

FSSAI formulates regulations for 'Ayurveda Aahara' products

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In news– Recently the Ministry of Ayush and Food Safety & Standards Authority of India (FSSAI) under MoHFW, has formulated regulations of safety & quality standards for food products under 'Ayurveda Aahara' category.

Key regulations-

- According to the regulations, manufacturing and marketing of 'Ayurveda Aahara' products will now adhere to strict Food Safety and Standards (Ayurveda Aahara) Regulations, 2022 rules and will be available in market only after license/approval from FSSAI.
- **The same shall be in accordance with the Food Safety and Standards (Approval for Non-Specific Food and Food Ingredients) Regulation, 2017.**
- As per the regulations, **all food prepared in accordance with the recipes/ingredients/processes described in the authoritative books of Ayurveda will be considered as "Ayurveda Aahara"**.
- A special logo has been created for "Ayurveda Aahara" category, which will enable easier identification and reinforce quality in Ayurveda food products.
- Food recipes and ingredients for promoting health, specific physiological needs, and foods specified for consumption during or post specified diseases, disorders referred as Pathya in Ayurved are covered under these regulations.
- The labelling of 'Ayurveda Aahara' shall specify the intended purpose, the target consumer group, recommended duration of use and other specific requirements.

- Health claims and disease risk reduction claims for the different categories of 'Ayurveda Aahara' and their approval process shall be in accordance with the requirements specified in regulations.
- However, **'Ayurveda Aahara' will not include Ayurvedic drugs or proprietary Ayurvedic medicines** and medicinal products, **cosmetics, narcotic or psychotropic substances and herbs.**
- Further, **it is also not recommended to young children below age 2 years.**
- FSSAI shall constitute an Expert Committee under the Ministry of Ayush consisting of relevant experts including representatives of FSSAI for providing recommendation on approval of claims and products.
- Food business operator to adhere quality parameters for the ingredients as per the criteria defined under Food Safety and Standards Regulations, relevant BIS specifications.
- The government also clarified that **packed food items used in day to day life for dietary purposes, such as pulses, rice, flour or vegetables etc. shall not be covered under this.**
- It mentions a **list of 32 additive items that are permitted in the Ayurveda Aahara.** These include **Guar Arabic/Acacia Gum, Konjac Flour, Jaggery, Mollasses, Paprika/Paprika Extract/Paprika Oleoresin and Caramel plain** among others.
- **There are 71 authoritative books mentioned as part of the regulation,** which also mentions the categories of Ayurveda Aahara and regulatory requirements.
- The Regulations also mention permissible contaminants and its maximum limits.
- **The regulations are applicable to food business operators** who would be required to formulate Ayurveda Aahara in accordance with the categories and requirements as mentioned in the Regulations.