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The Role of *PathyaApathya* in the Management of Gastric Disorders w.s.r. to *Annavaaha Srotas Vikruti*

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ABSTRACT

Ayurveda is the only medical science which has insisted more importance on prevention of diseases & maintenance of health rather than treating any disease. Busy schedules with abnormal-stressed lifestyle, changed eating habits and their patterns, inadequate sleep and non-observance of *Dincharya*, *Ritucharya*, *Ratricharya* and *Sadvritta* are the reasons for growing metabolic diseases in society such as Gastric Disorders. *PathyaApathya* mentioned in *Samhitas* are studied and analysed to form a *Pathya-Apathya* diet chart for *Annavaahasrotasvikruti*.

KEYWORDS

Annavaahasrotasvikruti, *Gastric Disorders*, *Pathya-Apathya*



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INTRODUCTION

Ayurveda is the only medical science which has insisted more importance on prevention of diseases & maintenance of the health rather than treating any disease. *AnnavaSrotasVyadhi* and its incidence is increasing due to non-observance of *Dincharya*, *Ritucharya*, *Ratricharya* and *Sadvritta* regimens, *Viruddha Anna* (unwholesome diet), *ApathyaSevana* and disturbed *Treya-Upstambha* i.e. *Ahara*, *Nidra* and *Brahmacharya*.

The *Ahar-vihar* which is not adversely affecting the body and mind are regarded as wholesome, those which adversely affect them are considered to be unwholesome. *Aahar-vihar* that does not adversely affect the body and mind is wholesome. The body includes *dhatu*, *dosa* as well as their channels. The purpose of intake of wholesome diets etc is to maintain normal health and alleviate the various diseases.

❖ पथ्यं पथोऽनपेतं यद्यच्चोक्तं मनसः प्रियम् ।
यच्चाप्रियमपथ्यं च नियतं तन्न लक्षयेत् ॥¹
Ch.Su.25/45

The *Aahar-vihar* which is beneficial and nutritional to the body and also give the happiness to the mind is known as *Pathya* and opposite to that is known as *Apathya*.

AIMS AND OBJECTIVES

1. To study the *AnnavaSrotasvikruti*.

2. To study the *AnnavaSrotas* in Detail as per Ayurvedic classical text.

3. To study the *AnnavaSrotasDushti* as the *PathyaApathya* tool.

Classification—Designed a special proforma of *PathyaApathya* for patients of *AnnavaSrotasDushti* with the help of classical text.

Srotas-

- ❖ स्त्रवणात् स्रोतांसि १² च सू 30
- ❖ स्त्रवणात् रसादि स्त्रावपथत्वात् स्रोतांसि ।
गंगाधर
- ❖ स्रोतांसि खलुपरिणाममापद्यमानानां
धातूनां अभिवाहीनि भवन्त्ययनार्थेन १³ च वि 5

Moolasthan of AnnavaSrotas—

- ❖ अन्नवहे द्वे तयोर्मुलं आमाशयोऽन्नवाहिन्यश्च
धमन्य १⁴ सु शा 9
- ❖ अन्नवहानां स्रोतसां आमाशयोर्मुलं वामं च
पार्श्वम् १⁵ च वि 5

Causes of AnnavaSrotasDushti-

- ❖ अतिमात्रस्य चाकाले चाहितस्य च भोजनात्
।
अन्नवाहीनि दुष्यन्ति वैगुण्यात् पावकस्य च ॥⁶ च वि
5/12

AnnavaSrotas are affected due to intake of food in excessive quantity untimely and which is unwholesome and derangement of *agni*.

Symptoms of AnnavaSrotasDushti-

- ❖ प्रदुष्टानां तु खल्वेषामिदं विशेषविज्ञानं भवति,
तद्यथा-अनन्नाभिलाषणं अरोचकं अविपाकौष्ठर्दी च
द्रष्ट्वा अन्नवहान्यस्य स्रोतांसि प्रदुष्टानीति विद्यात् १⁷
च वि 5/8



The symptoms of their affection are these- such as loss of desire for food, anorexia, indigestion and vomiting indicate the affection of *Annavaahasrotas*.

