

AN ANALYTICAL STUDY ON PATHYA-APATHYA IN *PRATISHYAYA*

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**ABSTRACT**

*Pratishyaya* is not a life threatening disease, but immunity is lowered. There is constant loss of bala (immunity), complexion and Agni (digestive fire) in *Pratishyaya*, so this *Nidanarthakara roga* (disease being causative factor to another disease) should be treated with at most priority. Aggravated *Vata* vitiates the upper *Kaphashaya* (seat of *Kapha* in the head) and stimulates the liquefaction resulting in watery or mucous or yellowish or blood mixed discharge from the nose producing *Pratishyaya*. Hence the diet should include the *Vatakapahara* and *Agni* and *Ojovridhikara* food, so as to reverse or prevent the pathogenesis. The diet described under the etiology should be avoided. According to *Ritu* diet should be modified. *Ashtavidha Ahara Visheshha Ayatana* should be kept into consideration. Further the emphasis should be given to *Avastha* or condition i.e. *Apakva* or *Pakva*

while advocating *Pathya-Apathya* in a *Pratishyaya* patient.

**KEYWORDS:** *Pratishyaya*, *Nidanarthakara roga*, *Kaphashaya*, *Kapha*.

**INTRODUCTION**

*Pratishyaya* is not a life threatening disease, but immunity is lowered resulting in complications like deafness, blindness, eye diseases, oedema, and diminution of Agni, Cough etc. and *Kshaya* (emaciation).<sup>[1]</sup> *Pratishyaya* gets aggravated due to reduced *Bala* (immunity) and if such person indulges in excessive sex, he will be afflicted with *Shoṣa* (emaciation).<sup>[2]</sup> There is constant loss of bala (immunity), complexion and Agni (digestive fire) in *Pratishyaya*<sup>[3]</sup>, so this *Nidanarthakara roga* (disease being causative factor to another disease) should be treated with at most priority. Improper treatment leads to *Kasa* (cough)

and ultimately resulting in *Kshaya* (pthisis) a disease characterized by loss of immunity.<sup>[4]</sup> Although *Pratishyaya* is *Vatananatmaja* (*Vata* predominant) disorder according to *Acharya Kashyapa*, practically vitiation of both *Vata* and *Kapha* is observed. *Kapha* further gets vitiated by *Vata* resulting in symptoms like headache, heaviness, anosmia, fever, cough, hoarseness of voice, anorexia, tiredness, impairment of sense organs and *Yakshma* (emaciation).<sup>[5]</sup>

### GENERAL PRINCIPLES OF PATHYA IN PRATISHYAYA

Aggravated *Vata* vitiates the upper *Kaphashaya* (seat of *Kapha* in the head) and stimulates the liquefaction, subsequently watery or mucous or yellowish or blood mixed nasal discharge is produced in *Pratishyaya*.<sup>[6]</sup> *Pinasa* is synonymous with *Pratishyaya* and is invariably caused by vitiation of *Vata* and *Kapha*, hence it should be treated by ghee.<sup>[7]</sup> The basic reason for this is *Agnimandya* and vitiation of *Ojas* (impairment of immunity). Hence the diet should include the *Vatakaphahara* and *Agni* and *Ojovridhikara* food, so as to reverse or prevent the pathogenesis. The diet described under the etiology should be avoided. According to *Ritu* diet should be modified. Further the emphasis should be given to *Avastha* or condition i.e. *Apakva* or *Pakva* while advocating *Pathya-Apathya* in a *Pratishyaya* patient. According to *Ritu* diet should be modified. *Ashtavidha Ahara Visheshha Ayatana* should be kept into consideration.

