

An Observational Study On Pathya Apathya In Ayurveda

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Abstract

Ahara is one of the three supporting factors of life and plays a key role in the promotion of health and the prevention of diseases. In Vedic literature, it has been equated with nectar. There is much talk about a well-balanced diet in the present era. Modern Science states that a balanced diet contains a variety of foods in such quantities and proportions that the need for energy, proteins, vitamins, minerals, fats, carbohydrates, and other nutrients is adequately met for maintaining health, vitality, and general well-being. According to Ayurveda a diet that nourishes both the mental and physical built is called a "balanced diet". The food articles which replenish the bodily dhatus(tissues) and help in eliminating the disturbance of their equilibrium are to be regarded as wholesome. Apart from the quantity of food, elemental constitution, mode of preparation, habitat, combination, time and season of intake, manner of intake, body constitution, and agnibala (Digestive fire)of consumers, etc. are also considered in the acceptability of wholesome diet. A man votary of a wholesome diet considering Ayurvedic dietetics survives for hundred years in a disease-free state.

Keywords: Pathya Ahara, Apathya Ahara, Balanced Diet, etc.

INTRODUCTION

Prevention is preferable to treatment. One of the true sciences, Ayurveda, deals with Pathya-Apathya in great detail, emphasizing its significance in the avoidance of disease, the eradication of Doshas, and the creation of bodily harmony.⁸ Pathya and Apathya play a significant role in this wonderful science of life's emphasis on health promotion and disease prevention.¹

Ahar-vihar that do not negatively impact the body and mind are seen as being wholesome, whereas those that negatively impact them are viewed as being unwholesome. The body consists of Dhatus, Dosa, and their channels. The goal of consuming nutritious foods and other lifestyle choices is to preserve good health and treat various ailments.²

This viewpoint is supported by Ayurvedic literature, which claims that eating healthily is essential for maintaining both body and mind. As a result, our meals should be healthy. When discussing topics like Ritucharya (seasonal regimen), Dinacharya (daily regimen), etc., the wholesomeness of food consumption is discussed.³

The psychological component of the therapy must be taken into consideration, thus the patients' preferences must also be taken into account when determining if a treatment is wholesome. That is to say, a certain diet or medication won't work if the person takes it against his or her will; rather, it will work best when the person believes that by taking it, he or she would be able to preserve normal health.⁴

The main component of therapy is NidanaParivarajana in Ayurvedic scriptures, where Nidana or the etiological factors are stated in line with Ahara, Vihara, Oushada, etc. These etiological variables collectively constitute apathy. Thus, apathy is considered the etiological element for all illnesses.⁵

The Aahar-vihar that is good for the body, nutritious, and brings happiness to the mind is known as Pathya, while the reverse is Apathya.

- Pertaining to a path. Suitable, proper, and filling (A).
- Foods recommended for healthy individuals
- Foods that are not recommended for healthy people (B). Apathy towards a sick person is called pathya.

Foods indicated for a healthy person

Saindhva Amalaka Shashthika Shali Mudga rainfall water Ghee, honey, and the meat of animals living in an airy environment. (Ch.Su.5/12)

Foods contra-indicated for a healthy person

Vallura (dried meat) (dried meat) veggie flakes Lotus stalks and rhizomes Never consume an infected animal's flesh. (Ch.Su.5/10)

PATHYA APATHYA:

The aquatic and marshy flesh's fatty, sweet, sour, and salty fluids should be consumed. Avoid light meals and drinks that might vitiate vata.

- The meat of burrow-dwelling creatures, as well as Bhrt produced from Prasaha animals.
- Refrain from getting wet in chilly waves. - Eats Sidhu, Madira, and honey. - Underfeeding and gruel intake are other things to avoid. - Prepare the following: water, cane juice, fat, oil, and fresh rice. - Massaging the head and applying oil.
- Jentaka process symptoms include dressing in heavy, warm clothing and engaging in excessive sex all winter long.

