

## Sanskara: An Ayurvedic way of food processing to enhance bioavailability of food nutrients

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Ayurveda considers food as great medicine and it is the most essential factor for health and longevity. As per Ayurveda 'Sanskara' the method of processing the food influences the taste, flavor, digestion, assimilation and bioavailability of nutrients present in food. Different methods of processing have been advocated to suit the Prakriti or body constitution, digestive power, strength, need and condition of an individual. The processing methods like washing, cooking, roasting, seasoning with different spices, juices, fermentation, churning etc. are judiciously used to bring about the desired level of bio-availability as per the condition of an individual. The entire 'Sanskara' or processing of food is to maintain the Agni (factor responsible for digestion, assimilation and metabolism) of an individual, because state of Agni is the most important determining factor for health and illness. The paper elaborates about few Ayurvedic processing methods, their mode of increasing bioavailability along with relevant research evidences.

### Biography

Dr. Mangalagowri V Rao obtained her BAMS from Government Ayurveda College, Bangalore, and her MD in Swasthavritta, from Government Ayurveda College, Kerala University and Ph. D in Swasthavritta from Banaras Hindu University, Varanasi. She also has Diploma in Yoga, from BHU and Diploma in Nutrition and Health Education from IGNOU. She has 18 years Teaching experience and 23 years professional experience. Presently she is serving as Associate Professor and Head in the Department of Swasthavritta and Yoga, Faculty of Ayurveda, Institute of Medical Sciences at Banaras Hindu University, Varanasi.

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