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Importance Of Diet (*Pathya- Apathya*) In *Madhumeha*- A Review Article

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ABSTRACT: -

According to Ayurveda , the main aim is to maintain health of a person and cure an existing disease. Maintenance of health is done by following proper diet and regimes . In Ayurveda *Acharayas* has describe diet (*Pathya- Apathya*) for all the *Vyadhis* (diseases). *Prameha* (DM) is a *Chirkari Vyadi* (Chronic illness) and *Yapana* of *Vyadhi* (diseases) must be done with aid of *Aushadha*(medicine), *Ahara* (diet) and *Vihara* (Life style). *Ahara* (diet) and *Vihara*(Life style). are of same value as medicines, since *Hetu of vyadhi* (causative factor) originates in them. The diets are recommended for habitual intake is beneficial only if taken in appropriate quantity, quality and considering all criteria mentioned in selecting wholesome food in healthy person as mentioned in Ayurveda. Ayurveda considers appropriate diet in particular disease is as powerful as medicine. It is suggested in *Swasthviritha* as a routine to maintain the proper health . *Pathya kalpana* (wholesome), must be used in *Dincharya* (Daily regimen) and *Rutucharya* (Seasonal regimen).

KEYWORDS- *madhumeha, pathya, apathy, diet.*



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INTRODUCTION

The word *Pathya* (wholesome), derives from root word which literally meaning a way or a channel. *Pathya –apathya* (wholesome-Unwholesome), are defines as regime which is beneficial to the body and do not show any adverse effect are regarded as *Pathya* (wholesome), and those which has adverse effect on body are considered as *apathya*¹. *Acharyas* indicated that if a patient intake wholesome food then there is no need of medicine and also if the food is inappropriate food , then medicine is not required². In second case medicine will not be effective. Thus *pathya –apathya* (wholesome-Unwholesome) has its own significance in our life. *Acharya charaka* has described that the life of all living being is food and the entire world seek food . complexion, happiness, satisfaction, growth, strength and intelligence are all established in food³. *Ayurveda* has described the effect of food on body, as its is based on the principles of *Pancha mahabhutas*. According to this food too is made up of *Pancha mahabhutas* and shows effect accordingly.⁴

Acharya Sushruta described the food as the food which nourishes and gladdens the heart and directly increases the body strength. It improves memory, digestive power, energy, strengthen mind, increases '*Ojas*' and increases the longevity of life.⁵

Diet plays an important role in disease management, according to modern science. Diet is a phenomenon characterized by intricate interactions between a variety of foods and nutrients that are intricately intertwined and are

influenced by personal preferences, cultural heritage, and socioeconomic variables. 6. Dietary changes are the cornerstone of type 2 diabetes treatment (T2DM). Despite the disease's tendency to worsen, many newly diagnosed T2BM patients who follow dietary recommendations improve their glycemic control to the point that they can avoid or postpone the use of oral medications and insulin. In all people with diabetes, nutrition therapy is also designed to reduce the risk of long-term complications both by improving glycemic control and by reducing other risk factors for vascular disease⁷

MATERIALS AND METHODS

Various Studies that included *pathya in Prameha* were considered. Medline, and related databases such as AYUSH Research Portal, Systematic Reviews in Ayurveda, Ayurveda Database, Web of Science, Indus Medicus, and Google Scholar were searched for the current analysis.

*Pathya-Apathya (Wholesome-Unwholesome) In Madhumeha*⁸

Pathya (wholesome) is having key role in the management of *Madhumeha*.

Pathya :

(a) *Aahara:*

- ***Shook Dhanya :*** *Jeerna Shali* (old *Oryza sativa*), *Shashtika* (type of rice), *Kodrava* (*Paspalum Scrobiculatum* Linn), *Yava* (barley), *Godhuma* (wheat), *Uddalaka*, *Shyamaka*
- ***Shimbi Dhanya :*** *Chanaka* (*Cicer areietinum* Linn), *Adhaki* (Red gram), *Kulattha* (horse gram), *Mudga* (green gram)

