

Healthy Dietray Habits (Aharvidhi) In Childhood For Longevity- An Ayurveda Review Through Kashyapa Samhita

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ABSTRACT:-

Appropriate nutrition is an important pillar for healthy lifestyle. Combined with good energetic environment our diet can help us to reach and maintain healthy life and help store reduce the rate of chronic diseases. The human body requires energy to perform all basic function of body like inducing growth and maintaining a healthy Immune system. Healthy dietary habits from childhood are one among the basic prerequisite for longevity and productivity of any individual. Acharya Kashyapa described healthy diet Habits as fundamental unit for longevity of an individual. In one of the chapter *Bhojyopkramaniya Adhyaya* of Kashyapa Samhita, the effects of food taken in appropriate quantity, effect of hot food, effect of non-contrary food, effect of food taken in specific direction, and specific place etc has been mentioned, in addition effect of food with different *Rasa* etc has also been described in detailed and scientific manner for improvement of health with optimum and healthy growth of child and longevity which is actual purpose of Ayurveda as *Dirghayu*. This article is an attempt to highlight the role of healthy diet practices from perspective of Kashyapa Samhita *Bhojyopkramniya Adhyaya* and comparison with recent evidence based medicines.

Key Words: Ayurveda, Dirghayu, Longevity, Kashyapa Samhita

INTRODUCTION: -

In Ashtanga Ayurveda, a one of the main branch Kaumarabhritya which deals with the proper growth as well as development of the healthy child and treatment of the diseased child. Good dietary habits and good nutrition plays an important role in the growth and development of the child. Till the age of 6 months, the baby is only depends upon exclusive breast feeding, in later age (after age of 6 months) only breast feeding is not sufficient to achieve all the nutritional needs of growing baby. After 6 months, baby introduced with another food supplements that are semi-solid foods along with breast feeding which is necessary (to provide adequate and appropriate supplements) for proper growth and development of the child and to prevent malnutrition. Introduction of food which are rich in macro and micro nutrients, introduce child with fruits and vegetables to provide all the supplements which helps in growth and development of child, prevent child from many diseases. After two year of age child should be introduce with normal diet. From above description it is clear that healthy diet and healthy dietary habits is the key of healthy and long life of the child. Kashyapa Samhita one of the main territory of Kaumarabhritya narrate the importance of good dietary habits at every stage of life, to maintain the health of children.

The aim of Ayurveda is to promote and preserve the health, strength and longevity of the healthy person (*Swastha*) and to cure the disease. In present era, diet and lifestyle are major factors thought to influence susceptibility to many diseases. Ayurveda places special emphasis on *Aahara* and believes that healthy nutrition nourishes the mind and body. According to Ayurveda the living human body and diseases that afflict it is both the product of *Aahara*. *Aahara* is considered as one of the key pillars (*Upstambha*) of life in Ayurveda. In today's world, altered habits of food consumption may lead to various diseases. Abundant guidelines are explained in Ayurvedic texts, which are titled as *Aharavidhi*, where the laws of do's and don'ts about diet and food stuffs are given. So it is important, to keep our children on proper good dietary habits. The child nutrition begins before birth and leads to whole life including his growth and development. Poor dietary habits of mother during pregnancy may inhibit fetal growth and leads poor brain development. At the presents many newer food processing methods are in practices which are harmful to human being. That's why Ayurveda suggest that one should follow these guiding principles to prevent various diseases. On this background present study is taken to find out dietary directives in Ayurveda. Study also implies that there is extensive scope of scientific testing on this field in order to justify the textual references. ^[1]

Even after birth the child growth depends on mother diet, later period on own's diet. So good diet and lifestyle formerly years, leave permanent mark on the child physical and mental wellbeing. In Ayurveda, age classification in children is mainly done on the basis of *Aahara*.

1. *Kshirapa* - the children up to 1 year of age, main diet milk
2. *Kshirannada* - the children up to 2 years of age and on both milk and semisolid *Aahara*
3. *Annada* - the children who takes solid *Aahara*.

KSHIRAPA: For new born, *Stanya* is considered as *Amruta* and Ayurveda praise *Stanyapana*. Most of the Acharya told exclusive *Stanyapana* from birth to 6 months.

