

REVIEW ARTICLE

Importance of *Pathya Apathya* in *Shalaky* Practice – A Conceptual Study

Pramila¹, Shamsa Fayaz²

¹PG Scholar, Department of Shalaky Tantra, National Institute of Ayurveda (De- Novo), Jaipur, Rajasthan, India,

²Professor and HOD, Department of Shalaky Tantra, National Institute of Ayurveda (De- Novo), Jaipur, Rajasthan, India

ARTICLE INFO

Article history:

Received on: 11-04-2024

Accepted on: 19-05-2024

Published on: 31-05-2024

Key words:

Apathya,
Daily regimen,
ENT,
Health,
Pathya

ABSTRACT

Introduction: Ayurveda emphasizes on both prevention and curative aspects, which are of utmost importance in the restoration of health. Through the principles of *Pathya Apathya*, our Acharyas have equipped us with the necessary knowledge to prevent and manage lifestyle disorders related to ear, nose, and throat disorders. Regular observations assess the effectiveness of specific dietary habits and medications in the prevention of disorders. Knowledge of *pathya* and *apathya* Aahara and *vihara* tackle the disease at the grassroot level.

Materials and Methods: Information on *Pathya Apathya* in *Shalaky Tantra* was gathered from the *Laghutrayi*, the *Brihatrayi* and its commentaries, and other Ayurvedic texts.

Results: Various *Ahara Vargas*, which describes the qualities of various food items, has been referenced in ancient scriptures. This conceptual study is an attempt to throw light on the importance of *Pathya Apathya* in disease as well as normal life.

Conclusion: The concepts of *Pathya* and *Apathya* are important in the treatment of every disease as well as for prevention or for maintaining a healthy life.

1. INTRODUCTION

Ayurveda is an ancient medical practice that seeks to avoid human suffering from all forms of physical, mental, intellectual, and spiritual illnesses in addition to curing ailments. Numerous human illnesses have been related to an unhealthy lifestyle, and there has been a lot of emphasis on lifestyle disorders such as kidney diseases, diabetes mellitus, and cardiovascular disorders as well as ways to prevent them. Improper lifestyle has an impact on vision as well. Tobacco, alcohol, cigarettes, junk food, high-fat diets, prolonged exposure to strong light, prolonged computer use, and chronic stress are a few examples of behaviors that can harm the eyes.^[1] Nowadays, due to a busy lifestyle, people have no time to follow a healthy lifestyle and are not able to follow the proper care for the body as well as of the sense organs. Slight impairment in diet and lifestyle patterns may result in unhealthy situations for a person and thus manifesting in various diseases. Ayurvedic scriptures suggest that specific lifestyle practices, such as adhering to *dinacharya*, *ritucharya*, *sadvritta*, and *Pathya*

Apathya might prevent *Shalaky* disorders. An appropriate lifestyle and adherence to a proper diet can help prevent allergic diseases of the nose and eyes, such as allergic rhinitis and allergic conjunctivitis. *Pathya Apathya Aahara* is the diet recommended for various diseases along with treatment in Ayurvedic classics. *Pathya* *vihars* are several healthy practices such as *Gandusha* (oil pulling), *Danta Dhavana* (tooth brushing), *Jihwa Nirlekhana* (tongue scraping), *Anjana* (collyrium), *Nasya* (nasal installation), *Dhumpana* (medicated smoke inhalation), *Karnapoorana* (putting a drop of oil in the ear), and *Shiroabhyanga* (head massage), especially for conditions such as oral, dental, and eye diseases. In routine practice, these *Shalaky Tantra* procedures are highly beneficial. Following *Pathya Apathya* can help prevent lifestyle disorders since many of them exist nowadays. The aim of this study was the importance of *Pathya Apathya* in *Shalaky Tantra*.

2. MATERIALS AND METHODS

Information about this review article was taken from Ayurvedic literature, commentaries, and modern medicine, in that order. Information on pertinent subjects has also been gathered from medical journals, both index and non-index.

Corresponding Author:

Pramila,
PG Scholar, Department of Shalaky Tantra.
Email: pramilamahala50@gmail.com

2.1. Conceptual Study

The word *Pathya* comes from the word *Pathya*, which means way. *Pathya* is a component that benefits the body and the mind. The *Pathya Ahara* diet, according to Charak Samhita, is one that benefits a person's health and mind without having any negative effects.

