

PATHYA & APATHYA AHARA-VIHARA FOR VATA-VYADHI IN TODAY'S ERA

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ABSTRACT

Ayurveda has described 80 types of *Vata-vyadhi*. The collective meaning of *Vata- vyadhi* indicates the specific disorders occurring due to the *Vata Dosha*. Due to various etiological factors, Whenever *Vata Dosha* gets vitiated it first enters in all *Srotasa* (empty channels) of the body and then creates different types of *Vata* disorders including neurological, neuro-muscular, musculo-skeletal disorders and degenerative disorders like *Ardita* (Facial Paralysis), *Pakshaghata* (Hemiplegia), *Mansa Shosa/Kshaya* (Muscular Dystrophy), Joint Disorders (*Sandhigata Vata*, *Ama Vata*, *Vatarakta* etc.), *Asthi Shosa/Kshaya* (Osteoporosis), Myopathy etc. *Ayurveda* has described various do's and don'ts regarding *Aahara-Vihara* in several diseases. The concept of *Pathya & Apathya aahara-vihara* is one such concept of *Ayurveda* and it is explained as a part of the treatment of diseases. In

today's era most of the health problems are developed due to faulty eating habits and regimen. Therefore in this paper the scientific evaluation of *Pathya-apathya aahara-vihara* mentioned by *Ayurveda* for *Vata- vyadhi* has been presented on the basis of *Ayurvedic* and modern approach.

KEYWORDS:– Vata vyadhi, Pathya, Apathy, Diet, Ahara, Vihara.

INTRODUCTION

The disease caused by Vayu by implication, other dosha and dushya (tissue elements) are vitiated in a special way by Vayu to produce disease in the entire body or in a part of it which

is called Vatavyadhi (Vata disorders). In the disease pathogenesis, the diseases purely caused by Vata dosha are called Vatavyadhi. Vata Guna are - Ruksha, Laghu, Shita, Sukshma, Khara.

Aim

To review the role of *Pathya-Apathya Ahara-Vihara* for *Vata vyadhi* in today's era.

Objectives

- 1) To review the role *Pathya-Apathya Ahara* in *Vata vyadhi*.
- 2) To review the role of *Pathya-Apathya Vihara* in *Vatavyadhi*.

Need of study

- In modern era, mostly we found Vatavyadhi due to modification of life style (*Mithya vihara*) and irregular dietary pattern (*Mithya ahara*).
- Need of the study of *Pathya Apathya* of *Vatavyadhi* is that, with the help of understanding *Pathya Apathya* measures, we can easily prevent all types of *Vata* disorders.
- To avoid excessive use of NSAIDS or corticosteroids and its side effects.

DISCUSSION

COMMONEST VATAVYADHI	
<u>Apatanaka</u> (Tetani), <u>Akshepaka</u> (Convulsion), <u>Dhanurvata</u> (Tetanus)	<u>Khanja</u> (Monoplegia)
<u>Khalli</u> (Muscle cramps)	<u>Pangu</u> (Paraplegia)
<u>Sandhigata vata</u> , <u>Amavata</u> , <u>Vatarakta</u>	<u>Pakshavadha</u> (Hemiplegia)
<u>Ardita</u> (Facial Paralysis)	<u>Koshtuka shirsha</u> (Sino-arthritis)
<u>Hanu graha</u> (Lock jaw)	<u>Vatakantaka</u> (Ankle arthritis)
<u>Manyastambha</u> (Wry neck)	<u>Pada daha</u> (Peripheral neuritis)
<u>Ijhva stambha</u> (Tongue paralysis)	<u>Mukata</u> (Aphasia), <u>Badhirya</u>
<u>Gridhrasi</u> (Sciatica)	<u>Nidranasha</u> (Insomnia)
<u>Avabahuka</u> (Frozen shoulder), <u>Vishwachi</u>	<u>Aadhamana</u> (Abdominal distention)
<u>Krushata</u> (Cachexia), <u>Mansa shosha</u>	<u>Atopa</u>
	<u>Kampavata</u> (Shaking palsy), <u>Angamarda</u> , <u>Stambha</u> (Stiffness)

