



Importance of *Pathyapathaya* in *Santarpanottha Vikar*

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Abstract: *Ayurveda* is the science which deals with maintenance of health and curation of disease. Now a day's due to unhealthy food habits and changes in lifestyle, people are more prone to disorders. These disorders are mainly categorized into 2 concepts *Santarpanottha* and *Apatarpanottha vikar*. The *Santarpanottha Vikar* includes, *Pandu, Atisthoulya, Kushtha, etc.* *Apatarpan* is recommended in the *Santarpanottha vyadhi*. *Pathya-Apathya Kalpana* is important in Prevention of the disease, during elimination of doshas and bringing harmony within the body. Today the patients of *Santarpanottha vyadhi* are taking treatment regularly. But, due to consumption of *Apathya ahara* the *vyadhi* remains in same stage. *Santarpanottha Vyadhi* can be correlated with lifestyle disorders today. So, there is much more importance of *pathya sevan* and avoidance of the *apathyajanya Ahar* and *vihar*.

Keywords: *Santarpanottha Vikar, Pathya-apathya, Sthoulya, Prameha, Kushtha, Aamdosha*

Introduction:

The Aetiological factors of *Santarpanottha vikar* consist of the diets mainly of *Prithvi* and *Apa Mahabhuta* dominance.⁽¹⁾ This includes *Snigdha, Madhura, Guru Picchila*, newly harvested grains, Jaggery, milk preparation.⁽²⁾ *Santarpanottha vikar* are *Kapha* dominating disorders somewhat involvement of *Kleda*. These *Hetu's* nourish the *Dhatus* excessively. Excessive intake of *Madhura ras ahara* increases *shoulyata, mardarvata, alasya guruta* etc. along with *agnimandya* and also *madhuravipaka* increases *Kapha*.⁽³⁾ *Vihar Hetu* includes *Diwaswapna, shayyasan* and *Avyayam* etc. Treatment of *Santarpanottha vikar* is *Apartan*. It mainly includes *Shodhan* which can be given by *Vaman, Virechan, Raktmokshan*. Also *Dhumpan, Vyayam, Upwas, Swedan, Haritaki Choorna* with *madhu* for *lehan*,

Rukshannapaan and *Kandukothanashak choorna* or *pradeha* given as *chikitsa* of *santarpanottha Vyadhi*.⁽⁴⁾ *Virukshan* and *chhedaniya Dravya prayog* and *Lekhan basti prayog* along with the *vyayam* are the treatment modalities of *Santarpanottha vikar*. Along with this *Pathyakar ahar* and *vihar* plays major role in this *Santarpanottha vikar*.⁽⁵⁾

The root terms for *pathya* is '*Patha*' means various channels i.e. *strotasa's* in body and '*anapetam*' means not causing any harm to human body. So, any food which is not harmful for body i.e. which is wholesome soothing for body can be labelled as *Pathya*.⁽⁶⁾

Aim:

To study importance of *Pathyapathya* in *Santarpanottha Vyadhi*.

Objectives:

- 1) To understand *chikitsa* of *Pathyapathya*
- 2) To highlight *Pathyapathya sankalpana* in *Santarpanottha Vyadhi*.

Materials and Methods:

- All the references regarding *Santarpanottha Vikar*, *Pathya sankalpana* in these disorders are collected from *Ayurvedic* literatures, various textbooks.
- Collection of different references from various previous articles and journals available on internet
- Collection of some contents is done logically by '*Yukti Praman*'

Apatarpan is the main treatment in *Santarpanottha Vikar*.⁽⁷⁾ *Apatarpan chikitsa* can be done by *Shodhan* and *Shaman* Procedures. When *Rugna bala* and *Vyadhi bala* are more and *doshasanchiti* is more, then *apatarpan* will be given by *Shodhan*

chikitsa. This includes *Niruh basti*, *Vaman*, *Virechan*, *Shirovirechan*, *Raktmokshan*.⁽⁸⁾

If *Rugna bala* and *Vyadhi bala* are *madhyam* or less, then *apatarpan* is given by *Shaman chikitsa*. This includes *Pachan*, *Deepan*, *Kshudha*, *Trishna*, *Vyayam*, *Aatap*, *Marutseva*. Along with *chikitsa* of *Santarpanottha Vikar* more attention should be paid to *Pathyapathya*, So that maintenance of well being and health restoration is achieved through *Pathyakar Aahar* and *Vihar*. It should be followed to ensure maximum efficacy of medicines in curing a disease.

