



**PATHYA APATHYA IN MODERN ERA AND ITS SPECIAL EMPHASIS ON  
SANTARPANJANYA VYADHI**

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**ABSTRACT:**

**Background:** Nutrition plays an essential role in maintaining healthy life. *Pathya* is *Aniyata* (varying) and hence there is a need to explore it with context to *Dincharya*, *Ritucharya*, *Chikitsa*, *Sansarjan Karma*, *Swasthvrutta*. **Materials and methods:** Comprehensive review from classical text, modern books and available articles on lifestyle disorders are compiled. **Result:** Most of the present day diseases can be categorize under *Santarpanjanya Vyadhi*. *Pathya* of such diseases were found from classical literature and it was seen that many of such *Pathya* are no more part of prominent eating habits of present era. **Discussion:** The present paper is sincere effort to cure the modern day diseases by avoiding causes responsible for genesis of disease. Thus, do's and dont's with absolute lifestyle modification forms the core part of treatment.

**Keywords:** *Pathya*, *Apathya*, *Santarpanjanya Vyadhi*

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## INTRODUCTION:

*Pathya* includes appropriate regimen which is pleasant to mind and body. *Pathya* and *Apathya* have immense importance in Ayurvedic prescription. *Pathya* is *Aniyata*. It diverse with *Matra, Kala, Kriya, Bhumi, Deha, Doshagunantaram*. Thus, sometimes *Pathya* can be *Apathya* and *Apathya* can be act like *Pathya*. *Vaidya Lolimbhaja* indicated the importance of *Pathya Ahara* by stating that if patient intakes wholesome food then there is no need of medicine and if patient continuously consumes unwholesome food then there is no need of treatment or medicines.<sup>[1]</sup> **Global Burden of lifestyle disorders** : In 1990, non-communicable diseases (NCDs) contributed less than half of overall global health loss. But since 1990, the health loss has shifted towards a growing burden from NCDs and away from communicable, maternal, neonatal, and nutritional (CMNN) diseases. From 2010 to 2019, exposure to some factors decreased, but many behavioural and metabolic risks are worsening. Reducing exposure to these would have huge health benefits. <sup>[2]</sup> These illnesses used to be considered the diseases of industrialized countries, so-called "Western diseases" or "diseases of affluence".<sup>[3]</sup> Rapid urbanization and associated socioeconomic transformation have modified current lifestyle. People are shifting dietary preferences

towards ready to eat and food with poor nutrition. The proper intake of diet can prevent many disorders and plays major role in management of diseases.

## AIM AND OBJECTIVES:

This article is aimed to rule out *Pathya Apathya* in modern era with special emphasis on *Santarpanjanya Vyadhi* by describing principles of *Pathya Ahara* to explore the probable *Pathya- Apathya* in modern era and to study the relationship between *Santarpanjanya Vyadhi*, its *Hetu* and Lifestyle disorders.

## MATERIAL AND METHODS:

Material has been collected through the narrative review of *Pathya-Apathya* in *Santarpanjanya Vyadhi* using classical texts of Ayurveda i.e. Charaka Samhita, Sushruta Samhita and some books on dietetics from Ayurveda fraternity, review articles on lifestyle disorders, from search engines like Google Scholar and PubMed. Information available on faulty food processing, modern food techniques and various faulty eating habits leads to hazardous illness is compiled from online sources, search engines and worldwide publications.

## Result :

**Concept of *Santarpanjanya Vyadhi, Hetu and Satarpanjanya Vyadhi* :**

Common *Hetu* for *Santarpanjanya Vyadhi* are over consumption of *Snigdha*, *Madhura*, *Guru*, *Pichhila*, *Navanna Ahara*, *Navamadya*, *Anupa Mansa*, *Goras*, *Gudanna*, *Pishtanna Ahara*. *Vihara* includes *Diwaswapna*, *Shayyasana*, *Cheshtadvesha*.<sup>[4]</sup>

*Santarpanjanya Vyadhi* are *Prameha*, *Pidaka*, *Kotha*, *Kandu*, *Pandu*, *Amayajwara*, *Kushtha*, *Anya Aampradoshaja Vyadhi*, *Mutrakrichha*, *Arochaka*, *Tandra*, *Klaibya*, *Atisthaulya*, *Alasya*, *Gurugatrata*, *Indriyastrotaslepa*, *Buddhimoha*, *Prameelaka*, *Shopha*.<sup>[5]</sup>

**Ahara- Vihara in Santarpanjanya Vyadhi mentioned in Samhita :**

1) **Prameha / Sthaulya / Shotha :**

*Pathya* : *Purana Godhuma*(Wheat), *Mudga* (Green gram), *Laja* (Fried grain), *Takra*(Buttermilk) , *Madhu* (Honey), *Shigru* (drumstick),*Karkotaka* (*Momordica diocia*), *Kathillaka* (*Boerhavia diffusa*), *Kulaka* (Bitter gourd).

