

# Holistic Nutrition For Children and Elderly In View Of Ayurveda

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# Holistic nutrition

Holistic nutrition uses food as healing for a person's emotional, physical, and spiritual health. It involves consuming healthy, whole foods that are unrefined, unprocessed, organic, and locally-grown. Instead of focusing on just one aspect of the person, or taking a one size fits all methodology, holistic nutrition evaluates the complete health history, emotional state, lifestyle habits and current diet habits of an individual to determine the root cause of his or her health issues.



# Diet

“Diet” plays the dominant or important role in our life. It is said that 'as you eat, so you become'. This is because the kind and quality of food affects the physical as well as mental condition of the individual.

There are three categories of food

- Rajsik/Rajasi
- Tamsik/Tamasi
- Satvik/Sattvik



# Rajsik/Rajasi Food

Rajsik food includes dishes of various kinds - some fried, some roasted, and some curried and highly seasoned -together with various sweets and drinks. Foods of this type are regarded undesirable in Ayurveda as they create extra weight and fat, generate feeling of heaviness for a longer period of time after dinner.



# Tamsik/Tamas i

Tamsik food includes any dish-vegetarian or non-vegetarian prepared with too many spices and with excessive uses of salts, pepper, chili and similar other seasonings. This type of food is not recommended in Ayurveda as the person inclined to be noisy, quarrelsome and intolerant after eating Tamsik Food. Non-Vegetarian food is mainly considered tamsik food.



# Satvik/Sattvik

Satvik food is cooked with the least amount of spices and without much seasoning. The food is fresh, attractive and nutritive, and is cooked in a simple way. This type of food is desirable and highly recommended in Ayurveda.



# Functional Principles Of Our Body

Ayurveda identifies three basic types of energy or functional principles that are present in everyone: Vata, Pitta and Kapha (Dosha). These principles can be related to the basic biology of the body.

Vata is the energy of air and ether, movement and impulse, creativity and connection; it governs breathing, the pulsation of the heart, muscle movement in general, nerve impulses, sensory perception, communication, and our capacity to experience flexibility, joy, and expansive consciousness.

Pitta is the energy of fire and water, digestion and transformation; it governs appetite, digestion, absorption, assimilation, intelligence, charisma, courage, and ambition.

Kapha is the energy of water and earth, structure and cohesiveness, grounding and stability; it governs nourishment, growth, lubrication, regeneration, fluid balance, fat regulation, strength, stamina, memory, and our ability to feel compassion and contentment.

# Ayurvedic Cuisine For Children

Stimulate all 6 senses with every meal by always introducing all 6 tastes/ras (sweet, sour, salty, spicy, bitter, astringent). They all have different effects on a person's body and mind

Always prepare your meals as fresh as possible. Not only is it healthier, it also simply tastes better.

Have your child regularly drink warm water between meals. It makes the digestive tract stronger while a cold drink weakens it.

Ghee is especially important for teenagers and children. It doesn't matter whether you stir it into milk or cook with it often. Specially Cow Ghee.



## Tips For All Meals For Children

- Breakfast : Ayurveda suggests warm porridge with some ground ginger, turmeric, cinnamon and a bit of cardamom. Children can have some spiced milk with that. Add some ghee and ground ginger into a glass of milk. For children over 2 years of age, you can also refine the drink with some almond paste.
- Lunch : We suggest having a lassi, the ayurvedic yoghurt drink, with a well-balanced lunch. Prepared with probiotic yoghurt, the lassi also supports your offspring's gut flora.
- Dinner : To relieve the bowel and allow your children to get a good night's sleep, Ayurveda prefers light, easily digestible evening meals.

# Food To Include In Diet For Children

- Energy rich foods (Carbohydrates and fats)-whole grain cereals, millets, vegetable oils, ghee, nuts and oilseeds and sugars.
- Body building foods (Proteins)- Pulses, nuts and oilseeds, milk and milk products.
- Protective foods (Vitamins and minerals) - Green leafy vegetables, other vegetables, fruits, milk and milk products.
- Drink 2-2.5 liters of water to hydrate the body.

# Things To Avoid For Children

- Avoid sugary drinks.
- Nothing out of a packet for breakfast
- No plastic dabbas or bottles in schools
- No gadgets while eating
- No chocolates or ice creams post dinner
- Avoid overeating during a single meal. Eat at frequent intervals.
- Alph poshion and Ati poshion is not good for health.



# Ayurvedic Morning Routine For Children

Inner cleansing

Abhyanga

Stretching

Body cleansing

Cleaning the tongue and teeth

Take proper care of hygiene

# Diet Tips For Elderly

- Go local, go seasonal!
- Consume foods with a high-water content. Hydration is the key!
- paneer made from low-fat milk is a good source of protein important for repair of worn out cells and tissues.
- Use of mustard oil is a good cooking medium as both prevent high cholesterol and improve good cholesterol in the blood.
- Six to seven small meals in a day aid digestion, absorption and prevent fatigue.
- Vegetables soups without cream and thickening agents are a healthy meal to be taken as a supper.
- Potassium-rich foods like cumin seeds (jeera), sweet limes, fenugreek seeds (methi) and coconut water are good for muscular flexibility, prevent water retention and swellings. They also contribute to maintain blood pressure.
- Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes

## Diet Tips For Elderly

- According to ayurveda, each meal should contain all six flavors: sweet, sour, salty, bitter, astringent, and pungent. The dominance of the flavors will be based on our predominant dosha makeup. For example, a Vata-predominant person will favor heavier meals with sour and salty tastes. A Kapha-predominant person may favor more pungent meals, and a Pitta-predominant person more sweet flavors. Remember, having all six tastes in our meals means that the spice is present, but it doesn't necessarily mean that we may overtly taste each flavor.
- During cleansing, we can eat light, yet nourishing foods such as mung bean soup or kichari, and drink lots of warm water through the day. Sip detox tea or ama pachana water. Fresh, sweet juicy fruits are excellent cleansers.
- When possible avoid caffeine, alcohol and carbonated soft drinks, and switch to life-giving, vitality-boosting beverages.
- Add plenty of natural colour to your diet. Two to three meals of seasonal fruits will work as antioxidants and prevent constipation.

# What To Avoid For Elderly



- Do Not Stand And Drink Water
- Avoid processed foods with artificial colours and preservatives
- Avoid eating out. Always leave your home with a small healthy snack in your bag.
- Do Not Overeat, Or Eat Right After A Full Meal
- No Distracted Eating
- Do not Eat without considering your Dosha(Vata/Pita/Kapha) and Prakrati (Satvik/Tamsik/Rajsik)

Thank You