

CONCEPTUAL STUDY ON PATHYA APATHYA IN KARNASRAVA ROGA

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ABSTRACT

Diet plays an important role to maintain health. Diet as well as lifestyle are major factors to promote one's health, strength and longevity in present era. *Acharya Charaka* in *Sutra Sthan* chapter 25 has given detail discription of *Pathya Apathya Ahar*. *Sraavanendiya* is one among five *Gyanendriya* and act as sense of hearing and balance. *Karnasrava* is disease of *Karna* mentioned by *Acharya Sushruta* in the chapter named *Karnaroga Vigyaniya* under twenty eight *Karnaroga*. So in present article efforts are done to explain *Pathya Apathya* in *Karnasrava Roga* to improve and promote *Karna Swasthya*.

KEYWORDS: *Pathya Apathya, Karna Roga, Ayurveda* etc.

INTRODUCTION

Faulty dieatry habits are main cause of lifestyle disorders these days. *Acharya Charaka* has mentioned *Ashtha Aharavidhivisheshayana*^[1] and *Ahar Vidhi Vidhan*^[2] in *Viman Sthan* in *Rasviman Adhyaya* where he explained about 8 factors responsible for unwholesome and wholesome effect of *Ahara*, methods of *Ahara Sewana* and dietary guidelines respectively.

In *Ayurveda* it is been mentioned that human body is made up of *panchmahabhoota*, *Ahar* is

also *Panchmahabhautika*.^[3] so it plays an important role in strengthening of human body. To maintain *Karna Swasthya* and *Karnasrava Roga* one should follow *Pathya Apathya* regimen mentioned by different *Acharya* in *Ayurveda* classics.

पथ्यपथोऽनपेतंयद्यच्चोक्तंमनसःप्रियम्।

यच्चाप्रियमपथ्यं च नियतं तन्न लक्षयेत्॥ (च. चि. 25 / 45)

The *Aahar-Vihar* which is nutritional and beneficial for body and also give happiness to the mind are regarded as *Pathya*. The *Aahar-Vihar* which is harmful for body and adversely affect the body and mind are regarded as *Apathya*.^[4]

Karnasrava is the condition characterised by discharge from *Karna* and which occurs due to vitiation of *Vata-Kapha Dosha*. *Karnasrava* is caused by head injury, swimming, increased inflammation or abscess formation, bursting of abscess leads to pus discharge. so *Puyasrava* occurs in *Karnasarava*.^[5] *Pathya Apathya* in *Karnaroga* is elaborately explained in *Yogratnakara*.

Pathya^[6]

स्वेदो विरेको वमनं नस्य धूमं शिराव्यधः। गोधूमाः शालयो मुद्ग यवाश्च प्रतनं हविः॥

लावो मयूरो हरिणस्तितरो वनकुक्कुटः। पटोलं शिग्रुवार्ताकं सुनिषण्णं कटिल्लकम्॥

रसायनानि सर्वाणि ब्रह्मचर्यमभाषणम्। उपयुक्तं यथादोषमिदं कर्णामये हितम्॥ (योगरत्नाकर)

According to *Acharya Yogratnakara* in *Karnaroga Chikitsa Adhyaya* Therapeutic procedures like *Swedana* (sudation), *Virechana*, *Vamana*, *Nasya*, medicated *Dhoompana*, and vein puncture is useful.

Diet should contain *Godhuma*, *Shalidhanya*, *Mudga* and *Yava*, meat of *Lava*, *Mayura*, *Harina*, *Titira* and *Vankukkutta*. Vegetables include pointed guard, bringle, drum stick, and small water clover. *Rasayana Sewana*, *Brahmacharya* and not to talk loudly, are beneficial things suggestive for *Karna Swasthya*.

In *Bhaisajyaratnawali*^[7] and *Rasratnasamuchya*^[8] *Acharya* has mentioned *Pathya Apathya* same as *Acharya Yogratnakara*

According to *Acharya Sushruta* general indications in ear all diseases include oral intake of *Ghrta*, *Rasayana*, avoidance of physical exercises and head bath, celibacy and vocal rest.^[9]

Apathya^[10]

दन्तकाष्ठं शिरस्नानं व्यायामं श्लेष्मलं गुरु। कण्डूयनं तुषारं च कर्णरोगी परित्यजेत्॥ (योगरत्नाकर)

According to *Acharya Yogratnakar* brushing teeth, head bath, physical exercises, cold and heavy food, itching inside ears and humid climate is harmful in *Karna Roga*.

DISCUSSION

The above mentioned *Pathya* in reference of *Karna Roga* by different *Acharya* in *Ayurveda* classics are mainly *Vata- Kapha Shamaka* in nature and also easily available so can be included in our modern life to avoid *Karna Roga* like *Karnasrava* as well as it improves *Karna Swasthya*.

CONCLUSION

पथ्येसति गदार्तस्य किमौषधमनिषेवणैः ।
पथ्येऽसति गदार्तस्य किमौषधमनिषेवणैः । (लौलिम्बराज)

Vaidya Lolimbraj in "*Vaidya-jeevanam*" has given a very important principal regarding *Pathya* and *Apathya* that individual taking *Pathya Ahar Vihar* as daily regimen, do not need any medicine while an individual do not taking *Pathya Ahar Vihar* need not to take any medicine because there will be not any effect of medicine on that person.^[11]

By following *Pathya* regimen discussed in *Karna Roga* in *Ayurveda* classics, individual can keep themselves free from disease and it also play an important role in prevention as well as cure of *Karnasrava Roga*.

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