### PATHYA AHARA

#### General consideration of food

- Sour, salt, light, unctuous, hot, liquid diet.<sup>[8]</sup>
- *Upavasa* (Fasting).<sup>[9]</sup>

#### Gorasa Varga (Milk and milk products)

- Jaggery with milk.<sup>[10]</sup>
- Curds is sweet, sour and excess sour taste and has astringent anurasa unctuous and hot property and is conducive in *Pinasa*.<sup>[11]</sup>
- Curds is pathya in *Pinasa*.<sup>[12]</sup>
- *Marichyadi Yoga* a combination of pepper and jaggery and curds is beneficial in all types of chronic rhinitis (*Pinasa*).<sup>[13]</sup>
- In *Navapratishyaya* pepper powder with curds and jaggery is beneficial.<sup>[14]</sup>
- *Dadhi Mastu* (Supernatant part of curds) relieves thirst, tiredness, light and cleanses the channels.<sup>[15]</sup>

- Drinking of ghee after dinner is conducive in chronic cases. If it is not effective old ghee, *Shatpala*, *Panchagavya*, *Kalyanaka* or *Abhaya ghrita* are beneficial.<sup>[16]</sup>
- *Purana ghrita* (old ghee) is conducive in *Pratishyaya*.<sup>[17]</sup> According to *Bhavaprakasha* one year old *ghrita* is *Purana ghrita*.

### ***Shuka Dhanya (Cereals)***

- *Purana yava* (Old barley), *Shali* (rice).<sup>[18]</sup>
- *Yava* (Barley) is dry, cold, heavy, sweet, *Sara*, *Purishajanaka*, *Vatakara* and destroys *Pinasa*.<sup>[19]</sup>
- *Yava*, *Godhuma*.<sup>[20]</sup>

### ***Shamidhanya (Pulses)***

- Horse gram is hot in property astringent in taste pungent in *Vipaka* and *Kaphavatahara* in action. It is beneficial in *Shukrashmari*, *Gulma*, *Sangrahi*, *Pinasa*, and *Kasahara*.<sup>[21]</sup>
- *Kulattha*.<sup>[22]</sup>
- *Adhaki*, *Mudga*.

### ***Mamsa Varga (Nonvegetarian food)***

- Meat of goat is not very cold, heavy, unctuous, *manda*, *alpa Kaphapittahara*, *anabhishtandhi*, so *Pathya* in *Pinasa*.<sup>[23]</sup>
- *Gomamsa* (beef) is *Vatahara* and destroys *Pratishyaya*.<sup>[24]</sup>
- *Shushka mamsa* is guru and destroys *Pratishyaya*.<sup>[25]</sup>
- *Dhanva mamsa* (meat of terrestrial animals).<sup>[26]</sup>
- Meat of cow (beef) destroys *Pinasa*.<sup>[27]</sup>
- *Mamsarasa* of goat prepared in *Pippali*, *Yava*, *Kulattha*, *Nagara*, *Dadima*, *Amalaka* and *Ghrita* is *Pathya* in *Pinasa*.<sup>[28]</sup>
- *Lavana*, *Amla*, *Katu rasa yukta snehayukta mamsarasa*.<sup>[29]</sup>

### ***Shaka Varga (Vegetables)***

- *Balamulaka* (tender radish) is not having any *rasa* (*Asphuṭa rasa*), alkaline and slightly bitter, *Doshahara*, light, hot and destroys *Pinasa*.<sup>[30]</sup>
- *Lashuna* (garlic) is *tikshna* (piercing) hot, pungent in taste, *Sara* and cures *Pinasa*.<sup>[31]</sup>
- *Suranakanda* (*amorphophellus*) should be consumed, the person should take milk, meat soup as it enhances *Agni* and conducive in *Pratishyaya*.<sup>[32]</sup>

- *Ardra* with jaggery in gradually increasing and decreasing dose of 12 gram for 12 days destroys *Pratishyaya*.<sup>[33]</sup>
- *Agastya Pushpa*.<sup>[34]</sup>

### **Phalavarga (Fruits)**

- *Dadima* (pomegranate).<sup>[35]</sup>
- *Amalaki* (Indian gooseberry).<sup>[36]</sup>

