

## A COMPREHENSIVE REVIEW ON IMPLICATION OF PATHYA KALPANA AND PATHYA-APATHYA IN STREE ROGA (GYNECOLOGICAL DISORDERS)

<sup>1</sup>\*Dr. Sonu Raghuwanshi, <sup>2</sup>Dr. Sucheta Ray, <sup>3</sup>Dr. Varsha Adhav (Jadhao), <sup>4</sup>Dr. Ekta Singh Parihar and <sup>5</sup>Dr. Priyanka Hajare

<sup>1</sup>(PG Scholar), <sup>2</sup>Professor (HOD), <sup>3</sup>Professor, <sup>4</sup>Assistant Professor, <sup>5</sup>Assistant Professor  
P.G Department of Prasuti Tantra Evum Stri Roga, Mansarovar Ayurvedic Medical College  
Hospital and Reseach Center, Bhopal (M.P).

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\*Corresponding Author

Dr. Sonu Raghuwanshi

(PG Scholar), P.G

Department of Prasuti

Tantra Evum Stri Roga,

Mansarovar Ayurvedic

Medical College Hospital

and Reseach Center, Bhopal

(M.P).

### ABSTRACT

*Pathya* is essential for maintaining human health and plays an important role in body nourishment. In this article, we are providing some necessary information about *Pathya* for *stree roga*. *Pathya* plays a very important role in maintaining our health. In *Ayurveda Nidana Parivarjana* is the first line of treatment, in any disease. Any patient who visits hospital his first and foremost query is to know about do's and don'ts of any particular disease. Some problem related in female we can treat only *pathya* regime. The woman needs to follow a healthy diet and regimen so as to prevent any anomalies in her life or to maintain good health ensuring a strong progeny. Slightly impairment to the diet and life style pattern may result an unconducive milieu for her manifesting various *stree roga* (gynaecological disorders). The knowledge of *Pathya* and *Apathya* is helpful in disintegration of particular disease. In this article attempt is made to know *Ayurveda* life style (*Pathya*) and the habits which should be prohibited (*Apathya*) in *stree roga*.

**KEYWORDS:** *Pathya-Apathya, Aahar-Vihara, Dosha* and *Ayurveda Pathya, Apathya* for specific gynecological diseases.

### 🌈 *Yonivyapad*<sup>[1,2]</sup>

In case of *yonivyapad*, all three *dosas* are involved but mainly *vata dosa* is primarily doing the malfunctions resulting of it. So *vata shamak* drugs are given as a *pathya* in this.

- ❖ **Pathya:** *Sura, arista, asava lasuna swaras at morning, kshira, mamsarasa, yavanna, abha sidhu, taila.....*
- ❖ **Apathya:** *Manda*<sup>[3]</sup>

### 🌈 *Vataja Yonivyapata*

- ❖ **Pathya:** *Dashamula siddha kashaya, mudga yusa, lasuna*
- ❖ **Apathya:** *Dadhi, vaartaka, vyayam, vegdharan*

### 🌈 *Pittja yonivyapata*

- ❖ **Pathya:** *Tikta dravya siddha kashaya and yusa, peya, ghee, dugdha*
- ❖ **Apathya:** *amla, vidahi, lasuna, palandu, sura, arista, asava*

### 🌈 *Kaphaja yonivyapata*

- ❖ **Pathya:** *Panchakola siddha Kashaya and yusa, sura, arista, asava*
- ❖ **Apathya:** *Dugdha, sarkara, dadhi, divaswapna*

### 🌈 *Artavadusti*<sup>[4]</sup>

*Artava* is the *updhatu* of *rasa dhatu*, so any dysfunction of *rasa dhatu* results for aggravation of *artava dosas* and also *artava* is mainly consist of *agni mahabhuta*. So both *pathya* are chosen as per *rasa dhatu* and *agni mahabhuta*.

- ❖ **Pathya:** *Shali, yava, madya, pittala mamsa*
- ❖ **Apathya:** *amla, vidahi, dadhi, kanji*

### 🌈 *Asrigdara / Pradara / Shweta pradara*<sup>[5]</sup>

The treatment of *asrigdar* is done as per *raktapitta chikistha* so both *rakta* and *pitta shamaka* drugs and diet can be chosen as *pathya*.

