

Roleo Pathya – Apathya’s in the Management of Lifestyle Disorder

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Abstract: *Ayurveda is the science which not only deals with treating the diseases but also aims to prevention of the various diseases. Curing a diseased person and redefining his healthy status, is an primary goal of a physician. Ayurveda advice to lead good life and avoid bad lifestyle is read whereas diagnosis and treatment of diseases is well proposed in science of Ayurveda. Ayurveda described various principles and modalities like Dinacharya, Ritucharya, proper Aahara and Vihara etc for the proper Health. Nidana Parivarjana is the primary mode of treatment for every disorders. Now a day’s due to lifestyle changes, diet habits there are various lifestyle disorders developed. In which, Sthoulya, Prameha, etc diseases are commonly found in today’s era. Pathya and Apathya which includes Aahara and Vihara it helps to maintain the proper Health. So, the importance of Proper Aahara and Vihara [Diet and lifestyle management] are important for the prevention of various Lifestyle disorders and also helps to maintain the Health of an Healthy individuals.*

Keywords: Pathya, Apathya, Lifestyle diseases

I. INTRODUCTION

Ayurveda is the science which not only deals with treating the diseases but also aims to prevention of the various diseases. Curing a diseased person and redefining his healthy status, is an primary goal of a physician¹. Ayurveda advice to lead good life and avoid bad lifestyle is read whereas diagnosis and treatment of diseases is well proposed in science of Ayurveda. Ayurveda described various principles and modalities like Dinacharya, Ritucharya, proper Aahara and Vihara etc for the proper Health².

Nidana Parivarjana is the primary mode of treatment for every disorders³. Now a day’s due to lifestyle changes, diet habits there are various lifestyle disorders developed. In which, Sthoulya, Prameha, etc diseases are commonly found in today’s era.

Pathya and Apathya which includes Aahara and Vihara it helps to maintain the proper Health. So, the importance of Proper Aahara and Vihara [Diet and lifestyle management] are important for the prevention of various Lifestyle disorders and also helps to maintain the Health of an Healthy individuals.

Ayurveda laid many basic principles like Ritucharya (seasonal regimen), Dinacharya (diurnal regimen) etc. The word Pathya, derives its origin from root word Patha which literally means a way or channel. Pathya & Apathya are defined as the substance or regimen which do not adversely affect the body & mind are regarded as ‘Pathya’, those which adversely affect them are considered to be ‘Apathya’. Apart from being a part of regime of healthy living in day to day life. This indicates the importance of Pathya and Apathya in Ayurveda. The concept of Pathya and Apathya is the peculiarity of Ayurveda.

Methods

Aushadha (drugs), Aahara (diet), and vihara (conducts) are the three main pillars of ayurveda, along with various medicinal preparations, acharyas also described pathya and apathya for the diseases^{4,5}.

Definition of Pathya -

The food or regime which do not adversely affects the body and are pleasant to ones mind and soul are called as 'Pathya'.

Definition of Apathya –

Opposite to it the food or regimen which adversely affects the body and are not pleasant to mind and soul are called 'Apathya'.

Role of Aahara – Vihara -

All humans and animals 'Prana' (Life) is depends on Aahara. The chief source of energy is food⁶. Nutrition is the science of food and relation of food with health. Proper Aahara helps to provide – Dhatu poshana, Sharira Bala, Manasika Bala, etc.

As Aahara beneficial for maintaining health, 'Vihara' is also important for strength of the body and health. As in Ayurveda both Aahara and Vihara plays an important role in improving health.

Importance of Pathya-Apathya –

Acharyas indicated the importance of Pathya Aahara 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 need of medicine. In the latter case, medicine will not be effective. In this way, the precisely constituted, calculated and cooked food is known as Pathya. It is said to be Mahabheshaja by Acharya Kashyapa. The ways to overcome to disease and also maintenance of good health are the two main Prayojana of Ayurveda. Bheshaja, Aahara and Vihara are essential part of Chikitsa. Aahara and Vihara are essential part of parcel of human life. Ahara has a significant mentioning in Pathya – Apathya.