### **Kritanna Varga (Prepared food)**

- *Patola nimbayusha* is *Kapha medohara, Pittaghna, Dipana and Pratishyayahara*<sup>37</sup>
- *Mulakayusha* is *Vatahara* and destroys *Pratishyaya*.<sup>[38]</sup>
- *Kulatthayusha* is *Vatahara* and destroys *Pinasa*.<sup>[39]</sup>
- *Snigdha Utkarika* is *Pathya*.<sup>[40]</sup>
- *Chinchachada yusha* prepared with tamarind leaves and seasoned with asafetida, black pepper is beneficial in *Pratishyaya*.<sup>[41]</sup>
- *Mudga Yusha*.<sup>[42]</sup>
- Intake of warm *Yusha* prepared by boiling black gram with salt after intake of food destroys *Tridoshaja Pratishyaya*.<sup>[43]</sup>
- *Panchamulyadi Yusha*- Milk cooked in *Panchamuli* powder or decoction of *Chitraka* and *Abhaya* or *Vidanga* and jaggery with *ghrita* should be taken in *Pinasa*.<sup>[44]</sup>
- *Balamulaka Kulattha Yusha*.<sup>[45]</sup>
- *Vartaka, Kulattha, Adhaki, Mudga Yusha* with *Saindhava Trikatu*.<sup>[46]</sup>
- *Rasala* –A sweet prepared from curds, sugar and flavoured with cardamom, clove, camphor, pepper etc. famous as *Shrikhanda* is *Agnidipana* and beneficial in *Pratishyaya*.<sup>[47]</sup>
- *Vatya* prepared from barley destroys *Udavarta* and *Pinasa*.<sup>[48]</sup>
- *Yavagu*- warm gruel preparation from red rice or barley, three salts consumed according to one's capacity.<sup>[49]</sup>
- Hot barley rice with salt and oleaginous substance.<sup>[50]</sup>
- *Dashamula, Kulattha, Kola, Yava, Shushka mulaka, Vyosha, Lavana panchaka* with *dadhi and dhanyamla sarpi siddha Ahara* in *Pratishyaya*.<sup>[51]</sup>

### **Jala Varga (Water)**

- Luke warm water prepared in *panchamula*.<sup>[52]</sup>

- Intake of less amount of water is *Pathya*.<sup>[53]</sup>
- *Dashamula sadhita jala*.<sup>[54]</sup>
- *Shringaverodaka*.<sup>[55]</sup>
- Cold water before going to sleep is *Pathya* in *Pinasa*.<sup>[56]</sup>
- *Narikelajala*(tender coconut water) is unctuous, sweet, cold, *Hridya*(good for heart), *Dipana* (carminative), *Bastishodhana* (cleans the bladder), *Pittahara* (alleviates Pitta), *Pipasahara* (cures thirst) and *Pathya* in *Pratishyaya*.<sup>[57]</sup>

### Single drug

- Intake of *Haritaki* (*Terminalia chebula* Retz) with Jaggery.<sup>[58]</sup>
- Pepper (*Piper nigrum* Linn) always kept in mouth.<sup>[59]</sup>
- Ginger with *saindhava lavana* (rock salt) and water cures *Pratishyaya*.<sup>[60]</sup>
- Use of *Pippali* in increasing order (*Vardhamana Pippali*) with Jaggery and *Abhaya* (*Terminalia chebula*) relieves the disease.<sup>[61]</sup>
- *Patola* leaves, *Triphala* relieve *Pratishyaya*
- *Shringavera* rasa (ginger juice) with honey.<sup>[62]</sup>

### Apathya (Unwholesome)

- Cold water is non-conductive in *Pratishyaya*.<sup>[63]</sup>
- Cold water as adjuvant after intake of food is contra-indicated in *Pinasa*.<sup>[64]</sup>
- *Vyapanna jala* (contaminated water).<sup>[65]</sup>
- *Viruddhahara* (contradictory food substances).<sup>[66]</sup>
- Excessive intake of liquids.<sup>[67]</sup>

**Table 1: Pathya Ahara in Pratishyaya as per various Authors.**

<i>Pathya</i>		C.S	S.S	A.H	A.S	B.R	Y.R
<b>Ahara (Food)</b>	Hot Food	+	+	+	+	+	+
	<i>Ruksha</i> (dry) food	—	+	—	—	—	—
	<i>Snigdha</i> (unctuous) food	—	—	+	+	—	—
	Light food	—	—	+	—	+	+
	Salt, sour, pungent taste	—	+	+	+	+	+
<b>Shuka dhanya (Cereals)</b>	<i>Shali</i> (Old Rice)	+	—	—	—	+	+
	<i>Godhuma</i> (Wheat)	+	—	+	—	—	—
	<i>Purana Yava</i> (Old Barley)	—	+	+	—	+	+
	Warm <i>Saktu</i>	—	—	—	—	—	—
<b>Shamidhanya (Pulses)</b>	Green gram	+	—	—	—	—	+
	Red Gram	+	—	—	—	—	—
	Black gram	—	+	—	—	—	—

