



ORIGINAL RESEARCH PAPER

Ayurveda

A REVIEW ON: AYURVEDA NUTRITION & HEALTH WITH FOCUS ON PATHYA & APATHYA

KEY WORDS: Aahar, Trayoupstambh, Pathya-Apathya, Aushadhi.

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ABSTRACT

Ayurveda is the 'science of life ' a system that helps to maintain health in a person by keeping the individual's body, mind, and spirit in perfect equilibrium with nature. Ayurveda aims to balance a person's physical, mental, and Adhyatmik aspects. The person develops health problems and disease when this equilibrium is disturbed. For this maintenance of equilibrium, Aahar is the best medium mentioned in 'Trayoupstambh'. Health is defined as enhancing the body's capability to fight disease and restore good health and happiness. Ayurvedic treatment is not only about treating physical ailments but also about achieving better health. In this series for a healthy and good lifestyle, Pathya-Apathya Kalpana is the basic and most powerful component in the fight against disease and for being healthy. Pathya according to Dosha, Dushya, Deha prakriti, Vyadhi, and six seasons are considered on Pathya -Apathya are described according to each season. Choosing a diet for a disease based on Pathya Kalpana helps improve the action of the Aushadhi, fight against pathogens, and clear the Shrotas. So in this context, this paper is beneficial for the people for healthy living and better well-being by following the logical aspect behind the Pathya and Apathya.

INTRODUCTION -

India, the land of rich culture and heritage has a tradition of a lifestyle and healing science, different from the existing modern science. Dharma, Artha, Kama, and Moksha are the four objectives of human life, which can only be achieved through good health and Ayurveda is the key to good health. A healthy life is primarily dependent on three fundamental activities, which are Aahar (Balanced diet), Nidra (sound sleep), and Brahmacharya (Balanced sexual life). The importance of Aahar is being underestimated in the fast-moving modern world. The customs of eating, the ways of cooking, eating habits of individuals changing for the worse so by increasing awareness about a balanced and nutritious diet, we are taking a step in that direction. A good diet is merely a combination of food, that supplies the materials vital to the body for its well-being. Good nutrition depends upon the capacity for proper digestion and utilization of food. In Ayurveda, good health can be maintained by replenishment of Dhatus through a proper diet. It can be possible through diet according to Tridosha, Deha Prakriti, Satmya of person as well as Panchabhautika composition of dietary substances. Pathaya Aahar is based on Panchabhautic principles.

If a person wants to keeping their Dosha, Dhatus (Basic elements) and also Mala from preventing to fluctuation follows the rules of Pathya-Apathya which are mention in Samhitas according to Roga, Ritu, Dosha, Prakriti. And again

मात्राशी स्यात्/ आहारमात्रा पुनरनिबलापेक्षिणी//
(Cha.Su.5/3)

Concept Of Aahar

तच्च नित्यं प्रयुञ्जीत स्वस्थस्य येनानुवर्तते / अजातानां विकाराणामनुपत्तिकरं च यत्//
(Cha.Su.5/13)

Means one should always use Aahar that to ensure to follows.

1. Swastha Anuvartene.
2. Nitya Sevaniye.
3. Vikar Anutpattikar.

Concept Of Health.

समदोषः समाग्निश्च समधातुमलक्रियः / प्रसन्नात्मेन्द्रियमनाः स्वस्थइतिअभिधीयते //
(Su.Su.15/48)

Pathya-Apathya.

पथ्यं पथोऽनपेतं यद्यच्चोक्तं मनसः प्रियम् / यच्चप्रियमपथ्यं च नियतं तन्न लक्षयेत् //
(Ch.Su.25/45).

Pathya is derived from the word " Patha" which means " a way or channels"

Pathya, which is the Aahar-Vihar that calms the mind, is beneficial to the body and provides nutrients, and Apathya, which is the opposite of Pathya.

Best In Pathya-Apathya

Table number-01 (According to Charak Samhita).

S.no	Categories	Pathya	Apathya
01.	Shukadhanya	Lohitashalya	Yavak
02.	Shamidhanya	Mudga	Masha
03.	Udaka	Antiriksha Udak	Varsha Ritu Udaka
04.	Lavan	Saindhava	Ushara
05.	Shaka	Jeevanti	Sarshap
06.	Mriga Mansha	Aena	Gomansa
07.	Pakshi	Lava	Kankapota
08.	Bileshaya	Godha	Bhek
09.	Matsya	Rohita	Chilichim
10.	Sarpi	Gavya sarpi	Aavik
11.	Ksheera	Goksheera	Aaviksheera
12.	Sthavar Sneha	Tila Tail	Kushumbha
13.	Anupmriga Vasa	Varah Vasa	Mahish Vasa
14.	Matsya Vasa	Chuluki Vasa	Kumbhir Vasa
15.	Jalcharvihang Vasa	Hans Vasa	Kakmdgu Vasa
16.	Vishkirshakuni	Kukkuta Vasa	Chatak Vasa