- **Shaka Varga** : The leafy vegetables with a predominance of *tikta-kashaya rasa*, *Patola* (*Trichosanthes dioica*), *Karvellaka* (bitter gourd).
- **Phala Varga:** *Jambu* (*Syzygium cumini*), *Amalaki* (*Phyllanthu semblica*), *Kapitha* (*Limonia acidissima*), *Talaphala* (*rassus fiabellifer*), *Kharjura* (*Phoenix sylvestris*) etc. can be given..
- **Mamsa Varga** : *AjaMamsa* (Goat), *Harina* (Dear), *Shashaka* (Rabbit), birds like *Kapota*, *Titira* etc. flesh can be given
- **Taila Varga** : *SarshapaTaila* (Mustard oil) is best, *Tilataila*
- **Udaka Varga** : *Sarodaka*, *Kushodaka*, *Madhudaka*
- **Kritanna Varga:** *Apupa*, *Saktu*, *Yavodana*, *Vatya*, *Yusha*
- **Others** : *Madhu*, *Hingu*, *Saindhava*, *Maricha*, *Lasuna*

(b) **Vihara** : To have walks, travelling on elephants, horses and different plays, different form of marshal arts, roaming in different places without chappal and umbrella.

Apathya:

(a) **Aahara:** *Jala*, *Milk*, *Ghee*, *Oils*, *Curd*, *Sugar*, *Different types of rice preparations*, *anupa*, *gramya* and *audaka mamsa*, *Ikshurasa*, *Pishtanna*, *Navanna*.

(b) **Vihara** : *Eksthana asana*, *Divaswapa*, *Dhoompana*, *Sweda*, *Raktamoksha*, *Mutravega dharana*.

According To Modern Science

Treatment regimens :⁹

Diet

- **Unweighted Diet-** basic carbohydrate restriction can treat diabetes in many newly diagnosed patients, particularly the obese. Because of the diet's simplicity, it should be tested initially in suited patients, particularly the elderly.
- Prohibited foods include sugar, jam, honey, syrubb, canned fruits, sweets, and chocolate, as

well as glucose drinks, sugar-based dishes, cakes, sweet biscuits, puddings, thick sauces, rice, and alcoholic beverages (may be allowed in moderation if necessary)

- Breads of all kinds and chappatis made from wheat or millets, plain biscuits, potatoes, peas, and baked beans; breakfast cereals and porridge; all fresh or dried fruit and fruit juice; thick soup, milk are all allowed in moderation.
- Meat, fish, eggs (not fried), clear soup or meat extract; tea or coffee; cabbage, cauliflower, spinach, pumpkin, brinjal, ladyfinger, turnip, cucumber, lettuce, tomato, spring onion, asparagus, spices, salt Butter and margarine; pepper and mustard Sweetening agent: saccharine
- **Weighed Diet-** needed for practically all diabetics on insulin, as well as those who are managed only by diet or by oral hypoglycemic medications and whose unweighted diet has failed to meet their needs. The exchange system is simple to use and prevents the diet from becoming boring and unappealing; also, if weighed and measured correctly, the diet will not become repetitive and unappealing.

Total calories - requirements are determined by the patients activity

Overnutrition –

25 calories per kilogram of body mass (if sedentary in activity)

- 30 calories per kilogram of body mass (if do light work)
- 35 calories per kilogram of body mass (if do heavy work)

Normal calorie intake: 30 calories per kilogram of body weight (if idle), 35 calories per kilogram of body weight (if doing mild activities), 40 calories per kilogram of body weight (if do heavy work)

- 35 calories per kilogram of body mass (if

sedentary in activity)

- 40 calories per kilogram of body weight (if doing light work)
- 45 calories per kilogram of body weight (if doing strenuous effort) (if do heavy work)

Carbohydrates-2-3 g/kg body weight to start with and then increased go the level of 250 g as the patient's tolerance improves.

Protein - 1g/kg to an adult, 2-3g/kg. to a growing.

Fat – the amount should be equal to that necessary to make up the total calories, taken predominantly as monounsaturated or polyunsaturated fats.