*Apathya* : *Aanupmansa*, *Nishpava*(Flat beans), *Pishtanna*, *Sauviraka*, *Sura*, *Shukta*, *Ksheera*(Milk), *Guda* (Jaggery), *Ikshu* (*Saccharum officinarum*), *Dushtambu*, *Svadu-Amla-Lavana Ahara*.<sup>[6]</sup>

2) **Kushtha :**

*Pathya* : *Purana Ghrita*, *Shali* (rice), *Munga*, *Adhaki* (Pigeon pea),*Makshika*

(Honey), *Patolphala* (*Trichosanthes dioica*), *Bruhatiphalam* (*Solanum indicum*), *Kakmachi* (*Solaum nigrum*), *Nimbapatra* (*Azadiracta indica*) , *Laghu-anna*, *Tiktarasatmak Ahara*. *Apathya* :*Virudhhashana*, *Guru-anna*, *Navvana*, *Vidahi*, *Vishtambhi Ahara*, *Mulaka* , *Dadhi*, *Dugdha*, *Madya*.<sup>[7]</sup>

3) **Pandu :**

*Pathya* : *Mudga-Masura Yusha*, *Patola*, *Purana Kushmand* (*Benincasa hispida*), *Jeevanti* (*Leptadenia reticulata*),*Guduchi* (*Tinospora cordifolia*), *Tanduliya Shaka* (*Amaranthus spinosus*) , *Punarnava* (*Boerhavia diffusa*), *Takra*, *Ghrita*, *Navneet*.

*Apathya*: *Shimbi*, *Patrashak*, *Hingu* (*Asofoetida*), *Masha* (*Vigna mungo*), *Atyambupana*, *Diwaswapna*, *Dushtambu*, *Amla-vidahi-virudhha anna*.<sup>[8]</sup>

4) **Hridroga :**

*Pathya* : *Munga Yusha*, *Raga*, *Khadayusha*, *Kambalika*, *Shadava*, *Patola*, *Puran Kushmand*, *Dadima*(*Punica granatum*), *Shampakshak*(*Cassia fistula*), *Draksha*, *Takra*, *Puratan Guda*, *Lashuna*.

*Apathya*: *Kashaya*, *Tikta virudhha*, *Ushna- Amla atisevan*, *Patrashaka*.<sup>[9]</sup>

5) **Vatarakta :**

*Pathya: Upodikashaka (Basella rubra), Kakmachi, Vetagra, Sunishhaka (Oxalis corniculata), Vastuka, Karvellaka (Momordica charantia), Tanduliya (Amaranthus spinosus).*

*Apathya : Diwaswapna, Santapa, Avyayam, Aatapa, Masha (Vigna mungo), Kulathha (Dolichos biflorus), Ksheersevana, Katu-Ushna, Guru Abhishyandi Ahara.*<sup>[10]</sup>

The above do's and don'ts are described in general. They may be differ from person to person, as per *Prakriti* and other fundamental factors like *Agni, Satva, Koshtha, Satmya* etc.

**DISCUSSION:**

“*Anna Vruttikaranam Shreshtha*”<sup>[11]</sup> i.e. *Anna* or *Ahara* is the best sustainer of life. The wholesome diet mentioned in our classical literature is very analytical and based on certain foundation. Unfortunately, ‘healthy diet’ has a reputation for being distasteful and joyless, but that’s not the case. Evolution thankfully has programmed us to seek out and enjoy food that promote our health. All we have to do is get back to our traditional roots. Modern science use vitamins, minerals and other micronutrients as a supplement to break aetiology of disease or to support immune system of an individual. On the contrary,

Ayurveda give lot of importance to the diet with regard to its processing, quality, quantity. The diet should also be planned according to the age, season, habitat and the preference of the person. The proper use of diet not only prevents the diseases but plays major role in the management of the diseases pathology. The ambiguity in modern era about food and related items will result into hazardous lifestyle disorders soon. The food substance which can diminish the normal body tissues and keep the deranged body tissues in their own state, have been stated as unwholesome for the organism. when disease is cause by the incompatibility by combination, *Rasa, Virya, Vipaka, Guna, Matra*, then *Samprapti* or aetiology of disease is not just a matter of medicine but proper lifestyle and diet changes are necessary. In order to reduce progression of disease in the body, Acharya Charaka mentioned eight factors nature of food, method of processing of food, combination and quantity of food, stage of disease or state of the individual, rules governing the intake of food and wholesomeness to the individual who takes it.

These should be need of concern to improve quality and standard of life. An association was drawn from the mentioned *Pathya-Apathya* and information was presented in

correlation to the modern day edibles and specifically in *Santarpanjanya Vyadhi*.