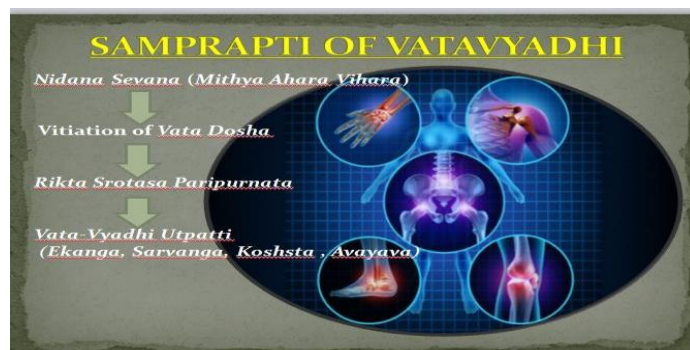
Picture no. 1

Aharaja hetu of vatavyadhi^[1,2]**Ruksha Ahara- Excessive consumption of dry food**

- *Shita Ahara*- Excessive consumption of cold food.
- *Alpa Ahara*- Less quantity of food.
- *Laghu Ahara*- Food which are light to digest.
- *Langhana*- Fasting in excess (*Upavasa*).
- *Kathin padartha sevan*- walnut shell/supari (areca nut) etc.
- Excessive consumption of Tikta/Katu/Kashaya rasa ahara.
- Excessive consumption of preserved food like meat and vegetables.

Viharaja hetu of vatavyadhi^[3,4]

- *Ati Maithuna* (Excessive sexual activities)
- *Ati Jagarana* (Excessive awakening during night times).
- *Ati Chankramana* (Excessive walking).
- *Ati vyayama* (Excessive exercise).
- *Ati Chinta, Shoka* (excessive stress, thinking, fear, irritation).
- *Veg vidharana* (Forcible withholding of natural urges).
- Riding on elephant, horse, camel and bike regularly.
- *Aaghata* (Accident, trauma, excessive bleeding).
- Cloudy and rainy season.
- *Diwaswapa* (Sleeping at day times).
- Sitting or sleeping on irregular floor.
- Loudly speaking or excessive laughing.

Samprpti of vatavyadhi^[5]**Picture no. 2**

Principles of pathya apathya ahara vihar in vatavyadhi

- *Snigdha ahara* (Excessive use of sneha in food).
- *Madhura/Amla/Lavana rasa* food.
- *Ushna ahara* (Hot & fresh food).
- *Vrishya/Bruhana ahara*
- Avoid *Ati Ruksha/Laghu/Shita/alpa ahara*.
- Avoid excessive fast.
- Avoid *Kashaya/Katu/Tikta rasa* food.
- Avoid *AtiShrama/Vyayama/Sahasa/VegVidharana*.
- Avoid excessive sexual activities.
- *Hemanta Rutucharya Palana*.

Pathya-apathya ahara vihara in vatavyadhi^[6,7,8,9,10,]**Table no. 1**

1.	SHUKA DHANYA (GRAINS) VARGA
Pathya	Godhuma (Wheat), Shali/Shashti (Rice), Nartaki/Nachani (Finger millet) Kalpana- Roti/Payasa/Chapati/Yusha (with Ghrita)
Apathya	Yavanala/Jwar (Great millet), Yava (Barley), Kodrava (Kodo millet), Shyamaka (Vari che tandul), Gavedhuka

Table no. 2

2	SHAMI DHANYA (LEGUMES) VARGA
Pathya	Kulatha (Horse gram), Masha (Black gram), Mudga (Green gram) Kalpana- Dala/payasa/Krushara/Yusha/Odana
Apathya	Adhaki (Pigeon pea), Masura (Lentil), Chanaka (Chickpea), Satina (Pea), Nishpawa (Pawata/Indian butter bean), Rajamasha (Cow pea), Makushthaka (Mataki), Vaala. Kalpana- Kulmasha, flour etc.

Table no. 3

3	MANSA VARGA
Pathya	Aja mansa (meat), Kukkuta mansa (Chicken), Titira Mansa (Peacock), Chataka mansa, Majja (Bone marrow) Kalpana- Mansarasa with excessive Ghrita, Mansarasa siddha odana (rice)
Apathya	Shushka mansa (Dry meat), Preserved meat

Table no. 4

4	SHAKA (VEGETABLES) VARGA
Pathya	Garjara (Carrot), Patragobhi (Cabbage), Mulaka patra with sneha, Chanaka patra, Kushmanda (Ash guard), Alabu (Bottle guard), Mahakoshataki (Nenua), Koshataki (Turai), Patola (Parawala), Bimbi (Tondali), Shobhanjana (Drumstick), Unripped Vrutaka (Brinjal), Bhendi (lady's finger), Salayama (Turnip), Lashuna (Garlic), Palandu (Onion), Kalpana -Bhaaji/Soup/Yusha (Patola Yusha)/Lashuna kalka with Ghrita/Juice/Thalipitha/Boiled vegetables
Apathya	Palaka (Spinach), Chawali, Karkati (Cucumbara), Karavellaka (Bitter guard), Apakva kadali (Unripped Banana fruit), Chilli seeds Kalpana - Dry vegetables/Preserved vegetables

