



IMPORTANCE OF AHARA AS PATHYA & APATHYA IN STHOULYA (OBESITY)

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ABSTRACT

Ayurveda is a complete life science. The aim of Ayurveda is to maintain the health of a healthy person so that no disease should manifest. Treatment of diseases is the second aim of Ayurveda. To maintain the health of healthy person Acharyas had described various do's and don'ts such as Ritucharya, Dinacharya etc. The concept of Pathya (wholesome) & Apathya (unwholesome) is one such concept. Acharyas had also extended the concept of Pathya (wholesome) & Apathya (unwholesome) as a part of the treatment of the diseases. This indicates the importance of Pathya (wholesome) & Apathya (unwholesome) in Ayurveda, Chronic non communicable diseases like diabetes mellitus, hypertension, cancer, ischemic heart diseases, cerebro-vascular accidents, atherosclerosis, varicose veins etc. Obesity being the risk factor for these diseases & hence the prevention obesity will decrease the chances of such diseases, Sthoulya is the nearest clinical entity for obesity in Ayurveda. One of the causes of sthoulya, excessive intake of calories with a decreased expenditure is the main reason. obese person are included under Asthaniditapurusha. The main reason for difficult nature is the involvement of tridosha and affliction Saptadhatu, pathya recommended in sthoulya are purana shall shashtika, Yava, Adraka, Kulatta, Takra, Apathya recommended in sthoulya are ksheera, Dadhi, Masha

KEYWORDS : Sthoulya, Pathya, Apathya, Ahara

INTRODUCTION:

Obese persons are included under Asthaniditapurusha in Ayurveda Asthaniditapurusha-Athideerga, Athihraswa, Athistoola, Athikrusha, Atigoura, Athi sweta, Athi roma and Aroma.¹

Pathya is referred to the Ahara & Vihara which causes pacification of the disease.²

Apathya is referred to the Ahara & Vihara, which causes complication and aggravate the disease.³

The base & cause for the complexion, strength & vitality of living beings of food is Ahara has the ability to promote health as well as to control the disease.⁴

The benefits of food like health, strength, longevity and energy⁵ are achieved only when the food is consumed by the person according to its swabhava, Samyoga, Samskara, Matra, Desha & Kala⁶ Otherwise it will end up in manifestation of disease.

Like other diseases, obesity is mostly the result of factor like heredity, environment or food

But it is difficult to decide the involvement of prime factor. It is not possible to change heredity it is difficult to change environment, but relatively easy to change food habits & life styles.

SYNONYMS

Pathya - satmya, swasthitakara, upshaya, swasthaparipaalaka, Hitahara,

Swasthaaurjaska, sharmakara, Dhatuaviraodhi, Sukhaparinaamkara, Dhatusaamyakara Apathya- Asatmya, Swasthaahitakara, Anupashaya, Ahitakara, Asukhaparinaamkara, Dhatusamakara⁷

Charak had stated that wholesome food is one of the causes for the growth and well being of humans while unwholesome food is the root of all diseases.⁸

Disease is caused by various causative factors, intake of unwholesome diet is one of them.

Aims and Objectives:

Study of Pathya & Apathya Ahara for obesity
Ayurveda advocates healthy lifestyle through Ahara, Vihara, oushada & different kinds of Karmas to prevent all type of diseases.

Ahara as described in Ayurveda one can prevent himself from obesity and reduce its risks to develop various killer ailments which will be discussed here.

Material & Methods:

Ayurvedic books are used

- 1) Charak Samhita
- 2) Sushrut Samhita
- 3) Ayurvedopadeshasangraha
- 4) Bhaisajyaratnavali

List of Pathya Ahara found in the disease Sthoulya⁹

Varga	Aharadraya	English Name	
Anna Varga	Purana Shalli	Old variety of rice	
	Raktashali	Red variety of rice	
	Yava	Barley	
	Chanaka	Chicpea	
	Kulatha	Horse gram	
Jala Varga	Shruta Sheetajala	Luke warm water	
	Panchkola	Water with Panchkola	
	shrutajala	Ginger water	
	Shunti Siddha Jala	Honey	
Madyavarga	Madhu	Honey	
	Mutravaraga	Old wine cow's	
Kanda Varga	Gomutra	urine ginger	
	Lasuna	Wet ginger	
Ksheeravarga	Ardraka	Dry ginger	
	Sunthi	Butter Milk	
	Takra	Bottle gourd	
	Patola	Bitter gourd	
	Karavellaka	Brinjal	
	Varthaka	Neem leaves	
	Nimbapatra	Drum stick	
	Shigru	Forest meat	
	Mamsavarga	Shigru	Forest meat
		Jangalamamsa	Forest meat