	Horse gram	—	+	+	—	+	+
<b>Shakavarga (Vegetables)</b>	<i>Balamulaka</i> (Tender radish)		+	—	—	+	+
	<i>Vartaka</i> (Brinjal)	+	—	—	—	+	+
	<i>Kulaka</i>	+	—	—	—	+	+
	<i>Shigru</i> (Drum stick)	—	—	—	—	+	+
	<i>Karkoṭa</i>	—	—			+	+
<b>Phala varga (Fruits)</b>	<i>Daḍima</i> (pomegranate)	—	—	+	+	—	—
	<i>Amalaki</i> (Indian gooseberry)	—	—	+		—	—
<b>Ikshuvarga (Sugarcane products)</b>	Sugar cane products like jaggery	—	+	—	—	—	—
<b>Prakshepaka</b>	<i>Lashuna</i> (Garlic)	—	—		+	+	+
	<i>Trikatu</i>	+	—	+	+	+	+
	Wet ginger with jaggery	—	—	—	—	+	—
	<i>Jiraka, Ela, Tvak, Surabhi</i> with old jaggery	—	—	—	—	—	—
	<i>Trikatu</i> with ghee and jaggery	—	—	—	—	—	—
	<i>Vijaya</i>	—	+	—	—	—	—
<b>Gorasavarga (Milk and milk products)</b>	Ghee ( <i>Ghrita</i> )	+		—	—	—	—
	Milk	+		+	+	—	—
	Ginger (wet/dry) with milk	—	+	—	—	—	—
	Milk medicated with <i>Panchamula</i>	—	—	—	—	—	+
	Milk medicated with <i>Chitraka</i> and <i>Abhaya</i>	—	—	—	—	—	+
	Ginger (wet/dry) with milk	—	+	—	—	—	
	Curd	—	+	+	—		+
	Pepper with sour curd	—	—	—	—	+	—
	Curd with <i>Dhanyamla</i>	—	—	+	—	—	—
	Curd with pepper and jaggery	—	—	—	—	—	+
<b>Mamsavarga (Category of Meat)</b>	<i>Gramya mamsa</i>	+	+	—	—	—	+
	<i>Jangala mamsarasa</i> (meat soup of terrestrial animals)	+	—	+	+	—	+
<b>Jalavarga (water)</b>	Cold water before sleep	—	—	—	—	+	+
	Boiled water	—	—	—	—	+	+
	Warm drinking water	+	—	—	—	—	—
	<i>Dashamulambu</i>	—	—	+	—	—	—
<b>Kritanna Varga (Prepared food items)</b>	Taking boiled black gram with salt after food	—	—		+	—	
	<i>Yusha</i> of <i>Cinchacchada</i> (Tamarind bark)	—	—		+	—	
	Food prepared with ghee	—	—	+	—	—	
	Powder of wheat with ghee or in the form of <i>Peya</i>	—	—	—	—	+	
	Vella <i>Godhuma</i> Yoga- Roti made of powders of wheat and <i>Vidanga</i>	—	—	—	—	+	
	Ghee, jaggery and <i>Vidanga</i> medicated soup	—	—	—	—	+	
	<i>Kulattha Yusha</i> with <i>Saindhava</i> and <i>Trikatu</i>	+	—	+	—	+	
	<i>Adhaki Yusha</i> (red gram soup)	—	—	—	—	+	
	<i>Mudga Yusha</i> (green gram soup)	—	—	—	—	+	

Table 2: *Apathya Ahara* as per various Authors.

<i>Apathya</i>		C.S	S.S	A.H	A.S	B.R	Y.R
<b>Ahara (Food)</b>	Intake of dry ( <i>Ruksha</i> ) food	—	+	—	—	—	—
	Newly made alcohol	—	+	—	—	—	—
	<i>Viruddha Ahara</i> (contradictory food)	—	—	—	—	+	—
	<i>Abhishyandi Ahara</i>	—	—	—	—	+	—
	<i>Guru</i> (heavy) <i>Ahara</i>	—	—	—	—	+	—
<b>Jalavarga (Water)</b>	Cold water	—	+	+	+	+	—
	Intake of excessive liquids	—	—	+	—	+	+
	<i>Any vari</i>	—	—	+	—	—	—

After analysis of the properties of dietary articles that are conducive in *Pratishyaya Ashtavidha Ahara Viseshah Ayatanas* can be designed for a *Pratishyaya* patient.

