



CONCEPT OF PATHYA AAHARA IN VATAJ UNMADA

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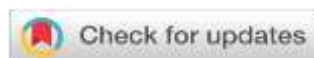
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ABSTRACT

Ayurveda is one of the most ancient medical sciences in the world. It is more life & health oriented. The perfect balance of mind, body & soul is considered complete health in *Ayurveda*. Three *Sharirika Dosha* i.e., *Vata*, *Pitta* & *Kapha* and two *Manasika Dosha* i.e. *Raja* & *Tama* and *Satva* is *Manasika Guna* are described in *Ayurveda*. Imbalance in these *Dosha* leads to disease. *Aahara*, *Nidra* & *Brahmcharya* are considered *Tryoupsambha* and among them, *Aahara* stands for a balanced diet, a foremost pillar of *Ayurveda*. Besides *Sharirika Vyadhi*, *Manasika Vyadhi* has been also described. *Unmada* is one of the *Manasika Vyadhi* described in *Ayurveda*. *Viruddha Aahara* is one of the main causative factors of *Unmada*. Due to *Viruddha Aahara* (INCOMPATIBLE DIET) diminution of *Satva Guna* & vitiation of *Raja* and *Tama* occurs, leading to *Unmada*. *Aahara* plays an important role in our life. Balanced food is a must to maintain disease-free, good health. So, an attempt has been made to explain the *Pathya Aahara* in *Vata-jUnmada* through this paper.

Keywords: *VatajUnmada*, *Satva*, *Aahara*.

INTRODUCTION

The word *Ayurveda* means *Ayus+Veda*, *Ayu* means life and *Veda* means knowledge. *Ayurveda* is a science of life. *Ayurveda* has a holistic approach that is more life and health-oriented than disease and cure-oriented. It lays emphasis on prevention and health promotion through proper diet and lifestyle. The prime objective of *Ayurveda* is “*Swasthasya Swasthya Rakshanam*”. The perfect balance of mind, body & soul is considered complete health (*Swasthya*) in *Ayurveda*. In *Ayurveda*, three *Sharirika Dosha* i.e., *Vata*, *Pitta* & *Kapha* and two *Manasika Dosha* i.e. *Raja* & *Tama* along with *Satva* as *Manasika Guna* are described as the basis of all bodily functions and also for the manifestation of disease. *Vata Dosha* controls and stimulates the mind. *Vata Dosha* is capable of vitiating all other factors and is responsible for many diseases. *Vataj Unmada* is a *Manasika Vyadhi* mentioned & described in most classical texts of *Ayurveda* under *Doshaja Unmada*. *Viruddha Aahara*, *Dushta Aahara*, and *Ashuchi Aahara* are the main etiological factors for this disease.^[1] As in *Ayurveda* three *Trayoupasthmba* consist of *Aahara* (food), *Nidra* (Sleep) & *Brahmcharya* are described, and among them, *Aahara* stands for a balanced diet and is a foremost pillar of *Ayurveda*.^[2] Food sustains the life of living beings. All individuals in this universe require food. Complexion, clarity, good voice, longevity, happiness, nourishment, strength, and intellect are all conditioned by food.^[3] According to *Acharya-Kashyapa*, Food (*Aahara*) is **Supreme medicine**. The body, as well as diseases, is because of food. *Pathya* (wholesome) & *Apathya* (unwholesome) food is responsible for happiness & misery respectively. It means an inappropriate and unbalanced diet is an important cause of diseases.^[4] The word *Pathya* derives its origin from the root word '*Patha*' which literally means a way or channel. *Pathya* is a diet that promotes health, brings about happiness to the body as well as to mind and simultaneously corrects the Penta elemental or *Panchbhautika* constitution without obstructing the channels^[5] or *Pathya* is defined as the substance or regime which does not adversely affect the body and mind; those which adversely affect

them are considered to be *Apathya*. *Pathya* and *Apathya* include both substances and specific regimes but in general, these words had been particularly used for food articles in the texts of *Ayurveda*. According to *Acharya Charaka*, one should regularly take such food articles which are conducive to the maintenance of good health and are capable of preventing the attacks of disease.^[6]

Objectives: To study the *Pathya Aahara* in *Vataj Unmada*.

