



LITERATURE REVIEW OF PATHYA – APATHYA IN VISHACHIKITSA

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ABSTRACT -

Ayurveda always recommended Pathya (wholesome food) and Apathya (unwholesome food) with prompt treatment. As Visha (poison) condition always requires immediate treatment, with herbal and mineral formulations which are boosted with Pathya and Apathya for more effective treatment result. Overall said (wholesome and unwholesome diet and regimn) i.e. Pathya and Apathya plays an important role in Vishachikitsa .

Keywords – Pathya, Apathya, Vishachikitsa

INTRODUCTION –

Ayurveda has always been the science of life because it is the key to holistic health of body and mind. Visha Chikitsa is one among Ashtanga's of Ayurveda which mainly deals with different types of poisons and its treatment. Ayurveda emphasizes Pathya and Apathya in all the context of health and disease, likewise in treatment of poisoning Pathya and Apathya plays an important role.

Pathya (wholesome food) means food which helping to improve or keep the body in good condition while Apathya (unwholesome food) means food not fit to be eaten or if eaten would be injurious. Ayurveda in context of Pathya and Apathya consider not only positive diet but also regimen followed during the course of treatment. There are kinds of disease where treatment of it is incomplete without proper Pathya (diet). Including treatment of poisoning

Agadtantra given utmost importance to pathya and apathy must followed during poisoning treatment.

Pathya always boost the efficacy of poisoning treatment. Pathya means the combination of drugs, diet and regimen that do not adversely affect the body and mind are regarded as wholesome (Pathya) , Apathya means those which adversely affect them are unwholesome (apathya). Here the body includes Dosha and Dhatu as well as their channels.

The purpose of intake of wholesome drugs etc. is to maintain health and alleviate the various disease and toxins. While treating poisoning with different medications prepared with herbs and metals.

Specific Pathya and Apathya are to be followed strictly. Both wholesome and unwholesome diet and regimen can be grouped under various heading like Annavarga (Shakvarga, Mamsa, Phala etc.), Dravyavarga (Taila, Madhu, etc)

PATHYA AHARA

- 1) Tandula, Shashtikashali, Vrihidhanya i.e. grows in 2 months
- 2) Kordusha (paapalum scrobiculatum)
- 3) Vamsa (Bamboosa arundinacea)
- 4) Raktshali
- 5) smallpaddy
- 6) Food/rice mixed with shunti and pippali churna and ghee
- 7) Kanji mixed with vyosha and saindhav
- 8) Yavagu mixed with Shunti (Zingiber officinale) , Tanduliyaka (Amaranthus spinosa) and Punarnava (Boerrhavia diffusa)
- 9) Yavagu of Tagara (Valeriana Vallinchii)
- 10) Matsyakshi (Alternanthera sessilis)
- 11) Mandukparni (centella asiatica)
- 12) Jeevanti (Lectadenia reticulate)
- 13) Kushamanda (Benincasa hispida) – Ashgaurd
- 14) Indravaruni (Cirullus colocynthis)
- 15) Karvellak (Momordica charantia) – Bittergaurd
- 16) Patola (Trichosanthes dioica) – Snakegaurd
- 17) Brihati (Solanum indicum)
- 18) Vyaghri (Solanum zanthocarpum)
- 19) Ardraka (zingiber officinale)
- 20) Nimbu (Citrus lemon)
- 21) Aamra (Magnifera indica)
- 22) Palandu (Allium cepa)
- 23) Hingu (Ferula narthex)
- 24) Saindhav (Rock salt)
- 25) Maricha (Piper nigrum) – Blackpepper

- 26) Haridra (Curcuma longa)
- 27) Mamsa varga - Meat of peacock, cuckoo, fish, middle aged deer
- 28) Cucumber /Vartaka (cucumis sativus)
- 29) Ghruta (clarified butter)
- 30) Mudg (greengram)
- 31) Dadim (Pomogranet –punica granatum)
- 32) Dhatri (Amalaki – Phyllanthus embilica)
- 33) Avidahi Anna (fresh and nonspicy food)
- 34) Sansakarit jala (processed water with honey)
- 35) Saktu which is kept in shubhra vastra (white cloth) taken with ghee, buttermilk
- 36) Leafy vegetables like Tandulika (Amaranthus amara), shigru (Moringa oleifera)
- 37) Milk products other than curd, e.g. buttermilk
- 38) Gomutra - cows urine

PATHYA VIHAR

Breeze from north and west direction is good for health of patient taking vishachikitsa. Patient should not sleep for one day and night.

