

Nutritional Vedic science positive eating order for disorders of the head, heart and hand

Anu Aggarwal

Nutrition is emerging as a major player in the high prevalence and incidence of mental and physical disorders, to suggest that Vedic inner nutrition formulae are health imperative. Research on positive eating orders with the fresh, unique blend of Vedic formula faces difficulties as it is not included in the existing pharmacological treatment and is particularly challenging due to our little knowledge of the deep connection between human physiology and consciousness, unawareness of the 10,000 years old Vedic biopsychic and mento-physical fields of nutrition. To validate this pilot study of 12 women to examine the inner human flow of food with 10 sense perceptions, karma- gyan indriyas and its relationship with human nutrition and emotion. Channeling consciousness nutrients for perfect balance, study how the right yogic posture affect nutrition absorption in a human body. Examine the foreplay of the intent/feelings of a person when he intakes food. Impacts of Vedic habits networking lunches and dinners effects of stress on nutrition, food assimilation and extraction. Nutrition Vedic formulae program initiates better hunger levels and food processing while awakening the metal feel good factor our sense perceptions decide how the processed in our system, output to a large extent, awareness of which could harness higher energy levels and maximize human potential. Role of vedic science in health, towards off mental disorders, disease for a perfectly balanced life, in tandem with nature is environment is undeniable. How the Vedic science of nutrition leads to disease prevention needs to be tested with a larger cohort of population.

Nowadays, in many Indian families, the act of eating sustenance with hands has been substituted with the use of cutlery such as spoons, blades, or forks, depending on the dish. Many individuals find eating with hands unhygienic, primitive, and disturbing; however, eating sustenance with hands is associated with not just the body but also the psyche and soul. There is logic behind the Indian routine of eating with fingers. Eating with hands gives both physical and mental health and gives satisfaction. Eating with spoons or forks is often the current practice and is considered sterile and advantageous; however, the vast majority of people do not understand that there is reasoning behind eating food with hands. Numerous Indian families use different leaves for eating food. Food is served on leaves such as banana leaf and jerk teak leaf in various nature reserves. Eating by sitting on

the floor has many advantages and is yet to be popularized in different regions across Asia. The idea is that one should appreciate the eating process with the maximum number of senses such as taste, smell, sight, and touch. This is an example of features of Indian culture that may appear to be peculiar and unordinary at the first look but can be extremely shocking and lead to a large amount of learning when analyzed critically. Some call eating by hands "primal" because it was in practice in times before utensils were first made.

Hands are the basic tool to cook the sustenance. Hands are required in every process of cooking, from washing the vegetables, cutting to blending. One can mix the ingredients perfectly using hands, for example, blending flour for making chapati, paratha, and so forth. According to the Vedas, our fingers and toes correspond to the pancha mahabhoota (five components). The thumb is related to agni (fire), the forefinger to vayu (air), the middle finger to akasha (ether), the ring finger to prithvi (earth), and the little finger to jala.

Indian foods are so different in shape and structure that no combination of cutlery (eg, blades, spoons, forks) would truly do the entire job. One needs to use all the fingers to handle the sustenance. The type of cutlery used is chosen based on the type of food that we eat. Indian sustenance tastes best when eaten with fingers and is intended to be eaten by hand. Chapatis, parathas, and dosas are to be torn and wrapped around the side dish. Rice is usually mixed with curries, so every sizable chunk is one of a kind. When one eats off a leaf (plate), endeavoring to use a blade and fork would tear the plate.

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Correspondence to: Anu Aggarwal, Anu Aggarwal Foundation, India E-mail: anu.aggarwal@me.com

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