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2 **An Explanatory Study of Beneficial Ayurvedic Diet for Health”**

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5 **Ikjka'k&**

6 vkgkj ds }kjkueuq"; esag"kZ] izIUurk] LQwfrZ o lqj{kk dh
7 HkkoukvkrhgSAvkgkj ,oaiks"k.k dk euq"; ds mRifRr ds
8 lkFkghIEcfU/krGSA ;ksx o vk;qosZn ds lkFk&lkFkvkgkj dk IEcfU/k
9 iks"k.kfoKku o fdfdRlk {ks= esaHkhbldkcgqregRogSA ,d
10 xhzdfdfdRldfgiksdzsV~lftUgsa ^dfdRlkfoKku dk tud^
11 HkhdgktrkgS ds }kjkyxHkx 400 bZlkiwoZvkgkj ls IEcfU/kr ,d
12 erfn;k muds vuqlkj] tksHkkstueuq"; fd }kjxzg.kfd;ktkrkgSog
13 'kjhjesaigqapdjvkS"kf/k ds lekudk;ZdjrkgSA ,oa ;g vkgkj 'kkjhfd o
14 ekufldLokLF; dkslh/ksrkSjijizHkkfordjrkgSAvkSjvkgkjjesaLokLF;
15 dkslarqfyrkuk;s j[kusgsrqlgk;drRoik;stkrsgSaAHkkjrns'kvkcknh dh
16 n`f"V ls cgqrcM+kns'kgSftlesajgusokyhtula[;k esavkgkj ,oaiks"k.k
17 ls IEcfU/krtkx:drk dh cgqrdehagSD;kasfdHkkjresatgka ,d
18 rjQdqiks"k.k ls cPps o efgyk,axzLrgSarksoghanwljhvksjeksVkik]
19 e/kqesg] mPpjDrpkitSlhchekfj;ksa dh
20 pqukSfr;kaHkhcgqrcM+htula[;k esagSaAvf/kdtula[;k ds
21 dkj.kHkkjresadqNoxZesa [kk] dh lk;kZlrvkiwfrZHkh ugh
22 gksikrhgSAbulHkhpqukSfr;ksa ls fuiVus ds fy, Hkkjrns'kesa ,d
23 lqfu;ksftruhfr dk xBudjdstula[;k ds e/; tkx:drkmRiUudjus dh

24 vko';drkgSAmDrleL;kvksa ds lek/kkugsrq 'kks/kdrkZ}kjkizLrqr
25 'kks/k ds ek;/e lsvk;qoZsnxzaFkksds fo'ks"klanHkZesavkgkj ds
26 okLrfodLo:lkdks le>us gsrqvkgkjO;oLFkk dk rF;kRedo.kZufd;kx;k]
27 lkFkghvk;qosZfndvkgkjfl)karksa dk lk{; vk/kkfjrlkxfHkZro.kZudj]
28 larqfyrvkgkj ls feyusokysLokLF; ykHkksa ls
29 voxrdjkuk],oaorZekuifjizs{; esaLokLF; lao/kZuesavkgkjdh
30 Hkwfedkdk foospukRed v/;;u djrsgq,orZekuifjizs{; esaLokLF;
31 dkslaof/kZrdjusesavkgkj dh mikns;rkijizdk'kMkykx;kgSA
32 **dwV 'kCn%HkksTku] vk;qosZfndvkgkj],oaLokLF;A**