KSHIRAANNADA ^[2]

Phalaprashana - It is performed during 6th month and infants are supplemented with fruits which are rich in Vitamin C. Which is absent in mother's milk. Vit C is essential in the development of immune system and has antioxidant property. Fruit juices helps in supplementing extra nutrition along with *Agnivrudhi*, relieve constipation and keeps child hydrated. ^[3]

Annaprashana – *Annaprashana* (complimentary foods) start from 6 months as after 6 months child require increased energy and hence dense foods are essential in order to maintain and adequate velocity of growth for infant, by this time child teeth begin to erupt, a biting movements begins and tendency to push solids out of mouth decrease, digestive system is mature enough to digest food. Alone breast milk is no longer sufficient to meet nutrition as birth weight doubles. When food is first time introduced, a small amount and soft food should be given and gradually increase in amount. Acharya Kashyapa mentioned food preparation as below. ^[4] Prepare a *Payasa* by old, husk free and well washed rice mix with ghee and salt. Powder of wheat and barley also should be given according to congeniality.

The one knowing *Desh*, *Agni*, *Bala*, observes the child as hungry, should be give food according to congeniality with gap of one or two periods.

Rice is considered to a very low allergen food and ideal for child. Rice is rich in carbohydrates and good source of Vit B complex, Easy to digest, rejuvenates body when used with milk. Wheat is good supply of carbohydrates for energy. Good sources of vitamins and minerals, act as a good natural laxative. Barley is a nutritious and has good amount of dietary fibers, and strengthens bone. ^[4]

Annada: *Annada* starts from two years onwards. Young children below 5 years should be given bulky foods, rich in energy and proteins such as legumes, pulses, nuts, edible oil/ghee, sugar, milk and eggs. Vegetables including green leafy vegetables and locally available seasonal fruits should be part of their

daily menu. Older children and adolescents should consume plenty of milk to fulfil the high calcium requirement, oil / ghee should be consumed. Food should be taken in proper place, without talking with full concentration. First take sweet to pacify aggravated *Vata* due to excess of hunger. Sour and salt in middle, increases *Agni* so that digestion of food is easy. Bitter and astringent in the end, reduces *Pitta*.^[5]

From above discussion it is very clear that one need to give Anna or diet in proper way to children. Let's discuss about the some aspects of diet in following sessions.

IMPORTANCE OF GOOD DIET:-

- Best food plan for residing beings isn't the steadiness factor however it is able to facilitate and gives pleasure to all the *Indriyas* and nourishes *Dhatu* additionally.
- Appropriate meals keep man or woman intellect, clarity of complexion and additionally increase the *Oja* and longevity, being improperly used food honestly produces displeasure.^[6]
- Tackling essential hazard behaviors (bad weight-reduction plan, sedentary life-style) can help prevent many continual illnesses, which have an effect on human beings over an extended durations and commonly have a gradual progress. Some of them (diabetes) represent leading reasons of mortality. But to be effective, such efforts want to be based on focused fitness promotion, prevention and early detection (public health, 2014).^[7]
- Balanced diet is one of the mainstays of fitness that is in particular essential for the growing young organism. Human beings are capable of eat almost anything in modern-day society, so their intake and customer behavior have a look at proper now emerge as very important. Dietary habits obtained in younger age and follow for the duration of all existence. There are have an impact on from following elements: circle of relatives, adults, way of life, traditions.
- Healthier foods are those you need to eat each day, it is essential for the growth, development and immunity of individual. Less wholesome foods are the ones you must devour less. Those are in particular processed meals, which incorporate the greater number of fats, sugar, salt, and numerous components (teesalu, 2006).^[8]

DIFFERENT METHODS OF FOOD INGESTION^[9,10,11,12]

- The individual that needs there toddler away from numerous awful outcomes they are able to follow one-of-a-kind sort of food ingestion.

- As in Kashyapa Samhita in *Bhojyopkramniya Adhayaya* there are one-of-a-kind strategies for meals ingestion in adolescence which may ends in toughness method.
- In this chapter the properly and horrific elements associated with meals has been additionally mentioned Methods are:- have food in appropriate time, in appropriate quantity, hot and non-contrary, in clean pots, brought by clean attendant, neither too fast nor too slow neither too hot nor too cold, neither too much nor too less neither too liquid nor too dry neither of single *Rasa*

DESCRIPTION OF FOOD TAKING: - After analyzing the different aspects of food and its methods of preparation, let's discuss about the different qualities of different food and their effect on health and diseased state of an individual.

