



Concept of Dwadasha Ashana: A Review

Kiran R. Pabitwar^{1*} and Madan B Tonge²

^{1,2}Department of Kriya Sharir, Government Ayurved College Nanded, MS, India

ABSTRACT

In ancient Ayurveda; conceptual study on food has been discussed in multidimensional aspect. A variety and divergent type of description is available on *Aahara*. It is discussed and classified into various ways and parameters. Few of those are like *Dwividha, Trividha, Chaturvidha, Panchavidha, Shadavidha, Ashatavidha*, and so on. Although all classical texts covered concept of diverse diet; but style of *Acharya Susruta* is unique and intellectual. *Susruta* is having objective approach regarding description of any concept, which can be accepted without any hesitation. One has to assess the type of diet in views like property, utility, advantage and drawback on individual's health. Food has to be taken in to account in different angles for the sake of sustaining health. Not only qualitative analysis of food is taken in to mind but also its benefit for health is to be considered. *Aacharya Susruta* in *Uttartantra* chapter 64 as *Swasthvrittam Aadhyaya* introduced a new thought regarding classification of food. It is divided in twelve different points of considerations termed as *Dwadasha Ashana Vicharana*. If we go through the conceptual review of the same a new outlook on the horizon of diet classification can be seen; this type of classification is important in subjective and objective aspect. Discussion of food is dealt with goodwill of diseased and healthy person. This article is enlightened on deep prudential approach of *Susruta* about narration of *Dwadasha Ashana*.

KEYWORDS

Dwadasha Ashana, Ushna Aahara, Swasthvritti Aahara



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