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36

37 **1- izLrkouk&**

38 vk;qosZnesa dh xbZLokLF; dh
39 vo/kkj.kkcgqrghO;kidgSftlesavkgkj dks ^megk&HkSIT;^ crkrsgq,
40 LokLF; dkscuk, j[kus ds fy, ikSf"Vdvkgkjxzg.kdjus dh
41 lykgnhxbZgSAblesavkgkj dksmfpr :i] rjhds ,oafcukfdlhod"kZ.k ds
42 vkgkjlsou ds fu;eksadksfoLr`r :lkesacr;kx;kgSAvkSj cy] ok;qvky
43 ,oajksx dh izdqfrlfrdbZrF;kRedn`f"Vdks.kHkh 'kkfeyfd, x,
44 gSaAvk;qosZn dk vkgkj ds izfrn`f"Vdks.kvk/kqfudfoKku dh vis{kk
45 vf/kdO;kidgS ¼eqFkhZ] 2016½A vk;qosZnesa 'kkjhfdlajpuk]
46 ikpdvfXu ,oaO;fDr dh 'kkjhfdlLFkfr ds vuqlkjHkkstu ds
47 izfrO;fDRkoknhn`f"Vdks.kgSblesaO;fDr ds LokLF; dksmUurcuk,

48 j[kus ds fy, dbZfu;ecrk, x, gSaftudkikyulHkhO;fDr;ksadksdjukpkfg,
49 ¼dkSf'kd] mik/;k;] ,oa 'kekZ] 2025½A
50 vk;qosZnkpk;ksZa us vkgkjfunzk ,oaczãp;Zdks
51 =;LrEHkcrk;sgSavkSjbuesavkgkjdsklclsÅij j[kk x;kgSaA ;g thou
52 dks thus ds fy, lclsvf/kdvko';d ?kVdgSAvk;qosZn dh mRifRr ;k
53 jpukosnksa ds vk/kkjijgqbZgS ;g thou ds lexyzigyqvksa o LokLF;
54 ns[kHkky dh ,d lexziz.kkyhgSAblesaLokLF; ns[kHkkychekeh dh
55 jksdFkke o izcU/ku 'kkfeygS ;g thou thus ds rjhdsdskcrkrkgSvkSj
56 thou dksvPNsLokLF; ds lkFk&lkFkyEck thou dSlst,a ;g
57 fl[kkrkgSAvkgkjMUrLokLF; gsrqizFke o egRoiw.kZdkjdcrk;kgSA
58 ;fndksbZO;fDrvkgkj ds fu;eksa dk fof/kiwoZdikyu ugh
59 djrkgSrksns'k] dky _rqvkSjvuhizÑfr ds vuqlkvkgkj&fogkj djus ls
60 rhuksanks"kizkÑrvoLFkkesa ¼le½ cusjgrsgSAvfXuHkh le
61 cuhjgrhgSrFkkey ¼Losn&ew=&iqjh"k½ dh fØ;kHkh le
62 jgrhgSvFkkZr~ eykfn dk fu"dklumfpr le; rFkkmfprek=k
63 esagksrkgSrFkkbfUnz;kj euvkSjvkRekizlUujgrsgS ¼dkSf'kd]
64 dqekj] vkSjvxzoky] 2022(;kno] ,oaukSfV;ky] 2023(vk[k;Z=
65 2024½A bl izdkj 'kjhjesafdlhHkhizdkj dh
66 fo"kefLFkfrughagksrhgSrFkkeuq"; ds 'kjhj dh lHkhfØ;k,i izkÑr
67 :lkesagksrhjgrhgSrFkk 'kjhjesafodkjmRiUuughagksrsvkSjeuq";
68 lnSoghLoLFkjgrkgSApjdlafgrk ds vuqlkj] Hkkstu dh
69 vko";drklHkhdksgksrhgSD;ksfd ;g gh 'kjhj dk bZa/kugStksfd
70 'kjhj dksdk;Zdjus ds fy, ÅtkZiznkudjrkgsA bl vkgkj ds

