

## International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



### Importance of *Pathya Apathya - Ahara Vihara* (wholesome – unwholesome) In Prevention of *Prameha*

Dr. SVN Sivananda lahari.<sup>1</sup> Dr. Rajesh.Kinnera <sup>2</sup>

ICV-70.6 ISRA-1.218  
VOLUME 4 ISSUE 1 JANUARY 2021

1- \*2<sup>nd</sup> year PG Scholar, Department of Ayurveda Samhita Siddhanta, Dr B.R.K.R Government Ayurvedic Medical college, Hyderabad

2-\*\* Final year PG Scholar, Department of Ayurveda Samhita Siddhanta, Dr B.R.K.R Government Ayurvedic Medical college, Hyderabad

Corresponding Author :- , Dr. SVN Sivananda lahari., 2<sup>nd</sup> year PG Scholar, Department of Ayurveda Samhita Siddhanta, Dr B.R.K.R Government Ayurvedic Medical college, Hyderabad, Email id- [nandubujji93@gmail.com](mailto:nandubujji93@gmail.com)

Article received on 2th Jan 2021

Article Accepted 20<sup>th</sup> Jan 2021

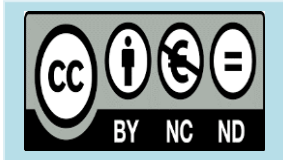
Article published 31<sup>st</sup> Jan 2021

### ABSTRACT

Ayurveda being the oldest system of medicine, which is being practiced with the motive of maintaining the health of healthy individuals and treating the diseased ones by removing the ailments. In Ayurvedic system of medicine for any disease the first line of management is *nidana parivarjana* (avoiding the cause) which is the primary step. Internal and external medication is of secondary importance. *Prameha* (diabetes mellitus) is caused by *mithya ahara vihara* such as sedentary lifestyle, excessive sleep, excessive intake of curd, meat soups of domestic, aquatic, and marshy land animals, milk products, freshly harvested food articles, fresh wine, jaggery preparations and all other *kapha* promoting substances, laziness, intake of food substances which are cold, unctuous, sweet, fatty and liquid. Mostly sedentary mode of life, *viruddha* and *ahita ahara* (incompatible diets) *ati matra sevana* (excessive intake) of leads to the dreadful disease called *Prameha* (diabetes mellitus). Any person to prevent *prameha roga* (diabetes mellitus) must practice healthy way of living by following *dinacharya* (Daily regimen), *rutucharya* (Seasonal regimen) by consumption of *hita ahara* (healthy food) whose intake leads to maintenance of *tridoshas* in *sama avastha* (severe phase) so that a person is devoid of any kind of disease. As per Ayurveda acharyas preventing a disease before its onset is done by following *hita ahara* and *vihara* (healthy food and lifestyle). After the occurrence of *prameha* (diabetes mellitus) one must follow the following *ahara* and *vihara* like *purana shali* (old rice), *purana godhuma* (old wheat) *yusha kulutta*,

*mudga* (soup) and *kalaya* (peas), *laja manda* (scum of parched paddy), *purana Madhya* (old wine), *madhu*(honey), *takra* (butter milk), *triphala*, *lashuna* (*allium sativum*), *guda*(jaggery), *vyayama* (exercise) to avoid complications for rest of the life.

**Key words:** *Prameha, Nidana, Ahara, Vihara, Pathya, Apathya*



This work is licensed under a creative attribution -Non-commercial-No derivatives 4.0 International License commons

**How to cite this article:** Dr. SVN Sivananda lahari. Dr. Rajesh. Kinnera, Importance of *Pathya Apathya - Ahara Vihara* (wholesome – unwholesome) In Prevention of *Prameha*, IRJAY,

January: 2021 Vol- 4, Issue-1; 158-164;; Doi: <https://doi.org/10.47223/IRJAY.2021.4124>

## INTRODUCTION

Human Practice of *Ayurveda* as a system of medicine is concerned with preserving the positive health and treating the disease. All polyureic diseases in *Ayurveda* are described under *prameha* (diabetes mellitus). The description of the acquired form of *prameha* (diabetes mellitus) referred to as *apathyanimittaja prameha* (NIDDM) is very similar to diabetes mellitus. *Apathya ahara* and *apathya vihara* (unwholesome diet and lifestyle) both are the major risk factors for *prameha* (diabetes mellitus). *Prameha* is the most threatening endemic lifestyle disorder, having social, medical and economic ramifications globally. *Prameha* (diabetes mellitus) can be prevented by adopting a healthy diet and physical activity<sup>1</sup>.

