



## Review Article

### CONSEQUENCE OF *PATHYA-APATHYA* AND LIFE STYLE IN THE DISORDERS OF *URDHVAJATRU* (SUPRACLAVICULAR) REGION-A REVIEW

Divyarani Kathad<sup>1\*</sup>, Hemangi Shukla<sup>2</sup>, Jitendra Varsakiya<sup>3</sup>

<sup>1</sup>M.S. Scholar, <sup>2</sup>Professor, Department of Shalakyia Tantra, Government Akhandanand Ayurved College, Ahmedabad, Gujarat.

<sup>3</sup>Assistant Professor, Department of Kayachikitsa, CBPACS, Najafgarh, Khera Dabar, New Delhi.

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#### ABSTRACT

Our ancient seers have given importance to *Shirah* (head) as it is part of the body where life along with sense faculties resides. All the sense organs and the channels carrying the sensory and vital impulses from the *Shir* (head) are like the rays of the sun. It is necessary to care for *Urdhvajatru*. In Ayurveda classics mentioned the concept of *Pathya* (wholesome) and *Apathya* (unwholesome) as a part of the treatment of the diseases also a part of regime of healthy living. A person needs to follow a healthy diet and regimen so as to prevent any anomalies in life or to maintain good health. *Shalakyia Tantra* has mentioned proper diet to take in particular disease which is necessary to enhance the effect of treatment and prevent the disease and also useful procedures which are part of *Dinacharya* to maintain routine health. The aim is to evaluate the role of *Pathya- Apathya* and dietary regimen mentioned in *Shalakyia Tantra* to prevent the supraclavicular disease. Relevant Ayurveda and modern literature, available information on internet etc, were searched. The dietary advice and various *Dinacharya* modalities gives nourishment to the supra clavicular region and cures ailments of related and also provides preventive and curative benefits.

**\*Address for correspondence**  
**Dr. Divyarani Kathad**  
M.S Scholar,  
Department of Shalakyia  
Tantra, Government  
Akhandanand Ayurved  
College, Ahmedabad  
Email:  
[dr.divya28891@gmail.com](mailto:dr.divya28891@gmail.com)  
Mob: 7567920491

#### INTRODUCTION

Now days due to busy life style, people have no time to think and act for the healthy life and not able to follow the proper care for body as well as of the eye, ear, nose, tongue etc, sense organs of the body. Slightly impairment to the diet and lifestyle pattern may result an unconducive situation for a person manifesting various diseases. *Urdhva Jatru* (supraclavicular region and sensory organs residing there) is also affected as outcome of faulty lifestyle. Fatty diet, junk food, stress, exposure to bright light, working on computers, using head phones, listening to loud music also, air and sound pollution are few examples which exerts damage to the sensory organs. Consideration for specific diet pattern and healthy life style is quite evident in Ayurveda at various contexts of *Roga* aiming at nullifying the aggravated *Dosha* as well as the curative aspects of *Roga* (ailments). Following *Pathya* (suitable) and avoiding of *Apathya* (not suitable) *Ahara -Vihara*

(diet and lifestyle) is very essential, especially in diseased condition whether patient is taking treatment or not taking. Without following *Pathya- Apathya*, treatment is not enough to desire relief in ailments. Highlighting the importance of *Pathya*, *Acharyas* told that while following the *Pathya- Apathya* there is no need of treatment and while not following the *Pathya- Apathya* there is no use of treatment.<sup>[1]</sup> Hence along with the knowledge of *Chikitsa*, the knowledge of *Pathya -Apathya* is also mandatory.