71 }kjkO;fDrdksjax :i] vk;q] le>] rkdr] cqf)] larqf"V o [kq'khfeyrhgS
72 ¼f=ikBh] 2004('kekZ] 2013½Avkpk;Zpjd us vk;qosZn dk mn~ns';
73 crkrsgq, dgkgSfd^LoLFkL;LokLF;
74 j{k.ke~^D;ksfdges'kkghfdlhchekjh ds izca/ku ls csgrjchekjh dh
75 jksdFkkegSATksfdvkgkjIEcU/khvknrksa ls
76 IEHkogSvkSjmlsIEcfU/krfu;eksavkSjfofu;eksa dk mYys[k
77 fd;kgS¼f=ikBh] 2004('kekZ] 2013½A
78 **2- mn~ns';&**
79 izLrqr 'kks/kv/;;u dk izeq[k mn~ns'; LokLF;
80 gsrqfgrdjvk;qosZfndvkgkj dk O;k[kRed v/;;udjukgSaA
81 **3- vuqla/kkui)fr&**
82 izLrqr 'kks/kv/;;u pjdlafgrk] d';lkafgrk] lqJqrlafgrk] v"VkaxlaxzgdS
83 e/; vkgkjO;oLFkk dk O;k[kRedo.kZukRed v/;;u gSAvr,o] ;g v/;;u
84 iw.kZr% f}rh;dvkWadM+ksaijvk/kkfjrgksus ds dkj.kizLrqrfo"k; dh
85 O;k[k gsrqmijksDrizeq[k ;ksxxzaFkksa
86 ,oabuxzaFkksaijvk/kkfjrHkk";ksa ,oaVhdkvksa ds v/;;u
87 }kjkladfyrrF;ksaijvk/kkfjrgSA
88 **4- vk;qosZn ds vuq:lkvkgkjvo/kkj.kk&**
89 tceuq"; xHkZesagksrkgSvkgkj ml le; ls
90 ghmlhdhizFkevko';drkgksrkgSfofHkUuikSjfk.kd 'kCndks'kksa
91 }kjkvkgkjdksfuEuizdkj ls crk;kx;kgS¼flUXus] ,oavU; lkFkh] 2025(
92 f}osnh] ,oavU; 2023(iz/kku] ,oavU;] 2024½&

93 - 'kCndYinzqe ds vuqlkj& ^vkgkj ,d ,slkinkFkZgSftls [kkus ds
94 lk'pkr~ xys ds ek;/e ls fuxyfy;ktkrkgSA^^
95 - okpLiR;edgrsgSafd ^vkgkjghHkkstugSA^^
96 - vkpk;Zxaxk/kj ds vuqlkj] ^tksdqNHkhthHk ls
97 xysrdfuxyktkrkgSogvkgkjgSblsvURkxZrvkgkj o vkS"kf/k
98 vkrhgSaA^^

99 **5- vk;qosZnesavkgkj dk oxhZdj.k&**

100 oSfnddky ds egkuKkuh&_f"k;ksa o vk;qosZnkpk;ksaZ us
101 Hkkstudksmldslw{e vkSjLFkwyxq.kkssa ds
102 vk/kkjijrhuJsf.k;ksalkfRod] jktfld] o
103 rkefldesaoxhZd`rfd;kAvkSjlkfRodHkkstu ls tqM+slHkhkykHkksa o
104 mldsxq.kksa dk c[kkudjrsgq, crk;kfdftuO;fDr;ksadksfopkjksa]
105 Hkkoukvksa o laosnukvksaesaifo=rkpkfg,
106 mUgsalnSolkfRodvkgkjghxzg.kdjukpkfg, ¼'kekZ vkSjnkI] 2003(
107 f=ikBh] 2011(f=ikBh] I`f"V] 'kekZ] 2005(f=ikBh] 2003½A