Effect of food taken in appropriate quantity: Gets digested easily, does not become contradictory to health, maintain fire that is digestive power and metabolism of the body and activities of the body.^[13] Similarly to those above said features & type of meals, Ayurveda lays stress over the amount of meals which one should take each day. Maharshi Charaka has encouraged a principle for food & eating regimen. Consistent with him one have to consume in measure & the measure of meals is determined by the energy of individual *Jatharagni* gastric fire.^[14] In addition said that “a right degree of meals taken, it will digested within the time without impairing one's health (even the measured food regimen does no longer impair one's health however definitely promotes one's strength, complexion, health & life ^[15]. *Amatra* (wrong quantity) is of sorts, viz. *Hina* (less) and *Adhika* (excess). Sixteen one have to not take an excessive amount of and too much less food. Meals ought to be in keeping with the want. If this precept isn't always practiced it leads to various illnesses.^[16]

2. Effect of hot food: - Feels tasty, also suppress *Kapha*, Causes downward movement of *Vayu*, Gets digested quickly, Lightness and increases metabolic activity in human body.^[17] One have to take sparkling food and in hot circumstance. Here it ought to be clean that *Ushna* (warm) no longer refers to the satisfactory of meals but the temperature of the food. *Ushna Guna* of food allows in *Vatanulomana* (proper bowel movement) and increases the *Pachakagni* (digestive energy), which in flip allows in proper digestion of the meals taken. Severe hot (*Atiushna*) isn't really helpful. Even intense bloodless meat food need

to not be taken. Eating the meals organized earlier than a long term (*Chira Siddham*) reasons *Stambhana* (stiffness), *Agnimandya* (loss of digestive electricity), *Aruchi* (loss of flavour), *Hrillasa* (nausea) and so on.^[18]

3. **Effect of unctuous food or fast food :-** Pleases the body Causes accumulation of Dhatu and retains strength and complexion.^[19]

Food need to be unctuous in nature. This type of meals facilitates in pacifying *Vata* and aids the *Pachakagni* (digestive power). On contrary, excessive unctuousness (*Atisnigdha*) ought to not to be fed on. Each *Asnigdha* (dry) and *Atisnigdha* inhibit the procedure of digestion. *Ruksha Guna* (dryness) aggravates *Vata* which results in hampering the digestive strength, where *Atisnigdha* meals is guru (heavy) by way of its homes and take greater time, strength to get digested ensuing in laziness, anorexia, immoderate salivation and so on.^[20]

Many research studies claims there are many side effect of fast food: Junk foods Effects on children's health: Children locate themselves amidst a complex society that is undergoing breaths taking changes. Wafers, chips, colas, pizzas and burgers are abruptly the maximum appealing food items among kids. Youngsters rapidly seem to have stepped into a global of fast foods and vending machines, definitely unaware of the havoc they are developing for themselves and their effect on their health. Accurate nutrition is of maximum priority in children at the time of constant increase among the ages of 6 and 12 years. In a take a look at executed in Beijing, China and published within the 12 months 2008 revealed eating junk meals is a popular event among children and youngsters between the age of eight and sixteen. Eating conduct in such age group nobly has an impact on their boom however also on their attention, feeling and behaviour. With vast majority of women with school children are running class which has brought about leaving behind the traditional ingredients at home and supplying of fast foods by using parents to their children. The commonest state of affairs noticed in most homes is the child who returns from school hangs himself in the front of the television, faithfully observed by using a bowl of wafers, a packet of chips and a can of cola. Such nutritionally vulnerable meals grow to be quickly addictive and may sow the seeds of infirmity and debilitating ailment, which ultimately leads many an incurable disease. All such food imparts the health hazards like beginning of clogging of arteries as early as at the age of 30- dangers of prostate and breast most cancers connected to their ingesting habits at puberty, placing of high blood pressure and

