

PATHYA AND APATHYA IN AYURVEDA WITH A FOCUS ON PATHYA OF PRAMEHA ROGA - REVIEW ARTICLE

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ABSTRACT

Pathya plays a central role in *Ayurvedic* living. *Ayurveda* places special emphasis on *Ahara* and *Vihara* as a means to lead a good life, health and wellness, these are *Pathya Ahara* and *Vihara*. *Pathya Ahara* nourishes the mind and body. Whereas *Apathya Ahara* and *Vihara* affect body adversely. *Pathya Ahara* and *Viharas* are very important in many diseases. *Prameha* is one of such disease. Here the present study is carried out with an aim to have the proper understanding of role of *Pathya* in the management of *Prameha Roga* with a special reference to *Pathya* and *Apathya* of *Ayurveda*. Review of classics of *Ayurveda* reveals that there has an important role to *Pathya Ahara* and *Vihara* in the management of *Prameha roga*. In the present life we can see that an importance of *Pathya* and *Apathya* for healthy life as many of the people is leading now a sedentary life style without following any dietary precaution and proper exercise which is leading to many diseases and untimely deaths. So by the different view of *Acharyas* about *Pathya* and *Apathya* this review was ended with the conclusion that *Pathya Ahara* and *Vihara* has an important role in maintaining healthy life.

Keywords *Ahara, Vihara, Chikitsa, Madhumeha*

INTRODUCTION: The aims and objectives of *Ayurveda* are to maintain the health of healthy person and to cure the diseases of the patients.^[1] To maintain health *Ayurveda* laid many basic principles like *Rithucharya* [seasonal regime], *Dinacharya* [diurnal regimen]. The concept of *Pathya* [wholesome] and *Apathya*[un wholesome] is the peculiarly of *Ayurveda* to full fill its aim and objectives. *Acharya Charaka* has stated that wholesome food is one of the causes for the growth and wellbeing of humans while unwholesome food is the root cause of all diseases^[2]

Prameha is one among *Santarpanajanya Vikara*[disease caused by over nutrition] caused by excessive and frequent intake of *Guru* [heavy], *Madhura* [sweet], *Snidgha*[unctuous] *Aharas* , adopting sedentary habits and lack of exercise^[3]

.*Diabetes mellitus* strikes resemblance with *Madhumeha*. *Madhumeha* is one variety of *Vathika Prameha*.^[4] Cost effective *Ayurveda* life style modification can contribute towards preventing and managing burden of *Prameha*. The study of *Ahara* and *Vihara* reveals the rich knowledge of *Ayurveda* in the prevention of *Prameha*. The review was done with the objectives to study about *Prameha Pathya* and its importance.

AIM AND OBJECTIVES OF THE STUDY

1. To analyse the role of *Pathya* and *Apathya* in healthy living.
2. To analyse the importance of *Pathya* in *Prameha Roga Chikitsa*.

METHODS

This article is based on a review of various *Ayurvedic* classical texts and online

journals .Among which important Ayurvedic texts which were referred are *Ashtanga Hrdaya chikitsa stana*,*Ashtanga hrdaya Sutra Sthana*, *Susrutha Samhitha chikitsa stanana Charaka Samhitha chikitsa Stana*,*Charaka Samhitha Sutra Stana*,*Charaka Samhitha Nidana Stana*. Five Online journals referred are *Ayu journal*, *IJEB*, *EJBPS*, *JMSCR*,and *PMC* Oxid med cell longey. Materials related to *Pathya Apathya* of *Ayurveda* and *Pathya* of *Prameha* was collected by searching classical text of *Ayurveda* and online journals. The search results thus obtained were compiled, analysed for a thorough and in depth understanding of the concept of *Pathya* and *Apathya* in *Ayurveda* with a focus of *Pathya* of *Prameha Roga*.