Proper following of dietary regimen and adequate lifestyle helps to prevent the allergic disease of eye and nose i.e., allergic conjunctivitis, allergic rhinitis etc. Ayurveda classics indicate dietary regimen as *Pathyapathya* and some procedure as a part of daily lifestyle mentioned in classics i.e., includes *Danta Dhavana*<sup>[2]</sup> (Tooth brushing), *Gandusha*<sup>[3]</sup> (Oil pulling), *Jihwa*

*Nirlekhana*<sup>[4]</sup> (tongue scraping) *Anjana*<sup>[5]</sup> (collyrium), *Nasya*<sup>[6]</sup> (nasal installation), *Dhumpana*<sup>[7]</sup> (medicated smoke inhalation), *Karnapoorana*<sup>[8]</sup> (put drop of oil in ear), *Shiroabhyanga*<sup>[9]</sup> (head massage) in particular diseases like oral disease, dental disorders, eye disease. These procedures of *Shalaky Tantra* (part of Ayurveda which deal with the diseases of head, eye, ear, nose and oro-dental) are very useful in routine daily regimen and *Pathya-apathya* help to prevent the disease of supra clavicular region as well as whole body.

### AIMS AND OBJECTIVES

To evaluate the role of *Pathya Apathya* and dietary regimen mentioned in *Shalaky Tantra* to prevent the supra clavicular disease.

### MATERIAL AND METHOD

To fulfil the aims and objectives relevant Ayurveda and modern literature, available information on internet etc, were searched. The results on search are described hereafter.

### DISCUSSION

Due to globalization and urbanization people are not focusing on their dietary pattern as well as lifestyle changes. These changes are resulting into many psychiatric illnesses that have been encountered in the recent times.

*Dinacharya* (daily routine) is an imperative part of any and all healthcare protocols. Having a consistent routine creates regularity in the body and in the mind. When we are able to fill each day with essential Self-care practices, eat at proper times and create a regular sleep schedule, our whole beings are able to function at a higher level. Our focus, clarity and emotions become stabilized and our hormones balanced. It is important to wake up before the sun rises approximately between 4:30-5:00am an ideal time to wake up. At that time certain amount of peace and freshness that is necessary for the body and soul leads to healthy body. In the morning, sense organs should be cleaned thoroughly by washing eyes with rose water, put drops of sesame oil into ear, brushing teeth with herbal tooth brush (*Neem*) and *Manjana* (herbal paste) and cleaning tongue to enhance taste buds and to stimulate digestive responses. Ayurveda recommends the consumption of warm water. It enhances peristalsis. Regularly nasal instillation of oil drops in nostrils prevents the disorders of eye, ear, head, neck as well as nose. By adopting daily regime in routine promotes a healthy lifestyle, strengthens immunity and protects from diseases.

### **Pathya-Apathya for Netraroga (do's and don'ts for Eye disorders)**

In Ayurveda classics there is detail description of *Pathya-Apathya* for *Netraroga* (do's and don'ts for Eye disorders) mentioned by Acharyas.

**Pathya:** In classics advised specific preventive measures for eye diseases includes diet and life style.

**Ahara:** People should be taking *Ghritha* (*Ghee*), *Mudga* (green gram), *Yava* (barley), *Aamalaka* (Indian gooseberry). *Payasa* (rice water) prepared from Ayurveda medicine i.e., *Shatavari* (*Asparagus racemosus*) or *Amalaki* (Indian gooseberry) or else barley meal cooked with sufficient quantity of *Ghritha* should be taken in routine before or after food.<sup>[10]</sup> Also food preparations like *Peya* (thin gruel of rice), *Vilepi* (thick gruel of rice), *Tikta* (bitter) and *Laghu* (light) *Ahara*, *Shalitanidula* (rice), *Godhuma* (wheat), *Saindhava* (rock salt), *Goghrita* (cow ghee), *Gopaya* (cow milk), *Sita* (sugar), *Kustumburu* (coriander), *Surana* (elephant yam) etc. should take.<sup>[11]</sup>

Vegetables cooked with *Ghritha* are helps to improve eyesight i.e., *Jivanti* (*Leptadenia reticulata*), *Sunishannaka* (*Marsilea quadrifolia*), *Tanduliya* (prickly amaranth), *Vastuka* (*Chenopodium album*), *chilli* and *Madhuka* (*Glycyrrhiza glabra*), *Patola* (pointed gourd), *Karkotaka*, *Karavellaka* (bitter gourd), *Vartaka* (Brinjal), *Karira* (*Capparis decidua*) fruits, *Shigru* (drum stick).<sup>[12]</sup>

