

Comparative Study of Modern Scientific and Ayurvedic Approach on Food.

H.R.N Peiris

Department of Public Administration, Uva Wellassa University Sri Lanka

Food is a basic physical need of individual. Taking a balance food makes individual healthy. Understanding the food will help to take balance food. Ayurvedic teachings says that food can become a medicine or poison according to the situation. It will nourish if individual take the right food which match his/her physical and mental structure and at the right time; If not it will cause bad effects on him/her like a poison. In modern science also there are restrictions on food due to sickness, and tolerance. Purpose of this study is to understand food in modern science and Ayurvedic approach. Documentary study is the method used to data collect and content analysis is used to analyse the data. Modern science and Ayurveda is having two different approach on matter. Modern science is having quantitative approach while Ayurveda is having qualitative approach. Modern science analyse matter with 94 natural elements which categorize according to the content of atom. Ayurveda analyse matter with five great elements which categorize according to the quality of the matter. To analyse food also Ayurveda and modern science using the approaches, which used to analyse matter. Modern science using the chemical analyse to categorise food such as carbohydrates, portions, lipids, vitamins and minerals. Ayurveda analyse food according to 3 humours, 6 tastes, 8 energies, and 20 qualities. Both are having post digestive process analysis. Modern science analyse the chemical digesting process. Ayurveda analyse post digestive effect and special properties of food. Both approaches analyses food in detail. However, modern scientific approach is a sole chemical analysis, it has to be taught to know what it contains. Ayurvedic approach can be described with sensual basis. Therefor Ayurvedice approach is essay to explain.

Keywords: Chemical analysis, 3 humours, 6 tastes, Post digestive process, Sensual basis.