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## **An Examination of Ayurvedic Cooking Methods and Their Impact on Daily Life**

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### **ABSTRACT**

According to Sanskrit, "Ayurveda" means "Science of Life." It provides us with the perfect lifestyles. Over the course of nature's evolution, humans have undergone significant change. But they are meant to live according to the laws of nature. We are clear that technology has greatly changed our way of life and that we have been enmeshed in the contemporary way of life. We have entirely deviated from our ancestors' way of life and adopted our own. It is clear that "We are what we eat" because the human body is seen in ancient scriptures as a food store or as something that is made of food.

**Keywords**—Ayurveda and Ayurvedic Cooking Styles.

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## **INTRODUCTION**

Ayurveda is a long accepted health system that originated in India about 5,000 years ago. Ayurvedic medicine aims to build a strong, healthy body through a variety of diet, exercise and lifestyle habits, including sleep and a healthy lifestyle. <https://www.verywellfit.com>. There are many misconceptions about Ayurvedic cooking - only vegetarian or Indian food. But the fact is that Ayurveda doesn't tell us what to eat, it just tells you when to eat and how to eat. If the food is fresh, seasonal, and prepared with love, it automatically falls into this category."Based on the Hindu medical system, the Ayurvedic diet teaches you to eat according to your dosha (energy type). We are so busy that we forget to pay attention to our health, and it seems that forget about our health, in the situation of daily problems, we should take care of the food we eat because we use the energy of our body. Ayurveda shows your knowledge to maintain physical and mental health at all times. Since this topic is about food, the authors want to point out that Ayurveda has knowledge and information based on a deep and detailed study of the human body, mind and spirit. . The food we eat every day, and how we prepare it for human consumption, determines its health effects on our bodies. As a result, the greatest gift our predecessors could have given us is Ayurveda. The main goal of this research is to determine whether a diet and mode of food preparation can promote mental, emotional, and spiritual health. Therefore, we can concentrate on taking care of our own health in order to comprehend the necessity for the current generation to put the teachings of Ayurveda into reality. If it's essential, go to the sources to learn the skills and information needed to prepare food in an Ayurvedic manner. In the modern digital age, social media and the internet have enabled information about our priceless old wealth, "Ayurveda," to spread throughout the public. However, obtaining comprehensive knowledge about the procedures and needs of Ayurvedic cooking styles requires consulting numerous books, searching the internet, and gathering the necessary data—a significant challenge. In order for them to access and acquire the necessary knowledge, there needs to be a readily available and reasonably priced source. Ayurvedic academics, along with specialists from academia and the culinary sector, can make this feasible by creating a book or course on serving people better. Understanding the level of knowledge and the desire to learn and practise Ayurvedic cookery is the goal of this study on its applicability in daily life.

### **Need of the study**

The ancient wellness philosophy of Ayurveda addresses the science of life. The body gets most of its nutrition from food, but as society gets increasingly modernised, some of the old cooking techniques are being jeopardised. Nonetheless, a number of variables are currently encouraging people to think about their well-being, such as the increase in working people with diverse lifestyles and the declining time and financial costs of sick care. As a result, traditional cooking methods are becoming much more popular all around the world. Ayurveda, an ancient Indian method, provides health-promoting culinary techniques.

### **Significance of the study**

Our health and well-being are affected directly by the food we eat. Eating habits differ from location to area and directly affect an individual's health. Furthermore, cooking methods and fresh food have an impact on eating habits. Generations of humans developed the ethnic foods

of various parts of India with an eye towards meeting the nutritional needs of the average person from birth to death. The nutritional needs of people of different ages, including growing children, youth, the working class, expectant and nursing mothers, the ill, and the elderly, were taken into consideration by the ancestors while designing various food varieties and cooking techniques.