Material and Methods:

Since the *Vedic* era, food has been given prime importance. In *Bhagvad Geeta*, three categories of *Aahara* are described which are beneficial to human beings according to their *Prakriti*. Three types of *Aahara* are i.e. *Satvika*, *Rajasika* and *Tamasika*.^[7] *Satvik* persons prefer food that increases life span, nourishes *Satva*, keeps the body healthy, increases happiness and prosperity, which are pleasing and full of nutrients, unctuous in nature, providing stability and conducive for the heart and soul.^[8] Those persons who take foods that are very pungent, sour, salty, very hot, very sharp in taste, excessively dry, which causes a burning sensation, and foods that cause sadness, depression, and various diseases are *Rajasika* persons and thus such foods can be categorized as *Rajasika*.^[9] Food that is not freshly cooked, unhygienic food, or food that is devoid of nutrients, foul smelling, stale, mixed with pollutants, dust, etc., and left over food comes under the *Tamasika* food and which is appreciated and practiced by *Tamasika* persons.^[10]

The habit of taking *Aahara* which is non-*Satvika* i.e. *Rajasika* or *Tamasika* (continuously for a long time) causes some sort of mental disturbances and later on causes serious mental illnesses like *Unmada* and *Apasmara*.

As *Unmada* is the *Manas Vyadhi* and is understood as the unsettled condition of *Manas* (mind), *Buddhi* (understanding), *Sangya* (unconsciousness), *Gyana* (perception), *Smriti* (memory), *Bhakti* (inclination), *Sheela* (character), *Chesta* (behavior) and *Aachara* (conduct).^[11] According to *Acharya Charaka*, various

etiological factors such as excessive intake of *Aahara* which are *Ruksha* (fat-free diet), *Alpa* (low portion size or low-calorie diet) & *Sheeta* (cold) in nature, excessive fasting, etc. cause accumulation and aggravation of “*Vata Dosha*”.^[12] The aggravated *Vata Dosha* spreads and afflicts the heart of a person who has excessive psychological stress and produces *Unmada* by deranging *Buddhi* (cognitive functions) and *Smriti* (memory) leading to *Vataj Unmada*. There is no specific aetiology is mentioned for *Vataj Unmada* in *Sushruta Samhita*.

The dietary intake and nutritional status of individuals are important factors affecting mental health and the development of various psychiatric diseases. *Aahara* which increases *Sattva Guna* and decreases *Raja* and *Tama Guna* is beneficial in *Unmada*. *Madhura*, *Snigdha Aahara* like vegetables, fruits, whole grains, etc. increases *Sattva Guna* while *Dravya* of *Ruksha*, *Teekshna*, *Vidahi Guna* and of *Katu*, *Amla*, *Lavana*, *Rasa* increases *Raja Guna*. It includes Junk food, deep-fried items, Tea, Coffee, etc. *Pryushita* and *Gatrasa Aahara*, which includes fermented foods, frozen foods, etc. increases *Tama Guna*. In *Sushruta Samhita*, *Yvagu* and *Mantha* of *Yava* are prescribed at the interval of 3 days in *Unmada Roga*, and at the interval of 1-day *Laja Sattu Tarpana* is given. *Sattu* should be given only with water. *Agnideepaka Dravya* and *Hridya Balkarka Dravya* are also beneficial in this disease.^[13]

The items or products made up of these items can be given in *Unmada Roga* includes:

- Fresh **Fruits** such as apples, Pomegranates, Blueberries, Cherries, Peach, Gooseberry, Winter melon, Mango, Grapes, etc.
 - **Vegetables:** *Patola*, *Kushmanda*, *Tanduliya* leaves, *Vastuka* leaves, *Katphala*, *Garjar*
 - **Whole grains-** *Chapati* of whole grains coated with *Ghrita*, not given dried, etc.
 - **Rakta Shali-** *Krishra*, *Kshirika*, etc.
 - **Dugdha** (Milk) and **Ghrita** (Clarified butter)- With the use of *Majja* of *Dhaniya* = *Ksheer pakathat* milk is useful in *Smriti rash*, *Draksha Sidha Dugdh*, *Takra*, *Shikhrini*, etc.
 - **Nuts-** mainly Raisins, Almonds, Walnut, etc.
 - **Narikela** (Coconut)- *Narikela Kshirika*, *Narikela Jal*, *Narikela Khand Paka* etc.
 - **Tila** (Sesame)- *Tila Modaka* etc.
 - **Madhu** (Honey)- *Madhu odaka* etc.
 - **Panak-** *Sankhpushpi Panaka* etc.
 - **Saffron-** Saffron is known to elevate mood in healthy adults and is useful to relieve depression. It works against depression by improving serotonin. Saffron has serotogenic, antioxidant, anti-inflammatory, neuro-endocrine, and neuroprotective effects.^[14]
- In *Unmada*, Saffron milk, Saffron mixed with honey should be given to the patient.
- **Brahmi-** *Brahmi Swarasa*, *Bhrahmi Ghrita*, *Brahmi Shaaka* etc.
 - **Amla-** *Amla Murabba*, *Amla Swarasa* etc.
 - **Shatavari.**

Table 1 :

<i>PathyaAahara</i>	<i>Rasa</i>	<i>Karma</i>	<i>Rogaghnta</i>	<i>Image</i>
<i>Yava</i> ^[15]	<i>Madhura</i>	<i>Medhya, Agnivardhaka, Balya</i>	<i>Agnimandya, inamentia</i> used	
<i>Shali</i> ^[16]	<i>Madhura</i>	<i>Medhya, Balya, Hridya, Rasayana</i>	<i>SamanyaDourbalya</i>	
<i>Mudga</i> ^[17]	<i>Madhura</i>	<i>Balya</i>	<i>Pathya</i>	
<i>Draksha</i> ^[18]	<i>Madhura</i>	<i>Medhya, Hridya, Balya</i>	<i>MashishkaDourbalya. Bhrama</i>	
<i>Narikela</i> ^[19]	<i>Madhura</i>	<i>Balya</i>	<i>Anti-convulsant</i>	
<i>Dadima</i> ^[20]	<i>Madhura</i>	<i>Medhya, Deepana Hridya</i>	<i>MashtishkaDourbalya</i>	

Amra ^[21]	<i>Madhura</i>	<i>Deepana, Hridya</i>	<i>Dourbalya</i>	
Kushmanda ^[22]	<i>Madhura</i>	<i>Deepana, Balya</i>	<i>ManshikaVikara, Unmada, Apasmara.</i>	
Amalki ^[23]	<i>Madhura</i>	<i>Medhya, Balya, Deepana, Hridya</i>	<i>MashtishkaDourbalya, Aruchi, Agnimandya</i>	
Kshira ^[24]	<i>Madhura</i>	<i>Medhya, Balya, Rasayana.</i>	<i>SarvaManshika Vikara</i>	
Ghrita ^[25]	<i>Madhura</i>	<i>Medhya, Smritikar, Balya, Rasayana.</i>	<i>Unmada (PuranGhrita)</i>	
Takra ^[26]	<i>Madhura</i>	<i>Medhya, Deepana, Hridya</i>	<i>Agnimandya</i>	
Brahmi ^[27]	<i>Tikta(Prabhava- Medhya)</i>	<i>Medhya, Deepana</i>	<i>Unmada, Apasmara, SamanyaDourbalya</i>	





<p>Sankhpushpi [28]</p>	<p>Tikta (Prabhava- Medhya)</p>	<p>Medhya, Nidrajanan, Deepana, Balya, Rasayana.</p>	<p>MashtishkaDourbalya, Unmada.</p>	
<p>Satavari [29]</p>	<p>Madhura</p>	<p>Medhya, Rasayana, Balya</p>	<p>Dourbalya, Apasmara Used in nervous disorders.</p>	
<p>Tila [30]</p>	<p>Madhura</p>	<p>Medhya, Balya, Rasayana</p>	<p>MashishkaDourbalya, Agnimandya. Dourbalya</p>	
<p>Navneeta [31]</p>	<p>Madhura</p>	<p>Medhya, Deepana, Hridya, Balya.</p>	<p>Manasika Vikara</p>	