- *Anannabhilashana*
- *Arochaka*
- *Avipaka*
- *Chhardi*
- ❖ तत्र विद्वस्याध्मानं शूलोऽन्नद्वेषश्छर्दिः
पिपासाऽऽसन्ध्यं मरणं च ।।^१सु. शा.9\12

- *Aadhman*
- *Shula*
- *Aannadvesha*
- *Chhardi*
- *Pipasa*
- *Aandhata*
- *Mrutyu*

Classical types of *annavaahasrotas* dushti-

1. *Aruchi*
2. *Agnimandya*
3. *Ajeerna*
4. *AnahaAdhmanaAtope*
5. *Alasaka*
6. *Vilambika*
7. *Parinamashula*
8. *Amlapitta*
9. *Grahani*
10. *Chhardi*

1. *Aruchi*-

Definition- The literal meaning of the Sanskrit word is – Not finding proper taste

to the tasteful and good food even if one is hungry.(according to *Bhavaprakasha*)⁹

This can be compared to Anorexia.

Hetu-This is a psycho-physiological condition. The psychological causes are fear, anger and greed. All type of diet which is too heavy oily and sweet, sudden fear, anxiety, grief causes this disease. *Angimandya, Ajirna, atiguru, atisnighdha, atimadhur, ekrasatmakaaahar, Chinta,shoka , Bhayadi, Impure , pungent food .*

Symptoms-

- Loss of taste,
- Pain and burning in heart region,
- Bitter taste,
- Tastelessness,
- Excessive thirsty,
- Vertigo,
- Breathlessness,
- Shortness of breath.

Pathya—Keep the patient in happy atmosphere. Give him soup of green gram with vegetable soup and warm water for drinking. He should eat old rice, dates, sour and sweet fruits and drink fruit juice and butter milk which is easy to digest. He should take *rasala* or *shrikhand* prepared with *dadhi*, sugar, *ghrita*, honey, *ela*, *shunthi*, *tejapatra*, *nagakeshara*, *godhuma*, *mudga*, (see Table 1)



Apathya-He should avoid all heavy, fried food and the food which is not testy. Patient should also avoid all things that will irritate the mind. (see Table 1)

Table 1 Pathaya and Apathaya according to *Yogaratanakar*¹⁰

S.N.	Pathya	Apathya
1.	Godhuma	-
2.	Mudga	-
3.	shalishashtika	-
4.	Takra	-
5.	Dadima	-
6.	Mocha	-
7.	Karkaru (Tarbuj)	-
8.	Aadraka	-
9.	Patola	-
10.	Paya	-
11.	ghrita	-

2. Agnimandya-

Definition-When *agni* or digestive power becomes too weak, it is called as *Agnimandya*.

Hetu-*Agni* is deranged by fasting, eating during indigestion, over eating, irregular eating, intake of unsuitable, heavy, cold, too rough, and contamination food, faulty administration of emesis, purgation and *snehana*, emaciation due to some disease. And also *Daurbalya*, *Chinta*, *Jaagran*, *Shrama*, *Avyaam*, *AahaarNiyambhanga*, *Apatarpana*.

Symptoms -

- *Gaurava*,
- *Aalasya*,
- *Kshudhamaandya*,
- *Shoola*,
- *Daurbalya*.

Pathaya- The person should follow all the rules and regulations of *Aharavidhivisheshayatana*-preparation of diet (Ch.Vi.1/21) and consuming diet (Ch.Vi.1/24). Till *agni* becomes normal, he should take light diet with warm water consisting of green gram, rice, vegetable soups, sour lemon, ginger and butter milk. Consuming all type of light foods that will increase *agnilikepeya*, *manda*, *vilepi*, of green gram. (see Table 2)

Apathaya- Avoid strong *virechana*, withholding of urges, excess eating, staying awake at late night, bloodletting with *jaloka*, *Shamidhanya*, *masha*, milk, and its products which are heavy for digestion. (see Table 2)

