

## **PATHYA & APATHYA AHARA IN OBESITY (STHOULYA)**

**Sreeharsha N<sup>1</sup>, TB Tripathy<sup>2</sup>, Divyasree CH<sup>3</sup>**

<sup>1</sup>P.G.Scholar, <sup>2</sup>Associate Professor; Department of *Swasthavritta & Yoga*;

Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India

<sup>3</sup>P.G.Scholar, Department of *ShareeraKriya*, Aswini College of Ayurveda & Hospital, Tumkur, Karnataka, India

**Email:** [sreeorton@gmail.com](mailto:sreeorton@gmail.com)

### ABSTRACT

Scientific and technological progress has made man highly sensitive and critical; there by giving rise to different types of health problems. The advancement of industrialization and communication is contributing towards sedentary life styles, in turn causing chronic non- communicable diseases like diabetes mellitus, hypertension, cancer, ischemic heart disease, cerebro-vascular accidents, atherosclerosis, varicose veins etc. Obesity being the risk factor for these diseases and hence prevention of obesity will decrease the chances of such diseases. . Like other diseases, obesity is mostly the result of factors like heredity, environment or food, but it is difficult to decide the involvement of prime factor. It is not possible to change heredity; it is difficult to change environment, but relatively easy to change food habits and life styles. *Sthoulya* is the nearest clinical entity for obesity in *Ayurveda*. For causation of *Sthoulya*, excessive intake of calories with a decreased expenditure is the main reason. In *Ayurveda*, obese persons are included under *AstaNinditapurusha*. The reason for difficult nature is the involvement of *Tridosha* and affliction of *Saptadhatu*. *Pathya* recommended in *Sthoulya* are *Purana Shali, Shasthika, Yava, Ardraka, Kulatta, Takra*. *Apathya* recommended in *Sthoulya* are *Ksheera, Dadhi, Masha*.

**Keywords:** *Sthoulya, Ahara, Pathya, Apathya*.

### INTRODUCTION

In *Ayurveda*, obese persons are included under *AstaNinditapurusha* (*AthiDeerga, AthiHraswa, AthiStoola, AthiK-*

*rusha, AthiGoura, AthiSweta, Athi Roma and Aroma*).<sup>1</sup>*Pathya* is referred to the *Ahara* and *Vihara*, which causes pacification of the dis-

ease.<sup>2</sup> *Apathya* is referred to the *Ahara* and *Vihara*, which causes complications and aggravate the disease.<sup>3</sup>

Food is the base and cause for the Strength, Complexion and Vitality of the living beings. *Ahara* has the ability to promote health as well as to control the disease.<sup>4</sup> The benefits of food like health, strength, longevity and energy<sup>5</sup> are achieved only when the food is consumed by the person according to its *Swabhava*, *Samyoga*, *Samskara*, *Matra*, *Desha* and *Kala*.<sup>6</sup> Otherwise it will end up in manifestation of disease.

### Aims & Objectives:

*Ayurveda* advocates healthy lifestyle through *Ahara*, *Vihara*, *Oushada* and different kinds of *Karmas* to prevent all type of diseases. By following virtuous *Ahara* as described in *Ayurveda* one can prevent himself from obesity and reduce its risks to develop various killer ailments which will be discussed here.

*Acharya Charaka* has stressed upon the *Guru* and *Atarpanadravya* as a special diet for *Sthoula*.

**Table 1:** List of *Pathya Ahara* found in the disease *Sthoulya*<sup>7</sup>

Varga	Aharadravya	English name
Anna varga	<i>Purana Shali</i>	Old variety of Rice
	<i>Raktashali</i>	Red variety of Rice
	<i>Shasthika shali</i>	Rice harvested in 60 days
	<i>Yava</i>	Barley
	<i>Chanaka</i>	Chickpea
	<i>Kulatha</i>	Horsegram
Jalavarga	<i>ShrutaSheetaJala</i>	LukeWarm Water
	<i>PanchkolashrutaJala</i>	Water with Panchakola
	<i>Shunti siddha jala</i>	Ginger Water
	<i>Madhu</i>	Honey
<i>Madyavarga</i>	<i>Purana Sidhu</i>	Old Wine
<i>Mutravarga</i>	<i>Gomutra</i>	Cow's Urine
Kanda varga	<i>Lasuna</i>	Garlic
	<i>Ardraka</i>	Wet Ginger
	<i>Sunthi</i>	Dry Ginger
	<i>Takra</i>	Buttermilk
Shakavarga	<i>Patola</i>	Bottlegourd
	<i>Karavellaka</i>	Bitter gourd
	<i>Varthaka</i>	Brinjal
	<i>Nimbapatra</i>	Neem leaves
	<i>Shigru</i>	Drum Stick
<i>Mamsavarga</i>	<i>JangalaMamsa</i>	Forest meat

**Table 2:** List of *Apathya Ahara* found in the disease *Sthoulya*<sup>8</sup>

Varga	Aharadravya	English name
Anna varga	<i>Navanna</i>	New variety of Rice

	<i>Masha</i>	Black gram
	<i>Taila</i>	Oil
<i>Jalavarga</i>	<i>DushitaJala</i>	Polluted water
	<i>SheetaJala</i>	Cold water
<i>Madyavarga</i>	<i>NutanaMadya</i>	New Wine
<i>Kanda varga</i>	<i>Aluka</i>	Potato
<i>Ksheeravarga</i>	<i>Dadhi</i>	Curd
	<i>Ksheera (Apakva)</i>	Milk
	<i>Guda</i>	Jaggery
<i>Mamsavarga</i>	<i>AnupaMamsa</i>	Marshyland Animal meat

Ahara having *Guru Snigdha*, *Ati Drava*, *Pichila* and *Abhishyandi Guna* are considered as *Apathya* for *Sthoulya*.