Therefore, the key for management is to consult a doctor and a dietician, which means adjusting one's diet, activity and sometimes taking medications. Substantial evidences now exist to suggest that diabetes incidence is strongly associated with increasing urbanization, population growth, aging, persons unhealthy lifestyle choices, reduced physical activity, obesity, behavioral patterns, socioeconomic changes and perhaps most importantly western style diet. Here *ayurvedic pathya ahara* (wholesome diet) and *pathya vihara*

(wholesome lifestyle) can play a major role in disease prevention.

Taking these facts into consideration, the present work is undertaken to show the importance and to prove the role of suitable *ayurvedic ahara*(dietary) and *vihara* (lifestyle) and *pathya apathya* (wholesome–unwholesome) guidelines in preventing *prameha* (diabetes mellitus)

### IMPORTANCE OF *PATHYA APATHYA AHARA VIHARA*:

*Ayurveda* has great contribution in treatment of diseases as well as prevention of diseases. *Ayurveda* gives equal importance to *ahara* and *vihara* (diet and lifestyle). The healthy body as well as the diseased are nothing but the outcome of *ahara* and *vihara*. The *ahara* and *vihara* which is wholesome to body and gives happiness to the mind is known as *pathya* (wholesome) and opposite to that is known as *apathya* (unwholesome). The planning of diet mentioned in our classical literature is very rational and based on certain principles. Lot of importance is given to the diet with regard to the processing, quality, quantity and so on. Due consideration is given to the geographical distribution, psychological condition, status of health, digestive power etc. of the person while

dealing with this issue. The concept of *pathya* *apathya* (wholesome–unwholesome) is similar to the concept of *upasaya anupasaya* (Pacifying – non pacifying) and refers to the entire spectrum of good and bad in the range of both *ahara* and *vihara*<sup>2</sup>.

*Vaidyajivana* (Physicians) describes that if a man uses *pathya* (wholesome) there is no need of any medication and if the patient does not observe *pathya* (wholesome) and indulges in *apathya* (un

wholesome) the medicine will not act. Hence, it may be said that treatment can be carried out by regulated and wholesome diet without the use of medicine<sup>3</sup>.

So, the proper use of *pathya apathya ahara vihara* (wholesome–unwholesome) not only prevents the disease but plays major role in the management of the disease.

## MATERIAL AND METHOD

All the references regarding *prameha* (*Diabetes mellitus*) *pathya apathya ahara vihara* (wholesome–unwholesome) are collected from various textbooks.

Concept of lifestyle modifications and *prameha* (*Diabetes mellitus*) is studied in detail.

## Conceptual Study

**PATHYA AHARA AND VIHARA FOR PRAMEHA:** (wholesome diet and lifestyle) *Ayurveda* recognized the importance of food and daily activities in diabetes. For *prameha rogi* (DM patients) advised *pathya ahara* is *mantha* (health drink) *kashaya* (Decoction), barley and easily digestible food, oiled barley, barley cakes, flour of parched grains, fat free meat, soup of *mudga* (green gram) bitter vegetables, old *shali* (old rice), *shashtika* rice (*Oryza sativa*), wheat, millets, pulses of *chanak* (horse gram), *arahar* (Pigeon pea), *kulatha* (*Dolichos biflorus*) *mugdha* etc. In oils, *danti* (*Baliospermum montanum*), *ingudi* (*Balanites aegyptiaca*) linseed and mustard oil can be used<sup>4</sup>.

