

ROLE OF PATHYA APATHYA IN SURGICAL DISEASES

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ABSTRACT

Ayurveda's goal and objective is to keep a person's health. To be a healthy person and to treat the patients' diseases. Ayurveda is a system of medicine that has been practiced for thousands of years. Many fundamental principles, such as *Ritucharya*. Etc. *Dinacharya Pathya* is a term that relates to on the other hand, that which provides alleviation to a person through the use of nutrition, regimens, and medicines. Apathy worsens the condition. The *pathya* is a type of *pathya*. Ayurveda uses *apathy* and *apathy* as diagnostic and therapeutic techniques. Disease management techniques. A well-balanced and nutritious diet is essential. Plays an important part in post-surgery healing. Nutritional support during surgery. Maintaining a healthy dietary status minimizes the risk of complications after surgery.^[1]

Reduces the time it takes for you to recuperate from surgery, *Purana*

swastika shaali, jaangal mansa, jeevanti shak, and tndulak are some of the *purana shastika shaali, jaangal mansa, jeevanti shak, and tndulak* are *Shaaka, vaastuka, Purana sarpi, mung, velepi, sruth, baalamulaka, patola, saindhava lavana, purana sarpi, mung, velepi, sruth jala*. These fruits and vegetables should be consumed more frequently during the summer.

KEYWORD: *Pathya, Apath, Ayurveda, surgery.*

INTRODUCTION

Ayurveda is a science that emphasizes nutrition and exercise as a part of Chikitsa. *Pathya* - *Apathya* plays an important supporting role in illness management. Following *Pathya* and avoiding *Apathya* in some stages of *Vyadhi* is enough to cure the sickness.^[2] The descriptions of *Dincharya* and *Ritucharya* in *Swasthavritta* are very thorough. *Aahara* is a key component. In Ayurveda, every detail, such as components, preparation methods, and the

quantity of the created formulation, is thoroughly described. It definitely emphasises the need of eating the right foods in order to achieve and maintain excellent health.

The value of *Pathya Ahara* was highlighted by *Acharyas* who stated that if a patient consumes wholesome food, there is no need for treatment.

Dietary management in surgical condition

The following are general dietary management in surgical condition, but in some cases, due to the health status of the patient, the physician or surgeon may require you to alter this plan.

One week before surgery Stop all nutritional supplements (vitamins/minerals including iron and calcium).

The day before surgery

Follow a low fiber low residue diet

Do not eat any solid food after midnight

Low fiber/low residue diet

The following low fiber/low residue diet is to be used the day before surgery. A low fiber/residue diet reduces the amount of waste that moves through the intestines, which is helpful in preparing for surgery. This diet is not nutritionally complete, and is intended to be used for a short duration only.

The day of surgery

Take clear fluids only up to 3 hours before surgery or up until arrival at the Hospital

Do not eat or drink anything after arriving at the Hospital

Allowed

Apple & Grape Juice.

Black Coffee or Tea. Ginger Ale and Seltzer.

Note allowed

Water Milk and Dairy product.

Citrus Juices, Juices with pulp.

After surgery

For the first day or so after surgery, the patient is only allowed to drink clear liquids, only 59 to 89 milliliters at a time. Once the patient is able to handle clear liquids, he or she can start having other liquids, such as skim or low-fat milk.

*Liquids you can have during stage 1:

*Unsweetened juice

*Decaffeinated tea or coffee

*Milk (skim or 1 percent)

*Strained cream soup

*Sugar-free gelatin or popsicles

The following are the general dietary guidelines

To follow:

Eat and Drink slowly

Eating or drinking too quickly may cause dumping syndrome — when food and liquids enter your small intestine rapidly and in larger amounts than normal, causing nausea, vomiting, dizziness, sweating and eventually diarrhea. To prevent dumping syndrome, choose foods and liquids low in fat and sugar, eat and drink slowly, and wait 30 to 45 minutes before or after each meal to drink liquids.

Keep meals small

During the diet progression, patient should eat several small meals a day and sip liquids slowly throughout the day (Not with meals).

Drink liquids between meals

Patients should expect to drink at least 6 to 8 cups of fluids a day to prevent dehydration. Drinking liquids with your meals can cause pain, nausea and vomiting as well as dumping syndrome. Also, drinking too much liquid at around mealtime can leave you feeling overly full and prevent you from eating enough nutrient-rich food.

Chew food thoroughly

Take small bites of food and chew them to a pureed consistency before swallowing.

Avoid foods that are high in Fat and Sugar

After surgery, it may be difficult for the digestive system to tolerate foods that are high in fat or added sugars. Avoid foods that are high in fat (Such as fried foods, ice cream and candy bars). Look for sugar-free options of soft drinks and dairy products.

Try new foods one at a time: After surgery, certain foods may cause nausea, pain and vomiting or may block the opening of the stomach. The ability to tolerate foods varies from person to person. Patients should try one new food at a time and chew thoroughly before swallowing. If a food causes discomfort, they should avoid them. As time passes, they may

be able to eat these foods. Foods and liquids that commonly cause discomfort include meat, bread, raw vegetables, fried foods and carbonated beverages.

REFERENCES

1. Sushruth Samhita sutra Sthana chapter, 46.
2. Sushruth Samhita sutra Sthana chapter, 6.