Importance of Pathyapathya

Pathya is the synonym for *Chikitsa* stated by *Acharya Charak*.⁽⁹⁾

According to *Acharya Sushrut Nidanparivarjan* is the main *Chikitsa* of any disease. For this *Nidanparivarjan* we must know about *Pathyakar* and *Apathyakar ahar Vihar* of that disease.⁽¹⁰⁾

Aahar is called as *Mahabhaishajya* by *Acharya Kashyap*.⁽¹¹⁾ So, for treating this *Santarpanottha vyadhi* we must have to focus on *Pathyakar ahar- Vihar*.

For the *Santarpanottha Vikar Guru gunayukt* and *Apatarpanjanya ahar* should be used with *chikitsa* of these *vyadhies*.^{(12),(13)}

Pathyapathya of common *Santarpanottha Vikar* are mentioned below in chart format. These diseases are selected because these are most commonly seen and have more prevalence as to compared others. These diseases can be representative of other *Santarpanottha vikar*. All these diseases covered can produce their major complications i.e. *Upadravatmak vyadhi*. The root cause of all disease is *Agnimandya*.⁽¹⁴⁾ *Agnimandya* produces *Aam*

formation which is responsible for vyadhi formation.⁽¹⁵⁾ Aharras is the main factor to produce Shoulya and Karshya. (16) So,

Pathyaptha of Some Santarpanottha Vyadhi:

1) Shoulya:^{(17),(18),(19),(20)}

Pathyapathaya of Aamdosha can be applied to all other diseases.

	<i>Pathya</i>	<i>Apathya</i>
<i>Aaharaj</i> <i>Annavarga:</i>	<i>Shuka dhanya-</i> <i>Puran shali</i> (Old rice) <i>Rakt shali</i> (Red rice) <i>Shashtik Shali</i> (Rice harvested in 60 days) <i>Yava</i> (Barley) <i>Shimbi dhanya-</i> <i>Mudga</i> <i>Masur</i> <i>Chanak</i> (Chickpea) <i>Kulattha</i> (Horsegram)	<i>Shuka dhanya-</i> <i>Navanna</i> (New variety of rice) <i>Godhum</i> (Wheat) <i>Shimbi dhanya-</i> <i>Masha</i> (Blackgram)
<i>Jala varga:</i>	<i>Ushnodak</i> or <i>shrutsheeta jal</i> (Lukewarm water) <i>Panchakolashruta jal</i> <i>Shunthi siddha jal</i> (Ginger water)	<i>Dushit jal</i> (Polluted water) <i>Sheeta jal</i> (Cold water)
<i>Madya varga:</i>	<i>Puran sidhu</i> (Old wine) <i>Jirna madya,Asava,Arishta</i>	<i>Nutan madya</i> (New wine)
<i>Mutra varga:</i>	<i>Gomutra</i> (Cow's urine)	–
<i>Kanda Varga:</i>	<i>Lasun</i> (Garlic) <i>Ardrak</i> (Wet Ginger) <i>Shunthi</i> (Dry Ginger)	<i>Aluka</i> (Potato)
<i>Ksheer varga:</i>	<i>Takra</i> (Buttermilk)	<i>Navnit</i> (Butter) <i>Ghrit</i> (Ghee) <i>Dadhi</i> (Curd) <i>Ksheer</i> (milk)
<i>Phala varga:</i>	<i>Kapittha</i> <i>Jamun</i> <i>Amalak</i>	<i>Madhurphala</i> (Banana, Apple, Watermelon etc)
<i>Tail varga:</i>	<i>Tila tail</i> <i>Sarshap tail</i>	<i>Shengdana tail</i> (Groundnut oil)

