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Critical Examination of *Gramyaahara* as an Etiological Factor in Metabolic Disorders: The Role of *Rasayana* Therapy in Mitigation

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Abstract

Introduction:

*Gramyaahara* denotes poor-quality dietary habits. These habits contribute to toxin accumulation, chronic diseases, and depletion of vital body components, adversely affecting overall health and quality of life. *Ayurveda*, an ancient medical science, advocates holistic well-being through dietary guidelines and lifestyle management strategies.

Materials & Methodology:

This study explores *Ayurveda* concepts related to *Gramya Ahara*, *Rasayana* therapies discussed in *Pranakamiyadhyaya*, and *Ayurveda* dietary principles. Primary sources include classical *Ayurveda* texts, particularly *Acharya Caraka's* discussions on *Nityasevaniyadravya* (~beneficial foods) and *Viruddhahara* (~incompatible diet).

Results:

Patterns of *Gramyaahara* lead to toxin accumulation, resulting in *Dhatukshaya* (~tissue depletion), *Ojokshaya* (~loss of vital energy), and *Indriyadaurbalya* (~weakness of senses). *Rasayana* therapies are identified as potential interventions for disorders arising from these habits.

Discussion & Conclusion:

*Ayurveda* emphasizes balanced nutrition, *Nityasevaniyadravya* (~proper food combinations), and avoidance of incompatible foods (~*Viruddhahara*) to maintain health and prevent lifestyle-related

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disorders. Awareness and adherence to *Ayurveda* principles can promote longevity and enhance overall well-being by addressing dietary and lifestyle factors contributing to chronic illnesses and premature aging.

**Keywords:** *Gramyaahara*, *Rasayana* Therapy, Premature Aging, *Indriyadaurbalya*, Lifestyle Disorders

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