



Review Article

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**PATHYA AND APATHYA IN DIABETES AS PER CHIKITSA GRINHA OF AYURVEDA: A REVIEW**Rashmi Yadav *¹, Sadhana Singh ¹, Sanjeev Kumar ², K.N. Dwivedi ³¹PG Scholar, Department of Dravyaguna, I.M.S., B.H.U., Varanasi, India²Assistant Professor, Department of Dravyaguna, I.M.S., B.H.U., Varanasi, India³Professor, Department of Dravyaguna, I.M.S., B.H.U., Varanasi, India

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ABSTRACT

Ayurveda has important role in preventive as well as primitive aspects of health rather than curative, centuries ago. The tradition of medicinal uses of plants has been coming down from generation to generation from the time immemorial. Ayurveda consist the concepts of daily regimen for healthy living, seasonal regimen for healthy living, moral conducts and social conducts as well established guidelines for healthy diet and lifestyle; but now-a-days, hardly anyone want to follow it due to busy life schedule. As a result, there is vigorous rise in lifestyle disorders due to faulty diet habits and solitary life style. There has been awareness of diabetes and a subsequent increase in clinical attention directed towards prevention due to its strong association with premature morbidity and mortality. Health traditions based on medicinal plants, are the result of centuries of observations, selection and experimentation. The aim of this review is to bring awareness the healthy diet and daily regimen for prevention of type -2 diabetes.

Keywords: Ayurveda, Diabetes- Mellitus, Diet, lifestyle disorders.**INTRODUCTION**

According to particular features of aetiology *doshas* (innate pathogenic factors) and *dushyas* (substratum of pathos) response occurs in the form of non-manifestation or otherwise of the disorders. When these three factors do not combine together or if combined after a long time or in weakened state, disorder will not be there, or it will manifest lately, or in a mild form or without all the said symptoms. These three factors *Nidana* (causative factors) etc. cause immediate manifestation of *Pramehas* due to *Kapha* - such as an excessive quantity and prolonged use of new grains like *Hayanaka*, *Yavaka*, *Chinaka*, *Uddalak*, *Naisadha*, *Itkata*, *Mukundaka*, *Mahabrihi*, *Pramodaka* and *Sugandhaka*, use of new legumes like *Harenu* and Black gram, meat of domesticated, marshy aquatic animals, vegetables, sesame paste, preparations of

rice flour, *Payasa* (rice cooked with milk), *Krisara* (preparations of rice cooked with pulse), *Vilepi* (paste like preparations of rice) and sugarcane products, milk, fresh wine, immature curd and liquids, sweets and fresh substances; abstinence from cleanliness and physical exercise, indulgence in sleep, lying down and sitting and also other regimens producing *Kapha*, *Meda*, and *Urine*. All this constitutes particular aetiology (of *Kaphaj prameha*)¹. Hence, we should use the food or drug which are *Kapha-Vatasamak* and *Ruksha* and *Laghu* in properties. As regards diabetes, strict implementation of steps of primordial prevention should be the first step in primary prevention. The other steps of preventive measure include maintenance of body weight, adoption of healthy diet, including Fibre food in daily meals, Physical exercise, adopting healthy lifestyle.

Table 1: Pathya Ahara according to Charaka Samhita

Pathya Aahar
Sukadhanya (Awned grains)- <i>Yava, Sastika, Trinadhanya, Kanguni</i>
Mansa (Meat) - <i>Mudga yusha</i>
Mansa (Meat) - <i>Mansa rasa of visikar, pratuda, yava with jangala pashu mansarasa</i>
Saka (Vegetables) - <i>Tikta rasa saka</i>
Phala (Fruit) - <i>Aamlaki (Emblica officinalis)</i>
Kritanna (Dietary preparations) - Gruels, Edible food which are made of <i>yava</i> with honey, <i>Apupa</i> ¹ .