<i>Shak varga:</i>	<i>Patol</i> (Bottlegourd) <i>Karvellak</i> (Bittergourd) <i>Vartak</i> (Brinjal) <i>Nimbapatra</i> (Neem leaves) <i>Shigru</i> (Drum stick) <i>Patrashak</i>	<i>Madhur shak</i> <i>Kanda shak</i> (Potato, Sweet potato etc.)
<i>Mansa varga:</i>	<i>Jangal mansa</i> (Meat of forest animals)	<i>Anup mansa</i> (Marshy land animal meat)
Other:	<i>Madhu</i> (Honey), <i>Shilajatu</i>	<i>Guda</i> (Gaggery)
Viharaj	<i>Prajagar</i> <i>Vyavay</i> <i>Vyayam</i> (Exercise)	<i>Nityaswapn or Diwaswapna</i> (Day sleep) <i>Avyavay</i> <i>Avyayam</i> (Sedentary lifestyle)
Mansik	<i>Chintan</i>	<i>Achintan</i> <i>Nitya Harsha</i>



2) Prameha ^{(21),(22),(23)}

Aharaj <i>Annavarga:</i>	<i>Shuka dhanya-</i> <i>Yava</i> (Barley),Millet <i>Godhum</i> (Wheat) <i>Shimbi dhanya-</i> <i>Chanak</i> (Bengal gram) <i>Mudga</i> (Green gram) <i>Kulattha</i> (Horsegram) <i>Adhaki</i> (Pigeon gram)	<i>Shuka dhanya-</i> <i>Navanna</i> (Newly formed rice) <i>Shimbi dhanya-</i> <i>Masha</i> (Blackgram) <i>Rajama</i> (Kidney beans)
<i>Jala varga:</i>	<i>Madhudak</i> (Honey +Water) Green tea, Tea or black tea without sugar	<i>Atyambupan</i> (Excessive water) <i>Sheetjal</i> (Cold and freeze water) <i>Sheetapey</i> (Cold drinks) <i>Ikshuras</i> (Sugarcane juice)

<i>Madya varga:</i>	<i>Puran sidhu</i> (Old wine)	<i>Nutan madya</i> (New prepared alcohol)
<i>Kanda varga:</i>	<i>Ardrak</i> (Ginger) <i>Lasun</i> (Garlic)	<i>Aluka</i> (potato)
<i>Ksheer varga:</i>	<i>Takra</i> (Buttermilk) <i>Loni</i> (Skimmed milk)	<i>Dadhi</i> (Curd) <i>Dugdha</i> (Milk) <i>Madhurtakra</i> (Sweet Buttermilk)
<i>Phala varga:</i>	Indian gooseberry Blackberry Indian bael Elephants but Guava Sweet lemon Unripe papaya Apple	<i>Pakwa atimadhur phala</i> (Ripen sweet fruits like mango, orange, chiku, grapes, banana, litchi, papaya, jackfruit, pineapple etc.)
<i>Tail varga:</i>	<i>Sarshap tail</i> (Mustard oil) <i>Atasi tail</i> (Flex seed oil)	Soyabean oil Groundnut oil
<i>Shak varga:</i>	<i>Patol</i> (Bottle gourd) <i>Shigru</i> (Drumstick) <i>Methi</i> (Fenugreek) <i>Karvellak</i> (Bittergourd) <i>Tikta rasatmak shak</i>	<i>Aluka</i> (Potato)
<i>Mansa varga:</i>	<i>Ajamansa</i> (meat of goat) <i>Shashakmansa</i> (meat of rabbit) <i>Jangal mansa</i> (meat of forest animals)	Animal fat <i>Anup mansa</i> (meat of aquatic animals/Marshyland animal meat)
<i>Haritak varga:</i>	<i>Haridra</i> (Turmeric) <i>Pimpali</i> (Piper nigrum) <i>Saidhav</i> (Rocksalt)	Excessive mixed spices Coconut paste
Others:	<i>Bharjit Dhanya</i> (Use Shali, Godhum after bharjan) Low glycemic index foods in diet Reduce the quantity of food intake	<i>Pishthanna, Amlapadarth</i> High glycemic index foods Meat, eggs, poultry products Desserts like different sweets, Icecream
Viharaj	<i>Vyayam</i> (Exercise-Stair walking, Cycling, Aerobic physical activity, Skipping, Dancing, Swimming etc) <i>Udhvartan, Snan, Parishek,</i>	<i>Atinidra</i> (Excessive night sleep) <i>Diwaswapna</i> (Day sleeping) <i>Nitya Asan</i> (sedentary)