### **Statement of the Problem**

In Ayurvedic medicine, food is viewed as a material that not only gives the body vital nutrients, but also nourishment for the mind. One of the most important factors in meeting a person's energy needs is the quality of the meal and the cooking technique. However, the fast-paced, easily prepared, preprocessed food that today's lifestyle requires is pushing aside all conventional cooking techniques. The ancient culinary methods that our forefathers established are being forgotten by the current generation. Thus, it is crucial to educate the next generation about Ayurveda and its culinary traditions while keeping these facts in mind.

### **Limitations of the Study**

1. All of the information used in this study came from experts in the hotel sector, students, and instructors.
2. Because the survey is being done in the current environment, the respondents' perceptions, attitudes, and expectations may change over time.
3. There is room for more research because the study does not distinguish respondents based on the demographic parameters that may have an impact on how they perceive themselves.

### **Definitions**

Ayurveda is a historic Hindu medical system that employs nutrition, herbal remedies, and yogic breathing. It is founded on the concept of balance in body systems and is included in the Atharva Veda, the final of the four Vedas.

### **Consult Google Dictionary.**

The Ayurvedic diet is a way of eating that offers recommendations for what, when, and how to eat in order to improve your health, manage illness, and preserve health. Ayurvedic diet plan for weight loss (4154620) <https://www.verywellfit.com>

The word "food" in Ayurveda and Yoga is called "āhara." This is how Ayurvedic cooking is done. The Sanskrit root "hru," which has multiple meanings, is where the name "Āhara" originates. These include the components of this universe—earth, water, heat or fire, air, and space—that promote and promote human growth. A list of recipes from the Sadvidya Foundation provides an overview of Ayurvedic cooking.

### **LITERATURE REVIEW**

This study reviewed several relevant publications to identify important aspects of Ayurveda, Ayurvedic cooking methods and their impact on our daily lives. There are many studies, seminars and articles in this field that show the importance of the topic. In addition to the points mentioned below, important information is also provided. Books/ Magazines/ Newspapers/

Newspapers •Internet/ Website -Citation Yashwant Singh Rawal and Sandeep Singh Thakoli (2017): This article mentions that food plays an important role in attracting tourists to a destination. Because it shows the culture and life of a region. This article focused on the important relationship between ancient cuisine and tourism, which cannot be ignored from the perspective of tourism. Traditional cooked foods, rich in medicinal values and health benefits, will always be an important factor and also a promotional tool for the development of tourism.

Subhadip Banerjee, Parikshit Debnath, Pratip Kumar Debnath (2014): The authors have studied that food and medicine go hand in hand as food is consumed every day and at any time that maintains the health and growth of the man Food interferes with the molecular mechanisms of a genome called "physiome". Since food is consumed in larger quantities than drugs, it interacts with the genome, which has effects on the human body's response to disease. The authors studied this approach to Ayurveda called Ayurgenomics, which is a personalized approach to the predictive, preventive and curative aspects of medicine, layered with constitutional molecular variability. The authors also presented an emerging concept of Ayurnutrigenomics inspired by Ayurveda that can develop a new concept of nutrigenomics research for the development of personalized functional foods and nutraceutical products that support the genetic composition of human beings. The concept of Ayurnutrigenomics has great research potential that could lead to smarter and safer treatments in the near future.

Mr. Pandey, Subha Rastogi and A. K. S. Rawat (2013): The authors demonstrate the importance of traditional cooking and nutritional practices for the human body, its growth and maintenance. The importance of health makes people all over the world of traditional cuisine and its preparation. French He also mentions that India has succeeded in promoting and educating Ayurveda. This review provides an overview of the Ayurvedic system of medicine and its role in complementary medicine to overcome malnutrition and associated diseases.

Malathi Sivaramakrishnan and Vimla L. Patel (2012): The authors' research was conducted among educated and uneducated Indian mothers on childhood diseases. The mothers were asked about their knowledge of the Ayurvedic system of health and illness practiced in India. They also compared biological and Ayurvedic approaches to the cause and treatment of childhood eating disorders. The data were analyzed and the results or conclusions drawn by the authors were that traditional knowledge and biological knowledge are not included in the correlation structure in the sample group.