Table 2 Pathaya and Apathaya according to *Bhaishajyaratnavali*¹¹

S.N.	Pathya	Apathya
1.	Lashuna	Masha(udad)
2.	Mugda	Jamuna
3.	shalishashtika	Aalu
4.	Takra	-
5.	Dadima	-
6.	NavinaMocha	-
7.	Karvella(karaila)	-
8.	Vartaku(Baigan)	-
9.	Sahijana	-
10.	Dhatriphala	-
11.	ghrita	-
12.	Daniya	-
13.	Jeera	-
14.	Methi	-
15.	Tambula	-
16.	Nimbu	-

3. Ajeerna-

Definition- This is a disorder in which food is not properly digested due to low digestion power or other reason. (*MadhavNidan*)



It is the root cause of many diseases and cause many types of pains. (*Gnanathsen*)

Hetu-Due to excessive drinking of water, consuming of incompatible diets, suppression of natural urges and reversal of sleeping habits, the food does not get digested even if it has been taken at proper time and wholesome as well as light to digest. Further the food is not properly digested by the person who is emotionally upset to jealousy, fear, anger, and *Guru, Snighdha, Madhur, Viruddhatype* of food and its quantity and frequency *Anna, Adhyashana, Prabhutashana*

Symptoms-

- *Gaurav,*
- *Aadhmaan,*
- *Aatop,*
- *Shoola,*
- *TrishnaHrallas,*
- *Utklesh,*
- *Chardi,*
- *Jwara,*
- *DravamalaPravrutti*

Pathya- Fasting till the *agni* is proper and then giving *manda, peya, vilepi,* till it is restored back to normal should be done. The diet should consist of old rice and light vegetable soup of spinach with warm water.

(see Table 3)

Apathaya- Avoid all heavy and fried foods and cold drinks. Excess sweet, milk, and its products which are heavy for digestion and meat of animals.

(see Table 3)

Table 3 *Pathaya* and *Apathaya* of *Ajeerna*-

S.N.	Pathya	Apathya
1.	<i>Lashuna</i>	<i>Shimbidhanya</i>
2.	<i>Mugda</i>	-
3.	<i>Shobhanjana</i>	-
4.	<i>Takra</i>	-
5.	<i>Dadima</i>	-
6.	<i>Navina Mocha</i>	-
7.	<i>Karvella(karaila)</i>	-
8.	<i>Patola</i>	-
9.	<i>Karkotaka</i>	-
10.	<i>Dhatrithala</i>	-
11.	<i>Ghrita</i>	-
12.	<i>Nagara</i>	-
13.	<i>Yava</i>	-
14.	<i>Jambir</i>	-
15.	<i>Tambula</i>	-
16.	<i>Lavan</i>	-
17.	<i>Navnita</i>	-
18.	<i>Tushodaka</i>	-

4. AnahaAdhmanaAtope-

Definition-Sushruta has defined *Anaha* as accumulation of gas in the abdomen with constipation due to formation of *ama* in the gastro-intestinal tract.

Yogaratanakara has described this as accumulation of *ama* or waste products leading to aggravation of *Vata*.

Accumulation of only gas anywhere in gastro-intestinal tract is usually associated with colic type of pain. It is high *Vata* disorder. In *Ayurveda* it is known as *Adhmana*. When this is accompanied with sounds and pain it is known as *Atopa*.

Hetu- Low digestive fire and vitiation of *samanaVata* is the main factor.....



Formation of *ama* toxins is responsible for severe colic pain. All foods containing beans, sweets, fried foods, oily foods, very cold, fermented foods and drinks, combinations like milk with sour fruits can create gas in the intestine causing colic pain in abdomen. Nervous strain and stress and emotion upset can cause this problem also.