	<i>Lepa</i> (by Agaru,chandan etc.) <i>Yoga- Asan</i> (Matsyendrasan,Vajrasan etc) <i>Pranayam</i> (Bhramari and bhastrika,Kapalbhati)	lifestyle/Physical inactivity) <i>Raktmokshan</i> <i>Dhumapan</i> <i>Swedan</i>
Manasik	<i>Chintan</i>	<i>Achintan</i> <i>Nitya Harsha</i>

3)Kushta^{(24),(25),(26)}

Aharaj <i>Annavarga:</i>	<i>Shuka dhanya-</i> <i>Puran shali</i> (Old rice) <i>Puran Godhum</i> (wheat) <i>Laghu Anna</i> (Easy to digest) <i>Yava</i> (Barley) <i>Godhum</i> (Wheat) <i>Kodrav</i> (Kodo millet) <i>Shyamak</i> <i>Uddalak</i> <i>Bakuchi</i> (purple fleabare) <i>Bhallatak, Triphala,Nimba</i> <i>yukt Anna with ghrith</i> <i>Shami dhanya-</i> <i>Mudga</i> (Green gram) <i>Adhaki</i> <i>Masur</i>	<i>Shuka dhanya-</i> <i>Navanna</i> (Newly formed rice) <i>Atisnigdhan</i> (Excessively unctuous food) <i>Viruddhashan</i> (Mutually contradict food) <i>Vishamashan</i> (Improper diet regimen) <i>Dravanna</i> (Excessive liquid foods) <i>Shami dhanya-</i> <i>Kulattha</i> <i>Nishpav</i> <i>Krushnatila</i> (Sesame) <i>Masha</i> (Blackgram)
<i>Jala varga:</i>	<i>Khadir siddha jala</i> <i>Koshna jal</i>	<i>Atisheet jala</i> (Cold water)
<i>Madya varga:</i>		
<i>Mutra varga:</i>	Mostly <i>Karabh mutra</i> (Camel urine) Also <i>Gomutra,etc Asthamutra</i> <i>upyog</i>	–
<i>Kanda Varga:</i>		
<i>Ksheer Varga:</i>	<i>Takra</i> (<i>Aushadhisankrut</i>)	<i>Dugda</i> (Milk) <i>Dadhi</i> (Curd)
<i>Phala Varga:</i>		
<i>Tail Varga:</i>	<i>Sarshap tail</i>	Other tail
<i>Shak Varga:</i>	<i>Khadir</i> (Cutch tree) <i>Punarnava</i> (Spreading Hogweed) <i>Bhallatak</i> (Marking nut)	–

	<i>Nimba</i> (Indian lilac) <i>Triphala</i> <i>Kakamachi</i> (Black nightshade) <i>Karanj</i> (Indian beech) <i>Karvellak</i> etc	
<i>Mansa Varga:</i>	<i>Jangal mansa</i> (meat of forest animals), <i>Amedask mansa</i> (Medrahit Mansa)	<i>Anup mansa</i> , <i>Vasa Matsya</i>
Other	–	<i>Guda</i> (Gaggery) <i>Katu amla lavan yukt Anna</i> <i>Ikshuvikar</i> (Sharkara,Guda,etc.) <i>Pishthanna</i> (biscuits, cookies Bakery products etc.)
<i>Viharaj:</i>	<i>Vyayam</i> <i>Chandan choorna/Chanak choorna</i> <i>Udvarthan</i> <i>Nitya Neecharomanakha</i> (Cut hairs and nails) <i>Abhyang</i> with <i>Karanj tail</i> or <i>Vajrak tail</i> <i>Parishek</i> and <i>avagaha</i> with <i>Khadir kashay</i> <i>Panchkarma</i> at regular intervals for detoxification <i>Brahmacharyapalan</i>	<i>Veg vidharan</i> (Chardi etc) <i>Avyayam</i> <i>Atisantap</i> after <i>atibhojan</i> <i>Vyavayamch ajirne</i> <i>Agnisampark</i> <i>Aatapsevan</i> <i>Diwaswapna</i> , <i>Atiswapna</i> <i>Snanvarjan</i> <i>Uchhavachan</i> (Speaking loud)
<i>Manasik</i>	<i>Pranayam</i> <i>Yog</i> <i>Sadvritta palan</i>	<i>Vipra Guru</i> <i>gharshan</i> (Disrespect of <i>Bramhan</i> , <i>Guru</i> etc.) <i>Papkarma</i> <i>Sadhuninda</i> <i>Chinta</i> <i>Atikrodha</i> (Anger) <i>Shok</i> stress <i>Hima/Atapvarjya</i>

