

CONCEPTUAL STUDY OF DRAVA DRAVYA (LIQUID) IN PACHANA KRIYA (DIGESTION)

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ABSTRACT :

Ahara (Food, diet) is essential for the life of living beings. All living beings including man in the universe require food. It is observed that the intake of proper diet is the only way to the survival of the living organism. The body gets nourished as well as developed by the *ahara*. Our body constituted by *panchmahabhutas*. Therefore body requires *panchmahabhautic ahara*. But our body will not accept the diet in the original form. The original diet must be converted to acceptable form. *Jatharagni* (Digestive power in the G.I.T.) Converts the original diet into homologous form; along with *Jatharagni*, the '*drava*' *dravya* (liquid) in diet is essential for the proper *Pachana* of Food. *Drava dravya* converts solid *ahara* into liquid *ahara* and the liquid *ahara* therefore easily digest and absorb in *amasaya* (Stomach) and *gruhani* (Duodenum). Due to absence of *drava dravya* in diet, the diet will not get properly moister and it produces abnormalities in the body.

Key words: *Drava, ahara, pachana, digestion*

INTRODUCTION: The purpose of Ayurveda is for *prakriti*, *prakriti* means equilibrium of *dhatu*s in quality as well as in their actions¹. *Dhatu*s (*dosha, dhatu and mala*) are the basic components of our body. *Dhatu*s are responsible for health as well as for the disease of an individual. Equilibrium of *dhatu*s is called health and their disequilibrium is called disease². The object of this science is the equilibrium of tissue elements (*dhatu*s). *Dhatu*s get nourished by diet. All body constituents are basically *panchabhautic* and our diet is also *panchabhautic*. Those who take proper food and liquid, they will live happily and those not doing so, will live unhappy.

Due to various activities of the body, *dhatukshaya* (loss of body elements) occurs and for the nourishment of *dhatu*s, proper

diet is essential. But our body not accept the diet in original form. The original diet should be converted by *jatharagni* (Digestive power) and make it in homologous form. In *pachana kriya* (Digestive process) '*Drava*' *dravya* is essential because '*drava* (liquid) in diet liquefies the food resulting in easily digestion and absorption by the body. Due to presence of liquid in diet the solid *dravya* (solid particles in food) get moister and become easily digestible. Due to lack of *drava dravya* in diet *ahara dravya* will not properly moistened and they remain stored in the *amasaya* and duodenum in *pinda* form (Chyme, *annasanghata*). Because of *pinda* formation symptoms of indigestion such as *vidaha* (burning in stomach), constipation etc. are produced. Some time it may

produces disequilibrium in *dhatu*s. Therefore for the proper digestion of food, presence of *Drava dravya* in *ahara* is essential.

AIMS & OBJECTIVES:

- 1) To create awareness about liquid diet in routine life
- 2) To create awareness about principles of *aharsevana* (ingestion of food)
- 3) To promote liquid diet in food.

LITERATURE REVIEW: *Charka* has mentioned that *Amashaya* divided in three parts. One part for solid food, second for liquid food and third for empty space for *tridosha*, *Vata*, *Pitta* and *kapha*. Due to emptying of the third portion of the *amasaya*, three *doshas* act on food. *Vata* is essential for the movement of the *amasaya*, *pitta* is essential for the digestion of food and *kapha* is essential for moisture of food³.

After ingestion of *pistanna* (dry powdered grain) at least double quantity of water should be taken for the proper moisture of the food material⁴. Because of the lack of moisture of the food, is not properly digested and the food will remain stored in the *amasaya* in *pinda* form and the symptoms like *vidaha* are produced⁵. Owing to the *kledana* (to make it moist), the food particles get loose⁶. Out of five types of *kapha*, *kledaka kapha* is located in *amasaya* and it moistens the *annasamghata* (hard masses of food, *pinda*)⁷. Because of the presence of 'drava jala' in *amasaya* the *pindarupa ahara* gets moist and the food becomes easily digestible⁸.

The food affected by *doshas*, *guru* (heavy) or ingested with large quantity easily digest by proper *anupana* (*drava dravya*)⁹.

If a person ingest *ahara* without proper *anupana*, its diet will remain stored in stomach in the *pinda* form, because of *pinda* form the abdomen become discomfort¹⁰.

The process to change in the qualities of *dravya* is known as *karana*. Due to the combination of *jala*, *Agni* (heat) etc. with *ahara dravya* the *dravya* get transform in its qualities. Because of the combination of *jala* with *Kathina* (Hard) and *Khara* (rough) *ahara dravya* the *dravya* get change to soft *ahara dravya*¹¹.

Intake of water before meal produces *krshata* (slimness) of body and *agnimandata* (loss of appetite), in between meal it acts as a appetizer and at the end of meal it produces *sthoulya* (obese) and *kapha vridhi* (increase in *kapha dosha*). Taking milk at the end of meal is good for health¹².