Symptoms of Anaha-

- Stiffness in chest
- Headache
- Heaviness
- Rhinitis
- Obstruction in Belching
- Stiffness in abdomen
- Indigestion
- Restlessness

Symptoms of Adhmana-

- Tympanitis
- Pain in abdomen
- Distension of abdomen
- Inflammation in large intestine
- Restlessness

Symptoms of Atope-

- Distension of abdomen
- Gurgling sound in abdomen
- Nausea

Pathaya-It is advisable to eat vegetable soups and rice with green gram, small amount of ghee, ginger and butter milk. (see

Table 4)

Apathaya-Patient should avoid all diet which causes *vishtambh* and accumulation of gas in the abdomen like beans and fried as well as heavy foods and drinks. Fasting should be done till the *agni* becomes normal. (see Table 4)

Table 4 Pathaya Apathaya according to Ajay Kumar Sharma

S.N.	Pathya	Apathya
1.	<i>Yava</i>	<i>Tea</i>
2.	<i>Mudag</i>	<i>coffee</i>
3.	<i>Aadrak</i>	
4.	<i>Lahsuna</i>	
5.	<i>Nimbu</i>	
6.	<i>Saindhalavana</i>	
7.	<i>Soupha</i>	

5. Alasaka-

Definition- In this disease the food remains in the stomach without getting digested for long time.

Hetu-Viruddha

Anna, Garavisha, Adhyashana, Vegavidhaaran

Symptoms –

- *Mala and Vata Apravrutti,*
- *Aadhmaan, Udgaarnirodh,*
- *Shoola,*
- *Arati.*
- *Prasek,*
- *Amlaudgaar,*
- *Tiktaudgaar,*
- *Katuudgaar,*
- *Chardi,*
- *Shirashoola,*
- *Bhrama*



Pathaya- Take old rice, soup of green gram, milk, ghee and fresh butter milk.

Apathaya-Avoid all *Ama* and *kapha* increasing food and drinks.

6. Vilambika-

Definition-This is chronic disease in which the food does not pass through the stomach and remains there for long time. Such food neither goes upwards nor downwards. (M.N.)

Pathaya- Take old rice, soup of green gram, milk, ghee and fresh butter milk.

Apathaya-Avoid all *Ama* and *kapha* increasing food and drinks.

7. Parinamashula-

Definition-The colicky pain in abdomen that occurs during the digestion of food is called as *parinamashula*.

Madhavanidana- This disease has been explained in the chapter on *Shula*.

Hetu-Vata gets vitiated by its own causes and creates this disease. (M.N.) Although this disease is *tridoshaja*, at first there is vitiation of *Vata* which vitiation other *doses*. Next to vitiation of *Vata*, there is more vitiation of *pitta* and *rakta* also. And *Viruddha*, *Vishamaseva*, *Adhyashana*, *Sprou tes*, *Ajeerna*, *Vegavarodha*.

Symptoms –

- *Aruchi*,
- *Malavashtambha*,
- *Aadhmaan*,

- *Aatopm*,
- *Shoola*

Pathaya-Beneficial foods are old basmati rice, milk, ghee and butter. Fruits like oranges, raspberries, plums, melons are good. Vegetables like broccoli, asparagus, lettuce, and alfalfa sprouts, *shigru*, *shatapushpa*, *lashuna* and lemon are also advisable. (see Table 5)

Apathaya-Avoid irregular meals, foods and drinks that irritate the stomach like spices, hot and sour foods as, Tobacco and Alcohol. (see Table 5)

Table 5 Pathaya and Apathaya according to *Bhaishajyaratnavali*¹²

S.N.	Pathya	Apathya
1.	<i>Lashuna</i>	<i>Masha(udad)</i>
2.	<i>Yava</i>	<i>Madhya</i>
3.	<i>Shalishashtika</i>	<i>ShimbiDhanya</i>
4.	<i>Paya</i>	-
5.	<i>Daksha</i>	-
6.	<i>Patol</i>	-
7.	<i>Karvella(karaila)</i>	-
8.	<i>Vartaku(Baigan)</i>	-
9.	<i>Sahijana</i>	-
10.	<i>Aamra</i>	-
11.	<i>Kaitha</i>	-
12.	<i>Soupha</i>	-
13.	<i>Shunthi</i>	-
14.	<i>Hinga</i>	-

8. Amlapitta-

Definition-*Pachakapitta* is secreted in the stomach for digestion of food. *Kledakakapha* which is also secreted there protects the stomach wall from hot, penetrating secretions of *pitta* and too hot, irritant or too cold food.

