

**Effects of food enhancing four aspects of human health -
A textual study based on the description of food in main three texts of
Ayurveda Samhitha**

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Span of life is the count of breaths of a being. Human beings have to manipulate their lives for the efficient level of personal and social aspects to in achieve the final and the topmost goal of life (final emancipation). For this it is vital to maintain better health through the proper maintenance of the four facets of life effectively while identifying and suppressing its two bad aspects (Ahithayu and Dhukkayu) as described in Ayurveda. In achieving these set goals of life 'Food' plays an immense role in maintaining and enhancing physical, mental, spiritual and social aspects of health in equal proportions and also to lead a socially and personally benefitted life (Hithayu and Sukhayu). Aim of this research is to explore the knowledge on etiquettes related to food, analyze taxonomies of food categorization and other standards regarding food in the enhancement of the favorable livelihood. Research has been carried out through collecting and categorizing the information found in the Vedic treaties of Ayurveda and to present in a logical manner in order to establish the concept by critical analysis in proving the theoretical justifications. Promotion of growth, recovery of loss, protection from diseases for the survival of the body, establishing bodily strength, complexion and Ojas are the main benefits of food described in Ayurveda texts. In textual references the matters that all these effects of food ensure the fulfillment of the four faceted wellbeing if the food administered in prescribed norms, etiquettes with estimated the values assumed for, as food is the main source of origins of beings are revealed. The given examples on food classification helps to bridge certain gaps of information in unclear facts related with the four faceted wellbeing. The food accordance sated for different body and mental constitutions further establishes the argument and support to confirm the hypothesis in positive way.

Keywords: Food, Health, Physical and mental constitutions