Table No.2 List of Apathya Ahara Found in the disease sthoulya¹⁰

Varga	Aharadravya	English Name
Anna – Varga	Navanna masha	New variety of Rice
	Taila	Black gram
		Oil
Jalavarga	Dushitajala	polluted water
	Sheeta jala	Cold water
	Nutanmadya	
Madyavarga	Aluka	New wine
Kanda Varga	Dadhi	Patato
Ksheera Varga	Ksheera (apakva)	Curd
	Guda	Milk
	Anupamamsd	Jaggery
Mamsavarga		Marshyland
		Animal meat

Ahara having Guru snigdha, Atidrava, Picchila & Abhishyandi Guna are considered as Apathya for sthoulya. For understanding :

The Pathya & Apathya for the patients so as to reduce the severity of the disease.

It is good to consume little less quantity of food which facilitates the action of Pachaka Pitta which help to control the formation of Ama

The diet which aggravates the Kapha, also contributes the formation of Ama. Thus, dairy products, oily food items, salty & sour food articles should be avoided.

It is better to avoid excessive water intake after consuming food as it interferes with the concentration of the digestive enzymes & slow down the digestive process.

Most of vegetables are good to reduce the formation of Kapha as well as Ama. However they should be consumed warm & along with some spices to coneract their nature.

Person must be realizing that prolonged dieting is necessary for following a restricted diet regimen ensure optimal weight loss. A permanent change in eating haits, planning of daily food intake, seperation of eating from other activities are required to maintain the new low weight.

The person must have mental built to lose weight and should have self monitor feeling and emotions.

The person must understand details regarding the disease and the principles of energy intake & expenditure. The best results are obtained in educated, well motivated patients.

The lunch & dinner timing should be fixed and the time difference 2 meals should be 4 hours.

Excess consumption of food is called as Athimatra Ahara Sevana. Here the consumption of food is related not only for quantity of intake but also the frequency of intake. As the formation of Rasa is more.it over nourishes the Dhatu of the body leading to sthoulya.

DISCUSSION:

Sthoulya is the nearest clinical entity for obesity in Ayurveda excessive intake of calories withh a decreased expenditure is main reason for Sthoulya.

In Ayurveda, obese persons are included under Asta Niditapurusha. The reason for difficult nature being the involvement of Tridosha & affliction of saptadhatu. The food & drinks which are useful for the body channels are termed as Pathya, on other hand those having a deleterious effect on them are Apathya.¹¹

When a person exposed to Apathya then durg treatment has of

no value and if a person follows the rules of pathya for particular disease, there is very little significance of drug treatment & adoption of appropriate pathya. Abstaining from Apathya along with proper treatment of disease is a unique contribution of Ayurvedic science, explained for most of the diseases.

Ahara plays an important role as that of medicine especially in the disease like sthoulya. Hence it is rightly mentioned that " if one follow Pathya then there is no need of medicine & if not then there is no use of therapeutic measures.

Considering the pathological factors the Acharyas have listed numerous Pathya & Apathya for sthoulya. Acharya Charka has stressed upon the use of Guru & Atarpana drugs as a special regimen for sthoulya, which is already described in sthoulya chikitsa.

Commentators like Chakrapani & Gangadhara had mentioned that " Stokabhajana" or "Alpabhajana" are the best Karshana. They have also given importance for Laghu and Rooksha Ahara Sevana, Ahara dravya should be used after converting it to guru through samskara.

Oushadha sevana alone cannot alleviate the disease if defective food habits are practise on the other hand, if appropriate food habits acting as Pathya is included in daily regimen, even Oushadha sevana can be reduced or prevented. Hence Aharadravyas which are recommended as Pathya for sthoulya can be advised to be included in regular diet in the form of preparation.

For example Kulatta, Chanaka in the form of Yusha, shunti in the form of shuntijala, Takra can be added with Adhakra, vyanjanas can be prepared frequently using vegetables like patota, Karavelaka, Varthaka, Shigru will bring about effect. The therapeutic measures without pathya can be considered as incomplete treatment procedure.

CONCLUSION:

Ahara Plays a major role in swasthya Rakshana by it's nature of pathya & Apathya can become Ayatana (reason or Nidana) for both Health and sickness.

Even though oushadha is having Therapeutic effect oushadhmtra (Quantity of Medicine) is always lesser than Ahara Matra (Quantity of Food)

Pathya & Apathya are most essential to maintain the health of the healthy person & restore the health in diseased person.

Hence following appropriate pathya & avoiding Apathya leads to better health in case of sthoulya.

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