In *Amlapitta* the quantity of *pachakapitta* gets increased and it changes from normal bitter tests to sour test also. *Amlapitta* occurs



when *pitta* is aggravated by liquid qualities and affects the stomach and small intestine.

Hetu- When a person with pre existing tendency for excessive *pitta* secretion, takes incompatible, unhygienic sour and heartburn producing and *pitta* vitiating food and drinks there is abnormal secretion of *pitta*. which causes *Amlapitta* and *Katu, Amla, Lavan, Ushna, Abhishyandi, Oily, Viruddha, Vishamasevan, Shile* sprout.

Symptoms-

- *Prasek,*
- *Amlaudgaar,*
- *Tiktaudgaar,*
- *Katuudgaar,*
- *Shoola,*
- *Chardi,*
- *Shirashoola,*
- *Bhrama*

Pathaya- Barley, wheat, *mung*, old shali rice, cool water prepared after boiling the same, rock candy, honey *patola, kushmanda*, milk and ghee. (see table 6)

Apathaya- Avoid newly available grains and lentils, food, that aggravate *pitta*, fried and pungent foods, kanji, salty and *vidhahi* foods, alcohol and exposure to the heat and sun. (see table 6)

Table 6 *Pathaya* and *Apathaya* according to *Bhaishajyaratnavali*

9. Grahani-

S.N.	Pathya	Apathya
1.	<i>Godhuma</i>	<i>Til</i>
2.	<i>Mugda</i>	<i>Mash</i>
3.	<i>Shalishashtika</i>	<i>Aavidugdha</i>
4.	<i>Karvella(karaila)</i>	<i>Kanji</i>
5.	<i>Dadima</i>	<i>Dadhi</i>
6.	<i>Madhuk</i>	<i>Madhya</i>
7.	<i>Dhatri(Amla)</i>	-
8.	<i>Patola</i>	-

Definition- The disease in which *grahni* or small intestine gets vitiated and there is impairment of *agni* is called as *Grahni*. Hence in this disease the function of small intestine e.g. digestion and absorption of food are disturbed (MadhavaNidana)

Hetu- *Grahani* is the main site of *agni* or digestion fire. Hence the causes that vitiate *agni* create this disease. Excessive fasting, eating during indigestion, over eating, irregular, eating and intake if unsuitable, heavy, too cold and rough foods as well as contaminated food are main etiological factors. (Ch.Chi.15/42-43).

Also if the diarrhoea is not properly treated, and the person starts eating improper diet without digestive fire becoming normal, then this disease is created.(Su.Utt.40)

Symptoms –

- *Avipaaak,*
- *Aarochaka,*
- *Aalasya,*
- *Chardi,*
- *Daurbalya,*
- *Malapravrutti-Dravya and aniyamit,*
- *Aantrakoojan,*
- *Shoola,*



- *Mukhapaak,*
- *Trishna,*
- *Arati.*

Pathaya- Take old rice, green gram, lentil, goat milk and its *dadhi*, sesame oil, *kapittha*, medicated wines, butter and butter milk, ghee and fruits like *dadima*. Take regular exercise.(B.R.) (see table 7)

Apathaya-Avoid heavy, oily, fried, stale, overcooked food and drinks. Avoid excess drinking of water , sexual intercourse, staying late at night, withholding of urges, different types of tuber roots, beans, *kanji*, *dadhi*, polluted water, all type of saur vegetable. (see table 7)

Table 7 Pathaya and Apathaya according to Bhaishajyaratnavali-

S.N.	Pathya	Apathya
1.	<i>Takra</i>	<i>Masha(udad)</i>
2.	<i>Mugda</i>	<i>Jamuna</i>
3.	<i>Shalishashtika</i>	<i>Aalu</i>
4.	<i>Tuvara</i>	-
5.	<i>Dadima</i>	-
6.	<i>NavinaBilva</i>	-
7.	<i>Makshik</i>	-
8.	<i>Masur Dal</i>	-
9.	<i>Sura</i>	-
10.	<i>Til oil</i>	-
11.	<i>AajaDugdha</i>	-
12.	<i>Shringataka(Singada)</i>	-
13.	<i>Jamun</i>	-

10.Chhardi-

Definition- In this disease, *udanaVayu* gets vitiated and brings all the contents of the stomach upwards and finally everything is vomiting out from the mouth. There is severing distress during this forceful

expulsion of the contents of the stomach from the mouth.(Su. Utt.49)

Excessive passing of *doshas* is called as *chhardi*.(Ch.Chi.20/1)

Hetu

Atidrava,Asaatmya,TikshnaSevan,Ashuchi, Mrudbhakshan,Krimi,Ajirna .