There are various medicines recommended for the health of eyes includes drugs like *Purana Ghritha* (old ghee), *Triphala*, *Draksha* (grapes), *Lodhra* (*Symplocos racemosa*), *Punarnava* (*Boerhaavia diffusa*), *Kakamachi* (*Solanum nigrum*), *Kumari* (aloe vera), *Chandana* (sandal), *Dadima* (pomegranate), *Karpura* (camphor), *Bhrigaraja* (*Eclipta prostrata*), *Shatavari* (*Asparagus racemosus*), *Madhu* (honey).<sup>[13]</sup>

**Pathya Vihara:** Various lifestyles mentioned in Ayurveda classics to prevent the eye disorders i.e. *Padabhyanga* (feet massage), *Padaraksadharana* (foot wearing), *Sitodaka Pariseka* (pouring cold water), *Sitodaka Snana* (cold water bath), *Sitodaka Gandushadharana* (cold water mouth pulling), *Manaso Nivritti* (withdrawing the mind from objects of senses), *Sita Jala Prakshalana* stated for the rejuvenation of the eye sight.<sup>[14,15]</sup>

Also, some daily regimens advised which are beneficial for the health of eye i.e. *Netraprakshalan*<sup>[16]</sup>, *Anjana*<sup>[17]</sup> (collyrium), *Nasya*<sup>[18]</sup> (Nasal installation), *Sirobhyanga*<sup>[19]</sup> (head massage), *Padabhyanga*<sup>[20]</sup> (oil massage on the feet), *Pada Prakshalana* (cleaning foot), *Padatra Dharana*

(using foot wear), *Chatra Dharana*<sup>[21]</sup> (use of umbrella).

**Apathya Ahara:** The food substances of *Katu* (pungent), *Amla* (sour), *Lavana* (salt), *Tiksna* (High potential), *Ushna* (heat nature), *Guru* (heavy), *Vidahi Guna* (substance which cause burning), *Masha* (black gram), *Madya* (Alcohol), *Vallura*, *Dadhi* (curd), *Pinyaka* (oil cake), *Kalinga* (watermelon), *Phanita*, *Sarshapa Taila* (mustard oil), *Matsya* (Fish), *Viruddha Anna* (incompetent diet), *Aranala*, *Katu-Taila*, *Vesavara*, *Virudhaka* (sprouts), *Ambupana* (excessive intake of water), *Madhukapushpa*, *Jangalamamsa* (meat), *Tambula* (Betel), are considered as harmful for the patients of eye diseases.<sup>[22]</sup>

#### **Apathya Vihara**

*Vihara* (lifestyle) like *Ati Maithuna* (excessive sexual activity), *Krodha* (anger), *Shoka* (grief), *Nidra- Viparyaya* (sleep disturbance), *Vegavarodha* (suppression of natural urges), *Sukshmekshana* (looking at minute objects), *Snana* (bath), *Atapa* (excessive heat), *Prajalpanshaa* (excessive talking) should avoid.<sup>[23]</sup>

Specific *Apathya* also explained in some texts i.e. *Kadli Phala* (Banana), *Narikela* (coconut), *Panasa Beeja* (jackfruit seed), looking into bright, glittering and minute objects etc. will further deteriorate the condition of the *Timira* (errors of refraction).<sup>[24]</sup>

