

**SIGNIFICANCE OF PATHYA-APATHYA IN PRESENT ERA W.S.R.TO
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ABSTRACT

Wholesome food and lifestyle is very essential for maintaining good health. The food and regimen that are beneficial to *Strotas* or *Dhatus* and please the mind are considered as *Pathya*. Opposite to these are considered as *Apathya*. Both terms *Pathya* and *Apathya* are interchangeable in some conditions as it depends upon *Kaal*, *Matra*, *Kriya*, *Deha*, *Dosha*, *Bhumi* etc. factors. Judging from the various conditioning factors, even the most tasteful object might change to be unwholesome or vice-versa. *Madatyaya* refers to group of disorders caused due to improper and excessive intake of alcohol. *Vyadhi-janaka nidan* (Etiological factors) as heavy and prolonged use of alcohol against rules and regulations – vitiates *Vata*, *Pitta* and *Kapha dosha* and mainly affect *Ojas*. Chronic Alcoholism leads to nutritional deficiencies which affect organs of body and produce many diseases further. In management of nutritional deficiencies, *Pathya-Apathya* (dietary management) is itself a complete treatment. As nutritional requirement fulfilled by proper diet and person starts to follow rules of taking *Madya* as prescribed in *Ayurveda*, many symptoms of *Madatyaya* relieved. An attempt has been made in order to compile and concise *Pathya – Apathya* producing a prescribed diet and life style w.s.r. to *Madatyaya*.

Keywords *Apathya*, *Alcoholism*, *Madatyaya*, *Pathya*.

INTRODUCTION: Ayurveda as science of life gives equal importance to *Ahara-vihara* and *Aushadhi*. Maintenance of good health and to overcome diseases are two main objectives of Ayurveda. Negligence in *Ahara* and *Vihara* vitiates *Dosha* and ultimately produce disease. So, one must follow the principles of Ayurveda given in maintaining health. Ayurveda has described specific diet and life style pattern in diseased conditions which are considered as *Pathya*. In Ayurveda *Madya* is considered as food if it is taken properly. As per Ayurveda literature *Madhya* preparations are made up of various cereals and fruits and has been advised to be consumed in moderate quantity for desired positive benefits for health. Inappropriate use i.e. taking *Madya* against rules and regulations produces

many disorders and works as *Visha*⁽¹⁾ But if taken properly, it works as *Amrit*⁽²⁾. But in present era, due to faulty intake i.e. heavy and prolonged use of *Madya* produces disease *Madatyaya*. *Madatyaya* refers to group of disorders includes lack of personal hygiene, loss of appetite, vomiting, diarrhea, chronic gastroenteritis, wasting, peripheral neuropathies, impotence, sterility, fatty changes in liver and heart, cirrhosis, tremors, insomnia, hiccough, cough, thirst, fever, joint pain, red eyes and intermittent infections, loss of memory, vertigo, impaired power of judgment and dementia⁽³⁾. *Pathya-Apathya* (dietary management) is itself a complete treatment as it helps in management of nutritional deficiencies caused by chronic intake of alcohol. Acharya *Charak* had stated that *Pathya Ahara* is helpful for the

growth and wellbeing of humans while Apathya is the cause of all diseases⁽⁴⁾.

AIMS AND OBJECTIVES

To understand *Pathya* - *Apathya* w.s.r. to *Madatyaya* in Ayurveda and modern view.

MATERIALS AND METHODS

The article is based on review of various Ayurvedic texts. Material related to *Madatyaya* and its treatment has been collected.

MADATYAYA

Table. 1: Table showing Different types of *Madatyaya* and their symptoms.