Table 2: Pathya and Apathya Aahar according to Sushruta Samhita

Pathya	Apathya Aahar
Sukadhanya (Awned grains) - Old cereals such as <i>Sali, Sastika, Kodrava</i> and <i>Vanyakodo</i> .	Madhyavarga-
Samidhanya (Legumes) - Bengal gram, Pigeon pea, horse gram and green gram	(Alcoholic preparations) - <i>Soviraka, Tushodaka, Vinegar, Maireya, Sura, Asava</i> .
Mansa (Meat) - Anti diuretic and fatless meat of wild animals free from <i>amla</i> and <i>ghee</i> .	Gorasa varga (Milk products) - Milk, Ghee, Curd.
Saka (Vegetables) - Vegetables of <i>Tikta</i> and <i>Katu</i> groups	Krittanna varga (Dietary preparations) - Preparations of rice flour, gruels, syrups
Taila (Oil) - Oil of <i>Danti, Ingudi, Sarsapa</i> and <i>Atasi</i> ² .	Mansa-varga (Meat) - Meat of domestic, marshy and aquatic animals.
	Ikshu- varga (Sugarcane preparations) - <i>Jaggary</i> ² .

Table 3: Pathya Ahara according to Astang Sangrah

Pathya Aahar
Sukadhanya (Awne d grains) – <i>Sali, Sastik, Trinadhanya</i> . Samidhanya (Legumes) – <i>Mudga(green gram), Bhrista chadhak</i> (Roasted gram). Mansavarga (Meat) - <i>Jangal mansa, Sulya mansa</i> (baked meat), <i>Dhanva mansa</i> (deserts). Saka (Vegetables) - <i>Tikta saka</i> Phala (Fruit) - <i>Aamlaki, Kapitha, Tinduka, Jambu</i> . Madhya (Alcoholic beverages) - <i>Madhya, Madhvarist, Aasav, Old sidhu</i> Made by <i>Pakva rasa</i> Kritanna (Dietary preparations) - <i>Yava vikara, Bhakshya, Apupa, Yava bhavit sattu, updansh</i> ³ .

Table 4: Pathya Ahara according to Astang Hridya

Pathya Aahar
Sukadhanya (Awne d grains) - <i>Trinadhanya, Old Sali and Sastik</i> . Samidhanya (legumes) - <i>Mudga</i> . Mansavarga (Meat) - <i>Jangal mansa, sulya mansa, Dhanva mansa</i> . Phala (fruit) - <i>Aamlaki, Kapitha, Tinduka, Jambu</i> . Madhya (Alcoholic beverages) - <i>Madhya, Madhvarist Aasav, Old sidhu</i> Made by <i>pakva rasa, Raagasadav</i> . Kritanna (dietary preparations) - <i>Apupa, Saktu</i> (gruels), <i>Vattya, Yava vikara</i> (preparations of yava), <i>Bhakshya, Suska saktu</i> . Jala (water) - Water processed with 'Asnadi sara' with honey ⁴ .

Table 5: Pathya Ahara according to Harita Samhita

Pathya	Apathya
<i>Raktsali, Sastik, Sali, Aadhaki, Kulthi, Ghee</i> ⁵ .	<i>Stri darshan, Vyvaya</i> (sexual activities), <i>Atysana</i> (over eating), <i>Bhramana, Dhawan</i> (running) and Hold urges of micturition, <i>Tambula Sevana</i> (betal leaf), Angeriness ⁵ .

Table 6: Pathya and Apathya Aahar of Yogaratnakar

Pathya – Aahar	Apathya – Aahar
Grains - <i>Sava, Vanya kodo, wheat, Old Salidhanya, Yava</i> . Pulses - <i>Gram, Arhar, Mudga, Kulaththa</i> Meat - <i>Mansarasa of jangal pashu, dhanv desh pashu</i> . Fruit - <i>Purana sveta kushmanda phala</i> . Vegetables - <i>Patola, Chaulai saka</i> . Others -Salt ⁶	Grains – New cereals Meat – Marshy animals. Alcoholic beverages – <i>Sauviraka</i> (sour gruel), <i>Sura</i> (A red wine somewhat sedimented and made of paste of flower and yeast), <i>Sukta</i> (Vinegar). Sugarcane products – Sugarcane juice, Jaggery. Milk products – Ghee, Curd. Others – <i>Pistanna</i> (solid foods like pithi), Sour substances, Kshara ⁶ .

Table 7: Pathya and Apathya Aahar of Chakradutta

Pathya Aahar	Apathya Aahar
Grains - <i>Sava, Kodo, Vanya kodo, wheat</i> . Pulses - <i>Gram, Arhar, Kulthi</i> , Meat - <i>Jangal pashu mansa</i> Vegetables - <i>Tikt rasa saka</i> Dietary preparations - <i>Yavagu of yava</i> Others - Honey ⁷	Meat - Aquatic animals. Alcoholic beverages - <i>Sura, Sukta</i> (vinegar). Milk products - Milk, Ghee. Others – Honey, Sour substances, <i>Kanji</i> (fermentative preparations made of rice, millet, kodo etc.) Sugarcane juice ⁷ .