#### **Pathya-Apathya for Karna roga (diet and lifestyle for Karna Roga)**

**Pathya:** Patient affected with *Karnarogas* (diseases of the ear) should follow *Pathya Ahara* includes *Godhuma* (wheat), *Shali* (rice) *Mudga* (green gram), *Yava* (barley), *Purana Ghrita* (Ghee), *Patola* (bottle gourd), *Shigru* (drum stick). Not only vegetables, but also, non-vegetarian articles like *Lava*, *Mayura* (peacock), *Harina*, *Kukkuta* etc., all the sorts of *Rasayanas* are mentioned as *Pathya* for the *Karna roga*.<sup>[25]</sup> Patients should practice *Brahmachrya* (celibacy) and *Abhashana*<sup>[26]</sup>. Also, *Karna Poorana* (fill ears with oil) and *Karna Abhyanga* (massage of ears) should be done daily to avoid the diseases of the ear.<sup>[27]</sup>

**Apathya:** A person suffering from ear disease should always try to avoid humid climate, introducing stick, blade of glass or metallic objects etc, into the ear, head bath, brushing teeth with hard brush made out of tender branches should be avoided, excessive talking, *Vyayama* (heavy exercise) should be avoided as these increase *Vata*. A person suffering from *Vataja Karnaroga* should avoid windstorm and drinking cold water.<sup>[28]</sup>

#### **Pathya-Apathya for Nasaroga**

##### **Pathya**

Patient with disease of nasal cavity should have to take *Yava* (barley), *Godhuma* (wheat), *Shali* (rice), *Ghrita* (ghee), Milk, *Jangala Mansarasa*, *Vijaya* (*terminalia chebula*), *Sheeta* (cold), *Amla* (sour), *Lavana Rasa*, *Tikta* (bitter), *Laghu* (light), *Ushna* (hot) in routine diet. *Mudga Yusha* (green gram soup), *Balamulaka Yusha* (reddish soup), *Kulattha Yusha* (*Dolichos biflorus* soup), *Guda* (Jeggary), milk, *Chanaka* (chickpea), *Masura* (lentil), *Ghreyra*, *Choraka* (root sock), *Tarkari*, *Dadima* (pomegranate), Luke warm *Dashmulambupana*, *Trikatu*, *Ajaji* (cumin), *Jeerna Varunipana* (old alcoholic drink) should take in diet for the prevention of *Nasa Roga*.

Patients should have to develop the habit of *Nirvata Sthana Sevana*, thick and warm cloths wrapping around head, *Dhumapana* with herbal drugs once in a day, massage of face with Luke warm medicated oil.<sup>[29,30,31]</sup> *Pratimarsha Nasya* should be done daily to avoid the diseases of the nose.<sup>[32]</sup>

##### **Apathya**

Patients with the disease of *Nasa* have to avoid *Ati Ruksha*, *Guru* (heavy), *Madhura* (sweet) *Nava Shaka* (vegetables) and *Madya* (alcohol), *Sheeta Jala Pana* (drinking cold water), *Sheeta Ahara Sevana* (taking cold food) in routine diet. Also, patient have to avoid life style i.e. *Shishiravagaha*. *Nariprasanga*, *Vegvaarodha* (suppress the natural urges), *Atichinta*, *Ati Nidra* (excessive sleeping), *Shoka* (grief), *Krodha* (anger), *Snana* (bath).<sup>[33],[34]</sup>

#### **Pathya-Apathya for Pratishyaya**

**Pathya:** In Ayurveda classics *Acharyas* have described *Dosha* wise *Pathyapathya* of *Pratishyaya Roga* and it is the uniqueness of Ayurveda for the same.

##### **Pathya for Vatika Pratishyaya**<sup>[35]</sup>

Patient with *Vatika Pratishyaya* should take diet like *Mamsarasa*, *Amla* (sour), *Ushna* (hot), *Laghu* (light) food substances. Patients should take lukewarm water for drinking and bath and have to develop habit of *Nirvata* and *Ushna Sthana Ashraya*.

##### **Pathya for Pittaja Pratishyaya**<sup>[36]</sup>

Patient with *Pittaja Pratishyaya* should take *Ghrita* (ghee), *Dugdha* (milk), *Yava* (barley), *Shali* (rice), *Godhuma* (wheat), *Jangama Mamsarasa*, *Sheeta* (cold), *Amla* (sour), *Tikta Shaka* (bitter vegetables), *Mudga* (green gram) in their diet.



