

6. Ayurveda Aahara – Health

India's food regulator, FSSAI, has created a new category called 'Ayurveda Aahara' on its Food Safety Compliance System (FoSCoS) to allow licensing of foods prepared according to classical ayurvedic texts.

Ayurveda Aahara

Definition – Ayurveda Aahara refers to food products developed according to the holistic dietary principles of Ayurveda, which emphasize the importance of balance among the body's energies, seasonal suitability of foods, and the use of natural ingredients along with therapeutic herbs. These principles are drawn from centuries-old traditional wisdom that views food not only as nourishment but also as medicine.

Significance – It is recognized as a trusted nutritional choice that harmonizes India's rich traditional knowledge with modern dietary habits, thereby offering consumers both authenticity and health benefits in their everyday food.



About the New Category

Registration – Manufacturers producing Ayurveda-based food products can now register under the newly introduced 'Ayurveda Aahara' category through the Food Safety Compliance System (FoSCoS) portal operated by the Food Safety and Standards Authority of India (FSSAI).

Licensing & Compliance – This step creates a well-defined licensing regime and compliance pathway for companies, ensuring that Ayurveda-based food products are standardized, regulated, and legally recognized under food law.

Approved Texts – Schedule A of the Food Safety and Standards (Ayurveda Aahara) Regulations, 2022 provides a list of authoritative classical Ayurvedic texts that manufacturers must follow while developing

their products, ensuring credibility and authenticity.

Approved Texts

Charaka Chikitsasthana – This classical text focuses on therapeutics, detailing various treatment approaches, dietetic regimens, and lifestyle recommendations for maintaining health and treating diseases.

Sushruta Sutrasthana – It covers fundamental principles of surgery, medicine, anatomy, and dietetics, offering guidance on holistic health through food, lifestyle, and medical practices.

Bhavaprakash Nighantu – This is a comprehensive text that describes medicinal substances, their properties, and dietary applications, helping guide the incorporation of herbs and natural ingredients into food products. Products under Ayurveda Aahara may also include other botanical ingredients that align with Ayurvedic principles, but they specifically exclude ayurvedic drugs, proprietary medicines, narcotics, and certain restricted substances.

Examples of Ayurveda Aahara Products

Angarakarkati – Traditional baked wheat balls prepared with Ayurvedic principles, considered wholesome and easily digestible.

Krishara – A khichdi-type preparation combining grains and pulses, designed as a balanced, nutritious meal.

Dadhi – Curd-based preparations that promote gut health and digestion when consumed as per Ayurvedic dietary guidelines.

Panaka – Herbal and fruit-based drinks that refresh, hydrate, and provide therapeutic benefits depending on seasonal variations.

Gulkand – A rose petal jam widely used in Ayurveda for its cooling properties, digestive benefits, and pleasant taste.

Significance and Impact

Legal Framework – Provides a structured legal framework for manufacturers to obtain central licences for Ayurveda Aahara products, thereby legitimizing their operations.

Consumer Trust – Enhances consumer confidence by ensuring that such products meet established safety, quality, and authenticity benchmarks set by FSSAI.

Product Expansion – Facilitates the future inclusion of additional products in this category, based on formal requests backed by authoritative Ayurvedic texts.

Preventive Health – Bridges the gap between nutrition and medicine by treating food as a first line of therapy, useful in preventing and managing lifestyle disorders such as diabetes, hypertension, and obesity.

Regulatory Clarity – Strengthens clarity for Food Business Operators (FBOs), ensuring they follow specific rules, and promotes responsible growth of the Ayurveda-based food sector.

About Food Safety and Compliance System (FoSCoS)

Evolution – FoSCoS is the successor to the Food Licensing and Registration System (FLRS), which was launched in 2012 to provide pan-India licensing and registration services for food businesses.

Purpose – The platform serves as a comprehensive framework that streamlines the process of registration, licensing, and compliance monitoring of Food Business Operators (FBOs).

One-Stop Interface – It acts as a single-window digital interface where FBOs can interact with regulators, apply for licences, and ensure compliance with all food safety regulations efficiently.

About Food Safety and Standards Authority of India (FSSAI)

Established – FSSAI was created under the Food Safety and Standards Act, 2006, as the apex regulatory body for ensuring food safety in India.

Ministry – It functions under the administrative control of the Ministry of Health and Family Welfare, Government of India.

Functions of FSSAI

Food Safety Research – The Research and Development division of FSSAI undertakes research in the field of food safety standards and continuously works on aligning India's standards with international best practices.

Quality Assurance – FSSAI is mandated to set up and regulate the quality standards for food and beverages across the country, ensuring public health protection.

Scientific Advice in Food Matters – The authority provides scientific and technical advice to the Central Government on food-related matters, supporting evidence-based policy decisions.

Identifying Threats – FSSAI collects data on food consumption patterns, contamination issues, and emerging food safety risks to proactively address public health threats.

Promoting Food Safety Information – It promotes consumer awareness and education on food safety and nutrition across India through campaigns and outreach programs.

Regular Inspection – FSSAI conducts regular inspections of food-producing and manufacturing companies to ensure that standards and practices comply with established safety regulations.

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