



### A survey study to revalidate relation between “*Mithyachara* of ambupan and occurrence of *vyadhis*”

Payal Mahavir Thakur<sup>\*1</sup>, Mritunjay Sharma<sup>2</sup>, Archana Dachewar<sup>3</sup>

1. PG Scholar, Kayachikitsa,
2. Guide and Asso. Professor,
3. Professor and HOD,

Kayachikitsa Dept., Shri Ayurved Mahavidyalaya, Nagpur, Maharashtra

**\*Corresponding author:** [payal19933thakur@gmail.com](mailto:payal19933thakur@gmail.com)

#### ABSTRACT

Mind and body are inseparable entities influencing each other throughout the life. Now a day, due to abnormal lifestyle, increased pace of life, changes in food, drinking habits and behavioral pattern, people become stressful which lead them towards several disorders. For the present study to revalidate the relation of *mithyachara* of *ambupan* with various *vyadhis*, a standardized questionnaire in the form of proforma incorporating water drinking habits (*ushapan*, before food *atyambupan*, *atyambupan* with food, *atyambupan* after food, *nishapan*) was prepared. This study was conducted on total 100 persons and divided into two groups. Group A included 60 patients and Group B included 40 relatives of the patients. They were subjected to a questionnaire survey and their habits of *ambupana* and daily regimen were noted in a OPD of *kaychikitsa* department of *pakwasa* hospital, Nagpur. Now a days most of people think

drinking large amounts of water is helpful for proper skin health, digestion, and health etc., many claims have been made that excessive drinking water gives you a radiant skin and healthy life. While other people says it has no effect and it causes many diseases and side effect. So here is an effort to highlight the relation between *mityachar* of *ambupan* and *occurrence* of *vyadhis*. For making aware the society to prevent the diseases through *nidanparivarjan*.

**KEYWORDS:** Lifestyle disorder, *agnimandya*, *ajirna*, *ushapan*, *atyambupan*, *nishapan*.

#### INTRODUCTION

Now a days a lot of diseases are occurring due to faulty lifestyle. Lifestyle is the way in which a person lives. It is a set of attitudes, habits or possessions associated with a particular person or group i.e. how, where and when person is sleeping, playing, eating

and drinking etc. 21<sup>st</sup> century is modern era of competition in life. It is full with stress to achieve more and more goals. These result into an unhealthy lifestyle with a fast pace, food, drinking habits and behavioral pattern. Digestive abnormalities are also one of them. faulty lifestyle and food, drinking habits hamper the process of digestion and produce hyperacidity, constipation, anorexia etc.

Ayurveda has prescribed the rules of Ambupan. Deviation from these rules causes various diseases. Mithyachara of Ambupan causes agnimandya thus causing many diseases. This study was intended to revalidate the relation of Mithyachara of ambupan with various vyadhis. So here is an effort to highlight the relation between mityachar of ambupan and occurrence of vyadhis for making aware the society to prevent the diseases through nidanparivarjan.

### **AIM**

- To revalidate the relation between Mithyachar of Ambupana and occurrence of Vyadhis.

### **OBJECTIVE**

- To study the rules of ambupana.
- To study the effect of Mithyachar of ambupan through survey study.

### **MATERIALS AND METHODS**

#### **Selection of patient**

A group A included 60 patients who came to OPD of Kayachikitsa dept of Pakwasa Rugnalaya and group B included 40 relatives of the patients were subjected to a questionnaire

survey and their habits of ambupana and daily regimen were noted of 20-75 years of age group.

### **Inclusion criteria**

All the patients and their relative who wake up after 6 am in the morning and drink water more than 500 ml at time of (ushapan, before food, with food, after food, nishapan) for more than one year.

### **Exclusion criteria**

Patients and others having age below 20 years and above 75 years, suffering from any malignant diseases, or any other endocrine disorders, Pregnant, lactating females.

### **Place of study**

Study was conducted OPD of kaychikitsa dept. of college shri ayurved mahavidyalaya, pakwasa samanvaya rugnalaya Nagpur.

### **Methods for the study**

For the study, a standardized questionnaire in the form of proforma was prepared. Study subjects were asked about his daily routine to know quantity of excessive water intake and deviation from rules for taking water. In the questionnaire, following questions were asked, water drinking habits like ushapan, before food atyambupan, atyambupan with food, atyambupan after food, nishapan to a patients and their relatives.

