

Modern perspective on appropriate Diet

(Includes Ayurvedic remedies on ailments caused due to inappropriate diet)

Preface

Hindu Dharma considers food to be Divine. '*Ahiryate Annanalikadibhi Eti Aharaha I*', meaning whatever goes to the stomach through the food pipe etc. is known as 'diet'. To help the body function properly, 'diet' is a very important aspect.

Every medical science looks at 'diet' from a different perspective. In the first 3 Texts of this series, we understood the perspective of Ayurveda on diet and partial points from the perspective of modern medical science.

In this fourth part of the series, we will obtain information on the detailed analysis of 'diet' and some related diseases. To obtain complete information on 'diet', please read all the 4 Volumes in this series.

Detailed information is provided on the analysis according to modern medical science on the constituents of the body and diet, such as the proportion and function of proteins, fats, carbohydrates, vitamins, minerals and water. Details have also been provided on the harmful effects of consuming too much or too less of these items, what a balanced diet is and in what proportion should we consume it.

Information in this Text will not only be useful for Vaidyas (Ayurveda practitioners), Doctors and students, but also for every individual. Bhagawan Vishnu is the Deity of nutrients in the diet.

We earnestly pray at the Holy feet of Bhagawan Vishnu - 'May everyone get good quality food and progress physically, psychologically and spiritually and experience the taste and happiness of Divine nutrients in food'.

- **Authors**

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