

The Concept of Dietetics in Traditional Medical Systems of Greek Medicine and Ayurveda Medicine

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In traditional medical systems of Greek medicine and Ayurveda medicine, food is identified to be a crucial medicinal factor determining the health and well-being of an individual. According to Greek medical concept of dietetics, one must have a balanced diet during different seasons, which is cooked accordingly and eating should be done in moderation to maintain proper health. Ayurveda, through the concept of dietetics, specified the characteristics of food in terms of quality, quantity and time which vary with age, constitution, digestive power and season. The objective of this paper is to analyze the concepts of dietetics in Ancient Greek medicine and Ayurveda medicine along with its effect on human body and health, especially with regards to Humour and identify the parallels in their identification, approach, presentation and prescription. Moreover, it will also analyze the physical health practices such as exercises, sleep as prescribed medical treatments defining a healthy lifestyle along with diet. The Historic method under Qualitative Research Methodology will be applied as this study will have to read, analyze and interpret historical and literary material in English and Sinhala translations as its main device for gathering information. It can be observed that the concept of dietetics in both Greek and Ayurveda medicine identify that wrong cooking procedures, irregular timing, and consuming imbalanced and non-congenial food, not following the prescribed rules for preparing, preserving and eating food may also cause the imbalance of Humours causing a deterioration in health in an individual. It can be identified that as prescribed by both Greek and Ayurveda medicine, one has to consume a balanced diet that suits the age and season to stay healthy, and deviation from this may cause diseases.

Keywords: Ayurveda, Dietetics, Food, Greek, Health