AHARA EXPLAINED IN AYURVEDA COMPENDIA

Some anupana have been prescribed for practice by Acharya Charaka. Additionally, he suggests taking some anna on a daily basis. One of the best regimens uses ingredients like Yava (Hordeum vulgare) powder and Amalaki (Emblica Officinalis) powder. In order to preserve health, he also suggested Prashatika, Priyanguka (Setaria italica), Shyamak (Echinochloa frumentacea), Yavaka & Madhumeha (Avena sativa Linn.), Yava (Hordeum vulgare), Joornaahva (Sorghum Vulgaris Pers), kodrava (Paspalum scrobiculatum), mudga⁶

Table No.1 Classification Of Food With Ayurveda Modern Approach Of (Ahara Varga) Food

S. No.	Ayurveda classification	In Modern Classification
1.	Shooka Dhanya	Cereals
2.	Shami Dhanya	All types of Pulses, legumes
3.	Shaka	Green Vegetables
4.	Mamsa	Red Flesh
5.	Phala	All types of Fruits
6.	Harita	Green Salads
7.	Ambu	Water
8.	Gorasa	Milk and Milk Products
9.	Ikshuvikara	Sugar Cane Juice
11.	Krutanna	Processed (Food Stuff and Formulation)

(Ref - Rajendra Garg, Gopesh Mangal, Minu Yadav, Dinesh Sharma, Pathya Ahara Kalpana: A Review, International Journal of Ayurveda, ISSN: 2456-6640)

Table No. 2 Shows System-Wise Effective Ahara

S. NO.	SYSTEM		AUSHADHI
1.	Respiratory System	Green Tea, Beetroot, Blueberries, Tomato, eggs	Madhu, Pippli, Pumpkin, Cinnamomum, Cardamomum Maricha, Garlic, Ginger/ Sunthi, Haridra
2.	Gastrointestinal System	Green vegetables, curds, fruits, buttermilk, Fenugreek	Cumin Seeds, Hingu, Rason, Palandu, Jeeraka, Takra, Ajamoda, Sarsapa, Saindhava/ Rock salt
3.	Central Nervous System	Dark chocolate, broccoli, Avacado, salmon fish	Nuts like walnuts, peanuts, almonds, Coconut, eggs
4.	Muscular Skeletal System	Cheese, yogurt, soybeans, beans, tofu, etc.	Shali's, Wheat, Green & Black Gram, Horse gram, legumes, masha etc.

It is crucial to strengthen the immune system by eating the correct foods and leading a healthy lifestyle, as shown in Table No. 2, where the author has classified it.