In *pathya vihara*, *Ayurveda* has mentioned the importance of physical exercise in *prameha*. *Acharya charaka* described various physical exercises, forceful massage, baths and showering from perfumed water of *hasakhas* grass (*Vetiveria zizanioides*), cinnamon, cardamom, eagle wood, sandal wood and *tagara* (*Valeriana Wallichii*). *Sushruta* has recommended walking of 100 *yojana* in 100 days i.e., *yojana* per day [1 *yojana* = 7.5 k.m] for preventing *prameha* (diabetes mellitus), means

withdrawing of luxury to create happiness<sup>5</sup>. *Sthula pramehi* (NIDDM) are advised to do exercises-like wrestling, horse riding, vigorous walking etc but *krisha pramehi* (Asthenic Diabetics) are advised to protect their strength and not to do exercises<sup>6</sup>.

## **APATHYA AHARA AND VIHARA FOR PRAMEHA: (unwholesome diet and lifestyle)**

*Prameha* (diabetes mellitus), patient is advised to avoid following food articles (*apathya ahara*) like *Souviraka* (fermented drink), *Tushodaka* (fermented drink), *shukta*, *maireya* (wine), *asava*, (self generated alcoholic formulations) oil, ghee and milk products like curd and pudding rice, milk-based sweets, sugarcane items, *pishtanna* (carbohydrate rich food), *amlayavagu* (rice gruel), *panaka*, *coolant* (fruit juice drink) *Gramya mamsa* (meat of domestic animals) *Oudaka mamsa* (aquatic animals) *Anupa mamsa* (marshy animals). In *apathya vihara* (unwholesome lifestyle) the patient of *prameha* (diabetes mellitus) should avoid long and comfortable sitting, long sleeping, *divaswapna* (sleeping during day time), laziness and *ratrijagarana* (<sup>7</sup>*Pathya* (wholesome diet) is having

a key role in the management of *prameha* (diabetes mellitus) <sup>8</sup>. *Pathya* and *apathya* (wholesome–unwholesome) *ahara* and *vihara* according to

different *Ayurveda* classics are tabulated separately in Table 1. and Table 2. Respectively.

**Table 1. Pathya Apathya Ahara for Prameha.**

<b>Ahara (Food type)</b>	<b>Pathya</b>	<b>Apathya</b>
<b>Cereals</b>	<i>Yava</i> (Barley), <i>Truna Dhanya</i> , (the group of grains produced by grass like plants). <i>Godhuma</i> (wheat), <i>Kodrava</i> , ( <i>Paspalum scrobiculatum</i> ) <i>Uddalaka</i> , ( <i>Cordia dichotoma</i> ), <i>syamaka</i> ( <i>Panicum Frumentaceum</i> )	<i>Shali</i> (old rice), <i>Navinadhanya</i> .
<b>Pulses</b>	<i>Chanak</i> (horse gram), <i>arahar</i> (Pigeon pea), <i>kulatha</i> ( <i>Dolichos biflorus</i> ) <i>mugdha</i> , <i>Thuvare</i>	<i>Masha</i> (Black gram), <i>Nishpava</i> (( <i>Dolichos lablab</i> ).
<b>Vegetables</b>	<i>Patola</i> , ( <i>Trichosanthes dioica</i> ) <i>Sigru</i> ( <i>Moringa oleifera</i> ), <i>Methika</i> , ( <i>Trigonella Foenum</i> ) <i>Karvellaka</i> , ( <i>Momordica Charantia</i> ) <i>Karkatee</i> , ( <i>Cucumis utilisissimus</i> ) <i>Gojihawa</i> ( <i>Onosma bracteatum</i> )	<i>Aluka</i> . (potato)
<b>Fats &amp; Oils</b>	<i>Sarsapa</i> ( <i>Brassica campestris</i> ), <i>Atasi</i> ( <i>Linum usitatissimum</i> ), <i>Danti</i> ( <i>Baliospermum montanum</i> ), <i>Ingudi</i> ( <i>Balanites aegyptiaca</i> ) <i>tailas</i> (oil), <i>Aja mamsa</i> (goat meat) <i>Sashak mamsa</i> (meat of rabbit), <i>Kapota</i> (pigeon), <i>Titira</i> , <i>Lavaka</i> , <i>Harina</i> .(deer)	<i>Gritha</i> , Oil Cake of <i>tila</i> , Pastry, <i>Payasa</i> , (Kheer rice pudding ) <i>Krisara</i> (gruel).
<b>Kitchen spices</b>	<i>Marica</i> ( <i>Piper nigrum</i> ), <i>Haridra</i> ( <i>Curcuma long</i> ) , <i>Adraka</i> ( <i>Zingiber officinale</i> ), <i>Lasuna</i> ( <i>Allium sativum</i> ), <i>Methi</i> , ( <i>Trigonella Foenum</i> ) <i>Saidavalavanam</i> (rock salt)	Excessive Spices
<b>Fruits</b>	<i>Amala</i> ( <i>embelica officinalis</i> ), <i>Jambu</i> , ( <i>Myrtus cumini</i> ) <i>Bilva</i> ( <i>Aegle Marmelos</i> ), <i>Beejapura</i> ( <i>Citrus medica</i> ), <i>Mahajambira</i> , <i>Sevaphala</i>	Fully Ripen fruits like Mango, Banana, Papaya, Jack fruit, Pineapple Etc...
	<i>Takra</i> ,(buttermilk) <i>Madhuudaka</i> (Honey water),	<i>Ikshurasa</i> (sugar cane juice), <i>Ksheera</i> (milk) with <i>sarkara</i> (sugar) Fresh wine, Curd which are Mostly

