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**A REVIEW ON PATHYAPATHYA IN VISHA**

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**ABSTRACT**

Ayurvedic approach to health management gives due importance to food and regimens. They have a role in the management of disease both as a causative factor (*apathya*) and as a part of therapy (*pathya*). The same applies to *visha avastha* by maintaining the heamostasis of the body, in promoting normalcy and preventing further deterioration of the condition. Most of the pathya apathya mentioned in classics has role in stabilizing physiological and psychological effects of visha. So this concept is mentioned in *Bruhat trayees* as well as *Visha vaidya sara samucchaya* with due importance.

**Keywords: *pathya, apathya, visha, haemostasis***

## INTRODUCTION

The science of *ayurveda* aims at maintaining the health of a healthy person and curing the disease of the patients. The concept emphasizes importance on preventive aspect rather than curative. This is where the role of *pathya* comes into existence. Through *pathya sevana* health is maintained and promoted.

The word *pathya* (wholesomeness) is originated from the root word *patha* which means a way or channel [1]. Their importance is linked to mind like which do not adversely affect the body and mind is *pathya*, and the one which adversely affects both is *apathya* (unwholesomeness). These not only includes diet to be followed for achieving positive health, but also the regimes.

*Visha* (poison) affliction is a condition where treatment and the after-care can be challenging. Proper use of diet and regimens helps in removal of *visha* from the body effectively. Also non-recurrence of the symptoms of *visha* can be done by the use of *pathya sevana* and *apathya* be avoided for its prevention.

References regarding *pathya* *apathya* in *visha sevana* is available in Ashtanga Sangraha, Susruta Samhitha, Charaka Samhitha.

### Pathya [2] (Table 1)

As per Ashtanga sangraha utara sthana *Jeerna shashtika Sali, koradusha, priyangu, mudga, harenu, tuvari (adaki), patola, vetrapallava, tanduleeyaka, jeevanti, vartaka, sunishannaka, jangala mamsa, dadima, dhatri, kapitha, saindhava lavana, sita*. Foods which are *avidahi, vyanjana* (side dishes) which are made from drugs which are *kashaya* and anti-poisonous, use of medicated ghee like *kalyanaka ghrta*, water obtained from *divya* (rain water), *saarasa* (lakes), *koopotha* (wells) or *sрта sheethala jala* (boiled and cooled) mixed with *madhu, amalaka*.

*Parama visha nashana pathya*- person has to wear white clothes and consume well processed flour of *yava (sakthu)*, with buttermilk and ghee.

Other *pathyas* mentioned are [23]:

- *Divya jala* (rain water) - laghu guna, sita veerya, karmas mentioned are: *jivana* (enlivening), *tarpana* (satiating), *hladi* (refreshing), *amrutopamam* (quality similar to *amrta*)
- *Sarasa jala* (river water) – gunas differ according to the direction of flow.

- *Koopotha jala* – guna differ as per its location, i.e. jangala desa, anupa desa or parvata.
- *Srta sita jala* – anabhishtyandi (does not increase moisture of the body), laghu (light), *pitta yukthe hitam dosha* (ideal for pitta dosha)

As per astanga hrudaya vartaka can be taken as *brhati*.

### Apathya (Table 2)

*Apathya* mentioned can be divided into categories like *pana*, *ahara* and *vihara*.

*Paana*- Water from *nadi* (river), *tadaaga* (lake) especially during *ghanaagama* (rainy season) as they will be polluted with mud and impurities.

*Ahara*- *Tila*, *madya*, *kulatha*

*Vihara*- *kshut vega rodha* (suppression of hunger), *krodha* (anger), *ayasa* (exertion) and *maidhuna* (copulation) can increase *vata* and *pitha doshas*. *Divaswapna* (sleep during day time) is said to be *abhishtyandi* and thereby increase *kapha* dosha [2].

### Ashtanga Hrudaya [27]

*Apathya* are mentioned in *Sarpa visha pratishedham adhyayam* similar to Astanga Sangraha

### Charaka Samhitha [28] (Table 3)

Most of the drugs mentioned are similar to Ashtanga Aangraha except a few shown in Table 3.