### EIGHT FACTORS WHICH DETERMINE UTILITY OF FOOD

The food should be consumed according to the proper rules mentioned in our classics.

तत्र खल्विमान्यष्टावाहारविधिविषेयतनानि तद्यथा—

प्रकृतिकरण संयोगदेशकालोपयोगस्थोपयोक्तृष्टमानि ।। च. नि. 1/29 ।।

The eight factors which determine the utility of food are nature of food articles, method of processing, combination, quantity, habitat, time i.e. stage of the disease or state of the individual, rules governing the intake of food and wholesomeness of individual who take it.

#### *Prakriti* (Nature of Food)

- The patient suffering from *Pratishyaya* should consume sour, salt, light, unctuous, hot, liquid diet.<sup>[68]</sup> Simultaneously it should be *Ojovardhaka* (rejuvenating), *Vata Kapha* hara like *Putiha* (mint), *Lonika* (*Portulaca quadrifida* Linn), *Yavani patra*, *Vrintaka* (brinjal), *Grinjana* (carrot), *Palandu* (onion), *Lashuna* (garlic) or *Tridoshashamaka* like *Canchu* (*Corchorus acutangulus* Linn), *Sunishannaka* (*Marsilea minuta* Linn), *Mulaka* (radish), *Patola* (snake gourd) etc.
- Cereals like *Godhuma* (wheat), *Yava* (barley), *Shali* (rice), *Jurnahva* (sorghum) have *Shukravardhaka* (spermatogenic), *Brimhana* (nourishing), *Jivaniya* (enhancing *Prana*), *Sandhanakara* (union of bones), *balya* (strength promoting) etc. properties which can be considered as *Ojovardhaka*.
- Pulses like *Mudga* (green gram), *Adhaki* (red gram), *Makushtha* (aconite pea), *Masura* (Lentils) are *Kaphahara* and *Masha* (black gram) is *Vatahara* and *Balya*.



- Fruits like *Amalaki* (gooseberry), *Dadima* (pomegranate), *Urumana* (apricot) are *Tridoshahara*, *Bilva* (Bael), *Jambira* (lemon) are *Kaphavatahara*. They are also *Rasayana* (rejuvenators).
- Milk products like curd has *Ushna* (hot), unctuous and *Vatahara* properties. The milk has *Rasayana*, *Jivaniya*, *Vatahara* properties and *Kaphakara* property can be overcome by adding turmeric, ginger etc.

The above said diet helps in alleviation of *Vata*, *Kapha*, and also enhancement of *Ojas* leading to prevention and cure of *Pratishyaya* an *Ojovikritijanya Vyadhi*. They are also essential parts of balanced diet.

### **Karana (Method of processing)**

करणं पुनः स्वाभाविकानां द्रव्याणामभिसंस्कारः ।७

संस्कारो नाम गुणान्तरधानमुच्यते ।। च.वि. 1/29–211 ।।.

*Karana* is processing of the food substances to bring about changes in their property. In *Pratishyaya* many food preparations can be prepared in order to give variety as well as to impart good qualities for the prepared.

Curd is a commonly mentioned *Pathyas* despite of being *Abhishyandi*. Here *Ushna* (hot), *Dipana* (carminative), *Snigdha* (unctuous), *Guru* (heavy), *Amla Vipaka* and *Vatahara* properties help to alleviate *Pratishyaya*. *Dadhi* is also *Balya* (strength promoter) and *Shukrala* (enhances *Shukra*). It helps to enhance immunity. *Abhishyandi* nature is counteracted by taking it with adjuvants like pepper, *Dhanyamla*, jaggery etc.

### **Samyoga (combination of substances)**

It is the combination of two or more substances. By this properties of the food can be enhanced. And combination should be such that it does not harm the individual as in case of *Viruddha*.

