meal and they don't eat?	Percentage of Volunteers
Regularly	16
Often but not always	14
Sometimes	30
Rarely	28
Never	12

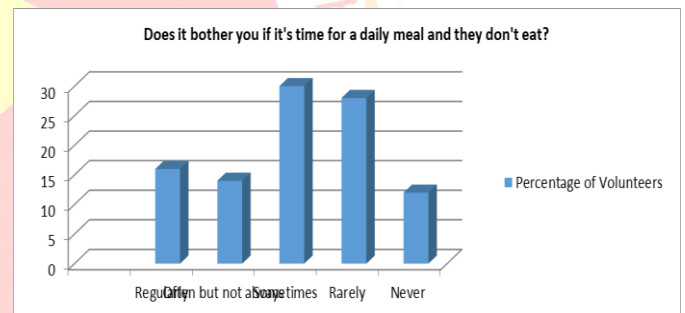
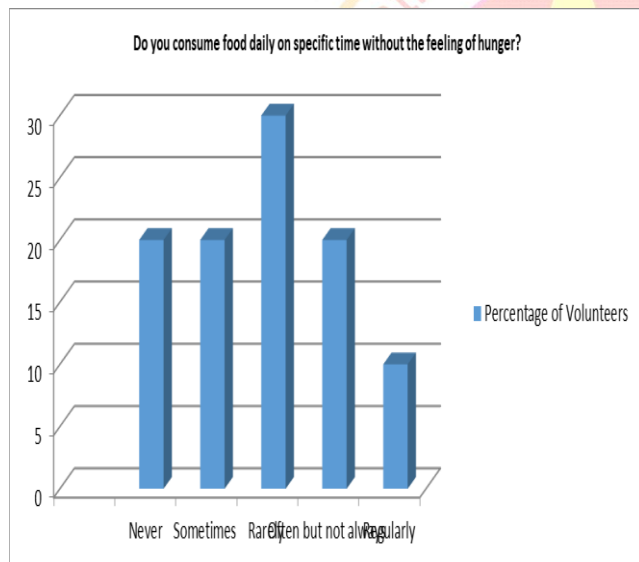


Table 06 reveals percentage of volunteers who consume food daily on specific time without feeling of hunger. 80% of total volunteers recorded positive response while, 20% of total volunteers recorded negative response for this question.

Table 08 shows percentage of volunteers who get bothered if it's time for their daily meal and they don't get to eat food. There are 58% of volunteers recorded positive response and 52% of volunteers recorded negative response for this question.

**Table No. 7**

Does pure belching come when you feel hungry?	Percentage of Volunteers
Regularly	27
Often but not always	24
Sometimes	20
Rarely	17
Never	12

**Table NO.9**

Do you pay special attention to eating new food only after digesting the previous food?	Percentage of Volunteers
Regularly	20
Often but not always	60
Sometimes	10
Rarely	7
Never	3

Table 07 represents percentage of volunteers who answered for question "Does pure belching come when you feel hungry?" There are 71% of volunteers

Table 09 shows percentage of volunteers who pay special attention to eating new food only after digesting previous food. There are 92% of volunteers

recorded positive response for the question and 8% volunteers recorded negative response.

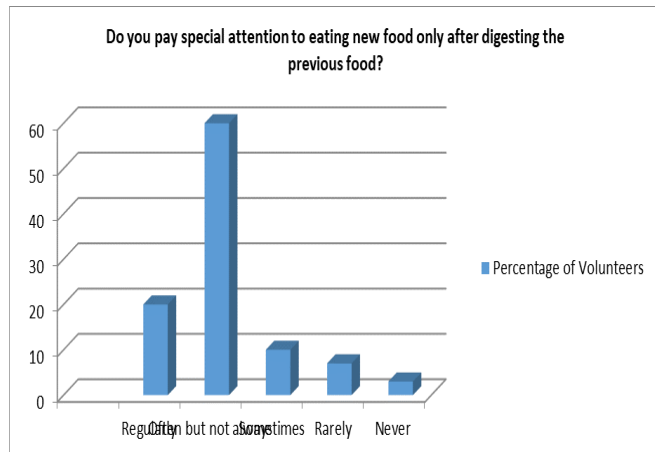
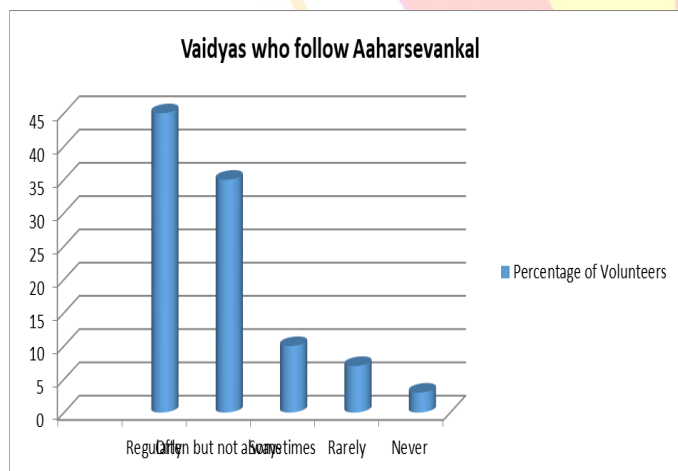


Table No10

Vaidyas who follow Aaharsevankal	Percentage of Volunteers
Regularly	45
Often but not always	35
Sometimes	10
Rarely	7
Never	3

Table no 10 shows the percentage of vaidyas who follow Aahrsevenkaal.



First three options represents positive affirmation towards following of Aaharsevankaal while next two options describes negative affirmation towards following Aaharsevankaal mentioned in Ashtanghridaya. So, Average of positive responses is 87.51% of volunteers and average of negative responses is 12.49% of volunteers.

Conclusion- There are 87.51% of vaidyas in Kolhapur follow Aaharsevankal mentioned in ashtanghridaya.

Discussion

As per the results obtained, many of the volunteers follow Aaharsevankaal in their daily life regularly, this awareness might be increased due to the covid-19 pandemic and related lockdown. There are many volunteers who are well aware of the concepts but they are unable to follow this because of various reasons such as hectic schedules, different OPD timings, increase in number of patients, etc. Woman volunteers also need to manage their households and their clinics simultaneously, so they want to follow the ideal lifestyle but unable to execute it in their daily life. Afternoon and evening OPD hours does not permit volunteers to follow ideal food intake time. Many vaidyas in order to follow ideal food intake timings, they bring tiffin in their clinic but that does not allow them to eat freshly cooked warm food, so it has become more tough to maintain the work-life balance. This survey study helps to sensitize vaidyas about following Aaharsevankaal so that they can maintain their health and increase the working efficiency to tackle various newly emerging disorders.

Conclusion

There are 45% vaidyas who follow Aaharsevankaal regularly, 35% vaidyas follow Aaharsevankaal often but not always. There are 15% vaidyas who follow Aaharsevankaal sometimes and there are 3% vaidyas who follow Aaharsevankaal rarely. 2% vaidyas said they never follow Aaharsevankaal in their daily life. So the most important group of vaidyas who belong to groups rarely and never follow Aaharsevankaal needs to be focused for sensitization. So average of positive response is 90% of volunteers and average of negative responses is 10% of volunteers. There are 90% of vaidyas in Kolhapur city, Kolhapur follow aaharsevankaal mentioned in ashtanghridaya. There are 10% of vaidyas in Kolhapur city, Kolhapur needs to be sensitized for the following of Aaharsevankaal mentioned in ashtanghridaya.

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