4) *Aamdosha*^{(27),(28)}

<i>Aharaj</i> <i>Annavaarga:</i>	<i>Shuka dhanya-</i> <i>Godhum</i> (Wheat) <i>Shalishasthik</i> (rice harvested in 60 days)	<i>Shuka dhanya-</i> <i>Abhojan</i> , <i>Atibhojan</i> , <i>Vishamashan</i> <i>Atiguru sheet snigdh vidahi</i> <i>Anna</i>
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	<i>Yava</i> (Barley) <i>Shami dhanya-</i> <i>Mudga</i> (Greengram)	<i>Shimbi dhanya-</i> <i>Masha</i> (Blackgram) <i>Rajmasha</i>
<i>Jala varga:</i>	<i>Saidhavyukt jal</i> <i>Tushodak</i>	<i>Atyambupan</i> (water intake in More quantity)
<i>Madya varga:</i>	–	<i>Madya</i>
<i>Mutra varga:</i>	-	-
<i>Kanda varga:</i>	<i>Ardrak</i> (Wet ginger) <i>Shunthi</i> (Dry ginger) <i>Lasun</i> (Garlic)	
<i>Ksheer varga:</i>	<i>Takra</i> (Buttermilk) <i>Navnit</i> (Butter) <i>Ghrit</i> (Ghee)	<i>Dadhi</i> (Curd)
<i>Phala varga:</i>	<i>Dadima</i> (Pomegranate) <i>Mocha</i> (Banana) <i>Karkaru</i> (Tarbuj) <i>Dhatriphala</i> (Amalaki) <i>Nimbu</i>	<i>Jamun</i> (Indian blackberry)
<i>Tail varga:</i>	Small amounts of Sarshap tail(Mustered oil), Atasi tail(Flex seed oil)	All other oils
<i>Shak varga:</i>	<i>Patol</i> (Bottlegourd) <i>Methi</i> (Fenugreek) <i>Tambula</i> <i>Vartak</i> (Brinjal) <i>Sahijana</i> <i>Karvellak</i> (Bitterguord)	–
<i>Mansa varga:</i>	–	<i>Jangal, anup Mansa</i>
<i>Haritak varga:</i>	<i>Jeerak</i> <i>Saindhav lavan</i> <i>Shatpushpa</i>	
<i>Viharaj</i>	–	<i>Virechan, Vaman, Sneh vibhram</i> <i>Vegvidharan</i> <i>Deshkalrituvaishamya</i> <i>Diwaswapna</i>
<i>Mansik</i>	–	<i>Chinta</i>

Discussion-

Acharya's indicated the importance of *pathya ahar* by stating that if a patient intake wholesome food then there is no need of medicine and if a patient continuously consumes unwholesome food then also there is no use of medicine.

Pathya is very much necessary for the patients to bring the vitiated *Doshas* to normally. *Ahar* and *vihar* which is helpful to whole body and pleasant to mind is *pathya*.⁽²⁹⁾

Most of the ailments develop due to faulty eating habits so, ayurveda deals with the *pathyavyastha* (planning of diet and dietetics) in a very scientific way.

Pathya is one which keeps the person healthy, maintains normal body functions leads to proper functioning of organs nourishes the mind and intellect, prevents diseases and at the same time corrects the irregularities that may occur in the body. Thus, everyone should refrain from *apathya* and follow *pathya* as prevention is better than cure.⁽³⁰⁾

Conclusion-

In *Santarpanottha Vikaras* predominantly the '*Rasa-dhatu*' is disturbed. It is always combined with '*Ama*'. If *pathyapathya* is strictly followed, the '*Rasa-dhatu*' will be free from '*Ama*' and this pure *Ras dhatu* is helpful in reducing the gravity of disease. While treating *Santarpanottha vyadhi*, the *Pathya-palan* should be focused completely with *chikitsa*. *Pathya-palan* mainly reduces the basic *Hetu* of formation of *Ama- Rasa*. As these are life long disorders, *Pathya* should be followed throughout the life. Strict *Pathya-palan* can reduce

the treatment span and also patients can be maintained without medicines.

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