

**PATHYA APATHYA IN VRANA**

<sup>1</sup>\*Dr. Prajwala Amadihal, <sup>2</sup>Dr. Syeda Ather Fathima, <sup>3</sup>Dr. Shivalingappa J. Arakeri, <sup>4</sup>Dr. Mohasin Kadegaon, <sup>5</sup>Dr. Geethanjali Hiremath

<sup>1</sup>PG Scholar, Department of Shalya Tantra, Taranath Government Ayurvedic Medical College Ballari (Karnataka, India).

<sup>2</sup>Principal, Taranath Government Ayurvedic Medical College, Ballari, (Karnataka, India).

<sup>3</sup>Associate Professor & HOD, Department of Shalya Tantra, Taranath Government Ayurvedic Medical College Ballari, (Karnataka, India).

<sup>4</sup>Assistant Professor, Department of Shalya Tantra, Taranath Government Ayurvedic Medical College, Ballari, (Karnataka, India).

<sup>5</sup>Department of Shalya Tantra, Taranath Government Ayurvedic Medical College, Ballari, (Karnataka, India).

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\*Corresponding Author

Dr. Prajwala Amadihal

PG Scholar, Department of

Shalya Tantra, Taranath

Government Ayurvedic

Medical College Ballari

(Karnataka, India).

**ABSTRACT**

Wound management is the one of the most burning problem during surgical practice. Improper nutritional intake is one of the main causes for delayed wound healing. Improper dietary habit will cause many metabolic changes in the body which delays wound healing. Proper nutritional support is considered as the fundamental part of the wound management. The treatments which are mentioned in the Samhitha are valid and successfully practiced till today. Still Acharya Sushruta gave prime importance to the wound care, Which should be managed by following strict dietary regimen (Pathya Apathya) explained in Susrutha Samhita so that the wound healing will be accelerated. Nutritional diet plays an essential role in wound healing; hence forth following Pathya not only promotes healing but also improves or stabilize the life qualities of the patient. Hence diet plays an important role in the wound healing process and also the person obtains long life.

**KEYWORDS:** Pathya Apathya, Wound healing, Nutrition.

**INTRODUCTION**

The Aahara- vihara which is beneficial nutrition to the body & gives the happiness to the mind is known as pathya & opposite to that is known as apthya.<sup>[1]</sup> The proper use of the diet not only prevents the diseases but plays major role in the management of the diseases. Poor nutrition during treatment process may delay healing & impair in wound strength. Delayed wound healing & wound infection place a substantial financial burden on health care system. Acharya Sushruta has also given importance about wound care. Wound care is a rehabilitation provided to a wounded person during the treatment process. Most of the wounds heal quickly when kept clean & free of infection. In Varnitopasaniya adhyaya<sup>2</sup> Sushruta explained these two as major factors for wound management. Pathya aahara – Vihara are more connected in the area of wound healing process & its management. Neglecting the nutritional health & wound care of an individual will destroy the entire wound healing process.

**Pathya****1. DIET<sup>[3,4,5]</sup>**

a. Porridge or gruel should prepared out of old rice (only one year old rice) by adding Ghritha (cow

ghee) processed with meat of wild animals & that should be slightly hot & semi solid in nature (Jangala mamsa). It should be consumed during vrana ropana kala, helps in healing process soon (mamsena mamsa vardhana). Jangala mamsa rasa is rich in protein which has a significant role in collagen synthesis for proper wound healing:

- b. Ghee (cow's ghee): Ghee is effective in wound repair & helps in restore the normal texture of skin. Nutrients presents in the ghee delivered to tissue level, absorbed easily & cross the cell membrane. Due to the presence of omega-3 & omega-9 fatty acid ghee reduces secretion of Leukotrienes & Prostaglandins, which both contribution to the formation of pain & inflammation. Presence of vitamin A, E & K these vitamins helps in repairment & promoting the growth of healthy tissue
- c. Soup prepared from Tanduliyaka, Jeevanti, Sunisannaka, Vastuk, Patola, Karavellaka should be fried in Ghritha & mixed dadima & amalaki & added Saindhava Lavana. In Amalaki minerals such as phosphorous, iron & calcium are found. Vitamin A & C are Antioxidant, enhances early inflammatory phase, necessary for collagen synthesis and promotes epithelial cell differentiation. In dadima rich source like calcium iron, magnesium,

phosphorous, potassium sodium & zinc – required for DNA synthesis, cell division & protein synthesis, vitamin A, C, B6 are antioxidant & anti-inflammatory properties.