Role of Pathya- Apathya in Lifestyle disorders –

In Today's era, due to the dietary habits, sedentary lifestyles various disorders are developed. In which Sthoulya, Prameha, various Manasika Vyadhis are increasing day by day.

Implementation of Dinacharya, Ritucharya, Ratricharya, Vyayama, Adharniyavega (Non suppressing the natural urges), Dharniyavega (Suppressing the suppressible urges), Sadvritta (Code of good conduct for mental health and social behavior), Rasayana therapy, Achara rasayana (Behavioral conduct), proper Aahara , Proper Vihara, etc.

1] Implementation of Dinacharya –

Each and every individual for maintaining healthy conditions of body and mind, should follow this concept called 'Dincharya'. (Din means day and Charya means regimen). Daily regimen is also divided into day regimen and night regimen.

Lifestyle in the ancient times was a little bit different than that of today. During ancient time, requirements of a person were minimum and most of the people had ample wealth. Society in general was following some specific measures, mentioned in daily regimen like regular oil massage to the body, yoga, meditational practices, bathing, herbal smoking etc. In today's hectic and materialistic culture, rarely any person gets the time to think of his own health or fitness. Hence many people think that this lifestyle is not possible to follow. But this is totally wrong concept. Every one of us, should at least understand the importance and benefits of ideal lifestyle⁷.

2] Implementation of Ratricharya [Night regimen]⁸ –

Acharya Vagbhatta said that the person who are always cautions in analysing their Dincharya and Ratricharya never get afflicted with sufferings.

VridhaVagbhatta has given a synoptic review of night regimen, incorporating the dietetics, state of mind, place of sleeping, types of bed and direction Of keeping head and legs at the time of sleeping.

3] Implementation of Rutucharya⁹ –

Ayurveda has prescribed certain rules, in regard to diet, behavior and medicines, called ‘Seasonal regimen or Ritucharya’. In this there is description regarding Shodhana according to the Ritus. Ex. Vasant Ritu – Vamana, etc.

4] AacharaRasayana [Behavioral conduct]¹⁰ –

Being a holistic science with equal focus on the body, mind, and soul, Ayurveda also describes a type of Rasayana for ‘Psychological and Spiritual health’ called as ‘Achara Rasayana’. It is a right code of socio-behavioral conduct ; it teaches us a preferred lifestyle with defined do’s and don’ts.

5] Rasayana [Rejuvenating Therapy] –

Rasayana plays a very important role in boosting immunity in the body. Essential for improvement of Sapta dhatus. Daily consumption of ‘Milk’ and ‘Ghruta’ is one of the ‘Rasayana’ and which helps to maintain Health and provides good Immunity¹¹.

6] Avoid Vega Dharana [Suppressing the natural urges] –

Urges are the physiological body reflexes to eliminate toxins out of the body. If this physiology is altered, then it leads to pathology due to disturbance in the normal body physiology.

Ex. There is mentioning of Hridroga symptom due to long term suppression of Adharniyavega.

7] Vyayama [Physical exercise] –

Vyayama increases the carbohydrate metabolism (Glycolysis) and causes lipolysis of accumulated adipose tissue (Gluconeogenesis) thereby causes abolishment of extra fat. Vyayama helps to increase circulation all over the body and provides strength to the all body parts.

8] Proper Aahara –

‘Aahara’ is a very important factor in our life. Which is an essential for every mankind for living. Therefore Ayurveda describes ‘Aahara vidhi vidhana, Aahara parinamkara bhava, etc. So Aahara should be Shadrasatmaka, contains Panchbhautikadravyas. Which is a natural strength and health provider¹².

9] Proper Vihara –

As Aahara is important for leaving life , Vihara is also helpful in maintaining health and immunity. So that, - daily exercise, sleep and sadavritta should be practiced according to season, age and time.

II. CONCLUSION

Pathya (wholesome) and apathy (unwholesome) food are responsible for happiness and misery respectively. The person who always avoid the intake of unwholesome food are held in high esteems by saints. Wholesome food is said to be one of the major causes for the growth of living beings and the un wholesome food for the growth of disease. The practise of pathyaapathya as per season will improve overall health.

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