Pushpangadan, P. Dunn, Vipin Mohan, Ijnu T. P, George, V (2012) The article highlights eating and drinking habits and their determinants for various reasons viz. the culture, customs and beliefs we have inherited over the millennia. As the study shows, the habits of eating and drinking are different from each other because of the location, the biological richness of the environment and the environment, and the weather and climate conditions . The authors have investigated and realized the Ayurvedic concept of Rasayana therapy, which is now confirmed by recent advances in genomics, which cites the holistic approach accepted by Charya Ayurvedic regarding human health and nutrition on this subject .

Hari Sharma and H.M Chandola (2011): The study provides useful information about health disorders such as obesity, metabolic syndrome and diabetes mellitus. They also drew attention to the enormous global impact of these disturbances considering the human suffering and economic burden. This situation must be understood in the world and work must be done to manage it in the interest of human health. The authors have suggested an effective, affordable

and effective Ayurvedic healthcare system which is a perfect solution for these diseases called 'Pramhas'. Effective management of "Pramhas" mentioned in Ayurveda can help in managing obesity, metabolic diseases and diabetes mellitus in an effective and cost effective manner. Most of this regulation is based on the foods that people eat every day. Bhushan Patwardhan and Gerard Bodeker (2008): This article discusses Ayurveda's unique method of identifying the human population based on the physical structure of each individual, e.g. "Prakriti". These "prakrits" are grouped under the principles of vata (movement), pitta (metabolism) and kapha (structure), which form the "tridosha theory" of Ayurveda. French The authors had hypothesized that there was an inherited influence of genes on a person's "prakrit", to elaborate this point, they had mentioned the correlation between HLA (human leukocyte antigen) alleles which are proteins of the cell surface responsible for regulating the immune system of the system. in man and the Ayurvedic Tridosha theory of individual types of "prakrit", which can be seen as part and a catalyst for a significant revolution in Ayurvedic research in India, namely "Ayurvedic Biology" and "Ayugenomics" (2006). : In this study, the author focused on Ayurveda and how it guides us in the impact of food on our body, mind and spirit, which are most concerned when we think of a healthy and happy life.

### **OBJECTIVES OF THE STUDY**

- To learn about and comprehend the concept and significance of Ayurvedic cooking;
- To examine the feasibility, adoptability, and practicality of Ayurvedic cooking

### **RESEARCH METHODOLOGY**

One of the most important aspects of this study is that in order to do it, the insights of Ayurveda were examined in the first section, and then its viability, adoption, and usefulness in our daily cooking were examined. The factors that were discovered to be influential were presented through questionnaires, and this survey served as the basis for gathering comments. A diverse sample of people from all age groups and occupational levels were given this questionnaire. Respondents who were retired, self-employed, salaried, and students were among the sample types. This survey was specially conducted to assess and meet the study's predetermined objectives.

#### **Type of Research:**

The many elements influencing Ayurveda and Ayurvedic cooking methods, as well as how we might incorporate them into our daily lives, were studied using a descriptive research design that also included several surveys and fact-finding enquiries.

#### **Methods of Data Collection**

Primary data - was collected from the mixed sample of respondents“ different age group and occupation levels. Primary data was collected through survey in the following ways:

1. **Personal Interviews:** The answer was sought to a set of pre-conceived questions through personal interviews and the data was collected in a structured way.
2. **Questionnaires:** Considering the Reviews, and the additional inputs, one questionnaire

was prepared and distributed to various respondents.

3. **Byobservation:** The data was collected by observing the non verbal behavior to understand dynamic behavioral process.