Concept of *Pathya*[wholesome] and *Apathya*[unwholesome]

The word *Pathya* derives its origin from root word *Patha* which literally means way

Review of *Pathya Ahara Vihara* of *Prameha* in classics

Table - 1 showing review of *Ahara Vihara* of *Prameha* in classics

AHARA[FOOD ITEMS]	ASHTANGA HRIDAYA	CHARAKA	SUSRUTHA
<i>Apupa</i> [rice cake]	✓	✓	
<i>Sakthu</i> [roasted cereal preparation]	✓	✓	
<i>Vatya</i> [preparation of barely]	✓		
<i>Yava</i> [barely]	✓	✓	✓
<i>Venu yava</i> [a kind of barely]	✓	✓	
<i>Truna dhanya</i> [a kind of cereal]	✓	✓	
<i>Mudga</i> [<i>Phaseolus mungo</i>]	✓	✓	✓
<i>Puranasali</i> [<i>Oryza sativum Linn.</i>]	✓	✓	✓
<i>Puranashashtika</i> [a kind of rice harvested in 60 days]	✓	✓	✓
<i>Amla khala</i> [sour preparations]	✓		✓
<i>Tila</i> [seasmum]	✓		
<i>Sharshapa</i> [mustard]	✓	✓	✓
<i>Tinduka</i> [<i>Diospyros malabarica</i>]	✓		✓
<i>Jambu</i> [<i>Syzygium cumini</i>]	✓		
<i>Tikta saka</i> [bitter vegetables]	✓	✓	✓
<i>Madhu</i> [honey]	✓		
<i>Vihanga mamsa</i> [meat of vihanga]		✓	
<i>Dhanva mamsa</i> [meat of animals]	✓	✓	✓

or channel. Substances or regime which do not affect adversely body and mind is called as *Pathya* or substances or regime which affects body and mind adversely are called *Apathya*^[5]

Substances we can use daily which are *Pathya* according to *Acharya Charaka* are *Shashtika*[a kind of rice harvested in 60 days], *Sali* [*Oryza sativum Linn.*], *Mudga* [*Phaseolus mungo*], *Ksheera* [milk],*Antareeksha jala* [rain water],*Yava* [barely],*Sarpi* [ghee],*Amalaki* [*Emblica officinalis Gaertn.*], *Madhu* [honey] ,*Jaangala mamsa* [meat of animals dwelling in arid climate].^[6]

Apathya Ahara which cannot use daily are *Sushkasaka* [dry vegetables],*Vallura* [dried meat], *Mahisha Mamsa* [meat of buffalo], *Gavya Mamsa* [meat of cow], *Matsya* [fish], *Dadhi* [curd] , *Masha* [*Phaseolus radiates Linn.*] ,*Yavaka* [a variety of *Hordeum vulgare Linn.*]^[7]

of arid region]			
<i>Ayaskrithy</i> [an iron containg preparation]	✓		
<i>Jeerna madhvarishta</i> [alchohol preparation]	✓		
<i>Jeerna pakva seedu</i> [alchohol preparations]	✓		
<i>Asanadi sarambu</i> [water of <i>Pterocarpus marsupium</i>]	✓		
<i>Dharbhambu</i> [water of <i>Desmostachya bipinnata</i>]	✓		
<i>Makshikodanam</i> [water of honey]	✓		
<i>Danthi</i> [<i>baliospermum montanum</i>]		✓	
<i>Ingudi taila</i> [<i>Balanites aegyptica</i>]		✓	✓
<i>Vishkira mamsa</i> [gallinaceous birds meat]		✓	
<i>Pradutha mamsa</i> [pecker birds meat]		✓	
<i>Godhuma</i> [wheat]		✓	✓
<i>Kashaya saka</i> [astringent vegetables]			✓
<i>Purana udhalaka</i> [old <i>Cordia dichotoma</i>]			✓
<i>Chanaka</i> [<i>Crotolaria juncea</i>]			✓
<i>Adhaki</i> [pigeon pea]			✓
<i>Nikumbha</i> [<i>Baliospermum solanifolium</i>]			✓
<i>Kulatha</i> [<i>Dolichos biflorus Linn</i>]			✓
<i>Kapitha</i> [<i>Limonia acidissima</i>]			✓