Table No. 3 Season Wise Pathya And Apathya

SEASON	PATHYA	APTHYA
WINTER SEASON	Consume the fatty, sweet, sour, and salty fluids of aquatic and marshy flesh. - Steer clear of light foods and beverages that might vitiate vata. The flesh of animals that live in burrows and Bhrta made from Prasaha animals.	Avoid exposing yourself to frigid waves. - Consumes honey, Madira, and Sidhu. - Other things to avoid include underfeeding and gruel consumption. - Prepare the following: fresh rice, fat, oil, cane juice, and water. - Head massage and oil application. Jentaka Process Fomentations Wear thick, warm clothing. Engage in a lot of sex throughout the winter.
DEWY SEASON	One should regularly turn to exercise, unction, smoking, gargling, and collyrium as spring approach.	Avoid eating foods that are heavy, unctuous, sour, or sweet; wash your excretory orifices frequently with lukewarm water; avoid sleeping during the day; massage your body with Chandana and Aguru; and consume foods like barley and wheat, meat from animals like Sharabha, Shasha, Ena-lava, and Kapinjala. Avoid ingesting foods and drinks that have a pungent, bitter, or astringent flavor since they make you feel chilly. This season is similar to winter in that it is cold outside and windy and rainy.
SPRING SEASON	One should regularly turn to exercise, unction, smoking, gargling, and collyrium as spring approach.	Avoid eating foods that are heavy, unctuous, sour, or sweet; cleanse your excretory orifices often with lukewarm water; avoid sleeping during the day; massage your body with Chandana and Aguru; and consume foods like barley and wheat, meat from animals like Sharabha, Shasha, Ena-lava, and yak. Kapinjala.
SUMMER SEASON	After applying Chandan paste to the body, one should spend the night sleeping on the open, breezy roof of the home, which is kept cold by the moonlight.	A person wearing pearls should be cozily seated on a chair, enjoying fans and the touch of a tender hand, and should avoid exercise. One should either drink alcohol in moderation or not at all and even if one does, he or she should drink along with plenty of water. One should also sleep during the day in an air-cooled environment.
RAINY SEASON	Foods like old barley, grains, rice, wheat, and soup are advised since during this period, the digestive fire becomes vitiated, the vata dosha weakens, and infection susceptibility rises. Unhygienic meals, street food, and junk food should be avoided during this season since the varied ambient circumstances increase the risk of illness. Due to the ingestion of unsuitable meals, diarrhea, allergies, and common fever are widespread during the rainy season.	Avoid consuming Mantha diluted in excess; consume foods that are noticeably sour, salty, and decadent. Daytime naps, Frosty Drinking alcoholic beverages of the Madhvika or Arishta kind; moving in the sun; consuming river water; wearing fragrant garlands during the season; excessive exertion; and engaging in sexual activity.
AUTUMN SEASON	Foods that are sweet, salty, and sour should be consumed during this season since it is chilly outside and sweet flavors are predominant (Madhura). Strength continues to be great, and appetite (Agni) grows; hence, foods like green gram, Masha, fats, milk, and sesame, among others, can be ingested.	Avoid taking a sun bath, consume rice, barley, and wheat, as well as the meats of Lava, Kapinjala, Ena, Urabhra, Sharbha, and Shasa, as well as the tails of aquatic and marshy land animals, as well as Ghruta prepared with bitter medicines, purging, and blood-letting. Additionally, prepare an alkaline salt preparation and eat curd. Avoid sleeping throughout the day and use hanshodaka.

[Ref- Dr. Mamta Masram, Dr. Sandeep Singh Tiwari, and Dr. Rambhool Singh, A Review Article On Pathya– Apathya Of Charak Samhita, World Journal of Pharmacy and Pharmaceutical Sciences, Vol 8, Issue 6, 2019.]

PATHYA APTHYA IN DISEASED PERSON

Pathya In Nava Jwara

One should abstain from daytime naps, baths, massages, large meals, incestuous acts of passion, wind exposure, exercise, and kshaya during Nava Jvara.

Pathya Ahar In Jvara

Patients with Jvara are referred to as Yavagu, Odana, and Lajaa. Use Rakta Shali, etc., along with Shashtika varieties of rice only after they have undergone purification.

Pathya Ahar In Prameha

The main item in the patient diet who is suffering from Prameha should be barley. Old Shali rice was cooked and combined with Mudga soup, etc.

Pathya Ahar In Gulma

Old grains and maize, soups with animal flesh, kulattha, and mudga. Pippali, Naagra, Bilva, and Citraka are vegetables that are combined with Bijapuraka, Hingu, Amlavetasa, Khsara, Dadima, buttermilk, oil, and Ghruta to make vegetable meals.

Pathya - Apathya In Kustha

Healthy food and light. Bitter-tasting vegetables Boiling Bhallataka, Triphala, and Nnimba prepare food preparations and medicinal Ghruta.

Pathya- Apathya In Udararoga

Leafy veggies and barley pastries in Raktashali Mudga methods for preparing sesame seeds aquatic meat and meat from marshy land animals; meat from Jangala animals and birds; Milk Exercise cow feces a long distance walk Asava During the day, sleep Arishta Skip the spicy, salty, and sour foods. GguruAnnaSidhu and Madhu Vidhi Do not drink any water. Yavagu travels in a vehicle that moves quickly.

Pathya In Hikka And Shvasa

Old Godhum and Yava, Old Shali, and Old Shashtika

Pathya In Vata-Rakta

Old barley, wheat, Nivara, Shali, and rice of the Shashtika variety are examples of cereals. Soup made from the flesh of Pratuda and Viskira birds. Adhaki, Chanka, Mudga, Masura, and Makustha soup with copious amounts of Ghruta added.