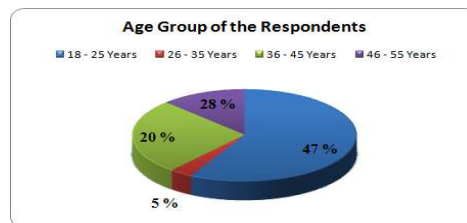
**Secondary data** – was collected from published / unpublished literature on Ayurveda and Ayurvedic styles of cooking also the latest references available from the journals, newspapers, research publications and magazines, past records and other relevant sources like internet.

**Questionnaire** – Design and implementation: The questionnaire design was done with the aid of experts in statistical techniques and taking into account the measurement needs & objectives of the study. The questionnaire was administered to the sample population and sample size.

**Sampling Techniques:** To conduct this study different respondent was selected from various age groups and occupational levels, this involved a minimum requirement of 100 samples. To achieve the minimum sample requirement a total of 150 questionnaires were distributed and in return 121 were received.

## **DATA ANALYSIS & INTERPRETATION**

The data collected was analyzed using basic and advanced analytical tools. This also includes the detailed analysis of the data which was conducted with the purpose of attaining the set objectives of the research. Mentioned below is the analysis which be presented graphically and in tabulated form for better interpretation. The Interpretation of the collected data was done by drawing inferences from the collected facts after the analysis of the study.



### **Inferences:**

According to the above chart majority of the respondent i.e. almost 47 % are from the age group of 18– 25 years and the rest of the respondents are from the other age groups mentioned as above.

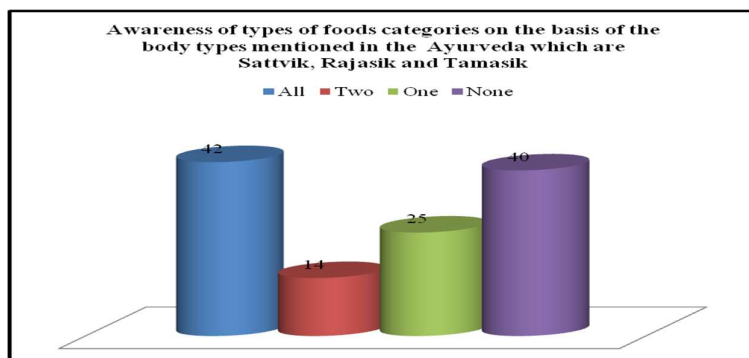


**Inferences:**

According to the above chart majority of the respondent i.e. almost 58% were students from the age group of 18 – 25 years and the rest of the respondents were belonging to the other occupation respectively.

TableI–Frequency Analysis– Awareness of types of food categories on the basis of the body types mentioned in the Ayurveda which are Sattvik, Rajasik and Tamasik

Frequency				Total
All	One	Two	None	
42	14	25	40	121



**Observation:**

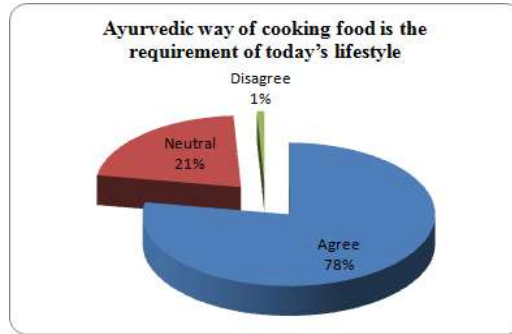
As per the above table and chart it is seen that 51 percent of the respondents who have agreed upon the parameter “All”, whereas the count of respondent for the parameter „None“ 48 percent and the count for „One“ and „Two“ was 17 and 30 percent respectively.

**Interpretation:**

According to the above observation Awareness of types of food categories on the basis of the body types mentioned in the Ayurveda which are Sattvik, Rajasik and Tamasik needs to be focused and made clear in understanding for everyone in the society. This will initiate the acceptance of Ayurvedic Style of Cooking in their day to day life, leading towards the healthy and prospering society.