osteoporosis at an early age, vulnerability to slow growth, tooth decay and weight problems school nutrition survey in ire has revealed that forty eight.6% of lunch taken by kids has been categorized as junk. Faculty days are full of tutorial challenges that require lengthy interest spans and stamina. Negative dietary habits can undermine those pre-specifications of studying, in addition to burn up the power that children want for making friends, interacting with circle of relatives, taking part in sports and video games or honestly feeling excellent about them. Nutritionists agree that the purpose for youngsters with interest deficit hyperactivity ailment is largely the kind of meals children eat. Professionals warn that consuming too much junk food is one of the elements that have contributed to the cutting-edge youth obesity epidemic.

Recognition on junk meals data is lacking dramatically in each nook of the society. 90% of dad and mom agree that junk food advertisements had been making it difficult for them to sell wholesome ingesting at domestic. Messages for wholesome eating are getting undermined at every turn by way of the relentless hence every character determine inside the society need to be knowledgeable approximately such ingredients and their impact on their kids health, who can take care to avoid them intelligently and retaining them out of the attain in their children.

Frequent use of junk food affects health of child: Rapid food intake greater than 3 times every week is related to more odds of atopic disorders including bronchial asthma, eczema or rhinitis, even as bronchial asthma severity is nearly 40% better in young adults and extra than 25% in more youthful kids. Eating junk food four-6 instances every week leads to lower math and reading abilities as compared with the youngsters who did no longer devour so much junk food.

[21]

Constipation: An overdose of energy, fat, sugars, and different carbohydrates in repeated food changes the meals dreams of the kid, and makes it much less in all likelihood that the kid will eat fibres, fruits, milk, and greens. This can result in greater probabilities of constipation.

Less energy: Fast meals can inhibit participation in extracurricular sports as it doesn't provide adequate vitamins for physical interest. Loss of physical activity no longer best continues kids out of peer corporations but additionally impairs bodily and mental fitness.

Sleep Disturbances: Pop and cola liquids frequently contain caffeine which can make bedtime a trial with the aid of suspending ordinary sleep-wake cycles.

Hyperactivity: Essential fatty acids are normally missing or lacking in fast meals. Those include omega-3 and omega-6 polyunsaturated fatty acids which can't be produced inside the body, however are critical for the manufacture of mobile membranes, and also are required in high concentrations inside the brain and retina. The dearth of such nutrients is thought to be related to elevated antisocial behaviour, and perhaps with hyperactivity, though extra research is needed to prove this. [22]

4. Effect of food taken in sacred place, clean pot facing eastward and in calm environment: Such Food Self attains satisfaction and nourishment. Unwanted or non-pleasurable food should not be taken as it causes psychological trauma that is why the one desirous of longevity and health should not eat unwanted. The one who eats keeping face eastward becomes intelligent and obtains long life with calmness gets happiness of all the *Indriya* and psychological congeniality. [23]

One ought to now not consume at crowded location [Cha. Sa. Sutrasthana 8/20] to avoid intellectual distractions and unfold of micro- organisms through contact. Bodily distancing measures need to be observed to keep away from microbial infections from character to man or woman. One ought to eat at an appropriate place. Its miles essential to feel cozy and glad even as consuming. Cooking and dining place (*Mahanasa*) will be clean, spacious and sacred with stay of natural hearted people (*Apta-Avyabhicharinah*). Utensils made of metals shall be used to impact of sound on fitness procedure and save cooked meals. The hygiene at the area of ingesting is of extreme significance to keep away from microbial infection of food and its diseases. The utensils used for cooking, getting ready and storing food shall not possess hostile residences to that of meals. The interaction can motive dangerous effects on fitness. [24,25]

Effect of very hot food:- The tongue throat ,lips, cardiac region, abdomen get burnt *Doesnot* feel taste and get inflammation of mouth and eyes *Raktapitta* giddiness and fever serious disorders etc. [26]

One research study suggest the available consequences strongly propose that excessive-temperature beverage drinking will increase the hazard of esophageal cancer. Future studies would require standardized techniques that allow for combining statistics, and outcomes must be mentioned via histological subtypes of . [27]

Effect of very cold food: - Develops colic, reduces the motility of GIT, Aggravation of *Kapha* and *Vata*, develops the cough and hiccough. ^[28]