APTHYA AHARA

- 1) Tail (oil) – gingelly oil
- 2) Kulathya (horsegram)
- 3) Madhya (alcohol)
- 4) Souvirak
- 5) water from river
- 6) Seasom seeds – til
- 7) Fanit
- 8) Navdhanya
- 9) kanji
- 10) Gud (jaggary)
- 11) Lavan – all other salts except saindhav is apthya
- 12) Mash (blackgram)
- 13) Meen (fish)
- 14) Meat / mamsa (other than told in pathya)
- 15) Amala (sour substance)
- 16) Dadhi (curd)
- 17) Redchilly /spicyfood

- 18) sugarcane
- 19) jackfruit
- 20) coconut
- 21) Betal leafs and nuts
- 22) Mustard
- 23) excessive intake of leafy vegetables
- 24) virudha aahar
- 25) Adhyashan (overeating)

APTHYA VIHAR

- 1) excessive physical activity
- 2) sexual intercourse (maithun)
- 3) dhuma (contact with fumes)
- 4) excessive exposure to sunrays ,wind,snow,dust
- 5) excessive walk
- 6) excessive anger, sadness ,smiling should be avoided
- 7) Day sleep (divaswapn)
- 8) talking loud in excess
- 9) thinking about hurting other people
- 10) talking cruel words and actions which hurts body and mind
- 11) keeping awake at night (ratri jagaran)
- 12) using tobacco for smoking (dhumpatra sevan)
- 13) mental tension ,worries
- 14) sunbath
- 15) suppressing hunger
- 16) suppressing thirst
- 17) excessive fear / bhay

DISCUSSION

1) Tandula, Shashtikashali, Kordush etc. has Kashaya, Madhur Rasa, Laghu Guna, Vatahar nature, Kapha Pitta Shamak, Sheet Virya, constipates and causes emaciation of body, nourishes the body

- 2) Food / rice (Yavagu) prepared with adding substance like Saindhav, Pippali, Shunthi, Hingu, Tagara will become easy for digestion, creates lightness in body and gives strength to the patient.
- 3) Vegetables like Kushamand, Patol, Shigru, Tanduliyaka etc. do Shamana (allivation) of dosha's and clears the urine and bowel.
- 4) Fruits like Amalaki, Dadhim, Nimbu, Aamra gives strength to body, act as a Stroto Shodhak (clears the minute channels of body).
- 5) Mamsa (meat) group gives strength to body and can do Sthambhana of Visha.
- 6) Sansarit Jala (medicated water) helps to reduce the thirst and soothing effect to the body.
- 7) Ghrita is best diet as it gives Snehan (oilation) to body, strengthens body, do allivation of all the Dosha's, helps to bring out poison out of the body.
- 8) Likewise all Pathya substance helps in treatment to bring normalcy patients health, increases immunity, gives nourishment to body, makes mood good (mood enhancer) and helps to decrease anxiety.
- 9) Likewise Pathya, Apathya substance is also having effect on patients body and it interferes in treatment.
- 10) Sesame oil (Til taila) aggravates the effect of poison.
- 11) All Apathya Ahara leads to blockage of minute channels (Shroto-rodhak), aggravates Tridosha, aggravates effect of poison in body and makes body weak.
- 12) Apathya Vihar leads to aggravation of tridosha, decreases immunity and interferes in treatment which will not give desired effect of treatment or medications increases restlessness and anxiety.

CONCLUSION

During the period of poisoning treatment that may be Shodhana or Shamana Aushadhi's (medicated drugs or medicines), the person should be given nourishing food (pathya) that alleviates poisons. All said Pathya (wholesome food) should be strictly followed by patient of poisoning to regain health and desired effect of treatment.

In modern medicine we can't find such a specific diet plan for the poisoning patients, it is the contribution of Ayurveda which needs a further detail study of Pathya and Apathya in Vishachikitsa.

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