

CONCEPT OF PATHYA, APATHYA AND LIFE STYLE MODIFICATION IN GRAHANI ROGA

Dr. Sangita Devi^{1*}, Dr. Vikrant Kumar² and Dr. Jayani Niharika Babubhai³

¹Assistant Professor, P.G. Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar.

^{2,3}P.G. Scholar, Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar.



*Corresponding Author: Dr. Sangita Devi

Assistant Professor, P.G. Dept. of Kayachikitsa, Gurukul Campus, U.A.U. Haridwar.

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ABSTRACT

The *Grahani* which is the seat of *Agni* is called so because it has the power to stop the downward movement of undigested food and retains the food until it is fully digested. A functionally weak *Agni* i.e. *Mandagni* causes improper digestion of the food consumed, leading to *Ama Dosh*a and it has pivotal importance in the pathogenesis of *Grahani Roga*. The principle of diet for all types of *Grahani* is boost the *Agni* and reduce the *Ama* with the help of *Ahara Dravyas*, which included mainly *Kashaya*, *Madhura* and *Katu* in *Rasa Laghu*, *Ruksha*, *Grahee*, *Deepana* and *Pachana* in *Guna*; *Ushna* in *Veerya* and *Katu* or *Madhura* in *Vipaka*. In *Ayurveda*, *Nidana Parivarjana* plays an important role as first line of treatment to treat a disease so, occurrence of disease must be prevented essentially and further to check progression of disease through *Pathya* and *Apathya* is a unique contribution to *Ayurvedic* science, The main role in this is to assess dietary factors which play important role in *Grahani roga* hence, the risk of diet and *Pathya*, *Apathya* and life style modification in *Grahani* is discussed which play important role and benefits.

KEYWORDS: *Grahni roga*, IBS, *Pathya*, *Apathya*.

INTRODUCTION

In today's era, the lifestyle of peoples has changed, which affected the physical and mental health. This is the root cause of many noncommunicable disorders, especially metabolic disorders. Due to busy schedules, people are often dependent on the outside food or ready-to-eat diet, resulting in deficiency of important nutrients required for overall health. Irregular meal timing and high-stress levels also play a significant role in poor health. All these factors lead to the irregular functions of gastrointestinal tract.^[1]

Grahani is comparable to irritable bowel syndrome, where impaired *Jatharagni* plays an important role. Irregularity in diet and faulty lifestyle leads to vitiation of *Jatharagni* which produces *Ama* *Grahani* is considered the sixth *Pittadhara kala*, which is situated between *Amashaya*, *Pakwashaya* and is nourished by *Agni*.^[2] It is the site of food digestion. Due to the

impairment in *Agni*, food remains in undigested form and produces *Ama dosha*. According to *Acharya Charaka*, *Jatharagni*, the chief digestive fire, holds a central role, influencing *Bhutagni* and *Dhatvagni*. Maintenance of *Jatharagni* is vital, as the overall vitality and health of an individual are contingent upon it. The six *Rasas* of foods *Kashaya* (astringent), *Madhura* (sweet), *Amla* (sour), *Lavana* (salty), *Katu* (pungent), and *Tikta* (bitter) transform into three types of *Rasas* (*Madhura*, *Amla*, and *Katu*) suitable for metabolic processes through the action of *Jatharagni*. Extinction of this *Agni* leads to mortality, emphasizing the critical role it plays in sustaining life. Maintaining a balanced *Jatharagni*.^[3]

The diet recommended by *Ayurveda* helps to stimulate the *Agni*, which aids in the digestion of proper quality food. Taken in required quantity and in right time for cure of *Grahani roga*.

Pathya and Apathya in Grahani Roga Table 1.

Varga	Pathya	Apathya
<i>Shookdhanya</i>	<i>Shastika shaali</i> , <i>purana shaali</i>	<i>Godhuma</i> (wheat), <i>Yava</i> (barley)
<i>Shamidhanya</i>	Masoor (lentil), <i>tuvari</i> (red gram), <i>aadhaki</i> (pigeon peas) <i>mudga</i> (greengram), <i>kulaththa</i> (horse gram)	<i>Nishpava</i> (flatbeans), <i>Kaalaya</i> (greenpeas), <i>Masha</i> (black gram),

<i>Shaka</i>	<i>Changeri</i> (creeping woodsorrel)	<i>Kakaamchi</i> (blacknightshade), <i>Upodika</i> (spinach), <i>Vastuka</i> (wild spinach), <i>Kushmanda</i> (ash guard) and all leafy vegetables
<i>Phala</i>	<i>Daadima</i> (pomegranate) <i>Rambha phala</i> (banana) <i>bilva</i> (Bengal quince) <i>shrungataka</i> (water caltrops) <i>kapitta</i> (wood apple) <i>jambu</i> (jamun fruit)	<i>Draksha</i> (grapes), <i>Badara</i> (indian jujube), <i>Poogaphala</i> (arecanut), <i>Narikela</i>
<i>Harita</i>	<i>Dhanyaka</i> (coriander seeds) <i>mahaa nimba</i> (variety of neem)	<i>Shigru</i> (drumstick), <i>Ardraka</i> (ginger), <i>Lashuna</i>

Life style modification in *Grahani*

Modification in lifestyle and balanced diet regime along with consideration of *Pathya Apathya* help to cure *Grahani*.