Key aspect of the current recommendation for diabetic diet and lifestyle¹⁰

Dietary energy and body weight	Achieve and/or maintain a BMI of 18.5-25kgm ⁻² , or, if obese, a weight loss of at least 5% from baseline. Diet and exercise are crucial.
Dietary fat	Saturated and trans unsaturated fatty acids account for less than 10% of total energy. Polyunsaturated fatty acids account about 6-10% of total energy. Monounsaturated fatty acids account about 10-20% of total energy. To provide n-3 fatty acids, eat oily fish, soyabean and rapeseed oil, almonds, and green leafy vegetables. 200gd ⁻¹ Cholesterol
Carbohydrates	Total carbohydrates: 45-60% total energy, influenced by metabolic characteristics Vegetables, fruits, legumes, and cereal – derived foods preferred
Dietary fiber and glycemic index	Aim towards and/or maintain a BMI of 18.5-25kgm ⁻² , or a weight decrease of at least 5% from baseline if obese. The importance of diet and exercise cannot be overstated. Less than 10% of total energy is made up of saturated and trans unsaturated fatty acids. Polyunsaturated fatty acids make up approximately 6-10% of total energy. Monounsaturated fatty acids make up 10% to 20% of total energy. Oily fish, soyabean and rapeseed oil, almonds, and green leafy vegetables are all good sources of n-3 fatty acids. Cholesterol 200gd ⁻¹
Sucrose and other free sugars	If desired and blood glucose levels are satisfactory, free sugars up too 50gd ⁻¹ may be incorporated into diet Total free sugar should not exceed 10% total energy(less for those who arte over weight)
Protein and renal disease	Total protein intake at lower end of normal range(0.8g kg ⁻¹ d ⁻¹ for type 1 patient with established nephropathy for all others, protein should provide 10-20% total energy)
Vitamins , antioxidant nutrients, minerals, and trace elements	Increased tocopherol, caroteniod, vitamin and flavonoids, trace elements, and other vitamins-rich foods Supplements are discouraged in favour of fruits, vegetables, and whole grains. Limit salt intake to less than 6gd ⁻¹ (less than 2.3 g sodium)
Alcohol	Most diabetics who wish to drink alcohol are allowed up to 10g for women and 20g for men each day. Those on insulin or sulfonylureas, as well as those who are overweight or have hypertriglyceridemia, should exercise extra caution.

Special “ diabetic” foods, or functional foods and supplements	Non-alcohol beverages that are sweetened with non-nutritive sweeteners can be beneficial. Other unusual foods are not permitted. Fructose and other “special” nutritional sweeteners have no advantage over sucrose.
Families	Most recommendation suitable for whole family.

Effect Of Wholesome Diet(Pathya) In Ayurveda¹¹

- It nourishes body (*Shareera Upachaya*)
- It provide strength, complexion and joy (*Bala Varna Sukha Ayusha*)
- Promote growth of tissue (*Shareera Dhatu Urjayathi*)
- Make body healthy and capable of work (*Prashadan*)
- Improves voice (*Sausvaryam*)
- Promote longevity (*Jivitham*)
- Provide nourishment and strength (*Tusti pushtirbalam*)
- Improves intellect (*Medha*)

DISCUSSION

Diet plays important role in growth of human body. *Ayurveda* and modern science both focuses on diet as important part of life. As per *Ayurveda* most of the ailments occurs due to faulty eating habit. In *Ayurveda*, pathogenesis start with *Nidaan* (causative factor), most of them are based on eating habit or *Pathya* (wholesome), and first line of treatment in most of the disease is *Nidaan parivarjana* or avoiding cause is considered. The knowledge of both *Nidana* (causative factor) and *Pathya* (wholesome) is essential in preventing the disease manifestation and progression. Concept of *Pathya* (wholesome) changes at every moment and with every person. *Pathya* for one person may be *apathy* for another. Factor like age , psychology , condition of *Doshas* and *Dhatu*s ,habit changes leads to change in *pathya* (wholesome) in same person. Main role

of *Pathya* is to promote growth, nourishment , strength to body and repair the damage which constantly taking place . *Pathya* (wholesome) is healthy diet which one should adopted in his day to day life as to remain fit and free of disease . *Acharyas* clearly describes *Ahaar – vihaar* for healthy and diseased person and also *Pathya – Apathya*(wholesome-unwholesome) in *Ritucharya* (seasonal regimen) and *Dincharya* (daily regimen) .

CONCLUSION

Pathya (wholesome) is define as the substance which do not have any adverse effect the body, it keep the person healthy , prevent ailments and irregularities that occur in the body. *Pathya* bring vitiation *Doshas* to normal. *Pathya* (wholesome) also help in *Nidaan parivaraanjana*, hence adopting *Pathya* (wholesome) in day to day life also help in management of disease .As prevention is better than cure so, everyone should avoid *apathy* and follow *pathya* .

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