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PATHYA AND APATHYA IN PANDU ROGA

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ABSTRACT:

Food we consume plays an important role in the management of healthy body. As *Pandu* is a disease in which the patient will be weak and have less amount of blood so have less strength and energy. In such patients the diet habit will be altered. So along with the treatment, diet also should be corrected. Along with diet day today activities of the patient which is *Vihara* also should be corrected. By this *Pathya Ahara* and *vihara* the patient will recover soon from the disease. Ahara itself has the power to cure certain disease condition. Hence our Acharyas explained *Trayopasthamba* where the importance of Ahara is mentioned. It is like a basic pillar to a healthy human life. Acharyas in the context of Pandu roga as supportive measure described about *Pathya* and *Apathya* Ahara and viharas which patient should follow, which shows how important a diet in curing the disease.

Keywords: *Pandu Roga, Pathya, Apathya, Ahara, Vihara.*

INTRODUCTION:

Pandu is a disease where the patient will be having *Alparaktha* which causes derangement in the day today activities. As it causes *Daurbalya*, Patient feels loss of strength. Another main feature of *Pandu roga* is *Aruchi* which should be corrected so as to gain strength and increase the blood level. To correct once digestive system *Pathya ahara* plays an important role, which supports the medicine to cure the disease completely. The food and activities which causes adverse effect on body and which further causes various diseases is called as *Apathya* and which does not cause disease and helps in promoting health is called as *pathya*^[1]. For treating any disease along with medicine *Pathya Aahara* and *vihara* is also important. *Sushruta* has dedicated a whole chapter in this concept in *Sutrasthana* as *Hithahitiyaa Adhyaya* where acharya states that *Pathya* generally means causing neither increase nor decrease of doshas but maintains their normalcy^[2]. *Pathya* also has an another phase of understanding as the diet which is of personal liking, i.e., the given diet will be more effective only when the individual has a feeling that it will be beneficial to his disease. For example if the diet contains Pungent taste and person has aversion to it then one should avoid administering such diet to patient^[3]. In *Sushruta sutra*, Acharya has

mentioned that substances which are always accustomed to person by birth are Water, ghee, milk and rice^[4]. In the same way the disease *Pandu roga* also has *Pathya and Apathya* mentioned in classics. Hence an effort has been made in this article to know about *Pathya and Apathya in Pandu Roga*.

PATHYA AHARA IN PANDU ROGA:

Pandu Roga as the name suggests main feature of the disease is Pale colour which is seen in nails, sclera etc. Due to *Nidana Sevana*, *Pitta* is the predominant *Dosha* which gets affected in the disease causing the diminution of *Rasa Dhatu* which results in further diminution of *Raktha Dhathu*. Hence in this disease as *Pathya Ahara* one should administer the food which increases *Rasa dhatu* and *Raktha Dhatu*. As in *Pandu Roga*, *Aruchi* is one of the main symptom one should plan the diet which helps in *Deepana* and *Pachana*. By this patient will have normal digestive process and all the food which he consumes will be absorbed by body and produces normal *Rasa* and *Raktha Dhatu* curing the disease *Pandu*.

LIST OF PATHYA AHARA IN PANDU ROGA^[5]:

- 1) ***Shuka dhanya varga***: *Purana Yava, Godhuma, Shali*
Yava, Godhuma and Shali all are rich source of iron hence helps the body in the production of blood and in curing the *Pandu Roga*.

2) **Shami dhanya varga:** *Mudga, Adhaki, Masura*
Mudga, Adhaki and Masura all are rich source of iron hence helps the body in the production of blood and in curing the *Pandu Roga*.

3) **Shaka varga:** *Patola, Jeevanti, Guduchi, Tanduliyaka, punarnava, dronapushpi, Bimbi, Palandu, Lashuna.*

Patola, Tanduliyaka, Punarnava, Bimbi, Palandu, Lashuna all contains iron and vitamins which helps in the production of blood and curing *Pandu roga*.

Jeevanti is mainly used as *Bruhmana* and *Balya Dravya* which is good for patients of *Pandu* as they will be having symptoms such as *Durbalata*(weakness)and *Shrama*(fatigue).

Guduchi(*dipana, pachana, krimigna*) and *Dronapushpi* are good for digestion as well as appetite, will be beneficial to *Pandu Rogi* as patient will be having symptom of *Aruchi*(anorexia).

4) **Phala varga:** *Kushmanda, Kadaliphala, Amalaka, Pakva Amra.*

Kushmanda is rich in vitamin b and minerals, vitamin b helps in Iron absorption and improves immunity.

Kadaliphala and *Amra* contains iron and it directly benefits *Pandu Rogi*.

Amalaki is rich in vitamin c which helps in production of haemoglobin.