Type of <i>Madatyaya</i>	Symptoms
<i>Vataj madatyaya</i> ⁽⁹⁾	Hiccup, Dyspnoea, Tremors in head, Insomnia, Irrelevant talk, Stiffness, Body ache, Seeing bad dreams
<i>Pittaj Madatyaya</i> ⁽¹⁰⁾	Thirst, Yellowish of face & eyes, Dryness of mouth, Delirium, Burning sensation, Fever, Sweating, Fainting, Diarrhoea, Giddiness
<i>Kaphaj Madatyaya</i> ⁽¹¹⁾	Vomiting, Anorexia, Nausea, Drowsiness, Stiffness, Heaviness, Feeling of cold, Excessive salivation, Urticaria, Increased sleep, Lassitude
<i>Tridoshaj Madatyaya</i>	Symptoms of all <i>doshas</i>

SIGNIFICANCE OF PATHYA APATHYA IN MADATYAYA

The importance of *Pathya* (wholesome) and *Apathya* (unwholesome) in Ayurveda can be understand from the fact that *Charak* gave term *Pathya* as a synonym for treatment⁽¹²⁾. As *Charak* describes that when *Srotas* become hard by aggravated and vitiated *Dosha*, *Pathya* (wholesome) helps to soften the *Srotasa* (channels of circulation) and *Dosha* alleviation⁽¹³⁾. Only wholesome food can keep a person healthy⁽¹⁴⁾. *Charak* Suggested some food articles which should always be consumed by a healthy person. These healthy food articles include *Shashtika Shali* (variety of rice), *Mudga* (*Phaseolus radiatus* Linn.), *Saindhav*, *Amlaki* (*Emblica officinalis*), rain water, Ghee (butter), meat of animals dwelling in arid climate and honey⁽¹⁵⁾ etc.

Madatyaya is *Tridoshaja vyadhi*⁽⁵⁾. When a person of *Rajasika* or *Tamasika* nature indulges in excessive consumption of alcohol, it reaches *Hridaya*⁽⁶⁾ and affects all the attributes of *Ojus*⁽⁷⁾ causing mental distortions and altered functions, this stage is called *Mada*⁽⁸⁾ which is quite reversible. But continuous use of Alcohol causes *Madatyaya* which is *Tridoshaja vyadhi*. Its types named on *Dosha* which is dominating in presenting symptoms.

Intake of *Madya* which have *Teekshana*, *Ushna*, *Amla* and *Vidahi* properties makes the *Annaras Utkleda* and will be digested improperly which ultimately turns *Kshara* (*Alkaline*) and causes *Antradaha*, *Jwara*, *Trishna*, *Pramoha*, *Vibhrama* and *Mada*⁽¹⁶⁾. To correct these symptoms, *Amla* (*Acidic*)*Dravya* should be used by the fact that when a *Kshara Dravya* gets mixed with an *amla Dravya*, the outcome becomes sweet in taste⁽¹⁷⁾. *Amla Rasatmak Dravya*, when consumed habitually removes obstruction in the *Srotasa*, helps in *Vatanuloman*, acts as *Deepana-Pachana*. When the obstruction in the *Srotasa* is removed and *Vayu* moves downwards, the pain subsides and the ailment caused by intake of *Madya* gets cured. So, taking *Amla Rasatmak Dravya* in food helps in correcting the disorders caused by *Madatyaya*.

As *Madya* is the best *Dravya* among *Amla Rasatmak Dravyas*, so it is helpful in correcting the disorders caused by

Madatyaya⁽¹⁸⁾. *Madya* is considered as food if it is taken in limited dose and follows the rules of taking it.

Table. 2: Table showing properties of *Madya*.

<i>Madya</i>	Properties-Deepana, Hridya, Balya, Rochana, Svara-varna prasadaka, induce sleep
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Table. 3: Table showing indications and contraindications of *Madya* according to different seasons.

<i>Ritu / Season</i>	Indication/Contraindication of <i>Madya</i> According to Different Seasons
<i>Shishir</i> ⁽¹⁹⁾ (Winter)	<i>Madya</i> intake is indicated
<i>Hemanta</i> (Late Autumn)	
<i>Vasanta</i> ⁽²⁰⁾ (Spring)	<i>Seedhu, Madhveek Madya</i> is indicated
<i>Grishma</i> ⁽²¹⁾ (Summer)	<i>Madya</i> is contraindicated, if taken, then it should be in small quantity with excessive dilution
<i>Varsha</i> ⁽²²⁾ (Monsoon)	<i>Madhvik Madya</i> and <i>Arista</i> are indicated in small quantity.