- d. Other soups of similar qualities should be consumed like (Mandukaparni, Karkotaka etc)
- e. Soup of mudgadi (i.e shamidhanya varga) with Rasena or yusha, sattoo or yava, vilepi or yava sattoo boiled in water should be taken in food. Mudga have Laghu, Madhura, Grahi, & Kapha-Pittahara property These types of Pathya Kalpanas helps in stimulating Agni and avoid forming Ama which is quickly digestive, strengthening & also nourishes the tissue.
- f. Vagbhata added yava, godhuma, shashtika shali(rice of sixty days), masura, mudga, tuvari(turdal), katukaphala (fruit of katurhini), dhatri (amla), dadima, ghrita & saindhava. Food should be consumed in little quantity along with meat soup of jangala mamsa drinking of warm water helps for the quick healing process.<sup>[6]</sup>
- g. Charaka says that depending upon the nature of dosha in the causation of the Vrana the patient should take food & drinks which are not too cold, too heavy, too unctuous & vidahi (which causes burning sensation).<sup>[7]</sup>

## 2. Vranitagara<sup>[8]</sup>

- a. Prashasta vastu (good place as per to traditional architecture)
- b. Shuchi (clean & neat)
- c. Free from direct sun & drought.

The wound site will be free from infection & reduces the tissue damage.

## 3. Shayya (BED)

Bed should be nice, well laid, provided with comfortable mattress & linen with its head end towards the east & be well protected with weapon. Affectionate friends who should have good conversation & who can console him should have friendly chat with patient to decrease his pain & misery.

By comfortable posture the patient will get good sleep, with adequate venous return & may reduce the complication of wounds (bed sore).

## 4. Evil Prevention

It should be done by Dhupana, Bali, Upahara & Bhakshya.

Performing of the rituals & offering worship will reduce the stress (negative energy or negative thoughts)

## 5. Dhupana Dravayas

Dhupana should be done twice a day for 10 days by using Sarshapa, arishtapatra, sarpi, lavana dravyas. By doing dhupana karma foul smell, discharge can be reduced and flies over the wound site can be prevented due to its disinfectant property.

## 6. Shirodharana

It should be done by using Chatra, Atichatra, Langali, Jatila, Lakshmi, Guhya, Atiguhya, Vacha, Ativisha & Shatavari.

**Table 1: Nutritional requirement for wound healing.**<sup>[9]</sup>

Nutrients	Sources	Function
<b>Protein &amp; amino acids that makes up protein</b>	Meat, egg, milk, cheese, yogurt, other dairy foods, nuts, seeds.	Builds muscles, ligaments, skin, transports lipids, vitamins, minerals, oxygen, promotes positive nitrogen balance. Involved in repair & synthesis of enzymes for wound healing
<b>Energy (Calories)</b>	Protein, carbohydrates, fat (all foods)	Supplies energy prevents unintended weight loss. Needed for anabolism, nitrogen synthesis, collagen formation.
<b>Vitamin A</b>	Deep green & yellow fruits & vegetables beef liver, fortified milk.	Needed for protein synthesis, immune function, maintenance of epithelial tissues.
<b>Vitamin C</b>	Citrus juices & fruits, tomatoes, strawberries, potatoes, pepper, mangoes, cabbage	Needed for collagen formation & absorption of iron.
<b>Zinc</b>	Nuts, dried fruits, dried beans, whole-grain, cereals, orange meats.	Serves as co-factor for collagen formation & many aspects of cell metabolism, assists in immune function.
<b>Copper</b>	Liver, fish, nuts, seeds.	Preserves strength of skin, blood vessels, connective tissue, plays a role in enzymatic reactions in the body.
<b>Iron</b>	Liver, meat, fish, poultry, fortified breads& cereals.	Helps form red blood cells. Transports oxygen & collagen formation. Supports a healthy immune system.