- ❖ **Pathya:** *Utpaladi gana, kakolyadi gana, Patola, jangala mamsarasa, shali, sasthika, pomegranate, amalaki, Milk, honey, clari-fied butter (ghrita) processed with nyagrodhadi gana.*

Wheat, barley, old rice, cold substance, Patol, bathua, chaulai, spinach, bottle gourd (lauki), papaya, apple, pome-granate, grapes, banana, amalaki, dry dates (chhuara), ginger (ardraka), coriander, Masura, chickpea (chana)

❖ **Apathya:** *Kanji, dadhi, vidahi, pittavardhak ahara and vihara.*

Black gram, Onion, garlic, brinjal, pickle, vinegar, sour curd, sour substance, oil, jaggery spicy food Day sleeping, night awakening, excessive exercise, fasting, eating before digestion of previous food, walking in sunlight, sadness, excessive sexual activity.

🌈 **Udavarta yonivyapata/Kashtartava (Dysmenorrhoea)**

Kastartava is mainly concerned with *vata dosa*. *Vata* is responsible for any kind of pain in the body by doing obstruction. So *vata anuloman karak* drugs and diet can be chosen as *pathya*.

❖ **Pathya** (Do's): *Garlic, milk, meat juice, oil, long pepper sedation, therapeutic enema (vasti), draksha, hingu*

❖ **Apathya** (Don'ts): *Manda, vegadharan, excessive vyayam, diets and life style causing aggravation of Vata dosha.*

🌈 **Bandhyatva<sup>[6]</sup>**

Different *nidans* are responsible for causing *vandhyatva*. ***Dhatu kshya, vija dosa, jara kal*** etc are mainly responsible for it. So *pathya* are chosen as per the *nidan*. Overallly ***Vajikarak, rasayan, dhatu vardhak, sharir shodhak*** drus and diet can be chosen.

❖ **Pathya:** *Lasuna, dugdha, ghee, mamsa, shatavari, yastimadhu, vandhyakarkotaki mula, langali, katutumbi, debadali, bruhati,*

❖ **Apathya:** *Surana, amlakanji, vidahi*

🌈 **Upadansa**

It is *tridosha prakaopak vyadhi*, so *tridosh shamak* drugs and diet can be chosen.

❖ **Pathya<sup>[7]</sup>:** *yavanna*

❖ **Apathya<sup>[8]</sup>:** *Dibaswapna, mutravega, gurvanna, maithuna, guda, amla, takra*

🌈 **Arbuda**

❖ **Pathya:** *Ghee, shali, yava, mudga, sigru, patol, karela, Shaka, Guggul, Shilajatu*

❖ **Apathya:** *Dugdha, ikshu, anupa mamsa, guru and abhisyand dravyas Amla-Madhur ras.*

🌈 **Vidraddhi**

❖ **Pathya:** *Kulatha, Lehsun, Shigru, Karela, Chitrak, honey, ghrit, taila, Mudga, Vilepi, Shali, shaka, Kadali, patol, chandana.*

## DISCUSSION

Very easy selection of ingredients for *pathy ahar* according to disease. Practically, *Pathya Kalpana* is recommended as a diet for "healthy people" to keep them fit. Patient who is getting ayurvedic medicine for the treatment of chronic disease *pathya ahar* promotes the efficacy of the medicine and normalises the *dhatu*s, *dosh*as, and *mahasrotas*a.

## CONCLUSION

*Pathya* and *Apathya* are utilized for both disease prevention and treatment. In his book "Vaidyajeevanam" Vaidya Lolimbraj describe a very important principle about *Pathya* and *Apathya*.<sup>[9]</sup>

The *pathy ahar vyavastha* (arrangement of diet) is mentioned in the *Ayurveda* in a very scientific way. The diet that is good for the mind and body is called "*pathya*" (healthy) aahar, while the diet that adversely affects the mind and body is called "*apathy aahar*" (unhealthy diet). *Kala* (time) is the prime factor in dietary management which helps to bring normal stage of *Agni* and *amapachan*. Dietary habits play a significant role in both disease management and disease prevention.

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