Table no. 5

5	KSHIRA VARGA/ JALA VARGA/ IKSHU VARGA/ TAILA VARGA/ OTHER
Pathya	Kshira (Milk), Ghrita, Santanika, Kurchika, Kilata (Khova), Curd, Takra, Navanita, Koshna jala, Guda (Jaggery), Sharkara (Sugar), Tila taila, Eranda taila, Sarshapa taila, Narikela taila, Atasi taila, Sura (Wines), Madhu (Honey), Saindhava, Tea, Coffee, Egg
Apathya	Shita jala, Freezed milk, Kusumbha taila, Freezed dairy products

Table no. 6

6	PHALA VARGA (FRUITS)
Pathya	Pakva amra (Riped mango), Mrudvika (Grapes), Dadima (Pomogranate), Kadali (Banana), Pakva badara (Riped jujube), Parushaka (falsa), Anjira (Fig), Narikel (Coconut & its water), Tadafala, Fanasa (Jackfruit), Palevata (Apple), Kharbuja (Musk melon), Ananasa (Pineapple), Erandakarkati (Papaya), Pakva kapitha (Unripped elephant apple), Ikshu (Sugarcane & its juice), Naranga (Orange), Lychee, Amlika (Tamarind), Karmaranga (Chinese gooseberry), Amalaki (Indian gooseberry). <u>Dry fruits</u> - Vatala (Almond), Kaju (Cashew), Abhishuka (Pistachio), akshota (Walnut), Priyaala (Charoli), Tila (sesame) Kalpana - Juice/Salaad/Mantha/Payasa/sweets
Apathya	Shringataka (water chestnut), Amaruda (Guava), Jambu (Jambhul), Apakva badara (Unripped Jujubi), Apakva kapitha (Unripped elephant apple), Supari (Areca nut), Apakva Amra (kairi)

Pathya vihara^[11,12,13,14,15,16]

- *Parisheka/Avagaha* with *Koshna Jala*.

- *Brahmacharya.*
- *Mrudu Shayya.*
- *Agni sheka* (Bonfire).
- *Atapa sevana* (Sun rays).
- *Taila/Ghrita Mardana.*
- *Taila/Ghrita Padabhyanga/karnapurana/Sarvabhyanga.*
- *Swedana* (Steam).
- *Nirvata Place.*
- *Pravarana.*
- *Bhushayya.*
- *Snana* (Bath with *koshna jala*).
- Natural sleep at night.
- *Ardha Shakti Vyayama* (Mild/Moderate exercise)

Apathya vihara^[17,18]

- *Ati maithuna* (Excessive sexual activities)
- *Ati jagarana* (Excessive awakening during night times)
- *Ati plawan* (Excessive swimming)
- *Ati vyayama* (Excessive exercise)
- *Ati chinta/shoka* (Excessive stress/fear/irritation)
- *Vega vidharana* (Forcible withholding of natural urges)
- *Divaswapa* (Sleeping at day time)
- *Vishama asana/shayya* (Sleeping/sitting on irregular floor)
- Regular riding on horse/elephant/camel/bike
- *Ati shrama* (Excessive work)
- *Ati chankramana* (Excessive walking/jumping/running)
- *Shita pravata* (below fan/AC/cold climate)
- Loudly speaking/Excessive laughing

CONCLUSION

Pathya-apathya ahara-vihara is the most essential requirement of all living beings. *Ayurveda* explained *Pathya-apathya* measures as a part of treatment of disease. *Pathya-apathya* has

been given importance that no medicine is needed if Pathya-apathya is followed properly and there is no use of medicine if *Pathya-apathya* is not followed properly.

Pathya like Snigdha/Ushna/Guru/Madhura-Amla-Lavana rasa/Taila-Ghrit yukta ahara/less Katu-Tikta-Kashaya rasa ahara/less fasting/Vrishya-Brihaniya ahara /Atapa sevan/Regular normal sleep/Abhyanga-Mardana-Avagaha/Swedana/Brahmacharya etc are helpsto prevents Vata disorders as well as helps in treatment of vata disorders.

Apathya measures like Ati maithuna/Ati Shrama-Vyayama-Chinta-Shoka/Vega vidharana/Ratri jagarana-Divaswapa/excessive riding etc should be avoided in Vata disorders.

Pathya-Apathya measures help to live long and will be useful to society and also help in treatment of disease, prevention of disease and its complications.

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