## OBSERVATION AND RESULT:

CONSUMPTION OF ATYAMBUPAN IN WHOLE DAY	TOTAL		PERCENTAGE(%)	
	Group A (n = 60)	Group B (n = 40)	Group A	Group B
Ushapan(Intake of water more than 500ml after 6 am)	40	20	66.66%	50%
Intake of water more than 500ml before food	25	15	41.66%	37.5%
Intake of water more than 500ml with food	40	15	66.66%	37.5%
Intake of water more than 500ml after food	41	14	68.33%	35%
Intake of water more than 500ml before the sleep	30	15	50%	37.5%

DISEASES OBSERVED IN SUBJECTS TAKING ATYAMBUPAN	TOTAL		PERCENTAGE(%)	
	Group A (n = 60)	Group B (n = 40)	Group A	Group B
Malbadhata	35	12	58.33%	30%
Ajirna	30	08	50%	20%
Agnimandya	20	20	33.33%	50%

In group A, 40 patients (66.66%) were taking Ushapan, 25 patients (41.66%) were taking before food ambupana, 40 patients (66.66%) were taking atyambupana with food, 41 patients (68.33%) were taking atyambupana after food and 30 patients (50%) were taking Nishapana out of 60 patients. In group B, 20 relatives (50%) were taking Ushapan, 15 relatives (37.5%) were taking bhojanpurva ambupana, 15 relatives (37.5%) were taking ambupana with food, 14 relatives (35%) were taking atyambupana after food and 15 relatives (37.5%) were taking Nishapana out of 40 relatives. In group A, 35 patients (58.33%) were suffering with Malabaddhata, 30 patients (50%) with Ajirna and 20 patients (33.33%) with Agnimandya out of 60 patients. In group

B, 12 relatives (30%) were suffering with Malabaddhata, 8 relatives (20%) with Ajirna and 20 relatives (50%) with Agnimandya out of 40 relatives. It shows that the subjects were suffering with more than one disorder.

## DISCUSSION

The observation in this study shows that, those who consumed excessive amount of water suffered with ajirna, agnimandya, and malbaddhata. These disorders are caused by vitiation of agni, as mithyachar of atyambupan reduces the strength of digestive power, Which is manifested in form of above mentioned disorders. Subjects who were not seeking any treatment but not following proper rules of ambupan also

suffered with same disorder up to some extent but patients who were taking atyambupan were found to be suffering with agni related disorder in higher percentage because of continuance of their atyambupan. If ambupan is done in proper quantity at proper time then it helps to maintain or improve the health. Majority of subjects in group A and group B were not following the ideal rules of ambupan<sup>1</sup> i.e drinking water before food, it dilutes and weakens agni or digestion strength hence taking water before food is not ideal. Drinking water after food affects both the quality of food and digestion strength. It gives a touch of coolant effect to whatever the food is eaten. Hence, a person tends to become obese over a period of time by this method. Hence, it is not ideal. Drinking water between food helps to moisten the food and helps to breakdown food particles into smaller pieces, it quenches thirst, hence water intake in appropriate quantity between food is ideal. It is also explained that water should be consumed in very appropriate quantity, otherwise person suffers from agnimandya, gulma, pandu, shosh, arsha. Ideal rules of ambupan<sup>3</sup> i.e. drinking water before meals causes emaciation and weakness and after meal it causes obesity and between meals it promotes health<sup>2</sup>. Drinking of water should be moderate in disease such as aruchi, pratishay, prasek, mandagni, kushta, jwar, netraamaya, madhumeha and vrana.<sup>4</sup> Ayog of ambupan i.e, always doing trishna nigarha and atiyoga of ambupan i.e. always drinking water in excess quantity causes increased kapha and pitta dosha particularly in persons suffering from fever and it also increases ama, trishna,

tandra, gaurav, agnisada, shwasa, hrillas, prasek and pinas. Mithyayog of ambupan means always drinking chilled water, cold drinks, and drinking water even if no thirst etc. All these lead to ill health<sup>5</sup>. It is described as concept of ushapan, who drink water of 8 prasruti (a cup joining of two hands is known as prasruti) before the time of sunrise can live for a long time without fear of old age and disease.

This study shows excess water intake leads to amavridhi and it causes mandagni and ajirna. According to “Ayurveda” water should be taken in appropriate quantity even if we are very thirsty and the amount of water intake depends upon trishna, dosha, kala, rutu, vaya, avastha, prakruti etc. to maintain the health. Water is a source of health if taken in appropriate quantity and it is also a source of disease if taken in inappropriate quantity.

## CONCLUSION:

The observation during survey showed patients with “Mithyachara of Ambupana” mostly suffer with malabaddhata, Ajirna and Agnimandya which are responsible for causing many vyadhis. Persons who were not seeking treatment for any vyadhi also had similar issues due to same cause. This survey showed that “Mithyachara of Ambupana” is responsible for causing various vyadhis related with agni and annavahastrotas.

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