Diet modification

- Modification in diet pattern towards the healthy eating habits boosts Agni and prevents chances of *Grahani*.
- Meal should be consumed at regular intervals.
- Junk foods, allergic foods and food difficult to digest should be avoided.
- Diet containing balanced nutritional value need to be adopted.

Dietary materials

Diet which promote digestive enzyme; restore normal flora and maintain nutritional sufficiency should be adopted such as; fibers, fruit, vegetables, grains and curd.

- *Yavagu*, *Panchkola* soup
- *Takrarista*,
- Vegetable soups.
- Light diet.
- Pineapple, Papaya, Oranges and Lemon.^[4]

Behavior modification

- Behavioral factors such as fear, grief, stress and insomnia can also lead symptoms of *Grahani*. Therefore one should avoid stress, fear and grief to prevent a state of depression which can affect *Agni*.
- Habits of thinking to much should be avoided, as this can affect process of digestion since during process of thinking the circulation of fats mainly connected to the brain rather than the intestine.
- One should consume diet by following rules of *Swasthwarita* in proper manner so to achieve maximum beneficial effect of consumed food.
- One must remain positive and enthusiastic to maintain normal metabolic function.
- A person should always feel that the food he/she going to consume will have a good effect.^[5,7]

Role of *Asana* in *Grahani*

1. *Bhujangasana*: *Bhujangasana* generates warmth within the body, aiding in the enhancement of digestion.
2. *Mayurasana*: *Mayurasana* facilitates the elimination of undigested matter from the stomach.
3. *Paschimottanasana*: *Paschimottanasana* amplifies the digestive fire.

4. *Matsyendrasana*: *Matsyendrasana* stimulates *Jatharagni*.

5. *Sarvangasana*: *Sarvangasana* mitigates *Kapha* and *Pitta* imbalances while also providing relief from indigestion.^[8]

Role of *Takra* in *grahani rog*

Takra is specifically advised in *Grahani roga* due to its *Deepana*, *Grahi*, and *Laghavatva* properties. *Takra* acts as *Tridoshaghna* by means of its different *Guna*.^[9] It is useful in *Pitta dosha* by its *Madhura vipaka*. It is useful in vitiated *Vata* and *Kapha dosha* by virtue of its qualities.^[10]

DISCUSSION

Grahani which is the site of *Agni* is so called because of its power to restrain the downward movement of undigested food and retains food till it is fully digested. Functionally weak *Agni* i.e. *Mandagni*, causes improper digestion of ingested food, which lead to *Amadosha* and it has pivotal importance in the pathogenesis of *Grahani Roga*. The diet modification helps in the correction of the *agni* and life style modification like yoga and pranayama helps reduced the stress.

Main approach in health management is of *Ayurveda*, As a part of therapy (*Pathya*) and causative factor (*Apathya*), food plays an important role in management of disease *Ayurveda* deals with *Pathya vyavastha* (planning of diet and life style) as due to faulty life style. Hence day to day activities, seasonal regimes etc play an important role in maintain of health and hence included in concept of *Pathya Apathya* in *Ayurveda* which should be divided after analysing *Prakriti*, *Kalpna*, *Kaal*. Everyone should follow *Pathya* and refrain *Apathya* as prevention is better then cure because *Pathya* is one which keeps person healthy, maintain body functions and lead to proper functioning of organs, nourishes mind and prevent disease and at the same time correct all the irregularity occurring in body.^[11]

CONCLUSION

In *Ayurveda*, applying treatment of *Pathya* and *Apathya* is highly valuable to achieve good relief and here by concluding that by avoiding use *Apathya Ahar* and *Vihar* i.e. faulty life style and using *Pathya ahar grahani* can be managed.

“One who follows healthy diet and lifestyle doesn’t need any medicine and one who doesn’t need any medicine

and one who doesn't follow, also doesn't need any medicine".

To take the disease if one is following healthy diet and life style, no medicine is required. Controlled diet itself works like a disease and if one is not following such diet and life style, no medicine will work because improper diet and life style themselves are prime cause of disease.

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