Table–IIF frequency Analysis–Ayurvedic way of cooking food is the requirement of today’s lifestyle

Frequency			Total
Agree	Neutral	Disagree	
94	26	1	121



**Observation:**

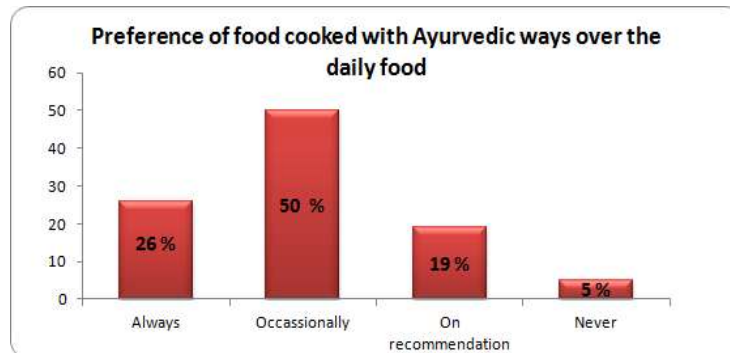
As per the above table and chart it is seen that a higher percentage i.e. 78 percent of the respondents have agreed upon the parameter, where as the amount of disagreement was 1 % and the remaining respondents i.e. 21 percent were found to be neutral.

**Interpretation:**

According to the observation Ayurvedic way of cooking food is very much required for today's lifestyle and should be taken seriously into consideration. The chart above also supports the agreement as most of the respondents are also of the same opinion that Ayurvedic style of cooking is required for an healthy lifestyle.

Table–IIIF requery Analysis –Preference of food cooked with Ayurvedic ways over the daily food

Frequency				Total
Alwa ys	Occasional ly	OnRecommendati on	Neve r	
32	62	23	4	121



**Observation:**

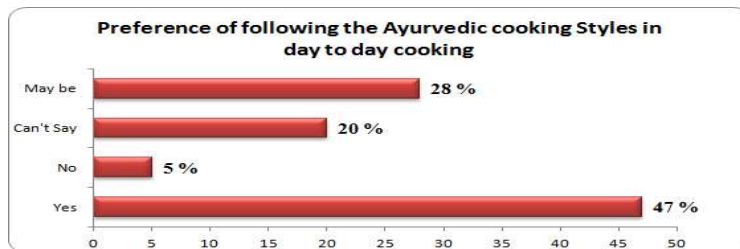
As per the above table and chart it is inferred that a higher percentage i.e. 50 percent of the respondents have agreed upon occasional use of Ayurvedic style of cooking over daily food, 26% of the respondentsal ways would like to implement the style, 19 % are of an opinion of a recommended use and 5 % of the respondents says they would never like to adopt Ayurvedic style of cooking.

**Interpretation:**

According to the observation Ayurvedic styles of cooking food over the daily cooking style could be practiced on a regular basis as it has good health benefits. Majority of the respondents are occasionally following it because of the busy day to day schedule.

Table–IV Frequency Analysis– Preference of including Ayurvedic styles in day today cooking.

Frequency				Total
Yes	No	Can'tSay	Maybe	
57	06	24	34	121



**Observation:**

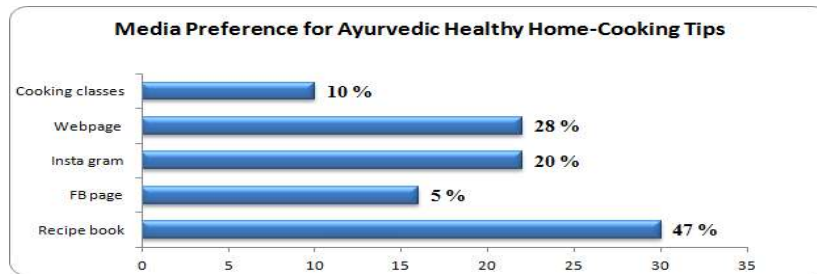
As per the chart and the table above it can be seen that majority of the respondents i.e. 47 % are agreeing to the parameter, 28% of the respondents says may be, 20 % of the respondents were found to be neutral as they can't say and 5 % of the respondents have refused by saying no to the parameter.