- **AHARA:** Excessive Intake of *Madya* having *Teekshana, Ushna, Amla* and *Vidahi* properties cause *Krishta*. So, a person taking *Madya* (Alcohol) on regular basis is indicated for *Brimhan Therapy*⁽²³⁾. Various types of *Pathya Kalpanas* are used to increase digestive fire (*Agni*) and

to removes obstruction in the *Strotas*. To treat nutritional deficiencies caused by chronic alcohol intake, various *Pathya kalpanas, Kharjooradi Mantha, Milk* and *Pathya – Apathya* specific to *Madatyaya* are beneficial.

Pathya Kalpanas:

Table. 4: Table showing different *Pathya Kalpanas* in *Madatyaya*.

<i>Pathya Kalpana</i>	Method for preparation	Uses
1. <i>Manda</i>	The filtered liquid portion obtained after boiling one part of rice and fourteen parts of water	<i>Agnideepana</i> (increase digestive fire), <i>Vata anulomana</i> (luxatives), <i>Doshovinashak, Dhatu Samayakarka</i> (Nourishes the tissue) ⁽²⁴⁾ , digestive
2. <i>Peya</i>	One part of rice and fourteen parts of water, boiled into watery consistency	Quickly digestible, stops loose motions, Nourishes the tissues, <i>Jawara nashak, Deepana, Pachana, Mala Anulomna, Pathya</i> ⁽²⁵⁾
3. <i>Vilepi</i>	One part of rice and four parts of water, cooked into thick paste	Strengthening, nourishing, good for heart, Delicious, Diuretic, <i>Hridya, Trishana nashak, Agnideepana</i> ⁽²⁶⁾

***Kharjooradi mantha*⁽²⁷⁾**

Table.5: Table showing *Kharjooradi mantha* and its uses.

CONTENTS	<i>Mrdveeka, Vrkshamla, Amlika, Dadima, Paroshaka, Amalaki</i>	USES
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Method of preparation	All contents taken in equal quantity and added with four times of water with that of the total quantity of drugs.	Agnideepana, Sroto Shodhana, Tarpana, Tridoshhara, Ojo Utppatti, Dhatus Poshana, Vatahara, Fatigue, Weakness, Digestive problem
Matra	100ml in two divided dose once in the morning and once in the evening.	
Kalavadhi	For 4 weeks (28 days)	

Milk⁽²⁸⁾ is Pathya (Suitable) and need as it is used in Rejuvenation, Tonic and help to Enhance Mental Ability.

Table.6: Table showing Pathya – Apathya Specific to Vataj Madatyaya.

Madatyaya Type	PATHYA	APATHYA
Vataj Madatyaya ⁽²⁹⁾	Shaka, pisttan, Yava, Wheat, shaali chaval Ushana abhyang, utsadana, body bath	Excessive sorrow, fear, lifting excessive weight, intake of ruksha, alpa, pramitt Ahara dravya

Table. 7: Table showing Pathya – Apathya Specific to Pittaj Madatyaya.

Madatyaya Type	PATHYA	APATHYA
Pittaj Madatyaya ⁽³⁰⁾	Kharjoor, munakka, falsa, dadima, Yava ka sattu, sharkara, pea, mung-daal, aamlaki	Amla rasa, Ushna ,Tikshna Ahara Dravya, Krodh, Prolonged exposure to sunlight

Table. 8: Table showing Pathya – Apathya Specific to Kaphaj Madatyaya.

Madatyaya Type	PATHYA	APATHYA
Kaphaj Madatyaya ⁽³¹⁾	Yava, wheat, Raddish, Katu, Amala Rasatmaka Ahara Dravya, Patola Yusha, Dadima, aamlaki.	No physical activity, day sleeping, Intake of madhu, snigdha and guru ahara dravya

Table. 9: Table showing Pathya-Apathya According to system & body parts affected in Madatyaya.