## Apathya

### 1. DIET

Navadhanya is in the beginning & the word Takra is at the end. Things enumerated in between these two are Navadhanya (newly harvested grains), Masha (black gram), Tila (sesame), kalaya (peas) kulattha (horse gram), Nishpava (i.e Raja shimbi or cow pea) & Haritaki shaka, food having Amla, Katu, Lavana rasa, Guda pishti (food made up of jaggery), Vallor (i.e dry meat), Shuska shaka (dry vegetables), Meat & Muscle fat of Goat & Sheep. Anupa mamsa & oudhaka mamsa (animals living in marshy & in watery places), Shitodaka (cold water), Krushara (yavagoo of tila, shali & black gram), Payasa (rice boiled with milk with sugar), Dadhi (curd), Dugdha(milk), & Takra (buttermilk)

These ahara should be avoid these are doshajanaka & puya vardhaka. Guru, Snigdha & Kapha Pittavardhaka Ahaara. Vagbhata Acharya mentioned that the food which causes constipation, burning sensation during digestion, which are not easy to digest & which are cold in potency should be avoided.

Charaka Acharya also mentioned as same as above.

### 2. Oushadi

a. Even if the wounded person who is habituated to Alcoholic, should avoid Maireya, Arishta, Seedhu & Sura & products made up of these like (Abhaya arishta Mahakustaadikara-palashaksharodhakaasava etc)

**Alcohol side effect in wound healing**, Alcohol consumption can increases the risk of bleeding. Consuming in large quantities can expand the risk of bleeding & slow down the healing process. Because it increases the endocrine stress responses, which in turn reduces blood coagulation & compromises proper healing.

b. All these preparations are Amlarasayukta (acidic in nature) having Rukshata Ushnaveerya & Quick in absorption. If it consumes wound infested or affected with doshas soon and destroys the wound healing.

### 3. Viharaja<sup>[10]</sup>

a. Excessive standing in one place, continuously walking, sitting or lying down on the bed for hour's increases pain in the body.

If a wounded person performs more physical work, then swelling or inflammation increases. This is due to increase in vitiated vata dosha.

b. The other things should be avoided by the wounded person teja vayu(fast blowing wind), teja dhup (sunlight), dhool (dust), dhooma (smoke), Athisevana (over eating), Anistha bhojana (food which is not nutrient), Anishata shravana (hearing to maliceful stories), Anishta darshana (looking at ungraceful things), Irsha (jealously), Krodha (anger), Bhaya (fear),

Shoka(grief), Dhyana (worry), Rathri jagarana (awaking at night) Vishamasana (sitting on uncomfortable seat), Vishmashayana (lying in improper position), Upavasa (fasting), Vakra (excessive speaking, excessive exercise), Exposure to cold wind, Consuming food which is not suitable, indigestion & sitting of flies on the wound & around him.

### 4. Divaswapna

a. Awaking at night & indulging in day sleep causes kandugatra, gaurava, shotha, vedana, raga & srava at wound site. Because all Tridosas increases (Itching, heaviness, inflammation, discharge due to kapha, pain due to vata, Redness due to pitta).

b. Even both Charaka & Vagbhata Acharya says the same thing that the wounded person should avoid day sleep.

### 5. Stree

All Brihatryes mentioned that vranita should to avoid sexual act if not death may occur.

Regarding avoiding sexual act Acharya Sushruta gives an explanation by seeing, talking & touching the ladies, semen gets dislodges & flows out by which person will derive all the bed effects of copulation though he did not had it actually.

## DISCUSSION

Ideally constructed Vranitagara as per vastu will avoid entry of direct sunlight & breeze. Avoidance of unnecessary movements or exposure to wind, dust, smoke, etc. has to follow as precaution to avoid contamination. Dhupana is one such measure to avoid infection. Because once skin is injured the microorganism are more prone to reside in the skin surface. Avoiding factors like exposure to unpleasant sound, sight, food, emotional factors like fear, anger, grief etc. these negative psychological factors which impairs normal cell, causing a significant delay in the healing process. Emotional states such as anxiety & depression have more impact on physiological process. Therefore the performance of rituals, offering & worship help to reduce the stress, this helps in wound healing. Due consideration is given to the atmosphere, psychological condition, status of health, digestion etc of the person. Most of the health problems develop due to faulty eating habits & regimen. The planning of diet mentioned in our classical literature is very rational & based on certain principles.

## CONCLUSIONS

1. Ayurveda has holistic & scientific approach in health management. It emphasis such more on diet & regimen along with medicines.
2. Wound healing is step by step process having different phases. Using of specific diets (pathya ahara), wound care will enhances the wound healing in all the phases.

3. In this way if the vranita strictly follows the Pathya Apathya regimen will be relieved from pain & his life span get enhanced.
4. A sincere effort has been made to explore & analyze information related to pathya apthya, this attempt justify the measures explained by Sushruta for wound care.

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