*Yusha* with *mudga* and *harenu* specifically; *rasa* (meat soup) with *svavit*, *lava*, *tittiri* and *prshada*. These *yusha* and *rasa* should be seasoned with *vishaghna* *aushadhas* (antidotes).

- *Svavit* (porcupine meat) –swasa hara, kasa hara, raktha dosha hara, sotha hara, tridosha hara [31]
- *Lava mamsa* (meat of common quail)- hradya, sita veerya, snigdha guna,kapha vata hara, sleshmanilapaha, agni deepaka, grahi [31]
- *Tittiri mamsa* (meat of Francolinus pondicerianes)-swasa hara, kasa hara, tridosha hara, pathya by nature, hikka nigraha, varnya, grahi [32]
- *Prshada mamsa* (spotted deer)-madhura, grahi, sita virya, laghu, ruchya, jwarahara, tridosha hara [32]

### Apathya

Same as explained by Ashtanga Sangraha

### Susrutha samhitha [33]

### Apathya

*Phanita* (molasses), *sigru* and *sauvira* (fermented gruels), *ajeerna* (indigestion), *adhyashana*( over eating), *nava dhanyaadika gana* (freshly harvested grains), *divaswapna* (day sleep), *vyavaya* (copulation), *vyayama* (physical exercise), *krodha* (anger), *atapa* (anger), *sura*(beer), *tila* and *kulattha*.

**Visha Vaidya Sara Samuchaya [34]**

Pathyas are: *shastika shali*, *kushmanda* (ash gourd), leafy vegetables, and milk products other than curd.

Apathyas are: *taila* (gingelly oil), *masha* (black gram), *kulattha* (horse gram), *guda* (jaggery), *lavana* (all other lavana except saindhava), *madya* (alcohol), *meena* (fish),

*amisha* (meat), *amla* (sour substance), *takra* (butter milk), *dadhi* (curd), *ahni nidra* (sleeping in day time), *rathri jagarana* (keeping awake at night), *sthree prasanga* (indulgence in sex), *dhuma* (fume), *vahni* (fire), *athapa* (sunlight), *parusha pavana* (wind carrying smoke), *dhuma patradi sevana* (using tobacco smoking).

Table 1: Pathya as per Ashtanga Sangraha

S. No	Drug Botanical name and family	Rasa panchaka	Karma	Pharmacological action
1	Sastika shali (jeerna) [3]	Rasa- madhura Guna- snigdha, laghu Virya- hima Dosha karma- tridoshaghna	Vrihishu sresta, grahi	-
2	Koradusha [4] <i>Paspalum scorbiculatum</i> Linn. Poaceae	Rasa- madhura Guna- guru, snigdha Vipaka –madhura Virya- sita Dosha karma-pitta kapha hara	Vishaghna, grahi	-
3	Priyangu [5] <i>Callicarpa macrophylla</i> Vahl Verbanaceae	Rasa- tiktha, kashaya, madhura Guna – guru, ruksha Vipaka – katu Virya – sita Dosha karma – vata pita samaka	Stambhaka, vishaghna, balya, stambaka	Anti inflammatory
4	Mudga [6] <i>Vigna radiate</i> Fabaceae	Rasa- madhura Guna- ruksha laghu Vipaka- madhura Virya- sita Dosha karma- alpa vata vardhaka	Netrya, varnya, balya	Anti inflammatory
5	Harenu /kalaya [7] <i>Cicer arietinum</i> L. Leguminosae	Rasa- madhura Guna –laghu,ruksha Vipaka –madhura Virya- sita Dosha karma- kapha pitta hara	Grahi	-
6	Tuvari (adaki) [8]	Rasa- kashaya Guna- laghu,tikshna Vipaka- katu Virya- ushna Dosha karma- kapha hara	Vishaghna, dipana, kandughna	-
7	Patola [9] <i>Trichosanthes dioica</i> Roxb. Cucurbitaceae	Rasa-tikta Guna- laghu,snigdha Vipaka- katu Virya-ushna dosha karma- tridosha shamaka	Vata vyadhi hara, vrana sotha hara, palitya hara,vishaghna,pachana, kustahara, vrshya	Anti bacterial, anti fungal, hypo glyceic, haemagglutinating
9	Tanduleeyaka [10] <i>Amaranthus spinosus</i> Linn. Amaranthaceae	Rasa-madhura guna- laghu, ruksha Vipaka- madhura Virya-sita Dosha karma- pitha kapha	Mootrala, ruchya, dipana, raktha pitta hara	-