Symptoms –

- *Hrallas,*
- *Prasek,*
- *Utklesh,*
- *Chhardi,*
- *Daha,*
- *Trushna,*
- *Shoola.*

Pathaya-Wheat, green gram, rice and fruits like grapes, pomegranate, and meat of deer and *rohit* fish, cucumber, and water with *ushira*, *shigru*, *dadhi*, and butter milk, foods having sweet, sour and bitter taste are advisable. *Badara*, *draksha* and *vatankura* are beneficial in this disease.(*Yogratnakara*). (see table 8)

Apathya-Avoid white gourd, *bimbi*, licorice, *ela*, *sarshapa*, *devadali* and excess exercise as well as contradictory food. Avoid withholding of urges of thirst, hunger, improper food, bloodletting, psychological emotions like anger and fear. (according to *Yogaratnakara*) (see table 8)

Table 8 Pathaya and Apathaya according to Bhaishajyaratnavali-



S.N.	Pathya	Apathya
1.	<i>Kalaya(Matar)</i>	<i>Sema</i>
2.	<i>Mugda</i>	<i>Saras</i>
3.	<i>Shalishashtika</i>	<i>Ala</i>
4.	<i>Godhuma</i>	-
5.	<i>Dadima</i>	-
6.	<i>Yava</i>	-
7.	<i>Madhu</i>	-
8.	<i>Haritaki</i>	-
9.	<i>Nimba</i>	-
10.	<i>Chini</i>	-
11.	<i>Soupha</i>	-
12.	<i>Daniya</i>	-
13.	<i>Aamra</i>	-
14.	<i>Badara</i>	-
15.	<i>Aamla</i>	-
16.	<i>draksha</i>	-

DISCUSSION

In last few years, the lifestyle management awareness in the society has increased noticeably. People are now much focused on balance diet, immunity, prevention and Ayurvedscience plays an important role in that.

Latest research in medicine field has made the life span of human being very comfortable and larger than before. Ayurveda explains the prevention therapy well than any other sciences. *Aaharvihar*, *pathyapathya*, and its all alarming symptoms are well explained for every *vyadhi* in ayurved which plays a key role in preventive measures. It has some specific diagnostic alarms for the diseases which are not dependent on pathology or radiological test as Ayurved takes these two techniques for confirmation of diagnosis. So it is time now to focus on the prevention of all diseases in society with the Ayurvedic help.

Ayurved has explained the involvement of *annavahasrotasdushti* in the onset of each and every disease which can plays key role in prevention of the primary diseases of all systems in the body, hence we have decided to assess the exact stage of the *Annavaahasrotasdusht*.

CONCLUSION

Ayurveda has holistic and scientific approach in health management. It emphasizes much more on diet and regimen along with medicines. The diet and regimen which is beneficial to the body and gives the happiness to the mind is known as *Pathya* and opposite to that is known as *Apathya*. Most of the health problems develop due to the faulty eating habits and regimen. Ayurveda deals with the *pathyavyavastha* (planning of diet- dietetics) in every scientific way.

The planning of diet mentioned in our classical literature is very rational and based on certain principles. Lot of importance is given to the diet with regard to its processing, quality, quantity and soon. Due consideration is given to the atmosphere, psychological condition, status of health, digestion etc. of the person while dealing with this issue. 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. It is possible if one uses diet considering the *tridosha*, *prakriti*, *satmya* of person as well as composition *panchabhautikof* dietary substances. *Pathya* regimen is also discussed in detail in Ayurveda which play an important role in prevention as well as cureof different diseases.



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