<b>Drinks</b>	<i>Sarodaka, Kusodaka, Triphalarasa, Sidhu</i> (a type of wine) <i>Madhuvika</i> (Another type of wine)	liquid, Sweet, and Immature in nature
<b>General guidelines</b>	Increase low glycemic index food.	High glycemic Index diet.

**Table 2. Pathya Apathya viharas for Prameha.**

<i>Pathya vihara</i>	<i>Apathya vihara</i>
Vyayama(physical exercises), walking	<i>Aasyasukham</i> (Avoid long and comfortable sitting)
Forceful massage	<i>Swapna sukham</i> (Comfortable Long sleeping)
Bath and showering from perfumed water of <i>khasakhasa</i> grass ( <i>Vetiveria zizanioides</i> ), cinnamon, cardamom, eagle wood, sandal wood and <i>tagara</i> . ( <i>Valeriana Wallichii</i> ).	<i>Divahswapna</i> (sleeping during day time)
<i>Niyuddha</i> (kusti)	<i>Ratrijagarana</i> (Not to Sleep During Night)
Riding on elephant and horse	Sedentary lifestyle
Playing sports	<i>Madyapana</i> (Alcoholism)

YOGA: Some of the asanas beneficial in management of *prameha*.(*Diabetes mellitus*)

*Matsyendraasana, Vajrasana, Pacchimotasana.*  
Pranayama: *Bhramari, Bhastrika, Kapalabhati.*

## DISCUSSION

*Prameha* is *anushangi vyadhi* (*Hereditary disease*), which signifies it a lifestyle disorder. If a person follows the dietary rules for particular disease there is very little significance of drug treatment and when a person is exposed to *apathya*(Unwholesome) the drug treatment has no value, because without *pathya* (*wholesome*) drug can't cure the disease. Regular *pathya sevana* is very important. As the *nidanakara ahara* (causative factors) & *vihara* (lifestyle) increases the bodily *kapha*, those are *apathya* for *prameha* (*Diabetes mellitus*). The *pathya ahara* and *vihara* which are being discussed above causes reduction of *kapha dosha* along with *shariraka sleshma, vata* and *pitta doshas* also brought to normalcy. For a healthy body we need to discourage the harmful lifestyle(*vihara*). It is important to realize that the dietetic habits

change from person to person and a study on individuals diet choice is essential before any modification is suggested. *Prameha* (*Diabetes mellitus*) being a disease of deranged metabolism, special attention should be kept on the condition of *agni*<sup>8</sup>. Not only selection of right food is important but the processing of food, quantity of food and frequency of intake are also important. The importance of restricted diet and physical activity was recognized by *susrutha* and had advised to live a like beggar or saint who lives on *Bikshayatana* (food received as charity or donation after moving from door to door). It is clear that such food shall be less in quantity, poor in calories and fit for pre diabetics. Living like a saint or beggar also signifies life with more physical activity but less mental stress<sup>9</sup>. So, importance for *ahara vihara* (diet and

lifestyle) must be given in the management of *prameha* (Diabetes mellitus) and to prevent the

occurrence of *prameha roga* (Diabetes mellitus) in a healthy person.