		asrg jit		
10	Jeevanti [11] <i>Leptadenia reticulata</i> W. & A. Asclepiadaceae	rasa- madhura guna- laghu snigdha Vipaka- madhura Virya-sita Dosha karma- tridosha shamaka	Rasayana, balya, brmhana, raktha pitha shamaka, mutrajanana	Hepato protective, diuretic, immuno modulator, anti oxidant
11	Vartaka/ brhati [12] <i>Solanum indicum</i> Linn. Solanaceae	Rasa- katu, tiktha Guna- laghu, ruksha, tikshna Vipaka- katu Virya- ushna Dosha karma – kaphavata samaka	Hrdya, ruchikara, kustaghna, sulahara, agni vardhaka, chardighna	Carminative, aphrodisiac, cardiac tonic, anti pyretic, analgesic, expectorant
12	Sunishannaka [13] <i>Marsilea quadrifolia</i> Linn. Marsileaceae	Rasa- kashaya Guna- laghu ruksha Vipaka- katu Virya- sita Dosha karma- tridosha hara	Hrdya, rasayana, agnikrt, ruchya, bramahara Pathya saka varga (by charaka and vagbhata)	Immuno modulator, carminative
13	Jangala mamsa [14] Meat of arid region	Guna- laghu Virya- sita Dosha karma- tridosha hara especially pitta hara	Badha mala karaka	-
14	Dadima [15] <i>Punica granatum</i> Linn. Punicaceae	Rasa- madhura, amla Guna- laghu, snigdha Vipaka – madhura Virya- anushna Dosha karma- tridosha samaka	Balya, hradya, tarpana	Anthelmintic, stomachic, cooling
15	Dhatri [16] <i>Emblia officinalis</i> Gareth Euphorbiaceae	Rasa- amla pradhana lavana varjitha pancha rasa Guna – ruksha, laghu, sara Vipaka – madhura Virya – sita Dosha karma – tridosha hara	Rasayana, chardighna, kushtaghna, sophagna	Immunomodulator, anti oxidant, pancreato protective, anti microbial
16	Kapitha [17] <i>Feronia limona</i> (L.) Swingle Rutaceae	Rasa- madhura, amla Guna- laghu Vipaka- madhura Virya- sita Dosha karma- tridosha hara	Grahi, vajikara	Antibacterial, hypotensive, anti carcinogenic
17	Saindhava lavana [18]	Rasa- saswadu Guna –laghu Virya- anushna Dosha karma- tridosha nut	Vrshya, hradya, pathya, avidahi, agni deepana	-
18	Madhu [19] Honey	Rasa- kashaya madhura Guna- ruksha Dosha karma- vatala	Chakshushya, chedi, vishanut, kushta mehakrmi chardi, swasa, kasa, atisara jit, vrana sodhana ropanam	-
19	Sakthu [20] Corn flour	Guna- laghu	Kshut, trshna, srama, netramaya, vrana hara, santarpana, sadya balaprada	-
20	Takra [21] Butter milk	Rasa- kashaya amla Guna- laghu Karma- kapha vata hara	Deepana, sophaghna, udaraghna, grahani dosha hara, mootrala, aruchighna, ghrta vyapat nashana, garaghna, pandughna	-
21	Ghrta [22] Ghee	Rasa- madhura Guna- guru, snigdha Vipaka- madhura Virya- sita Dosha karma- vata pitta hara	Agni bala ayu vardhaka, dhi dhrti smriti medha vardhaka	-