[8], [9], [10]

Vihara [activity] for Dhanika Rogi[Rich patients]

Table 2 showing Vihara[Activity] for Dhanika Rogi[Wealthy patients]

VIHARA[ACTIVITY]	ASHTANGA HRIDAYA	SUSRUTHA
<i>Vyayama</i> [exercise]	✓	✓
<i>Nisa jagarana</i> [night awakening]	✓	✓
<i>Niyudha</i> [war]		✓
<i>Kreeda</i> [play]		✓
<i>Gaja thuranga rathadi charya</i> [ride on elephant, horse]		✓
<i>Padatra gamana</i> [walk by feet]		✓
<i>Parikramana</i> [rotation]		✓
<i>Practice of archery</i>		✓

[11], [12]

Vihara [Activity]for Adhanika Rogi [Poor patients]
Table 3 showing Vihara[activity] for Adhanika Rogi[poor patients]

VIHARA	ASHTANGA HRIDAYA	SUSRUTHA
Walking about 100 Yojana without umbrella and foot wear	✓	✓
Stay night in village		✓
Move along with cow fed with their urine and faeces		✓
Move along with Brahmana	✓	✓
Living on grains left over grounds		✓
Cultivate land		✓
Dig well	✓	✓

[13],[14]

Importance of vyayama in prameha

Since *Prameha* is a *Santarpanajanya Vikara*[disease caused by over nutrition] there will be lot of *Medas*[fat] in patients of *Prameha*. In order to burn out *Medas* [fat]*Vyayama* [exercise] is essential. *Vyayama* [exercise] will imparts *Laghava* [lightness], *Karma Samarthy* [efficient in activities], *Deepthagni* [improves digestive power], *Medasa Kshya* [wanes obesity] and *Vibhaktva Ghana Gatravtam* [consistent body structure].^[15]

As in modern concept exercise increases energy levels, helps in reduction of weight, strengthening of muscles and bones.^[16] According to WHO 30 minutes of exercise in a day can reduce the risk of developing type two diabetes mellitus. Exercise can be done in the forms of cycling, swimming, brisk walking.^[17]

Importance of yava in prameha

It is typically indicated in *Kaphaja Parameha*.*Yava* should soak in *Thriphala Kashaya* one full night, next day it should take out and dry and use this *Yava*[barely] for preparing food .^[18]Properties of *Yava*[barely] is *Rooksha*[rough], *Mootra* *Meda* *Pitta* *Kapha* *Nasana*[will reduce urine, fat, *Pitta* and *Kapha Dosha*]. *Rooksha*[rough] property will helps in the reduction of *Medodosha*[fat].^[19] *Prameha rogi* will void more *Mootra*[urine]. So

Mootra Shoshana[reducing urine output] property of *Yava* [barely] will helps in the reduction of no of micturition.^[20]

Importance of triphala in prameha

Acharyas Charaka, Susrutha and Vaghbata are advised the intake of *Thriphala* in *Prameha Chikitsa*.By looking in to the properties of *Triphla* it is said that it reduces *Kleda* [discharges] and *Meda*[fat].*Triphala* is *Rookshana* [produce dryness]also. This *Rookshana* property will also reduce *Kledo Dosha*. Which will helps to reduce *Kleda* and *Medo Dosha* of *Prameha*.^[21]

Importance of amalaki in prameha

Amalaki [*Emblica officinalis* Gaertn.] reduces *Pitta* and *Kapha Dosha* by its properties.^[22]Important constituents gallic acid, gallotin, ellagic acid, corilagin possess ant diabetic effect through their anti-oxidant and free radical scavenging properties.^[23]