Milk is also used as *Pathya* in *Pratishyaya*, even though it aggravates *Kapha*. Ginger, *Trikatu*, *Panchakola*, *Chitraka*, *Abhaya* pepper and jaggery, anyone can be added to milk to counteract its *Kaphavardhaka* nature. This signifies importance of milk in the diet and more over it is *Rasayana*, hence required to enhance immunity in *Pratishyaya* patients.



**Rashi (quantity of food)**

It is the quantity of food consumed by the individual. It depends on the *Agni* of the person. In *Pratishyaya* *Agni* is diminished, hence there is dislike for food. Even though modern view suggest calorific intake, according to principles of *Ayurveda*, it should be taken depending on *Agni* otherwise it will be harmful to the body.

**Desha (Habitat)**

It may be the place where particular food is grown or place where the patient resides. The food grown in the *Jangala desha* (terrestrial region) is good for *Pratishyaya* Ex. *Jangala mamsa*. The food items from *Anupa desha* (marshy land) will be predominant in *Kleda*, thus aggravating the condition of *Pratishyaya*.

**Kala (time)**

Time stands for both the time in the form of day and night and states of individual such as condition, health, age. One should consume the food according to the rules of *Ritucharya*.

**Upayogasamstha (Dietetic rules)**

उपयोगसंस्था तूपयोग नियमः स जीर्णलक्षणापेक्षः ।। च.वि. १ ।।.

Dietetic rules are dependent on the symptoms of digestion. One should eat that food in proper quantity which is hot, not contradictory in potency, after digestion of previous meal. Food should be consumed in proper place without talking and laughing, with concentration of mind, and paying due regards to one self.

**Upayokru (One who takes food)**

Here one who takes food is a *Pratishyaya* patient. He should consume *Balya* and *Ojovardhaka* food.

Thorough analysis of *Pathyas* that are mentioned in the classics, it is found that there is indication for the use of hot water in most of the texts, but *Bhaishajya Ratnavali* and *Yoga Ratnakara* consider cold water before sleep. This may be to convert the *Amamavastha* of *Pratishyaya* to *Pakvavastha*.

**DISCUSSION**

The patient suffering from *Pratishyaya* should consume sour, salt, light, unctuous, hot, liquid diet.<sup>[69]</sup> Simultaneously it should be *Ojovardhaka*, *Vatakaphahara* like *Putiha* (mint),

*Vrintaka* (brinjal), *Grinjana* (carrot), *Palandu* (onion), *Lashuna* (garlic) or *Tridoshashamaka* like *Mulaka* (radish), *Patola* (snake gourd) etc. Cereals like *Godhuma* (wheat), *Yava* (barley), *Shali* (rice), *Jurnahva* (sorghum) have *Shukravardhaka* (spermatogenic), *Brimhana* (nourishing), *Jivaniya* (enhancing *Prana*), *Sandhanakara* (union of bones), *Balya* (strength promoting) etc. properties which can be considered as *Ojovardhaka*. Pulses like *Mudga* (green gram), *Adhaki* (red gram), *Makushtha* (aconite pea) and *Masura* (Lentils) are *Kaphahara* and *Masha* (black gram) is *Vatahara* and *Balya*. Fruits like *Amalaki* (gooseberry), *Dadima* (pomegranate), *Urumana* (apricot) are *Tridoshahara*; *Bilva* (Bael), *Jambira* (lemon) are *Kaphavatahara*. They are also *Rasayana* (rejuvenators). The milk has *Rasayana*, *Jivaniya*, *Vatahara* properties and *Kaphakara* property can be overcome by adding turmeric, ginger etc.

According to modern curd is probiotic. *Lactobacillus delbrueckii*, subspecies *bulgaricus* and *Streptococcus thermophilus* are used for fermentation of milk lactic acid to produce Yoghurt.<sup>[70]</sup> Curd may contain a wide variety of bacteria like *Lactobacillus acidophilus*, *Lactococcus lactis*, *Lactococcus lactis cremoris* etc, whereas yoghurt contains *Streptococcus thermophilus* and *Lactobacillus bulgaricus*. Yoghurt is rich in potassium, calcium, protein and B vitamins, including B-12.<sup>[71]</sup> The *Lactobacillus* in yoghurt feeds the intestines and enhances nutrient absorption in the body. It ensures the health of digestive system and boosts the immune system, kill bacteria in the digestive tract. Research at the University of California at Davis showed that eating live-culture yoghurt enhanced levels of gamma interferon, main element of the immune system.<sup>[72]</sup> The lactic acid present in yoghurt is a perfect medium to maximize calcium absorption. Yoghurt enhances HCL production, so helps to improve digestion, vitamin and mineral absorption and general wellbeing. Calcium is very essential for the healing of ulcers, as the absorption of calcium two times with the consumption of curd as compared to the milk. It gives relief from the pain and discomfort due to ulcers. About 32 per cent of the raw milk is digested in an hour while compared to 91 per cent of the curd is digested. The lactic acid content in the curd helps in the assimilation of calcium and phosphorus.<sup>[73]</sup>