**Pathya which can be use in modern era:**

- 1) Milk of cow or goat
- 2) Fresh buttermilk
- 3) Vegetables include Pumpkin, Ridge gourd, Sponge gourd, Snake gourd, Bitter gourd, Drumstick, Cabbage.
- 4) Cereals : Old rice and wheat more than one year after harvesting.
- 5) Pulses : Green gram, Red gram, Horse gram, Moth beans
- 6) Fruits : Pomegranate, Oranges, Apple, Custard apple, Guava
- 7) Spices: *Haridra, Twaka, Lashuna, Shunthi, Dhanyaka, Jeeraka, Methika*
- 8) Upma of wheat/Daliya/Rava
- 9) Wheat roti

**Apathya in modern era :**

**Ahara :**

- 1) Excessive use of protein in name of nutrition.
- 2) Processed food eg - Milk and dairy products, refined oil and other food.
- 3) Bad storage habits eg – Frozen *Kachori*.
- 4) Adulterated food ingredients, use of harmful preservatives.
- 5) Excess use of artificial sweeteners.
- 6) Fast food eg.- Pizza, burger
- 7) Chinese food eg- Manchurian, Noodles (vinegar, Aginomoto)

- 8) Bakery items, multigrain food products.
- 9) Excessive use of sprouts and salad.
- 10) Deep fried items, refried items
- 11) Continental food items eg – Baked kidney beans with Alfredo Sauce, Spaghetti pasta.
- 12) Wrong method of food preparation (Sizzler in soya chilli sauce, Brownie sizzler in ice cream)
- 13) Carbonated drinks, energy drinks, excessive consumption of meat.

**Vihara :**

- 1) Day sleep
- 2) Disturbed biological clock
- 3) Irregular eating habits night parties.
- 4) Overexposure to digital screens
- 5) Suppression of urges
- 6) Lack of exercise, Sedentary jobs
- 7) Excessive exercise in gym
- 8) Anxiety, Stress, Irritability.
- 9) Irregular timings of exercise.
- 10) Addiction to smoking, alcohol, tobacco and drugs, late night parties.
- 11) Lifestyle changes due to urbanization
- 12) Exposure to polluted environment
- 13) Consumption of synthetic nutritional supplement in name of fitness.
- 14) Overeating

**Table 1: Pathya/Apathya is Asthayee or Aniyata, Pathya can be diverse with following parameters**

The examples given below are based on practical utility of *Guna, Gunantaradhana* of *Dravya* after *Sanskara* and other related factors.

Parameters	Pathya-Apathya
<i>Desha</i>	Intake of <i>Sarshapa</i> oil in North region while use of groundnut oil in other regions.
<i>Kala</i>	Intake of <i>Madya</i> in winter season , Juices in summer time.
<i>Agni</i>	Dryfruits or <i>Tila</i> laddoo during winters.
<i>Matra</i>	Intake of ghee and honey in equal quantity is Apathya.
<i>Satmya</i>	Intake of <i>Madhura</i> food by person accustomed to <i>Katu Ahara</i> .
<i>Dosha</i>	Use of <i>Sharkara</i> as an <i>Anupana</i> in <i>Pitta</i> predomint <i>Dosha</i> or <i>Prakruti</i> is <i>Pathya</i> for patient.
<i>Sanskara</i>	Chicken marinated with Curd or Milk is <i>Apathya</i> .
<i>Virya</i>	Intake of raw Papaya fruit having <i>Ushna Virya</i> in <i>Kapha</i> predomint <i>Vyadhi</i> is <i>Pathya</i> for that individual.
<i>Koshtha</i>	Intake of <i>Haritaki guda</i> in <i>Kapha Prakruti</i> Pt. and <i>Haritaki Sharkara</i> in <i>Pitta Prakruti</i> patient.
<i>Avastha</i>	<i>Diwaswapa</i> during <i>Pratishyaya</i> or <i>Jwar</i> is <i>Apathya Vihara</i> .
<i>Krama</i>	Intake of fruits with heavy diet is <i>Apathya</i> .
<i>Parihara</i>	Eating at midnight.
<i>Sampat</i>	Intake of immature fruit is <i>Apathya</i> while mature fruit is <i>Pathya</i> .
<i>Paka</i>	Undercooking, <i>Khichadi</i> cooked in pressure cooker is <i>Apathya</i> .
<i>Samyoga</i>	Paratha of multigrain flour which is <i>Guru</i> in nature is <i>Apathya</i> .
<i>Vidhi</i>	Barbecue Chicken is <i>Apathya</i> .

## CONCLUSION:

People of all ages and in all walks of life are interested in the relationship that is *Ahara* they eat to their state of health. They have been more cautious about the role of *Ahara*

consumed in general and most efficient use of natural resources being utilised for this purpose.<sup>[12]</sup> We need to focus on diet and nutrition first as a preventive measure in this era of vast globalization to avoid fatal

disorders cause by unhealthy lifestyle. Analysis of the result concludes that *Santarpanjanya Vyadhi* are a result of habitual consumption of *Guru, Sheeta, Snigdha, Vishtambhi, Virudhha Ahara*. *Vihara* includes *Diwaswapna, Alasya, Adhyashana*, these are common characteristics of food which we eat today which forms the 'Aama'. It can be consider as the main cause of *Santarpanjanya Vikara*. To cure the modern day diseases we need to rule out causes responsible for genesis of disease. Ayurveda and daily regime given in classical text forms the base for understanding various principles of *Pathya* in the chaos of myths and facts. Thus, *Pathya Apathya* with absolute lifestyle modification forms the core part of treatment and it has great significance in management of *Santarpanjanya Vyadhi*.

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