**Interpretation:**

According to the observation most of the respondents would like to include the Ayurvedic cooking styles in their cooking because of its health benefits and as the world is getting more diet conscious people are getting back towards the olden styles of cooking over easy and convenience foods.

Table–V Frequency Analysis–Media Preference for Ayurvedic healthy home cooking guidelines and tips

Frequency					Total
Recipebook	FBPage	Instagram	Webpage	CookingClasses	
36	19	27	27	12	121



**Observation:**

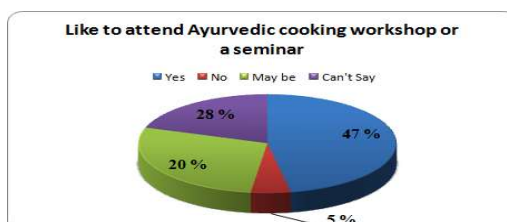
As per the chart and the table above it can be seen that majority of the respondents i.e. 47 % are agreeing to follow a recipe book for the parameter, web pages and instagram were found to be moderately used, where are 10 % of the respondent would like to join a cooking class to learn the art and 5 % of the respondents have shown their inclination towards using face book.

**Interpretation:**

According to the observation most of the respondents would still like to use a recipe book by good author. In today’s digital world where people are more inclined towards social media platforms references books are found to be more effective than anything else.

**Table–VI** Frequency Analysis–Like to attend a seminar or a workshop to learn more about Ayurvedic cooking.

Frequency				Total
Yes	No	Can’tSay	Maybe	
57	06	24	34	121



**Observation:**

As per the chart and the table above it is observed that majority of the respondents are of the opinion that they would like to attend such seminars or workshops if organized, 28 % can't say, 20 % are neutral and 5 % of the respondent have refused to attend such workshops and seminars.

**Interpretation:**

According to the observation most of the respondents would like to gain knowledge by attending a seminar or a workshop to learn more on the cooking styles and the health benefits of Ayurvedic cooking, on the other hand collectively the same percentage of respondents were not interested in attending.

**FINDINGS**

According to the analyzed data, the following findings are mentioned. • Most of the respondents are students and are between the ages of 18 and 25

- Ayurvedic cooking seems to be very relevant to modern life and very thoughtful. The responses received strongly support the claim that Ayurvedic cooking is essential for a healthy lifestyle
- Understanding the different types of food related to the body types mentioned in Ayurveda i.e. Sattvik, Rajasik and Tamasik should be focused and explained to all members of the society. This leads to the adoption of the Ayurvedic style of cooking in their daily lives, but also leads to a healthy and prosperous society.
- Due to the good health benefits, Ayurvedic cooking can be done regularly instead of the daily cooking. Goodness and practicality can be found sometimes due to the busyness of daily work, but on the other hand, people like to use it in everyday cooking
- As the world accelerates, foodies are returning to traditional cooking methods for easy and comfort food. Incorporating Ayurvedic recipes into cooking is tantamount to benefiting society
- In today's digital world, where people are more oriented towards social media, books are a better learning tool. According to the findings, people are more interested in using a cookbook written by a good author than other digital platforms
- Respondents are interested in learning more about the different types of cooking and the health benefits of Ayurvedic cooking by attending a seminar or workshop.

**SUGGESTIONS & CONCLUSIONS**

- There should be more awareness among young people on social media because this will not only lead to adopting the Ayurvedic style of cooking in their daily lives, but also lead to health and wellness community.
- Ayurvedic recipes should always be included in the daily cooking routine, due to their immense health benefits.
- Adaptability and effectiveness of Ayurvedic recipes should be followed regularly to avoid future health problems

- More number of books written by doctors and experts popular for more events and workshops.

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