**Pathya for Kaphaja Pratishyaya<sup>[37]</sup>**

Patient of *Kaphaja Pratishyaya* should take *Vartaka* (brinjal), *Kulaka*, *Trikatu*, *Kulattha* (*Dolichos biflorus*), *Adhaki* (red gram), *Mudga Yusha* (green gram soup) in their diet and *Ushnjalapana* (drinking of lukewarm water) to demerit *Kapha Dosha*.

**Apathya**

Patients with *Pratishyaya Roga* should avoid excessive worry (*Chinta*), excessive and loud speech (*Uchai-Ati Bhashana*) and excessive coital activities (*Ati Maithuna*).

**Pathya-Apathya for Shiroroga<sup>[38]</sup>**

*Pathyapathya* for *Shirahshoola* is mentioned in Ayurveda classics only in *Bhaisajya Ratnavali*.

**Pathya:** Diet should have to take in the case of *Shirahshoola* mentioned in classics includes consuming old *Ghrta*, *Shali* (rice), *Shashtik shali*, *Yusha* (soup), milk, *Dhanvamansa*, *Sanyab*, *Ghritapura*, oil, coconut water, *Kanji*, *Takra*

(churned curd), vegetables i.e., *Patola* (pointed guard), *Shigru* (drum stick), *Vastuka*, *Karvellaka* (bitter gourd), fruits i.e., *Mango*, *Aamlaki* (Indian gooseberry), *Dadima* (pomegranate), *Matulunga* (citrus medica), lemon, grapes, coconut.

**Apathya:** Diet should be avoiding to patient with *Shirahshoola* includes consuming cooked and uncooked food mixed, impure water, curd, lassi, cold drinks, water of the rivers of *Sahyadri*, *Vindhyas*, *Kapha* producing diet. Also, should avoid to *Vegadharanam* (Holding of the urges) i.e. sneezing, yawning, micturition, sleep, lacrimation, stool excretion. *Apathya Vihara* (unwholesome recreation) i.e. *Dantadhavanam* (teeth brushing), *Divaswapa* (day sleeping) should avoid.

**Pathya-Apathya for Mukharoga (do's and don'ts for oral cavity disorders)**

*Pathya-apathya* diet and lifestyle for *Mukharoga* are well mentioned *Yoga Ratnakara*.<sup>[39],[40]</sup>

**Table No 1: Pathyapathya in Mukha Roga mentioned in Yoga Ratnakara**

<b>Pathya<sup>[41]</sup></b>	<b>Apathya<sup>[42]</sup></b>
<i>Triṇadhanya</i> , <i>Yava</i> (Barley), <i>Mudga</i> (green gram), <i>Kulattha</i> ( <i>Dolichos biflorus</i> )	<i>Amla Dravya</i> <sup>[43]</sup> (sour foods)
<i>Jangal Mamsarasa</i>	<i>Anupa Mamsa</i> , <i>Matsya</i> (fish)
<i>Satavari</i> ( <i>Asparagus racemosa</i> ), <i>Karavellaka</i> (Bitter gourd), <i>Patola</i> (Snake gourd), <i>Khadira</i> ( <i>acacia catechu</i> )	<i>Masa</i> (black gram), <i>Guda</i> (jaggery)
<i>Karpura Jala</i> (camphor water), <i>Usnodaka</i> (luke warm water), <i>Tambula</i> (betel leaf),	<i>Dadhi</i> (curd), <i>Ksira</i> (milk)
<i>Ghr̥ta</i> (ghee), <i>Ushna</i> (hot) & <i>Snigdha</i> (unctuous) <i>Ahara</i> <sup>[44]</sup>	<i>Ruksanna</i> (dry food), <i>Kaṭhina</i> <sup>[45]</sup> (hard) <i>Dravyas</i> , <i>Guru</i> (heavy), <i>Abhisyandhi Ahara</i>
<i>Katu</i> (pungent), <i>Tikta Rasa</i> (bitter taste) <i>Pradhana Dravyas</i>	<i>Danta Kastha</i> (twig), <i>Snana</i> (bath), <i>Diva Swapna</i> (day sleeping), <i>Adhomukhasayana</i> (sleeping in prone position)
Eat <i>Natidruta</i> (not taking of food in hurry), <i>Nativilambita</i> (not taking of food too slow) <sup>[46]</sup>	