Table 2 - Daily Dietary regimen in VatajUnmada:

An attempt has been made to explain daily dietary regimen in VatajUnmada

Daily Dietary regimen in VatajUnmada				
After awaking in the morning, one should drink one of the below-mentioned drinks: <ul style="list-style-type: none"> ▪ Ushapaan ▪ Amla Swaras ▪ Brahma Swaras 				
BREAKFAST	BETWEEN LUNCH & DINNER	LUNCH	EVENING	DINNER
<ul style="list-style-type: none"> ● Lapsika ● Shikhrini ● Narikela Kshirika ● DrakshaSidhaKsheera- ● TilaModaka ● UrdaModaka ● ShunthiModa- ka&SujiModaka ➢ Purana God- hoom&Yava(Chapatti) Chokryukt Atta with • Gajar • Palaka • Ghrita 	Fruits <ul style="list-style-type: none"> ➢ Apple ➢ Pomegranates ➢ Blueberries ➢ Cherries ➢ Peach ➢ Almonds ➢ Walnut Kushmanda	RaktaShaliwith <ul style="list-style-type: none"> ▪ MudgaDaal ▪ ChanaaDaal ▪ MashurDaal ▪ MudgaY- ushawith Navneeta ➢ Krishra 	<ul style="list-style-type: none"> • Sankhpush- piPanaka • Narikela Jala • Gajara Rasa • Takra 	Chapatti with <ul style="list-style-type: none"> ➢ Louki ➢ ChoulayiShaka ➢ VastukShaka ➢ BrahamiShaka ➢ Krishramade with Mudga ➢ Milk ➢ Milk with the use of Majja of Dhani- ya = Ksheerpaka. ➢ Milk with Keshar

Food should be freshly prepared and balanced meal should be consumed in right quantity, regularly at proper time. SatvikaAhara consists of food with proper nutrition. Fruits and vegetables are Satvikain nature and increase Satva Guna in the body. Ksheerpaka (KsheeraPaka withMajja of Dhaniya)is useful in Smritihrash.

Few prepared PathyaAhara Kalpana in the pictorial form are given below:



DISCUSSION

If a man's diet is pure, his mind too will be pure as a matter of course. "Purity of mind follows from purity of food." [Chandogya Upanishad] A proper healthy diet and an active stress-free lifestyle play a major role in maintaining good health, happy life, and preventing illness. *Aahara* is the best of all medicines and is considered one of the three pillars of *Ayurveda*. The preventive and curative aspects of *Ayurveda* revolve around the central theme of *Pathya Aahara* and *Vihara*. Due to urbanization and westernization, the dietary habits of people have changed. Instead of eating fresh foods, people consume packed food, excess salt, junk foods, deep-fried foods, spicy foods, tea & coffee in excessive quantity. These are *Rajasika* in nature and also increase *Vata Dosha*. Such items should be avoided in *Vataj Unmada*. So, in *Unmada*, *Aahara* which increases *Satva Guna* and decreases *Raja* and *Tama Guna* is beneficial. *Virudha Aahara*, *Dushta Aahara* and *Ashuchi Aahara* should not be given to the patient of *Unmada*. *Viruddha Aahara* destroys strength, vigor, memory, immunity, etc.

CONCLUSION

The food and food items which are *Satvika* and having *Medhya*, *Vatahara*, *Agnideepak* and *Hridya* properties are beneficial in *Vataj Unmada*. As *Vata Dosha* increases *Rajo Guna*, and *Rajo Guna* causes hyperacidity, irritability, restlessness, hypertension, peptic ulcer, anxiety, and insomnia. So, it should be avoided by the person suffering from mental ailments.

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