

## ROLE OF PATHYA KALPANA IN HEALTH MANAGEMENT

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### ABSTRACT

*Ayurveda* is an almighty science which deals with every aspect of life. *Ayurveda* is a unique system of medicine which does not treat a disease but is a holistic approach that cures and tones up the body as a whole. The first aim of *Ayurveda* is “*Swasthasya Swasthya Rakshanam*” which means to maintain the health of a healthy person. “*Atursya Vikaar Prashanam*” which means treatment of disease is the second aim of *Ayurveda*. *Ayurveda* not only treats disease with medicines but also uses *Pathya*, *Aahar*, *Vihaar* etc. To maintain the health of a healthy person *Ayurveda* had described *Dincharya*, *Ritucharya*, *Aahar*, *Vihaar* and various *Pathya Kalpana*. *Pathya Kalpana* (*Ayurvedic*

*Dietetics*) is an exclusive concept mentioned only in *Ayurveda* than other medical sciences. Main objective of describing *Pathya Kalpana* is to highlight the role of diet in maintaining health as well as treating various ailments like-*Dosh*, *Dhatu*, *Mala*, *Agni* in any individual. *Pathya Kalpana* comprises of the ways of preparation which will maintain the “*Path*” (*Strotas*) i.e. system.

**KEYWORDS:** *Ayurveda*, *Pathya Kalpana*, *Path*, *Strotas*, *Agni*, *Swastha*, *Aatur*, Health, *Dietetics*.

### INTRODUCTION

*Ayurveda* is a life science which had insisted more on prevention of disease and maintenance of health rather than treating any disease.<sup>[1]</sup> *Agni* is considered very important in *Ayurveda*. *Agni* is the digestive and metabolic fire of the body. *Agni* is the sole cause for existence of

life and its extinction leads to death. Its proper maintenance helps to live a long life and its impairment gives rise to many diseases. *Agni* is responsible for color, strength, health, enthusiasm, plumpness, complexion, *Ojas*, *Teja*.<sup>[2]</sup> There are four states of *Jatharagni*-*Vishamagni*, *Tikshanagni*, *Samagni*, *Durbalagni* (*Mandagni*). Amongst this *Samagni* is normal state and all others are abnormal state of *Agni*.<sup>[3]</sup> Maintenance of *Samagni* is essential for the disease free life. Improper functioning of *Agni* leads to various gastrointestinal disorder as well as various metabolic disturbances.

Therefore, main principle of treatment of all disease as per *Ayurveda* is to restore and to strengthen the *Agni*. *Pathya Kalpana* serves the same purpose. Also it enhances and maintains *Agni*. *Pathya Kalpana* helps in both healthy as well as diseased state. It makes food healthy.

*Yogratnakar* explained importance of *Pathya* in treatment of disease. In *Yogratnakar* it is said that for the treatment of disease- *Nidaan* (etiology), *Aushadh* (medicine), and *Pathya* these three important factors should be studied thoroughly before starting the treatment. Just like *Ankur* (seeds) will be dried and destroyed if it is not nourished by water, similarly disease will be destroyed if planning of treatment should be done by proper understanding of these three factors.<sup>[4]</sup> And also it is said that “A good and proper diet in disease is worth of hundred medicines. So *Pathya Kalpana* should be included in diet regime of both patient as well as healthy human being.

## DEFINITION

पथ्यं पथोऽनपेतं यद् यच्चोक्तं मनसः पियम्॥ (च.सू. 25/45)

According to *Acharya Charaka*, the term *Pathya* is derived from “*Patha*” which means various channels in body and “*Anapetam*” means not harmful to human body, So any food which is not harmful for body channels and on the contrary which is soothing for body can be called as *Pathya*.<sup>[5]</sup>

पथ्यं पथिषु स्रोतः सु हितम्॥

According to *Acharya Gangadhara*, *Pathya* is related to *Pathin* and thus *Pathya* means beneficial for *Strotas*.<sup>[6]</sup>

**NEED OF PATHYA**

*Vaidhya Lolimbraaj* indicated the importance of *Pathya Ahara-*

पथ्ये सति गदार्तस्य किमौषधनिषेवणैः।

पथ्येऽसति गदार्तस्य किमौषधनिषेवणैः॥

If a patient follows *Pathya Ahara* then there is no need of medicine and if a patient continuously consumes *Apathya Ahara* then also there is no use of medicine (because in latter case medicine will not be effective).<sup>[7]</sup>

**SYNONYMS**

*Chikitsa*<sup>[8]</sup>, *Mahabheshaj*<sup>[9]</sup>, *Satmya*, *Swasthitakara*, *Upshaya*, *Swasthaparipalaka*, *Hita Ahara*, *Swasthaaurjaskara*, *Dhatu Avirodhi*, *Sukhparinamkara*, *Dhatu Samyakar*.<sup>[10]</sup>

**MATERIALS AND METHODS**

*Pathya Kalpana* is used in various places in *Ayurved*. It is used in *Swasthavritta*, *Dincharya*, *Ritucharya*.<sup>[11]</sup> *Pathya Kalpana* is also used in *Samsarjana Karma* after *Panchkarma* to boost the *Agni* and to regain the healthy stage after purification of body.<sup>[12]</sup> Various *Pathya Kalpana* like- *Manda*, *Peya*, *Vilepi*, *Yavagu*, *Yusha*, *Mansarasa*, *Krushara* had been described by *Acharyas*.