Table 2: Apathya as per Ashtanga Sangraha

Sl no	Drug Botanical name and family	Rasa panchaka	Karma	Pharmacological action
1	Tila [24] <i>Sesamum indicum</i> Linn. Pedaliaceae	Rasa- madhura, kashaya, tiktha, katu Guna- guru, snigdha Virya- usna Vipaka- katu Dosha karma- vata samaka	Balya, vranahara, deepana, medhya, sula prasamana, artava janaka	Anti oxidant, hepato protective, anti tumor, hypotensive
2	Madya [25]  Alcoholic beverages	Rasa- amla pradhana Guna- tikshna Virya- ushna Vipaka- katu Dosha karma- vata kapha hara	Rochana, tushti pushti prada, sroto visodhana	-
2	Kulattha [26] <i>Dolichos biflorus</i> Linn. Papilionaceae	Rasa- kashaya Guna- laghu, ruksha, tikshna Vipaka – katu Virya- usna Dosha karma – vata kapha samaka	Asmarihara, lekhana, mutrala, sweda janana, krmighna, sulahara, vranaropaka, chakshushya	Diuretic, hypotensive, antistress, hypoglycaemic, hypocholesterolemic

Table 3: Pathya as per Charaka Samhitha (extras other than Ashtanga Sangraha)

S. No	Drug Botanical name and family	Rasa panchaka	Karma	Pharmacological action
1	Manduka parni [29] <i>Centella asiatica</i> Linn. Apiaceae	Rasa- tiktha, kashaya, madhura Guna- laghu, sara Vipaka – madhura Virya- sita Dosha karma- tridosha samaka	Medhya, rasayana, swarya, vishaghna, hradya, ayushyakara	Memory enhancer, anti inflammatory, sedative, hepato protective, hypotensive
2	Karavellaka [30] <i>Momordica charantia</i> Linn. Cucurbitaceae	Rasa- tiktha, katu Guna- laghu, ruksha Vipaka- katu Virya- ushna Dosha karma- kapha pitta samaka	Pramehaghna, kustaghna, dipana, rochana, pachana, krimighna, rakta sodhaka, vishaghna	Hypoglycaemic, antipyretic, hypotensive, anti bacterial, anti fungal

## DISCUSSION

Acharya's has mentioned *pathya apathya* for most of the diseases. *Shastika shali, saindhava lavana, divya jala, mudga, madhu, amalaki* are some of the common pathyas irrespective of the disease condition.

*Pathya apathya prayoga* can be included as *samana chikitsa* karma for visha (general treatment principles), owing to its importance.

Pathya dravyas mentioned here consist mainly of *madhura rasa, laghu* and *snigdha guna, sita virya* whereby suppressing the properties of *vishas* and increasing *ojus* due to their similarity.

On the perspective of *dushi visha* few of the drugs with *deepana, pachana guna* helps in removing *kapha avarana* in the *srotas* thereby increasing *agni*.

Owing to hepato protectivity and *mootrala karma* of most of the drugs, *sesha visha* (latent toxins) will be expelled outside the body.

*Mamsa rasa* and *yusha* are mentioned as they are easily digestible, carminative, *balya*, and *pushtiprada* thereby useful in reducing *vishopadrava*. Anti oxidant, immuno modulator effect, *rasayana guna* helps in repairing the damaged cells thereby enlivening them.

*Hrdya guna* and antistress property proves to be nourishing the mind and maintains the equity of *manasika doshas*.

*Apathya* with *abhishyandi guna* increase *kapha dosha* and block the channels of circulation. Most of the *ahara* and *viharaja apathyas* are of *katu amla rasa*, *ushna*, *tikshna* gunas which contributes to aggravation of *visha guna*.

## CONCLUSION

Eventhough these are the *pathya apathya* told for *visha*, it should be administered after analyzing the *prakrti*, *kalpana*, *kala*, *matra* etc as ayurveda believes in the concept of uniqueness of each and every individuals. Acharya Charaka has emphasized the importance of *pathya* by mentioning it as a synonym of *chikitsa*. Thus everyone should refrain from *apathya* and follow *pathya*.

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