## CONCLUSION

*Ayurveda* has given wide description about *ahara* and *vihara* (diet and lifestyle) which are told under the *prameha* and these *ahara vihara* (diet and lifestyle) are relevant in day-to-day life. *Prameha nidana* itself says it is caused due to *mitya ahara vihara* (sedentary lifestyle, practicing of unwholesome dietetics). Therefore, in the management of *prameha* mere usage of medicines is not sufficient as the disease has *ahara vihara* are the main *nidana* (reason) for its manifestation. The prevention of diabetes by lifestyle intervention is very much essential in present era. This is mainly focused on the increased physical activity and dietary modifications; it is considered as the comprehensive approach to prevent and treat *prameha*. A physician should give equal importance to *ahara vihara* along with medicine and patient must be educated regarding the *pathya apathya ahara vihara*. (wholesome -unwholesome diet and lifestyle)

One who resort to wholesome diet and regimens, who enters action after proper observation, who is unattached to the pleasure drawn from the satisfaction of sensory objects who is given to charity, impartiality, truthfulness, and forgiveness and who is at service of learned people, seldom gets afflicted with diseases.

Diseases do not afflict an individual who is endowed with excellence of thoughts, speech and acts which are ultimately blissful, independent thinking, clear understanding, knowledge, observance of spiritual prescription and love for meditation<sup>10</sup>.

**Acknowledgement- Nil**

**Financial support;-Nil**

**Conflict of Interest:- Nil**

## REFERENCE

1. Yadavji Trikamji Acharya, CharakaSamhita chaukambha orientalia, Reprint edition, 2019. Sutra sthana, ch.17, ver.78-80,
2. Yadavji Trikamji Acharya, CharakaSamhita chaukambha orientalia, Reprint edition, 2019 Sutra sthana, ch.25, ver.45,
3. Lolimbaraja by Dr.Nirmal saxena, vaidyajivana, English translation, chowkhamba Sanskrit series office, second edition 1 january 2016. Ch.1, ver.10,
4. Yadavji Trikamji Acharya, CharakaSamhita chaukambha orientalia, Reprint edition, 2019 chikitsa sthana, ch.6, ver.46&47,
5. Yadavji Trikamji Acharya, Susruthsamhita, chaukambha orientalia, Reprint edition, 2018. Chikitsa sthana ch. 11, ver.12,
6. Yadavji Trikamji Acharya SusruthaSamhita, chaukambha orientalia, Reprint edition, 2018. Chikitsa sthana, ch.11, Ver.11,
7. Yadavji Trikamji Acharya CharakaSamhita, chaukambha orientalia, Reprint edition, 2019. Nidana sthana, ch.4, Ver.5-7,
8. Yadavji Trikamji Acharya Charaka Samhita, chaukambha orientalia, Reprint edition, 2019. Sutra sthana, ch.17, Ver.78-80,
9. Yadavji Trikamji Acharya Susrutha Samhita, chaukambha orientalia, Reprint edition, 2018. Chikitsa sthana, ch.11, Ver.12,
10. Yadavji Trikamji Acharya CharakaSamhita, chaukambha orientalia, Reprint edition, 2019. Sharira sthana, ch.2, Ver.46-47,
11. Table no.1: Hand book of “Anupana pathya&apathya” publication of “National institute of Indian medical heditage, Hyderabad. Central council for research in ayurvedic science, department of ayush. delhi.2012.  
Table no.2: Hand book of “Anupana pathya&apathya” publication of “National institute of Indian medical heritage, Hyderabad. Central council for research in ayurvedic science, department of ayush. delhi.2012.