108 **6- vk;qosZnesaof.kZrvkgjfl)kUr&**

109 vk;qosZnesavkgkjdxsysdjmlhdvo/kkj.kkek= [kkn~; inkFkksZa ds
110 p;urdlhfer u gksdj muds cukus ;k ikddyk] Hkkstu ds
111 lsoudksHkhfoLrkjiwoZdcrkrkgSAvk;qossZnvkgkj ds fl)kUrksaes
112 [kkn~; inkFkksZa dk p;u] rS;kjh] [kkuikuO;fDr ds 'kjhj o eu ds
113 vk/kkjijfd;ktkrkgS¼cans] leysfr] ,oa [kkUnsdj(iVsy] /kkdj] ,oaxqlrk]
114 2024½A Hkkstu ds lsou ls iwoZeu o
115 'kjhjdksiw.kZr;krS;kjgksukpkfg,AblhizdkjHkkstu dh ek=k o

116 xq.koRrkO;fDr ds ghvk/kkjijfu/kkZfjr dh tkrhgS ¼lkaxoku]
117 ikuhvkSjLoifuy] 2022½A vk;qosZnHkkstulsou ds lk'pkr~ bldsikpu
118 o vkRelkr dh izfdz;k ds fy, lkSdnepyus] iku [kku o gcZy
119 /kwezikudks c<+koknsrkgSApjdlafrklw=LFkku ds igys v/;k; ds 43
120 osalw= }kjkcrk;kx;kgSfd^gzklgsrqfo'ks"k'pizo`fÜk :Hkk;IL;
121 rwA^vFkkZr~ fdlhnks"kftldh 'kjhjesaizeq[krkgksxhmlh ds
122 lekuxq.kksaokykHkkstunks"kdktsizcydjnsrkgSftllschekfj;kamRiUug
123 ksrhgSAblhizdkjvxs 44 osalw=
124 }kjkcrk;kx;kgSfd^gzklgsrqfo'ks"k'pizo`fÜk :Hkk;IL; rwA^vFkkZr~
125 ognks"kftldh 'kjhjesaizeq[krkgksxhmlh ds
126 lekuxq.kksaokykHkkstunks"kksadkslarqfyrdjus es
127 lgk;dgksxk¼lDlsuk] 2023½A vr% vkgkjges'kknks"kksadks /;kuesa
128 j[krsgq, ghp;udjukpkfg, ¼lkaxoku] ikuhvkSjLoifuy] 2022(;soys]
129 2023(enku] ,oavU; lkFkh] 2021½A
130 vk;qosZnkuqlkj] vkgkjognozO; gSftls izk.kh ds }kjkpck;k ;k
131 fuxytkrkgSAvkgkj dk euq"; ds thou esafo'ks"kegRogSAvk;qosZn
132 ds vuqlkj] vkgkj dh ikddyk dk Hkhfo'ks"kegRogSvkgkj
133 /kkrqvsadkslarqfyr j[kusnsg ds o`f) o fodkldjus] rFkk
134 lao/kZudjusesavkgkjfof/k dk fo'ks"kegRogSA bl vkgkj dk ikpuvfXu
135 }kjkgsrkgSftlsvkgkjil dk fuekZ.kgksrkgStks 'kjhjdx cy iznkudjrkgs
136 ¼frokjh] 2008(cgVdj] 2020½A
137 fdlhO;fä dh lexziks"k.klaca/khvko';drkdksiwjkdjus ds fy, i;kZlr
138 ;k larqfyrvkgkj dh vko';drkgksrhgS] vFkkZrfodkl] j[kj[kko] ejEer]

