

Ayurveda Aahar

Ministry of AYUSH in collaboration with Food Safety and Standards Authority of India (FSSAI) is bringing a new regulation on food named Ayurveda "Aahar". A separate category based on the long-standing tradition of Ayurveda foods is being developed in the food supplements regulatory framework for the purpose of spreading goodness of Ayurveda among the masses. Enabling provisions under the regulatory framework would be made for the method of preparation of various category of food as described in Classics, innovatory and tailor made recipes. This move would be beneficial for common people in the country and across the globe also. This will be helpful for the growth of this segment and increase international acceptability of such products.

Ministry has constituted a working group with the experts from the Ministry, FSSAI, CSIR and Ayurveda industry too. The Committee had several meetings and has come up with lists of plants to be used exclusively as food, as food & medicine and to be used exclusively as medicine with intended use. The plants have been segregated from the existing Schedule IV of Food Safety and Standards Regulations. A list of items to be used as Additives as detailed in Schedule VA & VE of Food Safety and Standards Regulations is being recommended for Ayurveda food also.

Comments/ views are invited if any, on the entire list of plants, their category and intended use and on the Additives lists also within 21 days of time. Failing which, it would be deemed as agreed upon.