Pathya In Visharpa

Foods and beverages that are Vidahi during the day, sleep rage, physical activity exposure to flames, intense sun, and powerful winds.

Pathya In Visha

Food: Shali, Shashtika, Koradusa, Priyangu, Saindhava Vegetables: Tanduliyaka, Jivanti, Vartaka, andKulaka Amalaki, Dadima Mansarasa, Ena, Sikhi, Svavit, Lava, Tittiri, Prsat.

DISCUSSION

The most fundamental yet crucial idea in Ayurveda is Pathya Kalpana. It appears to be applicable today and needs to be used professionally. The preparations created by Samskara's numerous processing techniques make the diet healthier.⁷ The following facts make it clear how important it is to comprehend "PathyaKalpana": These preparations are created with few, readily accessible materials; they are simple to make; and they are extremely inexpensive. Every individual and every moment brings a different understanding of Pathya.⁸ What one person considers Pathyato could not be Pathyato to another. Even in the same individual, it might fluctuate based on factors like age, psychological state, provoked Dosha, Dhatus state, raw material state, patient's location, patient's behaviors, etc.⁹

Therefore, the doctor must give the food plan a lot of thought and care. Pathya Kalpana is typically recommended as a food plan "in healthy persons" to help them stay fit, "to patients" to assist maintain their channels at a healthy stage, and "patients getting treated with Panchakarma" to aid in their Mahasrotas returning to normal.¹⁰

Daily routines, seasonal schedules, and other activities are crucial for maintaining health, and the Acharyas incorporated these in the notion of Pathya-Apathya. The general idea of Pathya-Apathya in Ayurveda is presented in the facts above.¹¹ The idea of Pathya varies with each person and every time. What one person considers to be Pathya may not be to another. Even within the same individual, it might vary based on factors such as age, psychological state, provoked Dosha, Dhatus state, raw material state, patient's location, patient's behaviors, etc. Therefore, the doctor must give the food plan a lot of thought and care.¹²

The general idea of Pathya-Apathya in Ayurveda is presented in the facts above. The idea of Pathya varies with each person and every time. What one person considers to be Pathya may not be to another. Even within the same individual, it might vary based on a variety of factors, including the patient's age, psychological state, provocative Dosha, Dhatus

condition, and geographic region.¹³ the patient's routines, etc. Therefore, the doctor must give the food plan a lot of thought and care. Pathya is the proper road, which is trouble-free and pleasant to the mind; apathy is the wrong way.¹⁴ this is important information that shouldn't be ignored. The pathya is the thing that keeps a person healthy, maintains normal bodily functions, promotes right organ function, feeds the mind and intellect, avoids illnesses, and simultaneously corrects any abnormalities that the body may experience. As a result, everyone should avoid Apathya (unwholesome to the body) and practice Pathya (wholesome to the body), as prevention is preferable to treatment.¹⁵

CONCLUSION

Ayurveda uses a comprehensive and rational approach to managing health. Along with medications, it places considerably greater emphasis on nutrition and routine. The antithesis of that, known as Apathya, is the food and lifestyle that is good for the body and brings happiness to the mind. The majority of health issues arise as a result of poor dietary habits and exercise routines. Planning a diet and dietetics are topics that Ayurveda addresses in a very scientific manner. The diet planning described in our classic literature is quite logical and founded on a few guiding principles. Diet processing, quality, quantity, and timing are all given a lot of consideration. When addressing this matter, careful consideration is given to the environment, psychological state, physical health, digestion, etc. of the person. Additionally, the diet needs to be prepared for the individual's preferences, environment, and age. In addition to helping to avoid illnesses, a healthy diet is essential for managing existing conditions. It is achievable if one follows a diet that takes into account the Tridosha, Prakriti, and Satmya of the individual as well as the Panchabhautik composition of food. Ayurveda also goes into great length on pathyaregimen, which is crucial for both illness prevention and treatment.

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