

Ayurveda Aahara

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Ayurveda Aahara Latest News

Recently, the Food Safety and Standards Authority of India (FSSAI), in consultation with the Ministry of Ayush, has released a definitive list of Ayurvedic food preparations under the category of "Ayurveda Aahara."

About Ayurveda Aahara

- Ayurveda Aahara refers to **food products developed** in line with the **holistic dietary principles of Ayurveda**, one of the world's oldest systems of health and wellness.
- These preparations emphasise balance, seasonal suitability, and using natural ingredients and herbs known for their therapeutic benefits.
- This significant step brings India's time-honoured food wisdom into the mainstream, following the introduction of the **Food Safety and Standards (Ayurveda Aahara) Regulations in 2022**.
- These regulations recognise foods based on recipes, ingredients, and processes from authoritative Ayurvedic texts, and the new list brings unprecedented clarity and confidence to consumers and businesses alike.

- The list, issued under Note (1) of Schedule B of the regulations, draws directly from classical **Ayurvedic texts listed in Schedule A**, ensuring the authenticity and traditional basis of these food formulations.
- This initiative aims to **assist Food Business Operators** (FBOs) by providing a clear and credible reference for the **manufacture of Ayurveda Aahara products**.
- This initiative marks a pivotal moment in **enhancing regulatory clarity for industry stakeholders** while promoting the widespread adoption of Ayurveda-based nutrition for better public health outcomes.

Source: **PIB**

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