2.2. Pathya-Apathya for Karna roga

2.2.1. Pathya

Patients with ear diseases known as *Karna rogas* should adhere to *Godhuma* (wheat), *Shali* (rice), *Mudga* (green gram), *Yava* (barley), *Purana Ghrita* (ghee), *Patola* (bottle gourd), and *Shigru* (drum stick) which are among the foods found in *Pathya Ahara*. Not only are vegetables indicated as *Pathya* for the *Karna roga* but also non-vegetarian items, such as *lava*, *mayura* (peacock), *harina*, and *kukkuta mamsa*.^[2] Patients should practice *Brahmacharya*^[3] (celibacy) and *Abhasya*, *Karna Poorana* (fill ears with oil) and *Karna Abhyanga* (massage of ears) daily to avoid the diseases of the ear and to keep *Vata* and *indriyas* under contrail.^[4]

2.2.2. Apathya

When a person has an ear disease, they should always try to avoid humid environments, inserting sticks, glass blades, metallic objects, etc. in their ears, take frequent head baths, brushing teeth with hard brushes, talk excessively, and engage in vigorous exercise, such as *Vyayama* which vitiates *Vata*. When experiencing *Vataja Karna roga*, one should avoid wind and cool drinks.^[5]

2.3. Pathya-Apathya for Nasaroga

2.3.1. Pathya

Yava (barley), *Godhuma* (wheat), *Shali* (rice), *Ghrita* (ghee), *Milk*, *Jangala Mansarasa*, *Vijaya* (*terminalia chebula*), *Sheeta* (cold), *Amla* (sour), *Lavana Rasa*, *Tikta* (bitter), *Laghu* (light), and *Ushna* (hot) should be included in a patient's regular diet. Luke warm, *Ghrey*, *Choraka* (root sock), *Tarkari*, *Dadima* (pomegranate), *Chanaka* (chickpea), *Masura* (lentil), *Guda* (Jaggery), milk, and *Balamulaka* (reddish soup) and *Kulattha* (*Dolichos biflorus* soup). Dietary supplements such as *Dashmulambupana*, *Trikatu*, *Ajaji* (cumin), and *Jeerna Varunipana* (an aged alcoholic beverage) are recommended to avoid *Nasa Roga*. Patients should be forced to adopt the practices of *Nirvata Sevana* by wrapping warm, thick cloths around their heads, *Dhumapana*, or taking herbal medications once a day, and massaging their faces with Luke's warm therapeutic oil.^[6] *Pratimarsha* Nasya should be done daily to avoid the diseases of the nose.^[7]

2.3.2. Apathya

Nava Shaka (vegetables), *Ati Ruksha*, *Guru* (heavy), *Madhura* (sweet), and *Madya* (alcohol), as well as *Sheeta Jala Pana* (drinking cold water) and *Sheeta Ahara Sevana* (eating cold food), must all be avoided in a healthy lifestyle. In addition, the patient must abstain from *Shishiravagaha*, *Shoka* (grief), *Krodha* (rage), *Atichinta*, *Ati Nidra* (oversleeping), *Nariprasanga*, *Vegavarodha* (suppress the natural cravings), and *Snana* (bath).^[8,9]

2.4. Pathya-Apathya for Pratishyaya

The uniqueness of Ayurveda consists in the *Dosha-wise Pathya Apathya* of *Pratishyaya Roga*, as described by Acharyas in the traditional texts of Ayurveda.

2.5. Pathya for Vatika Pratishyaya^[10]

Patients suffering from *Vatika Pratishyaya* should consume foods such as *Mamsarasa*, *Amla* (a sour fruit), *Ushna* (a hot spice), and *Laghu* (a light dish) ahara. Patients should take lukewarm water for drinking and baths and have to develop the habit of *Nirvata* and *Ushna Sthana Ashraya*.

2.6. Pathya for Pittaja Pratishyaya^[11]

Patient with *Pittaja Pratishyaya* should take *Ghrita* (ghee), *Dugdha* (milk), *Yava* (barley), *Shali* (rice), *Godhuma* (wheat), *Jangama Mamsarasa*, *Sheeta* (cold), *Amla* (sour), *Tikta Shaka* (bitter vegetables), and *Mudga* (green gram) in their diet.

2.7. Pathya for Kaphaja Pratishyaya^[12]

Patient of *Kaphaja Pratishyaya* should take *Vartaka* (brinjal), *Kulaka*, *Trikatu*, *Kulattha* (*Dolichos biflorus*), *Adhaki* (red gram), *Mudga Yusha* (green gram soup) in their diet and *Ushna Jalapana* (drinking of lukewarm water) to reduce Kapha Dosha. Apathya patients with *Pratishyaya Roga* should avoid excessive worry (Chinta), excessive and loud speech (*Uchai-Ati Bhashana*), and excessive coital activities (*Ati Maithuna*).

