

Ayurvedacharya Dr Partap Chauhan busts some popular food myths

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In this episode of #QuickTakesWithBangaloreTimes, traditional ayurvedic practitioner Dr Partap Chauhan who specializes in chronic health issues and mental health busts some popular food myths.

Myth 1 - Ghee increases cholesterol and fat?

Contrary to common belief, ghee according to Ayurveda is the best dietary fat. In fact, ghee is even better than olive oil when it comes to the quality of fat we need in our body. It enhances all the tissues in our body and helps improve digestion and assimilation of food. It is a nice tonic for various tissues, brain and memory. It balances pitta and vata dosha.

Myth 2 - Drinking a lot of water cleans body and detoxifies

Drinking too much water can cause indigestion and it is the root causes if many diseases in the body. drink according to the thirst . wake up and drink... but do not drink more than two cups . during the day do not gulp a lot of water drink small quantity if water. during meals have small sips pf warm water. find out your constitution

Myth 3- If you lot of sugar you will have diabetes

Many people who do not have sugar also suffer from diabetes hence what is more important is the lifestyle do not stay inactive, metabolism is not working properly. Slow metabolism and obesity is cause of diabetes. Have a limit on your sugar and do not have refined sugar but you have to be very careful about exercising and having regular proper meals. Also stay peaceful.

Myth 4- Healthy diet is not tasty

People eat raw diets and juices to stay healthy and believe that healthy diet is not tasty. But in Ayurveda you should include six tastes in your diet and that diet is considered healthy. Many recipes in Ayurveda and most important it is that eat according to your constitution. Healthy diet is not bland and is definitely tasty.
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