*Ashtanga Sangraha* mentions of intake of *Guda* and *Ardraka* in the management of *Pratishyaya*.<sup>[74]</sup> As *Ardraka* (fresh ginger) and Jaggery are among the common *Aharayogi dravyas*, the combination has been advocated in equal proportion in dose of 10gram twice daily.

Jaggery has *Madhura Rasa, Natishita, Snigdha Guna, Madhura Vipaka, Shita Virya and Pittavataghna, Raktadoshahara, Mutrashodhana, Balya, Vrishya, Majjasrikkara and Medokaphakara Karma*. Minerals and vitamins like Magnesium, Potassium, Iron, Calcium, Phosphorous and Zinc. Jaggery has reasonable amount of calcium, phosphorous and zinc. Jaggery is also a good source of selenium and acts as an antioxidant by reducing free radicals in the cells. Jaggery has anti-allergy property. Thus is useful to take care of asthma and allergic rhinitis. Jaggery is very good food for people who stay in dusty and polluted areas, it helps them to breathe easier and counter pollution problems naturally.

According to the paper presented by scientists of Industrial Toxicology Research Centre at a workshop held in Lyon, France, the jaggery has a preventive action on smoke-induced lung lesions which suggests the jaggery can act as a protective agent for workers in dusty and smoky environments.<sup>[75]</sup> A paper presented at the Workshop on Bio-persistence of Respirable Synthetic Fibers and minerals held in 7-9 September 1992 in Lyon, France emphasizes the importance jaggery in cleansing of pollution. Rats with and without single intra-tracheal instillation of coal dust (50 mg/rat) were orally gavaged with jaggery (0.5g/rat, 5 days/week for 90 days). The enhanced translocation of coal particles from lungs to tracheobronchial lymph nodes was seen in rats treated with jaggery. Additionally, the jaggery decreased the coal included histological lesions and hydroxyproline present in lungs. The lesions were produced in omental tissue and regional lymph nodes by a single intraperitoneal injection of 50mg each of coal and silica dust were modified by jaggery (0.5g/rat, 5days/week for 30 days). These findings prove preventive action of jaggery on smoke-induced lung lesions. This jaggery can act as potential protective agent for workers in dusty and smoky environments.<sup>[76]</sup> According to an experiment, Jaggery treated rats showed greater translocation of coal particles from lungs to tracheobronchial lymph nodes.

*Ardraka* has *Kaṭu Rasa, Laghu, Snigdha Guna, Madhura Vipaka, Ushna Virya and Kaphavatashamaka, Vedanashamaka, Shulanashaka, Anulomana, Dipana, Stanyashodhana, Hridya, Medohara, Jvaraghna, Shophashamaka, Vranashodhaka and vrishya Karma*.

Ginger has about 477 constituents. The gingerols increase the motility of the gastrointestinal tract. They also have shown antipyretic, analgesic, antibacterial and sedative, properties in experimental animals.<sup>[77]</sup> Active ingredients in ginger compounds called gingerol is a known pain reliever. It affects the pain pathways directly and also relieves the inflammation which is responsible for pain. According to Professor Roufogalis, gingerols prevent the aggregation of

platelets. Studies in Montreal and Tokyo in 1955 and 1979 concluded that ginger also enhances immunity.<sup>[78]</sup> Hence fresh ginger and jaggery can be effectively used in prevention and cure of *Pratishyaya*

## CONCLUSION

The diet and lifestyle is very important in the management of *Pratishyaya*. *Ayurvedic* principles in the form of *Pathya-Apathya* will help in prevention and cure of *Pratishyaya*.

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