2.8. Pathya Ahara-Vihara for Mukha Roga

Eight steps are listed in Dinacharya in Ayurveda to maintain the cleanliness of the tongue, teeth, gums, and entire oral cavity (Mukha). They are *Jihvanirlekhana*, *Gandusha*, *Kavala*, *Pratisarana*, *Mukha Prakshalana*, *Tambula sevana*, *Dantadhavana*, and *Dantashodhana Churna* (manjana). It is recommended to do dantadhavana both in the morning and after every meal. This effectively satisfies the Ayurvedic notion of dental cleanliness. Due to its *Rasayana* and *Vata Pitta Shamana* benefits, *Kshira* (milk), *Ghrita*, and *Snigdha Bhojana* should be recommended for patients suffering from *Dantaharsha*. Moreover, Acharyas recommended making it a habit to eat after "Dhauta pada kara anana" (cleaning hands, feet, and face). In between and after meals, *Susruta* recommends sipping water to keep mouth free of food particles. *Halitosis* results from avoiding this practice. *Trina*, etc., should be used to clean the interdental space which is emphasized by *Susruta* for the 1st time.^[13]

- Removal of *Dantasharkara* – microorganisms in plaque are the main etiological factors in periodontitis.^[14]
- *Sukhoshnodaka* should be used, particularly for the *Hemanta-Shishreshvara Vaishnava Ritu*. To reduce the risk of caries in later permanent teeth, young patients should receive appropriate deworming therapy. *Dantya Rasayana* recommends chewing 2–4 g of black sesame seeds every morning or using sugarcane, which is a tooth tonic.

2.9. Apathya

If a person regularly consumes *mahisha kshira*, it can lead to *Mandagni* because of *Maha abhisyanidi Guṇa* and increased risk of dental caries. As *Guda* (Jaggery) produces acids during fermentation, *Prabhuta Krimi Kaphakara* should not be used frequently. Patients are advised to limit the intake of *Masha/Pishtanna* because, due to the overall absence of roughage, soft, refined foods tend to stick to teeth tenaciously and are not eliminated.^[15] Because excess salt has an abrasive characteristic that might cause surface abrasion and sensitivity, it should not be used as *Manjana* or for gargling. Because teeth are abrasive, excessive pressure should not be used on clean teeth.^[16,17] It is not recommended to consume tobacco, betel nuts, or pan in excess. Although tooth enamel appears white, the white material beneath the enamel is called dentin. The enamel is transparent. Coffee,

tea, alcohol, cigarettes, and other materials can discolor enamel over time, turning it to grey, yellow, or dingy. Tea and coffee usage can lead to dry mouth and tooth discoloration. Caffeine-containing beverages reduce saliva's ability to prevent tooth decay. Chewing tobacco should be avoided.

2.10. Pathya-Apathya for Netraroga

2.10.1. Pathya

In past centuries, food and lifestyle changes were recommended as specific preventive measures for eye problems.

Ahara: Ghrita (ghee), *Mudga* (green gram), *Yava* (barley), and *Aamalaka* (Indian gooseberry) should be consumed by people. Before or after meals, one should regularly consume *payasa* (rice water) made with Ayurvedic medicine, such as *Shatavari* (*Asparagus racemosus*) or *Amalaki* (Indian gooseberry), or else barley meal cooked with enough *ghrita*.^[18] Furthermore, food preparations such as *Peya* (thin gruel of rice), *Vilepi* (thick gruel of rice), *Tikta* (bitter) and *Laghu* (light) *Ahara*, *Shalitandula* (rice), *Godhuma* (wheat), *Saindhava* (rock salt), *Goghrita* (cow ghee), *Gopaya* (cow milk), *Sita* (sugar), *Kustumburu* (coriander), *Surana* (elephant yam), etc., should take.^[19] Vegetables cooked with *Ghrita* help to improve eyesight, i.e., *Jivanti* (*Leptadenia reticulata*), *Sunishannaka* (*marsilea quadrifolia*), *Tanduliya* (*prickly amaranth*), *Vastuka* (*Chenopodium album*), chilli and *Madhuka* (*Glycyrrhiza glabra*), *Patola* (*pointed guard*), *Karkotaka*, *Karavellaka* (*bitter gourd*), *Vartaka* (*Brinjal*), *Karira* (*capparis decidua*) fruits, *Shigru* (*drum stick*).^[20] There are various medicines recommended for the health of the eyes including drugs such as *Purana Ghrita* (*old ghee*), *Triphala*, *Draksha* (*grapes*), *Lodhra* (*Symplocos racemosa*), *Punarnava* (*Boerhaavia diffusa*), *Kakamachi* (*Solanum nigrum*), *Kumari* (*aloe vera*), *Chandana* (*sandal*), *Dadima* (*pomegranate*), *Karpura* (*camphor*), *Bhrigaraja* (*Eclipta prostrata*), *Shatavari* (*Asparagus racemosus*), and *Madhu* (*honey*).