Effect of eating food with taste: - Specially obtain the taste of everything. ^[29] Flavour or aroma stimuli presented by myself in a drink preload neither influenced satiation nor satiety, as measured by means of the appetite sensation and subsequent pasta meal energy consumption, compared with drink precipitated extra satiation (starvation suppression) than the water manipulate and the drink with the impartial aroma or taste. The combination of aroma and taste in a drink briefly further enhanced satiety (starvation suppression) compared with the water control (at 5, 20 and 30 min after the sample drink changed into ate up), the drink with best aroma (at five and 20 min after the pattern drink was fed on) and the drink with handiest flavour (at five min after the sample drink changed into consumed). A quantitative increase in the perceived flavour intensity and a qualitative enhancement of the perceived flavour great as a result of go-modal association may have contributed to the discovered hunger suppression effect of the drink with each aroma and taste. But, subsequent pasta meal electricity consumption did not differ among the liquids that numerous with appreciate to the presence of aroma and taste stimuli. This study indicates that pass modal flavour enhancement (without the addition of extra electricity) might also facilitate the improvement of food or drinks that make a contribution to the discount of starvation. ^[30]

EFFECT OF HAVING FOOD TOO QUICKLY: - Does not complete perspicuity of *Indrya* and downward movement of *Vayu*. ^[31] The meals need to now not be taken in hurry. Meals whilst eaten with hurry violates its normal path moving into other route. The undesirable materials like hair, nail and such different matters are eaten not noted even as food is fed on in hurry. Consuming too fast frequently skips frame's method of recognizing its very own satiety and grow to be disconnected along with your herbal starvation and fullness signals, in line with peace fitness clinical group of Washington, Alaska and Oregon. Over the time, character will forestall feeling hungry or full in any respect and as an alternative rely on goals and emotions to tell when to eat. Slowing down whilst consuming and being attentive to frame's physical alerts earlier than and after meals, possible reconnect together with his herbal hunger and fullness signal. ^[32]

Importance of eating with moderate speed: When meals is chewed well in mouth, it breaks down into smaller debris and saliva is mixed with these tiny meals particles. As soon as the saliva comes in contact with the meals it straight away begins to breakdown starches into sugars, which frame can take in without difficulty. Eating slowly appears to increase water consumption at some point of food and allows in preserving good hydration, energizes muscle, improves pores and skin texture. ^[33]

Advantages of eating with moderate speed - Triggers the odor reaction to provoke digestion, triggers the release of bile from gallbladder, stimulate bile waft, stimulate pancreatic enzyme drift, stimulate enzymes from small intestine, stimulate pepsinogen within the stomach, stimulate mucous production in the stomach, will increase peristalsis or healthful removal, maintains healthy body weight^[34] Influences of good dietary habit during infancy and the toddler years- In the first year of life is a period of rapid physical, social, and emotional growth during which eating pattern also develop during this first year infants transition from consuming a single food to consuming a varieties of foods of an adult diet. The transition allows infants to learn about food through direct experience as well as through observation of others eating behaviour. Young children can learn to accept a greater variety of foods and flavours through repeated expose. Hence, this factor focus on the primary development of food acceptance, including food selection in the regulation of food intake in young children.

Parents as providers, models, regulators:- Parents influenced children eating behaviour in a varieties of ways that's parents actively make food choices for the family serve as model for dietary choices and patterns and use feeding practices to the development of eating patterns and behaviours that seems appropriate^[34]. Children also learn about food by observing the eating behaviours modelled by others that's intake of foods instead of junk food intake of vegetables and intake of milk etc. Parents who are concerned about their child life and diet may attempt to limit what and how much food is eaten pressure there child to eat a healthier diet ^[35,36,37]. Control is good but excessive control may have negative impacts on child food intake and weight status.

CONCLUSION:

- In nut shell, childhood period is the optimal window for promoting the development of healthy eating behaviours in children

- We experience as per our Ayurveda Science dietary habit are the first and the main factor revolving around the development of child
- The importance of parents and care givers as primary influencer and gatekeeper of children eating behaviours
- Healthy eating behaviours will also need to be taught in family school and community.

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