These *Kalpana* help in stimulating *Jatharagni*. In this article *Pathya Kalpana* which is used in *Samsarjana Karma* after *Panchkarma* process is described namely *Peya*, *Vilepi*, *Yusha*, *Mansrasa*.

**PEYA**<sup>[13]</sup>

One part of *Dravya* (grain-rice etc.) and fourteen parts of water, are boiled to make watery consistency, is called *Peya* and it contains more liquid portion. According to taste and requirement *Lavana*, *Pippali*, *Shunthi*, *Marich* etc. are mixed in *Peya* while consuming.

*Guna- Laghutara*, *Grahi*, *Dhatupusti Karma*.

**VILEPI**<sup>[14]</sup>

*Vilepi* is prepared with one part of grain (rice) and four parts of water cooked into a thick paste form. According to taste *Marich*, *Pippali*, *Saindhava* *Lavana* etc. are added in appropriate quantity while consuming.

*Guna- Tarpana, Brimhana, Hridya, Madhura and Pitta Nashak.*

### **YUSHA**

*Jal, Kwatha, Swarasa, Hima and Takra* etc. *Drava Dravya* are mixed with *Simbi Dhanya* except rice and cooked well. Obtained liquid portion is called *Yusha Kalpana*. For the preparation of *Yush Mridu Virya Dravya Kalka* is taken 1 *Pal* and *Shunthi, Pippali* etc. *Tikshna Virya Dravya* are supposed to be taken in 1 *Karsha* and mixed with 1 *Prastha* of water and boiled upto contents are reduced to  $\frac{1}{2}$  of the quantity or according to the need after that contents are filtered with cloth and obtained liquid is called *Yusha*.<sup>[15]</sup> According to *Acharya Sharangdhara Yusha* also can be prepared with one part of *Dravya* and fourteen parts of water, same proportion used in *Peya*, but *Yusha* is prepared in thick consistency.<sup>[16]</sup>

### **TYPES OF YUSHA<sup>[17]</sup>**

*Yusha* are two types based on addition of *Sneha*-

1. *Krita Yusha*-sufficient quantity of *Sneha* and *Katu Dravya*(*Maricha, Pippali* etc.) are mixed and fried.
2. *Akrita Yusha*-it prepared without adding any *Sneha* and *Katu Dravya*. *Guna- Balya, Kanthya, Laghupak, Kaphahara*.

### **MANSARASA**

According to *Vaidyaka Paribhasa Pradeep* for preparing *Mansarasa*, *Mansa* is taken doubles of medicine and water is taken doubles of *Mansa*. It is boiled till one forth is remained, then contents are filtered, obtained liquid is fried with appropriate quantity of *Gau Ghrita*. This is called *Mansarasa* or *Shhadang Yusha*.

### **TYPES OF MANSARASA<sup>[17]</sup>**

*Mansarasa* is of two types-

1. *Krita Mansarasa*-sufficient quantity of *Sneha* and *Katu Dravya*(*Maricha, Pippali* etc.) are mixed and fried.
2. *Akrita Mansarasa*- it prepared without adding any *Sneha* and *Katu Dravya*. *Guna- Prinana*(nourishing), *Hridya, Bal Vardhanam, Shukravardhan, Shwas-Kaas-Kshayapaha, Vaat-Pitta-Bhramahar, Vrishya* etc.

According to *Acharya Charaka* sequence of *Pathya Kalpana* used in *Samsarjana Karma*<sup>[18]</sup>.

Day	Annakaal	Pravara Shuddhi	Madhya Shudhhi	Avara Shuddhi
1	Morning Evening	- <i>Peya</i>	- <i>Peya</i>	- <i>Peya</i>
2	Morning Evening	<i>Peya</i> <i>Peya</i>	<i>Peya</i> <i>Vilepi</i>	<i>Vilepi</i> <i>Kritakrta Yusha</i>
3	Morning Evening	<i>Vilepi</i> <i>Vilepi</i>	<i>Vilepi</i> <i>Akrita Yusha</i>	<i>Kritakrta Mansarasa</i> Normal Diet
4	Morning Evening	<i>Vilepi</i> <i>Akrita Yusha</i>	<i>Krita Yusha</i> <i>Akrita Mansarasa</i>	- -
5	Morning Evening	<i>Krita Yusha</i> <i>Krita Yusha</i>	<i>Krita Mansarasa</i> Normal Diet	- -
6	Morning Evening	<i>Akrita Mansarasa</i> <i>Krita Mansarasa</i>	- -	- -
7	Morning Evening	<i>Krita Mansarasa</i> Normal Diet	- -	- -

## DISCUSSION

In present time, food habits of people are very unhealthy. They used to eat junk foods, which is the cause of many diseases. This food mainly hampers *Jatharagni*(digestive fire). *Agni* is the soul cause for “*Swasthya*” and “*Vyadhi*”. Impairment of *Agni* leads to various disorders and metabolic disturbances. *Pathya Kalpana* is basic and simple preparation of *Ayurveda*, which maintains and strengthen *Jatharagni*. It also makes the food pleasurable thus acting over both body and mind. So *Pathya Kalpana* should be advised as a diet plan „in healthy individuals” to let them stay fit & „to the patients” to keep their *Strotus* (systems) healthy and *Panchakarma*’ to help their *Mahastrotas* to become normal. Thus *Pathya Kalpana* should be incorporated in our daily diet regime to achieve the basic aims of *Ayurveda* as firstly to maintain the health of a healthy person & to treat the disease thereafter.

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