2.10.2. Pathya Vihara

Various lifestyles mentioned in Ayurveda classics to prevent eye disorders, i.e., *Padabhyanga* (feet massage), *Padaraksadharana* (foot wearing), *Sitodaka Pariseka* (pouring cold water), *Sitodaka Snana* (cold water bath), *Sitodaka Gandusha Dharana* (cold water mouth pulling), *Manaso Nivritti* (withdrawing the mind from objects of senses), and *Sita Jala Prakshalana* stated for the rejuvenation of the eyesight. Furthermore, some daily regimens advised which are beneficial for the health of the eye, i.e., *Netra Prakshalana*, *Anjana* (collyrium), *Nasya* (Nasal installation), *Sirobhyanga* (head massage), *Padabhyanga* (oil massage on the feet), *Pada Prakshalana* (cleaning foot), *Padatra Dharana* (using footwear), and *Chatra Dharana* (use of umbrella).

2.10.3. Apathya Ahara

The food substances of *Katu* (pungent), *Amla* (sour), *Lavana* (salt), *Tiksna* (high potential), *Ushna* (heat nature), *Guru* (heavy), *Vidahi Guna* (substance which cause burning), *Masha* (black gram), *Madya* (Alcohol), *Vallura*, *Dadhi* (curd), *Pinyaka* (oil cake), *Kalinga* (watermelon), *Phanita*, *Sarshapa Taila* (mustard oil), *Matsya* (Fish), *Viruddha Anna* (incompetent diet), *Aranala*, *Katu-Taila*, *Vesavara*, *Virudhaka* (sprouts), *Ambupana* (excessive intake of water), *Madhukapushpa*, *Jangalamamsa* (meat), and *Tambula* (Betel) are considered as harmful for the patients of eye diseases.^[21]

2.10.4. Apathya Vihara Vihara

Ati Maithuna (excessive sexual activity), *Krodha* (anger), *Shoka* (grief), *Nidra-Viparyaya* (sleep disturbance), *Vegavarodha* (suppression of natural urges), *Sukshmekshana* (looking at minute objects), *Snana*

(bath), *Atapa* (excessive heat), *Prajalpanshaa*^[22] (excessive talking) should avoid. Specific *Apathya* also explained in some texts, i.e., *Kadli Phala* (Banana), *Narikela* (coconut), *Panasa Beeja* (jackfruit seed), looking into bright, glittering, and minute objects, etc., will further deteriorate the condition of the Timira (errors of refraction).^[23]

3. DISCUSSION

People are becoming more urbanized and globalized, which means that they are paying less attention to nutritional and lifestyle changes. Numerous psychological diseases have surfaced recently as a result of these alterations. *Dinacharya*, or daily regimen, is an essential component of all medical treatments. Consistency in routine leads to mental and physical regularity. Entire beings are able to function at a greater level when they are able to incorporate important self-care activities into daily practice, eat at appropriate times, and establish a regular sleep regimen. Hormone balance results in the stabilization of emotions, focus, and clarity. It is crucial to rise earlier before sunrise from 4:30 to 5:00 am being the best time to do so. A healthy body results from having the right amount of calm and freshness, which are essential for both the body and the soul. The senses should be fully cleansed in the morning by cleansing the tongue to remove white coating on taste buds and increase digestion putting drops of sesame oil in the ear, brushing teeth with an herbal tooth brush (Neem) and *Manjana* (herbal paste). Nasal instillation of oil drops on a regular basis helps to avoid problems of the nose, ear, and mouth. Establishing a daily routine boosts immunity, encourages a healthy lifestyle, and guards against illnesses.^[24]

4. CONCLUSION

In addition to the routine, the *Pathyas* and *Apathyas* stated that above can thus be adopted to promote ear, nose, and throat disorders because they are highly accurate. All that have to be done to incorporate these practices into our daily activity are a small adjustment. Since prevention is always better than treatment, all recommended actions must be implemented in the modern world where lifestyle-related ear, nose, and throat disorders are becoming more common.

5. ACKNOWLEDGMENT

Nil.

6. AUTHORS' CONTRIBUTIONS

All Authors made equal contributions to write this article.

7. FUNDING

Nil.

8. ETHICAL APPROVALS

This study is not required ethical clearance as it is a review study.

9. CONFLICTS OF INTEREST

Nil.

10. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

11. PUBLISHERS NOTE

This journal remains neutral with regard to jurisdictional claims in published institutional affiliation.

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How to cite this article:

Pramila, Fayaz S. Importance of *Pathya Apathya in Shalaky Practice* – A Conceptual Study. *IRJAY*. [online] 2024;7(5):26-29.

Available from: <https://irjay.com>

DOI link- <https://doi.org/10.48165/IRJAY.2024.70506>