

PATHYA- APATHYA IN SKIN DISEASES – A REVIEW

^{*1}Dr. Pradip Kashinathrao Kumbharwad, ²Dr. Shubham Bansi Maske and
³Dr. Shrikant Atmaram Dighe

¹M.D. Ph.D (Scholar), Assistant Professor, Dept. of Agadatantra, Siddhakala Ayurved Mahavidyalaya, Sangamner, Ahmednagar, Maharashtra.

²M.D., Assistant Professor, Dept. of Kriya Sharira, Siddhakala Ayurved Mahavidyalaya, Sangamner, Ahmednagar, Maharashtra.

³M.S. Ph.D (Scholar), Assistant Professor, Dept. of Prasuti Tantra Evum Stree Roga, Siddhakala Ayurved Mahavidyalaya, Sangamner, Ahmednagar, Maharashtra.

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***Corresponding Author**
Dr. Pradip Kashinathrao
Kumbharwad

M.D. Ph.D (Scholar),
Assistant Professor, Dept. of
Agadatantra, Siddhakala
Ayurved Mahavidyalaya,
Sangamner, Ahmednagar,
Maharashtra.

ABSTRACT

Prevention is better than cure and can be at two levels, primary and secondary. Primary is the prevention in a healthy state and secondary to prevent the aggravation of the existing disease condition. Foods, drinks, activities such as physical & mental and environment play an important role in determining specific disease conditions. All Those factors conducive (*Pathya*) and non-conducive (*Apathya*) with regard to skin diseases are discussed in this article. In *Pathya* food is Fresh vegetables, fruits and *tikta rasa pradhana ahara*, *Goghrita* etc are ideal. In *Apathya* food is *Amla rasa pradhana ahara* (sour food) *katu rasa pradhana ahara* (pungent food) *lavana pradhana ahara* (salty food) *Dadhi*, fermented foods. bakery products and pastries as they impair digestion. Avoid excessive salt and spice. Non-vegetarian food is best avoided so as to maintain proper digestion. *virudhasana* (mutually contradictory food item) are to be avoided. In Drinks *Pathya* is tender coconut water, plenty of water. Whereas *Apathya* is Milk, sugarcane juice, alcohol, tea and coffee in excess are to be avoided. **In**

Mental Activities The mind should be calm and relaxed, devoid of negative emotions is *pathya* Whereas Negative emotions is an *Apathya* **for physical activities** *Pathya* is Maintain personal hygiene, mild

exercise (*Yogaasanaas*) and proper sleep whereas *apathya* is avoid excessive sex, day sleep, night awakening, over eating and contact with all those allergic substances. Hygienic environment is essential Fresh cool air and mild sun are potent natural skin restorers is *pathya* whereas exposure to extremes of heat and cold all of a sudden, such as getting into an air-conditioned environment and after walking in the hot sun is *Apathya*.

KEYWORDS: *Pathya, Apathya, Dinacharya & Ritucharya* in Skin Disease.

INTRODUCTION

- *Ayurveda* has given most importance to *Ahara* and *Vihara* in the maintenance of health and prevention of diseases.
- In the recent past the relation between diet and skin ailments is well established in contemporary medicine.
- *Ayurvedic* literature has described skin diseases mainly under the spectrum of *kushta*.
- Prevention is better than cure and can be at two levels, primary and secondary.
- Primary is the prevention in a healthy state and secondary is to prevent the aggravation of the existing disease condition.
- Certain factors such as, foods and drinks, activities and environment play an important role in determining specific disease conditions.
- Those factors conducive (*Pathya*) and non-conducive (*Apathya*) with regard to skin diseases are briefed below.

3 – *Doshas*

- *Vata*
- *Pitta*
- *Kapha*

4 – *Dushyas*

- *Tvak (Rasa)*
- *Rakta*
- *Manasa*
- *Lasika (Ambu)*

Food

Pathya

- Fresh vegetables, fruits and *Tikta rasa pradhana Ahara* are ideal.
- Fresh leafy vegetables, which are bitter such as *Brahmi*, *kakamachi Khadira*, *Amalaki* and *Neem*, are advisable.
- Rice, *Godhuma*, *Green gram* (Mudga) and *Moong dhal* which are old and hence light to digest are advisable.
- Soup of *Green gram* processed with *Neem* is beneficial.
- Intake of *Ghee* as per digestion is advisable.

Apathya

- *Amla rasa pradhana ahara* (sour food) *Katu rasa pradhana ahara* (pungent food) *Lavana rasa pradhana ahara* (salty food) are to be avoided.
- Sour foods such as *Dadhi* - Curd, fermented foods such as bakery products and pasteries as they impair digestion. Avoid excessive salt and spice.
- Non-vegetarian food is best avoided so as to maintain proper digestion.
- *Guda-Jaggery*, *Black Tila* (Sesame), *Masha* (Udad/black gram) *ati snigdha anna virudhasana* (mutually contradictory food item) are to be avoided.

