

# Ayurvedic Nutraceuticals w.s.r.t. Seasonal Regimen and Natural Foods: A Brief Review

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## Abstract

*Nutraceutical, a phrase coined from the terms nutrition and pharmaceutical, refers to a food or food product that has health and medical advantages, including illness prevention and treatment. The demand for nutraceuticals has risen in recent years as a result of expanding public knowledge about the importance of good health. Dietary supplements are now widely accessible on the open market. In the United States of America, the nutraceutical sector is worth around 86 billion dollars. In European nations, the figure is somewhat higher. When consumers experience failure with medications, they turn to nutraceuticals or dietary supplements. The illustrious Indian culture has shown that foods may be utilised successfully as medicine to cure and prevent illness. Ayurveda has described the medicinal properties of Ahara (food and nutrition). It is widely accessible and inexpensive, even in the form of homemade cures. The medical food available on the market is far from suitable in terms of price and pharmacological uniformity. Chemically produced meals are likewise detrimental to one's health. Ayurveda contains a plethora of literary sources pertaining to Ahara (food and nutrition) and Vihara (lifestyle). From ancient classical works such as Charak Samhita to more recent classics such as Bhavaprakash, nutrition guidelines have been referenced. Research should be conducted in accordance with sickness and for the purpose of sustaining good health. It is a well known principle in Ayurveda that if you follow a healthy diet there will be no need to take medications. Similarly, the greatest available therapy will be ineffective if the patient does not adhere to dietary limitations. The present paper discusses Ayurvedic nutritional concepts, and feasible and practical Ayurvedic Nutraceutical combinations for various disorders.*

## Index Terms

*Ayurveda, Food, Health, Nutraceuticals, Wellness.*

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## INTRODUCTION

A nutraceutical is any dietary component that is nontoxic and has been utilized to benefit one's health, including illness prevention and treatment. Stephen De Felice invented the phrase "nutraceutical" in 1989, combining the words "nutrition" and "pharmaceutical." A nutraceutical, he says, is a food or component of food that delivers medical or health advantages, such as illness prevention and therapy. Nutraceuticals include isolated nutrients, herbal items, nutritional supplements, genetically engineered foods, and processed foods. In general, nutraceuticals comprise vitamins, fats, protein, carbs, and minerals. These are sold in concentrated forms such as tablets, capsules, powders, and extracts as either a single ingredient or a combination of compounds [1]. Hippocrates "Father of Medicine," recognised food as a medicine. Food is the greatest remedy, as Ayurveda has previously stated 5000 years back. Supplements with vitamins and minerals may include individual nutrients or a mix of nutrients. Nutraceutical supplements are made composed of components derived from entire meals. They are condensed and formed into tablets or capsules after extraction.

Over the previous five decades, human lives have changed dramatically as a result of urbanisation, industrialization,

stressful schedules, and shifting cultures. These causes have altered human behaviour and compelled people to consume rapid food, immediate and pleasant food, fast food, and junk food. These practises have had a direct impact on our nutritional intake, eventually reducing the amount and quality of nutrients. As a result of these changing eating patterns, the population's incidence of immunological dysfunction, metabolic disorders, and degenerative illnesses has grown. In recent years, individuals have developed a greater awareness of their health and a heightened concern for health management. The revolutions in medicine, phytomedicine, nutritional science, the food business, and health care during the past two decades have garnered widespread attention from health professionals and the general public. Recent advancements have been made in the fields of nutraceuticals, food products, and phytonutrients. It is an excellent idea developed by pharmaceutical corporations for health promotion, illness prevention, and treatment. Ayurvedic therapeutic concepts are inextricably linked to healthy Aahar and Vihaar. Aahar has historically been used as both food and rudimentary medicine. Rasayana (Rejuvenation treatment) is a vast term in Ayurveda that encompasses much more than modern nutraceuticals.

## **AIMS AND OBJECTIVES**

The present study aims to validate the nutraceutical aspect in Ayurveda. It explains the Ayurvedic perspective of nutraceuticals.

## **MATERIALS AND METHODS**

Review of all literature regarding Rasayana and nutraceuticals started from classical text to all available scientific publications. All the data have been compiled analyzed and discussed the Ayurvedic approach and nutraceuticals.

## **NUTRACEUTICALS**

Nutraceuticals cannot be compared to any of Ayurveda's fundamental ideas. However, it incorporates the concepts of nutrition, dietary supplements, patient-specific meal regimens, and health combinations in a variety of contexts ranging from juvenile to geriatric care. While detailing the remedies, appropriate medicated meals are also mentioned. Seasonal regimens have comparable references (Ritucharya). We can detect its effect on traditional practise. For instance, "Aushadha kanji" is a popular medicinal meal preparation in Kerala during the rainy season to combat the lack of appetite that is common during this time. Similarly, gruel formulations containing some ash or raw medications are recommended for various sick situations. In his work, Acharya Kashyapa, author of Kashyapa Samhita, refers to Ahara (food) as maha-bheshaja (super medicine). Pathya (healthy practices) is an umbrella word that encompasses Pathya Ahara (healthy practices related to food) and Pathya Vihara (healthy practices related to lifestyle). Nutraceuticals may fall within the Pathya Ahara idea. The Pathya Kalpana (Ayurvedic dietetics) is stated for both healthy and ill individuals in order to maintain health and to heal and recover respectively [2].