If a person suffering from *trsnā* (thirst), *Daha* (burning sensation in the body), *Raktapitta* (bleeding from different parts of body), *Mada* (intoxication), *Murchha* (unconsciousness) should take *sita* (cold) *drava* for example:- milk and the *rasa* (juices) of *santra* (orange fruit), *Daadim* (*punica granatum*) grapes etc. similarly if a person suffering from *kapha* and *vata dosha* who take *Virechana dravya* (laxative or purgative *dravya*), whose body become dry advice to take *Usna* (hot) *drava* for example:- buffalo milk, preparation of *guda* (jaggery), *phanita* (treacle), honey, Mango juice, *Kakadi* (cucumber), *aswa* and *arista*. Person having *ruksha sharira* (dry body), excessive exercise should take milk, *ghrta*, *Tela* (vegetable oil), *Vasa* (animal fat), *Majja* (bone marrow), *Mansa rasa* (meat soup) etc. similarly a person who suffers from *medovridhi* (obesity), *prameha* (pre-

diabetic condition) should take *ruksha drava* for example:- *Gomutra (cow's urine)*, *usna jala* etc.

Persons having *suska sharira (dry body)*, *trsna*, *durbala (weak person)* should eat *drava ahara* for example: - *Yavagu (cereal diet)*, *Mugdha yusha (pulses soup)*, *Saka rasa (vegetable soup)* and *Mansa rasa*. Due to presence of *drava dravya* in it dry

dravyas are easily digestible. A person having *durbala agni (poor appetite)* may take meal once a day and a person having *Samagni (proper appetite)* takes meal twice a day, a person does not take medicine alone should take with *ahara dravya*. A person having disease should take meal mixed with *drava dravya*. According to *rtu (season)* diet should be *dosaprasamaka* for ex:

Rtu	Prakopa	Diet (dosaprasamaka)
Varsa	Vata	Snigdha, madhura, amla, lavana, usna
Sarat	Pitta	Sita, madhura, kasaya, tikta
Vasanta	Kapha	Usna, kasaya, katu, tikta.

Healthy person required to take *ahara* including its all the qualities for ex:- after eating *guru (heavy)*, *laghu (light)* *ahara dravya* they should take *Usnodaka (hot water)*, after taking *pistanna* should take *Sitodaka (cold water)* for maintaining their better health. For those people who use to eat and drink *mansahara (meat)* and *Maddya (alcohol)* should take *maddya*. Those person who does not take alcohol they should take fruit juice and *jala*. After intercourse and exercise should take milk¹³.

It is one of the important part of digestion as owing to this process the food particles is divided in small particles (*bhinnasamghata*) and the food stuffs become easily digestible. Owing to the lack of moister of the food is not properly digested and the symptoms like *vidaha (heart burn)* are experienced¹⁴.

DISCUSSION: *Ahara* is essential for life. The body gets nourished as well as developed by the *ahara*. Those who take proper food and liquid diet, live long and those not doing so, suffer from disease. Our body not accepts the original diet. It should be in homologous form¹⁵. *Drava dravya* in

ahara is essential for the proper digestion of food. Because of the lack of *drava* the food will not moisten. Because of this the symptoms of indigestion such as *vidaha* produces¹⁶.

After ingestion of food into mouth cavity the food gets chewed by the teeth and the *bodhaka kapha (Saliva)* gets mixed with *ahara* because *bodha kakapha* in mouth is *drava* in nature. Due to mixture of *Kapha* and *anna (ahara)*, *anna* gets moister and it become easily digestible. According to modern physiology when food enters the mouth cavity, saliva moistens and dissolves it and it facilitates chewing by the movement of the tongue and masticated food is rolled into a bolus and facilitates the swallowing. Also Saliva has digestive function¹⁷.

According to Ayurveda the *Kledaka kapha* is located in the upper part of *amasaya* liquefies the *ahara* and the food become easily disetible. Without moister of the food will not properly digested and therefore food remains stored in the stomach in *pinda* form. Due to formation of *panda vidah* produces in

the stomach. The *pachaka pitta* is located in *gruhani* and food is digested by this *pitta*, *pacaka pitta* has *drava* in nature and it mixed with food resulting in moister of food and due to moistened food has easily digestible.

The digestive juices described in modern physiology such as saliva, gastric juice, pancreatic juice, insulin, bile etc are included in *pacaka pitta*¹⁸. According to modern science it is observed that the saliva, gastric juice, pancreatic juice, bile etc have contain near about 99% water.

The secretion of saliva is 1000 to 1500 ml per day.

Composition : Water 99.5 %, solids 0.5%.

The secretion of gastric juice is about 1200 to 1500 ml per day.

Composition : Water 99.5 %, solids 0.5%.

The secretion of pancreatic juice is about 500 to 800 ml per day.

Composition : Water 99.5 %, solids 0.5%.

The secretion of bile is 800 to 1200 ml per day.

Composition : Water 97.6 %, solids 2.4%.

The secretion of succus entericus is 1800 ml per day.

Composition : Water 99.5 %, solids 0.5%¹⁹.

CONCLUSION: From above discussion it is concluded that for the proper digestion of food '*drava*' *dravya* should be essential. Without *drava* in diet symptoms of indigestion such as *vidaha*, constipation etc are produced in the body.

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Declared