Organ/System	Diseases caused	Pathya	Apathya
Liver	Hepatic stenosis, Alcoholic hepatitis, Cirrhosis	Garlic, broccoli, Avocado, walnuts, green tea, milk, aloe vera, Amlaki, high fiber diet, regular exercise	Alcohol, Added sugars like candy, fruit juices, fried food, white bread, pasta, red meat
Digestive system	Gastritis, decreased absorption of Vit-B and other nutrients, Pancreatitis	High fiber food such as apples, broccoli, carrots, beans Low fat food such as fish, chicken	Alcohol, coffee, fruit juice, fatty food, fried food, carbonated drinks, spicy foods
Heart	High blood pressure, heart failure, Atrial	Bananas, Avocado, mushrooms, beet	Alcohol, Butter, fatty meats, fried food, salted

	fibrillation	juice, leafy green vegetables such as cabbage, spinach, garlic, pomegranates, yoga and <i>Pranayam</i>	snacks, fast food
Diabetic complication	Alcohol increases risk of hypoglycaemia which is dangerous in diabetic patient	Proper diet intake along with fruits (Guava and Papaya) and Vegetables	Alcohol, skipping of meal
Eye	Nystagmus, eye muscle paralysis due to deficiency of Vit – B1	Cauliflower, oranges, Potatoes, Asparagus, eggs	
Bone	Osteoporosis, Bone marrow damage which cause low platelet count results in bruising and bleeding	Milk, carrots, asparagus, cabbage, raisins, pomegranate, garlic, papaya	

• VIHARA

Meditation is a practice in which an individual uses a technique – such as mindfulness, or focusing his concentration on a particular object, thought, or activity to train attention and awareness and achieve a mentally clear and stable state. As Alcoholism is associated with conditions such as Anxiety, depression, Sleep problems, Tension headaches- Meditation is helpful in management of these symptoms. Meditation helps in *Mana Ekagrata* thus helpful in mental stability. Music therapy is an evidence based clinical use of musical interventions to improve client's quality of life physically, psychologically and socially. Motivational and Recreation Therapy are the supportive and helps to avoid desire to drink. Support from family and friends is helpful in alcoholic patients to overcome conditions such as anxiety, depression. All these therapies are mentioned as *Harshani Kriya*⁽³²⁾ in *Charaka*.

Psychological Counselling (*Satva-Vjay Chikitsa*) is helpful in alcoholic patients as it pays attention to emotional, social, vocational, educational, health-related, developmental and organizational concerns. To aware the patient regarding harmful effects of alcohol by discussion and power point presentation gives complete relief and Rehabilitate the patient from Addiction. Techniques such as Yoga, *Pranayama* also plays important role in treating addiction.

DISCUSSION: *Charaka* describes *Madya* as *Ahara Dravya* and it acts like nectar if taken properly with rules and regulations, otherwise it acts like a poison. *Charaka* describes use of *Madya* in *Madatyaya Chikitsa*. *Amla Rasatmak Dravya* (*Madya* is best in *Amla Dravyas*), removes obstruction in the *Strotasa*, helps in *Vatanuloman*, acts as *Deepana-Pachana* as a result of which many symptoms of *Madatyaya* are diminished. Long term consumption produce tolerance as well as

such intense adaption of the body that cessation of use produces withdrawal syndromes marked by Anxiety, Shaky hands, Headache, Nausea, Vomiting, Insomnia, Sweating, hallucinations, Seizures, Delusions. Along with psychological and neurological symptoms, it also causes hypoglycaemia and nutritional deficiencies such as folate, Vit-B6, Thiamine, Vit-A, Vit-B12. Ayurveda helps in treating symptoms of hypoglycaemia and nutritional deficiencies by giving various preparations like *Kharjooradi Mantha*, various fruits, *Mamsa, Pathya Kalpanas* such as *Manda, Peya, Vilepi* etc. *Kharjooradi Mantha* contains carbohydrates, fats, protein vitamins (Vit A,B₁ to B₁₂,C,E,K), minerals (Ca,Cu,Fe,Mg,P,K,Zn,Na). Psychological and neurological symptoms like anxiety, depression, insomnia, headache are corrected by Meditation, Psychological Counselling, Music, Motivational and Recreational Therapy.

CONCLUSION: Now a days, Alcohol and its related disorders becomes a major problem in society. Dietary supplements and *Satva-Vjay Chikitsa (Pathya-Apathya)* described in Ayurveda are helpful in correcting nutritional deficiencies, Psychological and neurological symptoms. It is quite sure that Ayurveda can definitely contribute a lot in the area of Alcohol related health problems in the recent future.

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