Table 8: Pathya and Apathya Aahar and Vihar of Bhesajya Ratnawali

Pathya Aahar and Vihar
Grains - <i>Yava, Barley, Oat, Maize, Syama, Kodrav, Uddalak, Wheat</i> . Pulses - <i>Chadhak, Kalaya</i> (green pea), <i>Tuvar, Kulathi</i> . Meat - <i>Kukkut, Tirtiri, Mriga, Sushka pashu mansa</i> Vegetables - <i>Tikta saka</i> Dietary preparations - Soup of bran pulses, diet which contain <i>yava</i> dominately, <i>Churna</i> Others - Honey Vihar (activities) - massage without oil, <i>Yogasana, Exercise, Ratri- jagaran</i> (night awakening) ⁸ .

Table 9: Pathya and Apathya Aahar of Bhav prakash

Pathya – Aahara	Apathya- Aahaar
Grains - <i>Sava, Kodo, Vanyakodo, Godhuma, Old cereals, Salidhanya, Yava</i> Pulses - <i>Chadhak, Aadhaki, Kulatha, Mudga</i> Meat - Wild deer, birds Vegetables - <i>Tikta saka</i> Dietary preparations - Substances made from <i>Yava, Mudga, Sali chawal, Sathi chawal</i> . ⁹	Grains – <i>Sava, Kodo, Vanyakodo, Godhuma</i> (wheat), <i>Old cereals, Salidhanya, Yava</i> . Alcoholic beverages – <i>Sauviraka, Madira</i> (wine), <i>Kanji</i> . Mansavarga - Meat of marshy land animals. Milk and Milk products - Buttermilk, Ghee, Milk. Dietary preparations - Substances made from flour. Others - Sugarcane juice, Oil, Sour substances ⁹ .

Table 10: Pathya and Apathya Aahar of Vrinda Madhav

Pathya Aahar	Apathya Aahar
Grains- <i>Old Syamak, Kodrav, Uddalak, Vanyakodo, Godhuma, Sali, Sasti dhanya, Yava.</i> Pulses- <i>Chadhak, Aadhaki, Kultha, Mudga.</i> Meat- <i>Jangal pashu mansa, mriga mansa, mansa of andaj prani(ovo-varian animals)</i> Vegetables - <i>Tikta saka .</i> Dietary preparations- <i>Substances made from yava¹⁰.</i>	Meat – <i>Aquatic animal meat.</i> Alcoholic beverages <i>Sura, Sukta(curd water), Sauviraka.</i> Dietary preparations - <i>Pistanna .</i> Milk- <i>Ghee, Curd, Sarpi Ksheer.</i> Others – <i>Taila, Ikshu rasa, Hingu, Madhu, Lavana, Lashuna, Tila, Sarsapa(mustard), Shunti (Ginger), Narikela jala (coconut water), Brihti, wild ripend tuber¹⁰.</i>

Table 11: Pathya Aahar of Vihar Gada- Nigrah

Pathya Aahar
Grains- <i>Old Syamak, Kodrav, Uddalak, Vanyakodo, Godhuma, Sali, Sasti dhanya, Yava.</i> Pulses- <i>Chadhak(gram), Aadhaki(Cajanas cajan), Kulatha , Mudga.</i> Meat- <i>Jangal pashu mansa, mriga mansa, mansa of andaj prani.</i> Vegetables- <i>Tikta saka.</i> Dietary preparations - <i>Substances made from yava¹¹.</i>

Table 12: Pathya Aahar and Vihar of Chikitsa Arnav

Pathya
Grains- <i>Old sava Rice, Kodo, Wild Kodo, Yava, Wheat.</i> Pulses- <i>Chadhak, Aadhaki, Kulatha (Dolichos lablab), Mudga.</i> Meat- <i>Dhmva mansa</i> Vegetables- <i>Tikta saka</i> Dietary preparations - <i>Manda made from Bala(sida cordifolia), Laja</i> Other- <i>Honey, Sura, Tila</i> Vihar (activities)- <i>Hard work, Exercise¹².</i>