Rasayana is another term for nutraceuticals. Rasayana is a term that encompasses all of the advantages associated with nutraceuticals. Its inclusion in Ayurveda's Ashtanga system (eight branches of Ayurveda) attests to its significance. Acharyas used this term to refer to the preventative care, treatment, and rehabilitation of patients. This Rasayana notion is extremely distinct from the Nutraceutical concept. According to Ayurveda, practising Rasayana for certain duration rejuvenates a man and lengthens his life. It should be taken separately from breakfast in the morning, as with any nutritional supplement. In a nutshell, the Ayurvedic viewpoint on nutraceuticals may be divided into three categories: illness, age group, and preventative care. Rasayana medications, beverages, and meals are described as nutraceuticals in the topics of Ritucharya (seasonal regimen prophylaxes) and Pathya Kalpana (Ayurvedic dietetics) [3,4].

### **Nutraceuticals for Prophylaxis**

Acharyas (Ayurvedic Scholars) provides us with crucial preventative Nutraceutical combinations in the context of illness treatment and in the chapter on Rejuvenators. It

provides all of the important nutrients found in a balanced diet, including protein, fat, carbs, minerals, and vitamins. Each typical Rejuvenator combination contains all of these elements in their natural state. Similarly, Aushadha kanji, Ksheerapaka (herbal milk preparation), Krushara (rice and lentin gruel), Nimbupanaka (lemon juice preparation), Sariva panaka (Hemidesimus indicus juice preparation), Madhudaka (honey-water), and Rasaala (herbal smoothie), are advantageous.

### **Nutritional Supplements for Geriatric Care**

Physiological, psychological, and immunological changes occur as we age. Acharya Sarangadhara, author of the Sarangadhara samhita (13th century), characterised the pattern of deteriorating 10 significant things in each decade of life rather effectively. In general, there is a reduction in vitality and function, and hence an increased susceptibility to illness. While developing nutraceutical products for geriatric care, we must navigate this ten-point decrease. By using herbal medication, i.e. Rasayana treatment, we may prevent the ageing or decline of these items. Ayurvedic Nutraceuticals may provide greater benefits for physiological, mental, and spiritual wellness.

### **Advantages of Health Drinks**

The proportion of water in the human body is almost same to the percentage of water on the world. It is a necessary component of several physiological fluids, enzymes, and lymph. It aids in the body's waste disposal. Acharyas prescribed a variety of therapeutic beverages for both general health and sickness. There are six different forms of medicinal water stated in the treatment of diabetes mellitus, all of which aid to alleviate dyspepsia (a symptom) and also help to balance the dosha predominant in diabetes. Similarly, Sadangapaneeya (a digestive, anti-thrust combination of six medications) is described in relation to fever.

### **For Ante-Natal Care, Nutraceuticals**

Ayurvedic classics advise a month-by-month healthful meal combination for pregnant women. Because each month's growth of the foetus is unique, Acharyas have prescribed nutritional supplements in response to their desire. For instance, in the fourth month, Ghee (clarified butter) must be supplied since it is important for the brain's growth in the fifth month. Each month, we must produce consumable forms of these medications. In this respect, research is necessary.

### **Issues of Regulation**

In India, the absence of governmental oversight for the nutraceutical business allows for quality difficulties. As per the 2006 Food and Safety Act, this has not yet been enacted. According to the Indian definition, a nutraceutical product's constituents must possess certain attributes. Food Safety and Standard Authority of India (FSSAI) was established in 2008. Each state will have a food safety commissioner who will serve as the implementing agency for this new regulation. There is still no consensus on what constitutes a

nutraceutical, dietary supplement, or medicinal food. Herbal or traditional medical items do not yet have a definite position in the world of nutraceuticals. In the United States of America, the major set of guidelines controlling the human nutraceutical industry is the dietary supplement and education act (DSHEA) of 1994 and its predecessor, the NLEA (Nutrition labelling and education act) of 1990.

### **CONCLUSION**

Nowadays, the nutraceutical business is increasing at a steady annual pace. The demand for nutraceuticals has shifted away from rich nations and toward underdeveloped countries. Numerous combinations and single drugs are employed to maintain well-being in Ayurvedic classics. Nowadays, a fast-paced lifestyle necessitates the use of pre-made formulas and beverages. There are substantial quality difficulties on the worldwide market. While overseas nutraceuticals may claim to be organic or include sensual combinations, a lack of regulation may jeopardise the goods' safety and efficacy. This is an exciting moment for Indian business in this area, as the world looks to the "mother of health research" for authentic natural goods. Numerous initiatives are now underway in this subject. In the future, a collaborative effort between government and business will be able to access a big worldwide market.

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