



**IMPORTANCE OF AYURVEDIC DIETARY GUIDELINES W.S.R. To AAHAARA VIDHI  
VIDHANA**

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**ABSTRACT**

Aahaara (food) is an essential element for creation and continuation of life. There are many principles prescribed in the form of dietary guidelines but Ayurvedic dietary guidelines are unique in their own way. Aahaara Vidhi Vidhana focuses on multi-dimensional health benefits of Aahaara. This article aims at understanding the importance of Ayurvedic dietary guidelines with respect to vast health benefits.

**KEYWORDS:** *Aahaara, Diet, Vidhi, Vidhana, Food.*