Table 13: Pathya Aahar of Abhinav Chintamani

Pathya aahar	Apathya aahar
Grains- <i>Old syamaka, Sali, Yava, Venu, Kodo, wheat, Kangunidhanya.</i> Pulses- <i>Mudga, Kulthi.</i> Meat- <i>Soup of wild animal and bird's meat.</i> Dietary preparations- <i>Laja.</i> Fruit- <i>Jambu (Black berry), Triphala, Kapitha (elephant fruit).</i> Other- <i>Lasuna(Garlic), Guduchi, Gokshura, Shobhanjana, Trikatu, Kharjura, Madarpatra, Triphala.</i> Vihara- <i>Vamana, Virechana, Bhramna (walking)¹³.</i>	Mansa prayoga. Dietary preparations - <i>Pistanna</i> Alcoholic beverages- <i>Soviraka, Kanji</i> Others - <i>Nispava, Sour substances, Oil, drinking of milk.</i> Vihar (activities)- <i>Sudation, Dhumpaana(smoking), Hold urge of micturition¹³.</i>

Medical nutrition therapy in diabetes

1. To promote and support healthful eating patterns, emphasizing a variety of nutrient –dense foods in appropriate portion sizes in order to improve overall health and specifically to –

- Attain individualized Glycaemic, blood pressure and lipid goals;
- Achieve and maintain body weight goals;
- Delay or prevent complications of diabetes.

2. To address individual nutrition needs based on personal and cultural preferences, health literacy and numeracy, access to healthful food choices, willingness and ability to make behavioural changes, and barriers to change.

3. To maintain the pleasure of eating by providing positive messages about food choices while limiting food choices only when indicated by scientific evidence.

4. To provide the individuals with diabetes with practical tools for day- to- day meal planning rather than focusing on individual macronutrients, micronutrients and single food¹⁴.

DISCUSSION

The root cause of diabetes is sedentary lifestyle, over-nutrition, alcoholism and obesity. Avoidance of above things will help protecting from diabetes. Today there is no one on diet which is helpful from preventing diabetes. Patients during the adolescents may have particular difficulties in maintaining good control due to physiological and psychological changes and therefore, require

special instructions and support. The distribution of calories from carbohydrates and fat based on nutrition assessment and on blood glucose, weight and lipid goals, with continued emphasis on a diet with fewer than 10% of with 10-20% of calories from proteins. Unrefined carbohydrate rather than simple sugar such as sucrose should be included in diabetic diet. The absorption of carbohydrate is relatively slowly from fibre rich foods, but when refined sugar are eaten the blood glucose may rise immediately. All complex carbohydrates and all simple carbohydrates traditionally were thought to generate different blood glucose responses based on molecular structures. The glycaemic index of sucrose, disaccharides made of glucose and fructose is lower than that of some starches, such as potatoes because sucrose contains less pure glucose. In Ayurveda, there is an emphasis on increased intake of fibre rich green vegetables and cereals. Water soluble fibre and oat bran they may play role reduce serum levels of glucose and insulin. The required quantity of protein in a diabetic patient varies according to their age, weight and activity. Major dietary sources are poly unsaturated vegetables oils which increase LDL-C and decrease HDL-C causes increase risk of coronary heart disease¹⁴. Hence patients suffer from diabetes should be taken fibre rich diet and regular scheduled exercise. Regular exercise reduces insulin resistance. Little changes in daily regimen also helpful in preventing diabetes. Hence one who take healthy food and do healthy activities will never suffer from diabetes.

CONCLUSION

Ayurveda has given utmost emphasis for the maintenance of healthy lifestyle. Ayurveda stated that if one takes wholesome diet and activities suitable to all *Dhatus* (tissues), he can never suffer from '*Prameha*'. Faulty diet habits and sedentary lifestyle plays important role in development of metabolic disorder like Type-2 diabetes. For high risk individuals' emphasis must be given to socioeconomic, behaviour and nutritional issue. In our *Samhitas* and *Chikitsa grantha* there is description of wholesome and unwholesome regimen of many diseases. The diet plan of diabetes is very useful in treating the disease. By taking the proper diet and exercise one can balance their blood sugar level and prevent so many complication of diabetes. Hence one who follow the proper diet and exercise will never suffer from diabetes.

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