Importance of hareethaki in prameha

Hareethaki has *Kashaya Rasa* astringent taste], *Rooksha* [dryness], *Laghu* [light] and *Prameha hara* [reduce *Prameha*] properties and reduces diseases of *Kapha* and *Vatha*.^[24]Important constituents of *Hareethaki* are tannic acid which reduces glucose absorption by coating the inner layer of intestine. Also presence of flavonoid and tannin is

possibly supports and provides strong evidence of its hypoglycaemic effect^[25]

Importance of vibheethaki prameha

Vibheethaki is *Katu Vipaka* [after digestion it will turn into acrid taste] and has some properties similar to *Amalaki*.^[26] Methanolic extract of fruits of *Vibheethaki* has hypoglycaemic effect due to anti -oxidant and free radical scavenging effect.^[27]

Importance of haridra in prameha

Most of the *Prameha Hara* tablets and *Kashayas* [decotions] showing main ingredient as *Haridra* [*Curcuma longa L*]. So we have to think why it is used for *Prameha Hara*. In *Bhavaprakasha* properties of *Haridra* [*Curcuma longa L*] are explained as *Tiktha* [bitter], *Rooksha* [dryness], *Kapha Pitthajith* [reduce *Kapha* and *Pitta Dosha*], *Mehajith* [cure diabetes].^[28] The constituents curcumin and bisdemethoxy curcumin has anti-oxidant and anti- diabetic activity^[29].

Importance of madhu [Honey]

According to 2018 review published in oxidative medicine and cellular longevity, switching from refined sugar to honey may help keep blood glucose levels down^[30]. The researchers attribute this is to honey's lower glycaemic index. According to Ayurveda properties of *Madhu*[honey] includes *Rooksha* [dryness] and *Kashaya Rasa*[astringent taste] which in turn helps to reduce blood glucose level^[31].

Result: Unhealthy lifestyle probably initiates and propagates the majority of *Prameha*. *Pathya Ahara* and *Vihara* help to prevent the onset of diseases. Through *Prameha* is difficult to cure but proper life style regimen in the form of *Pathya Ahara* and *Vihara* is help in preventing the onset and complications. *Acharyas Susrutha, Vaghbata* and *Charaka* has told

about variety of *Pathya* in *Prameha* which we can apply in present era of life also. *Pathya Viharas* are very helpful for curing *prameha*.

DISCUSSION: Following a proper *Pathya* is important as medication in managing diseases especially those that run a chronic course like *Prameha*. If a person follows the dietary rules for particular disease there is very little significance of drug treatment. When a person is exposed to *Apathya* the drug treatment has no value because without *Pathya* the drug cannot cure the disease. So *Pathya Sevana* is very important. Modification of diet consisting of maintenance of proper nutrition and monitoring of calories ingested.

For healthy body we need to discourage the harmful life style [*Vihara*]. Daily *Vyayama* will helps to reduce the weight and maintenance of insulin level in body of *Prameha Rogi*. *Vyayama* for 30 minutes/day for 5times in a week in individuals with impaired glucose tolerance prevent or delay the development of *Prameha*^[32]. Sedentary people have more insulin resistance than active people. The importance of restricted diet and increased physical activity was recognised by *Acharyas* and had advised to live like a beggar or saint who lives on food received as charity or donations after moving from door to door and village to village. It is clear that such food shall be less in quantity poor in calories and fit for *Prameha Rogi*. Living like a saint or beggar also signifies life with more physical activity but less mental stress.

CONCLUSION: *Prameha* can be prevented if intervention in the form of *Pathya Ahara* and *Vihara* is applied in early stage. Lifestyle plays an important role in the development of *Prameha*.

Along with drug interventions emphasis must be given to socioeconomic, behavioural and nutritional issues to promote healthier lifestyle, especially for the high risk individuals dietary and life style plans should be made in accordance with the day to day requirement of an individual. Due importance must be given to adopt *Pathya Ahara Vihara* in daily routine, maintain physical wellbeing ,mental tranquillity.

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