5) **Mamsa varga:** *Jangala mamsa rasa, sringi Matsya.*

Mamsa which is considered as *Balya* and *Brumhana* will be beneficial to the *Pandu Rogi* to strengthen the *Rasa* and *Raktha Dhatu* by this *Uttarothara Dhatu* will be nourished and patient will gain good strength.

6) **Gorasa varga:** *Takra, Ghrita, Navaneeta.*

Saturated fat increases the capacity of iron absorption and thus helps in *Pandu Roga*.

7) **Mutra varga:** *Gomutra.*

Gomutra has *Krimigna* property, by this there will be a proper absorption of vitamins and other nutrients.

8) **Kritanna varga:** *Yusha*

Yusha has *Deepana* and *Pachana* effect and also it helps in restoring the lost energy in the body.

9) **Anyas:** *Yavakshara, Lohabhasma, Kashaya rasa Dravya, Haridra, Tushodaka.*

PATHYA VIHARA IN PANDU ROGA:

Following proper *Dinacharya* and *Ritucharya* keeps oneself fit and improves immunity. This will be a supportive measure for the treatment.

Vamana

Virechana.

APATHYA AHARA IN PANDU ROGA^[6]:

1. **Shami dhanya varga:** *Masha, Shimbi(Nishpava).*

Masha is not considered as *Nitya Sevaneeya Dravya* and mentioned under unwholesome diet.

Nishpava causes indigestion in some Patients and hence it is not recommended in *Pandu Roga*.

2. *Shaka varga*: *Patra Shaka, Sarshapa*.

Sarshapa will aggravate *Pitta Dosha*, hence in *Pandu Rogi* there will be further vitiation of *Pitta* and which in turn causes the *Dushana* of *Raktha*. By this there will be aggravation of the disease.

3. *Madya varga*: *Madhya* is considered as *Apathya*.

Madya does *Pitta* and *Raktha Prakopa*.

4. *Jala varga*: *Nadi Jala* from *Vindyachala*

5. *Anyas*:

Adhika Ambupana, Dushita Jalapana, Mrut bhakshana, Tambula, Guru, Vidhahi, Teekshna, Lavana, and Atyushna Padarta.

***APATHYA VIHARA IN PANDU ROGA*:**

Diwaswapna

Ratrijagarana

Ati vyayama and Ativyavaya

Vegadharana

Dhoomapana, Swedana, Vamana Vegadharana, Raktamokshana^[7].

DISCUSSION:

Our *Acharyas* explained that consuming *Pathya Ahara* itself acts as a medicine in diseased person and in same way the person consuming *Apathya Ahara* then medicine is of no use. This shows how important is consuming and following healthy diet in curing

the disease along with medication. *Pathya Ahara* in *Pandu Roga* is mentioned in different *Vargas*. All these *Ahara* will help in curing the disease as they possess various Vitamins and nutrients. *Shuka Dhanya* is rich in Iron and has *Raktha Prasadana* property, hence increases *Uttarothara dhatu* finally beneficial in *Ojokshaya*. *Shami Dhanya* has *Kapha Pittahara* property and rich source of iron which helps in production of blood. *Shaka Varga Dravyas* have *Deepana, Pachana, Krimigna, Balya, Brumhana* Property helps in digestion, and improves over all strength of Patient. *Phala Varga Dravyas* are rich in vitamins and minerals, a good source to maintain energy level. *Amalaki* is *Pitta Pradhana Tridosha Shamaka* has *Rasayana* property which is rich in Vitamin C helps to increase Red blood cells. *Mamsa Ahara* mentioned above does the *Brumhana* and nourishes *Dhatus* finally improving *Ojas*. *Haridra* has Anti inflammatory, anti hepatotoxic and anti oxidant property. *Gou Ghrita* is anti oxidant, has the property of *Agni Deepana, Vrushya* and has the capacity to increase iron absorption in body. The above mentioned *Apathya Ahara* has the Properties like *Ushna Veerya, Pitta Prakopaka, Raktha Dushti, Shukra Nashaka* and *Ojo Kshaya* which will have adverse effect on *Pandu Rogi*. The *Pathya Viharas* like following *Dinacharya*,

Ritucharya will improve the quality of life and helps in treatment and *Apathya Vihara* will do *Pitta Prakopa* and again does the *Roga Vridhi*. Hence above mentioned *Pathya Ahara* and *vihara* will definitely helps in curing the *Pandu Roga*.

CONCLUSION:

Sadhya Pandu Roga is cured by *Shodhana* and *Shamana* along with Supportive diet called *Pathya Ahara* and supportive regimen called *Vihara*. While explains about disease and its treatment *Acharya* explains about *Pathya Ahara* and *Vihara* along with *Apathya Ahara* and *Vihara* which should be followed to cure disease this confirms *Pathya Ahara* plays a major role in curing *Pandu Roga*. Food is considered as *Brahma* which is Supreme hence it has a power to cure the disease when consumed properly. Hence this article will be helpful to refer a information about *Pathya* and *Apathya* in *Pandu Roga*.

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