139 jgus dh çfØ;kvkSjlexzLokLF; ds fy,Avi;kZlrvkgkj ;k iks"k.k dk
140 lsouO;fä;ksa ds fodklvkSjLokLF;
141 ijdbZçfrdwyçHkkoMkyrkgSAvkgkjO;fDrdksnh?kZ thou iznkudjus
142 ds lkFkghjax:lk] ped] 'kfDr] iks"k.k ds lkFkgh 'kkjhfd] ekufld o
143 vk;/kfRedLokLF; dks c<+koknsrkgSa ¼cgVdj] 2020½A
144 mfprp;kip; vPNsLokLF; dh dqathgSA 'kjhjesap;kip; dh
145 fdz;k,avfXu }kjk dh tkrhgSaAikpupdzesa eq[;r% rhupj.k
146 'kkfeygksrsgSaAvr% p;kip;hfdz;kvksadkslgh<+ax ls djus ds fy,
147 [kkn~; lkexzh ds p;uij /;kunsukpkfg,AvkerkSjij [kkn~; lkexzh dk
148 izeq[k Loknikpu ds cknizHkkoesajgrkgSysfdutc ,d ls
149 vf/kdlkexzhgksp;kip; ds fy, LokncnytkrkgS¼lkaxoku] ikfu]
150 vkSjLoifuy] 2022½A mnkgj.kLo:lktSlsvkaoyk dk Loknigys
151 [kV~VkgksrkgSijUrqikpu ds ckn ;g ehBkgkstkkrkgS [kV~VkLokn
152 'kjhjesafiRrdksizcydjnsrkgSijUrqvkaoykikpufdz;k ds cknehBkgksus
153 ds dkj.kfiRrdks 'kkardjrkgs ¼}kjdkukFk] 2003½aAvk;qosZn dh
154 izkphu 'kkL=h; ikB~; iqLrdksaesafuEufyf[krvkgjfl)kUrksa dk
155 mYys[k fd;kgSATkseyw :lk ls lghvkgkjfof/k dh O;k[k; djrsgSa&v½
156 v"Vvkgkjfof/k fo'ks"kvk;ru] Ck½ vkgkjifj.kadkjHko] Lk½ vkgkjfof/k
157 fo/kku] n½ fo:)gkj ¼xkMfxy] 2024(cxkyh] vkSjckjxh] 2016½A

158 **7- fopkjfoe'kZ ,oafu"d"kZ&**

159 izeq[k vk;qosZfndxzaFkksa ds rgrizkphueuhf"k;ksa us ekuo 'kjhj
160 dh vkarfjddk;Ziz.kkyhijppkZdjrsqg, crk;kgSfdekuo 'kjhjesa
161 ^vfXu^ gksrhgStksHkkstudksipkus dk dk;ZdjrhgSA;gHkksT;

162 inkFkZipdj ,d eghuHkLe :ihinkFkZesacnytkrkgSftls ^vkstl^
163 dgrsgSaAtks ds ekuo 'kjhj ds fuekZ.kgsrqvko';d gksrkgSAvr%
164 ftrukHkkstu 'kq} gksxkogghvkstl ds :lkesaaiz;ksxesavk,xkAD;ksfd
165 ;fnHkkstu 'kq) :lkesa ugh
166 gksxkrksvfXudksipkusesaeqf'dygsxhftlls de vkstl dk
167 fuekZ.kgksik,xkvkSjml voLFkkesa ^vek^ dk fuekZ.kvf/kdek=k
168 esagksxktsfd 'kjhj ds fy, gkfudkjdgksrkgSAvr% ;kSfxdvkgkj dk
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170 inkFkksZadsk 'kkfeyfd;kx;kgStksipkusesavklkugksrsgSaA
171 'kjhjesaHkkstu dk ikpuvPNs ls gkstkus ds dkj.k ;ksxh dk "kjhj o
172 euizIUujgrkgSvkSj ;ksxvH;klesavklkuhgksrhgS ¼ikaMk]
173 2022½ALokLF; IHkhO;fDr;ksa ds fy, thou dh
174 ewyHkwrvko';drkgSD;ksfdfdlh ds ikllcdqNgksijUrqLokLF; vPNk u
175 gksrksogmldsfy, O;FkZgSAD;ksfd ,d LoLFkO;fDrvius thou dh
176 IHkhvko';drkvksa dh iwfrZdjldrkgSvkSjIqyrk ds y{;
177 dksizklrdjldrkgSvkSj bl LokLF; dkscukus dk vk/kkjthou'kSyh]
178 [kku&iku] ldkjkRedlksp] izIUueuvkfngSaA

179 lanHkZlwph&

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