(Pathya-Apathya According to Ritucharya)

Table number-02

HEMANT RITU (Ch.su.6/11-18)	SHISHIR RITU (Ch.su.6/19-21)
PATHYA	PATHYA
Take the unctuous, sour, and salty juices of meat aquatic and marshy which are fatty.	Similar to the winter season
Drink Madira, Sidhu and Honey.	The cloudy, windy, and rainy conditions.
The meat of burrow-dwelling animals and prepared of animals of Prasaha.	-
Take preparation of cow milk, cane juice, fat, oil, new rice, and hot water.	-
Excessive sexual intercourse during	-

winter.	
Wear heavy and warm clothes.	-
Massage, and application of oil on the head.	-
Fomentations of Jentaka process.	-
APATHYA	APATHYA
One should not expose himself to cold.	Avoid taking are possessed of pungent, bitter and astringent test
Avoid food and drink which are light and liable to vitiate Vata.	Drinks, a little diet, and the cold should not be taken
Underfeeding and intake of gruel are also to be avoided.	-

Table No.03

VASANT RITU (Ch.su.6/23-26)	GREESHMA RITU (Ch.su.6/27-29)
PATHYA	PATHYA
With lukewarm water, the excretory, orifices should be cleaned frequently	During the night, after having besmeared the body with Chandan paste.
Habitually regular exercise uncton, smoking, gargling and collyrium	One should sleep on the house open, airy roof, which is cooled by the moonlight.
Take food consisting of barley and wheat meat of Sharrabha, Shasha, Lavha and Kapinjala,	One decorated with pearls should be comfortably seated on a chair enjoying fans.
Lepa body with Chandan and Aguru	During day time one should sleep in an air-cooled place.
APATHAYA	APATHYA
Avoid heavy, unctuous, sour and sweet diets.	If one should drink add plenty of water.
Avoid sleep during day time.	Avoid exercise and excessively salty, sour, pungent or hot.

Table no.04

VARSHA RITU (ch.su.6/35-40)	SHARAD RITU (ch.su.6/42-45)
PATHYA	PATHYA
One should generally use honey in preparing diets, and drinks.	In this season sweet, light, cold, and bitter foods and drinks have the potential to alleviate pitta.
take such diets that are sour, salty, and unctuous.	The meats of Lava, Kapinjala, Ena, Urabhra, Sharbha, and Shasa, Rice, barely, and wheat.
Drink the Madhvika or Arishta type of liquor.	Use Hanshodaka.
Advise to rub the body, apply uncton, take a bath, and wear fragrant garlands.	Intake of ghee prepared with bitter medicines, purgation, and bloodletting.
APATHYA	APATHYA
Avoid taking, Mantha diluted in excess.	Avoid taking a sunbath.
Day sleep, frosts, moving in the sun, excessive exercise.	Alkaline salt preparation, curd, avoid sleep during the day.
Avoid excessive sexual activity.	Vasa, Tail, Meat of aquatic and marshy land animals.

Factors Of Pathya-Apathya.

Factors influencing wholesome & unwholesome diet.

मात्राकालक्रियाभूमिदेहोषगुणान्तरम् / प्राप्य तत्रदिद्वि दृश्यन्ते ते ते भावास्तथा तथा //

(cha.su.25/46)

1. Matra (measure) 2. Kala (Time) 3. Kriya (mode of preparation) 4. Bhoomi (Habitat) 5. Deha (Constitution)

6.Dosha (Morbid Humour).

DISCUSSION.

The majority of disorders result from faulty eating habits. Dietary factors may be considered the first and foremost group of our daily diet that keeps us healthy. Unhealthy eating does not always have an immediate impact on people who consume it for a variety of reasons. Not all forms of Apathya are equally potent or equally destructive. In the same way, not everybody can tolerate illness to the same degree. The effect of elements like Desha, Kala, Samyoga, Virya, and Matra, among others, makes any negative situation worse. For instance, the negative effects of a bad diet will be more severe and immediate if the Desha and Kala are comparable to it. Conversely, Apathya is not always equally effective because of variations in the Dosha and the body's strength.

CONCLUSION.

Pathya and Apathya are essential to maintaining a healthy person and restoring the health of a diseased person. so keeping the mind relaxed and healthy one should follow the Pathya Apathya. In both illness prevention and treatment, Pathya-Apathya is crucial. To ascertain what is healthy or unhealthy, it is vital to take into account the mentioned facts (Matra, Kala, Kriya, Bhoomi, Deha, and Dosha). Even though some Dravyas are Apathya, they can still be employed as a cure provided the Matra, Kala, Kriya, etc. are followed. Without taking these into account, we cannot categorically label something as healthy or unhealthy. It is necessary to analyze the Pathya-Apathya, which varies from person to person. Furthermore, according to Vaidya Lolambraj, patients who take Pathya Ahara do not require medication, but if they take Apathya regularly, prescription drugs will not be beneficial to them.

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