For better understanding, the *Pathya* and *Apathya* for the patients so as to reduce the severity of the disease:

- It is good to consume little less quantity of food which facilitates the action of *Pachaka Pitta* which will help to control the formation of *Ama*.
- Since the diet which aggravates the *Kapha*, also contributes the formation of *Ama*. Thus, dairy products, oily food items, salty and sour food articles should be avoided.
- Most of the vegetables are good to reduce the formation of *Kapha* as well *Ama*. However, they should be consumed warm and along with some spices to counteract their nature.
- It is better to avoid excessive water intake after consuming food as it interferes with the concentration of the digestive enzymes and slows down the digestive process.
- Person must be realizing that prolonged dieting is necessary for following a restricted diet regimen ensures optimal weight loss. A permanent change in eating

habits, Planning of Daily food intake, Separation of Eating from other Activities are required to maintain the new low weight.

- The Person must understand Details regarding the disease and the principles of energy intake and expenditure. The best results are obtained in educated, well motivated patients.
- The Person must have Mental built to lose weight and should have Self monitor Feelings and Emotions.
- Excess consumption of food is called as *AthiMatra Ahara Sevana*. Here the consumption of food is related not only for quantity of intake but also the frequency of intake. As the formation of *Rasa* is more, it over- nourishes the *Dhatu* of the body; leading to *Sthoulya*.
- The lunch and dinner timings should be fixed and the time difference 2 meals should be 4 hours.

## DISCUSSION

*Sthoulya* is the nearest clinical entity for obesity in *Ayurveda*. For causation of *Sthoulya*, excessive intake of calories with a decreased expenditure is the main reason. In *Ayurveda*, obese persons are included under

*AstaNinditapurusha*. The reason for difficult nature being the involvement of *Tridosha* and affliction of *Saptadhatu*. The Food & Drinks which are useful for the body channels are termed as *Pathya*. On the contrary those having a deleterious effect on them are *Apathya*.<sup>9</sup> when a person exposed to *Apathya* then drug treatment has of no value and if a person follows the rules of *Pathya* for particular disease, there is very little significance of drug treatment and adoption of appropriate *Pathya*, abstaining from *Apathya* along with proper treatment of disease is a unique contribution of *Ayurvedic* science, explained for most of the diseases. *Ahara* plays an important role as that of medicine, especially in the disease like *Sthoulya*. Hence it is rightly mentioned that “if one follow *Pathya* then there is no need of medicine and if not then there is no use of therapeutic measures”.

Considering the pathological factors, the *Acharyas* have listed numerous *Pathya* and *Apathya* for *Sthoulya*. *Acharya Charaka* has stressed upon the use of *Guru and Atarpana* drugs as a special regimen for *Sthoulya*, which is already described in *Sthoulya Chikitsa*. Commentators like *Chakrapani* and *Gangadhara* had mentioned that “*Sthokabhojana*” or “*Alpabojana*” are the best *Karshana*. They have also given importance for *Laghu* and *Rooksha Ahara sevana*. *Ahara dravya* should be used after converting it to *guru* through *Samskara*.

*Oushadha Sevana* alone cannot alleviate the disease if defective food habits are practise. On the other hand, if appropriate food habits acting as *Pathya* is included in daily regimen, even *Oushadha Sevana* can be reduced or prevented. Hence *Aharadravyas* which are rec-

ommended as *Pathya* for *Sthoulya* can be advised to be included in regular diet in the form of preparations. For Example *Kulatta*, *Chanaka* in the form of *Yusha*. *Shunti* in the form of *Shuntijala*. *Takra* can be added with *Ardraka*. *Vyanjanas* can be prepared frequently using Vegetables like *Patola*, *Karavel-laka*, *Varthaka*, *Shigru*, will bring about effect.

## CONCLUSION

Even though *Oushadha* is having Therapeutic effect, *Oushadha Matra* (Quantity of Medicine) is always lesser than *Ahara Matra* (Quantity of food). *Ahara* plays a major role in *Swasthya Rakshana*. by its nature of *Pathya & Apathya Ahara* can become *Ayatana (reason or Nidana)* for both Health & Sickness. Hence following appropriate *Pathya* and avoiding *Apathya* leads to better Health in case of *Sthoulya*.

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**Source of Support: Nil**

**Conflict Of Interest: None Declared**

How to cite this URL: Sreeharsha. N: Pathya & Apathya Ahara In Obesity (Sthoulya). International Ayurvedic Medical Journal {online} 2017 {cited April, 2017} Available from: [http://www.iamj.in/posts/images/upload/1312\\_1316.pdf](http://www.iamj.in/posts/images/upload/1312_1316.pdf)