Drinks

Tender coconut water, plenty of water in case of ichthyosis and dehydration.

Apathya

Milk, sugarcane juice, alcohol, tea and coffee in excess are to be avoided.

Activities

Broadly can be categorized into mental and physical activity.

1. Mental

Pathya

The mind should be calm and relaxed, devoid of negative emotions such as anger, hatred, grief etc. Meditation and *Pranayama* or breathing techniques.

Apathya

Negative emotions

2. Physical

Pathya

Maintain personal hygiene, mild exercise (*Yogaasanaas*) and proper sleep.

Apathya

Avoid excessive sex, day sleep, night awakening, over eating and contact with all those allergic substances.

Environment

Pathya

Hygienic environment is essential. Fresh cool air and mild sun are potent natural skin restorers. Light clothing preferably cotton and suitable footwear. Soap should be mild, simple and least alkaline.

Apathya

Avoid exposure to extremes of heat and cold all of a sudden, such as getting into an air-conditioned environment and after walking in the hot sun. Avoid excess heat exposure in case of photo dermatitis.

Dinacharya

- Ayurveda promotes a lifestyle that's in harmony with nature.
- It is advisable to wake up during *Brahma Muhurta* (preferably between 4.00 a.m. to 5.30 a.m.)
- Drinking water early in the morning according to one's capacity cleanses the body by enhancing the elimination of toxic wastes.
- It is necessary to massage whole body with oil every day.
- Oil massage ensures softness of skin, free movement of joints and muscles, peripheral circulation and elimination of metabolic wastes.
- Regular exercise is essential for perfect health.
- It builds up stamina and resistance against disease, clears the channels of body and increases the blood circulation.
- After bath one should wear clean clothes and smear the body with perfume.

Ritucharya

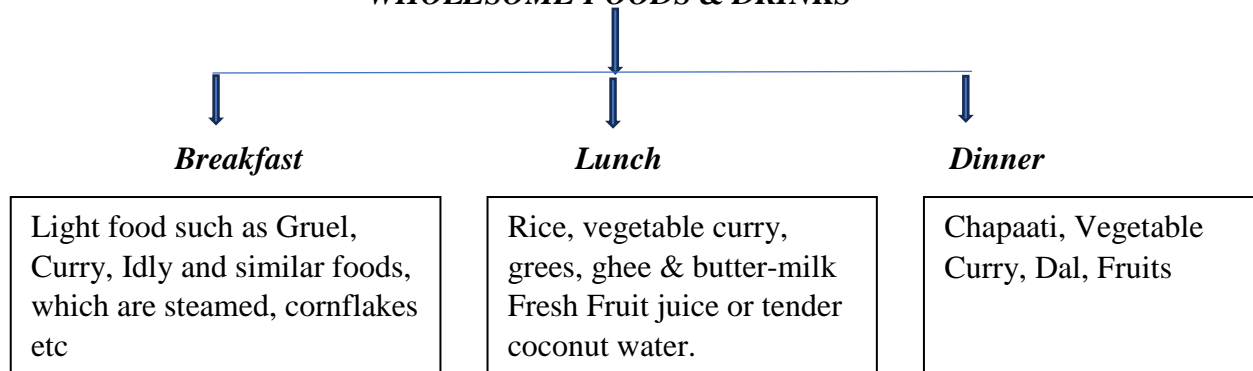
- In *Ayurvedic* classics, there has been a thorough consideration for seasons.

- Detailed dietetic regimen for these seasons is prescribed.

Table Number-1- *Ritucharya Pathyapathya.*

Sr. No.	Seasons	Advised	Avoided
1	<i>Vasant Rutu</i>	Bitter, hot diet Wheat honey syrup, fruits like mango, fruit-etc. and meat of forest animals.	Salty, sour and sweet food should be avoided.
2	Summer Season	<i>Pitta</i> pacifying cold, liquid, sweet and oily diet Intake of rice, milk, ghee, sugar, grapes, coconut water, meat of forest animals are advised.	Excessive hot, spicy, sour salty diet should be avoided.
3	Rainy Season	<i>Vata shamaka</i> sweet, sour and salty food and drinks preserved rice and mutton soups are advised.	<i>Diwaswapna, Nadijala, Vyayama,</i>
4	Pre winter and winter	Hot, sweet, sour and salty food, milk, sugarcane, rice, oils and fats are advised.	Season <i>Vata dosha</i> aggravates due to cold, dry, chilly atmosphere avoided

WHOLESONE FOODS & DRINKS



CONCLUSION

Body requires increased energy to cure the illness.

Reduce the metabolic rate.

Decrease energy utilization.

Increase digestive power

Lessen the burden upon liver, so that detoxification by liver is increased

Keep the body less acidic.

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