**Pathya Ahara- Vihara**

Ayurveda has mentioned eight measures as a part of *Dinacharya* to keep tongue, teeth, gums and whole oral cavity (*Mukha*) clean. They are *Dantadhavana*, *Dantashodhana Churna* (*manjana*), *Jihvanirlekhana*, *Gandusha*, *Kavala*, *Pratisarana*, *Mukhaprakshalana*, *Tambulasevana*. *Dantadhavana* should be performed after waking up in the morning as well as after each meal. This beautifully fulfils the concept of oral hygiene in Ayurveda.

Patients suffering from *Dantaharsha* should be encouraged for *Kshira* (milk), *Ghrta* and *Snigdha Bhojana* owed to its *Rasayana* and *Vata Pitta Shamana* effects. Also, Acharyas advised to develop habit to take food after "*Dhauta pada kara anana*" (washing feet, hand & face). To keep clean mouth

without any food debris, *Susruta* advocates drinking water in between and at the end of meal. If this is not done it leads to halitosis. Interdental space should be cleaned by using *Trina* etc. 1<sup>st</sup> time by *Susruta*.<sup>[47]</sup> Removal of *Dantasarkara*– because microorganisms in plaque are the main etiological factors in periodontitis.<sup>[48]</sup> Use of *Sukhoshnodaka* should be done specially in *Hemanta- Shisira- Vasanta Ritu*. Proper treatment of worm should be given in paediatric to minimise the chances of caries in subsequent permanent teeth. *Dantya Rasayana* should advice to chewing of 2-4gm of black sesame seeds daily in the morning or sugarcane acts as tonic for the teeth.

**Apathya**

*Mahisa kshira* if routinely consumed cause *Mandagni* due to *Mahabhisyadi Guṇa* and make person susceptible for caries. As *Guda* (Jaggery) *Prabhuta Krimi Kaphakara* should not be used regularly (as carbohydrates produce acids after fermentation). Patients asked to avoid excess of *Masha/Pishtanna*- as soft refined foods tend to cling tenaciously to the teeth and are not removed because of the general lack of roughage.<sup>[49]</sup> Use of excess salt as *Manjana/* for gargling should be avoided because it's abrasive quality can lead to surface abrasion and sensitivity. Excess pressure shouldn't be applied to clean teeth due to abrasiveness. In classics stated that *Ati Lavana Rasa- Dantascyavayati*.<sup>[50]</sup> Patient is advised to not scratch cavity of tooth (*Dasana Vivara*).<sup>[51]</sup> Excessive intake of pan, betel nut and tobacco should not be done. Tooth enamel might seem white, but it is actually the layer underneath the enamel, the dentin- that's white. Enamel is translucent. Overtime, substances such as coffee, tea, wine, cigarettes, and other things can stain enamel, making it dingy, yellow or grey. Drinking coffee and tea will stain the teeth and cause dry mouth. Drinks high in caffeine inhibit saliva's ability to combat tooth decay. Tobacco chewing must be avoided.

**CONCLUSION**

Food is the cause of strength and vitality of all living beings. Food is dependent on six tastes which are residing in substances. The level of *Doshas* whether it increased, decreased or in normalcy stage; is dependent on the tastes, qualities, potencies and taste after digestion of the substance. A self-controlled man blessed by noble man lives for hundred years free from diseases by the intake of wholesome food. Food sustains the life of living beings. All living beings in the universe require food. Complexion, clarity, good voice, longevity, geniuses, happiness, satisfaction, nourishment, strength and intellect are all conditioned by food.

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