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Pathya Apathya of Visha w.s.r. to Prayoga Samucchaya

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ABSTRACT

Agadatantra deals with the study of poison and its treatment and is given utmost importance among the branches of Ayurveda owing to its need for emergency management. Pathya Apathya is very important in the management of Visha Roga to keep the Dhatus in normal state and will not let them vitiated more by the action of Visha Gunas. People are exposed to different toxins, bites and stings and it's the need of hour to understand properly about the Pathya Apathya to be followed in such conditions. This articles highlights the relevance of Pathya and Apathya in Visha Chikitsa from the malayalam text Prayoga Samucchaya.

Key words: Prayoga Samucchayam, Pathya, Apathya, Visha.

INTRODUCTION

Agadatantra a branch of Ashtanga Ayurveda deals with the study of poison and its treatment. The concept of Pathya and Apathya is a peculiarity of Ayurveda while considering the Visha Chikitsa Pathya and Apathya Ahara Vihara has prime importance. It is very much necessary for the Visha Rogi to have the food which will keep the Dhatus in normal state and will not let them vitiated more by the action of Visha Gunas. The major literature work is taken from the book Prayoga Samucchaya. It is one of the most popular and widely practiced book in toxicology in Malayalam. The author of the work is Kochunni Thampuran. The dietary restrictions for poison victims

of all kinds are detailed in the 9th chapter of this book.^[1]

Unknowingly or knowingly most of the people are exposed to various toxic conditions. It's the need of hour to make the current society aware about the relevance of Pathya Apathya especially in Visaja conditions.

IMPORTANCE OF PATHYA AND APATHYA

The root term of Pathya is "patha" means various channels in body & "Anepetam" means not cause any harm.

In Visha Chikitsa, Pathya and Apathya has a major role.^[2] Here by following Pathya, the drug provides better therapeutic effectiveness through proper absorption and assimilation and also it does not produce antagonistic or harmful effect by interacting with the food. More attention should be paid to Pathya along with the treatment, in Visha. It is to be followed to ensure maximum efficacy of the medicines in curing a poisoned case.

In the same way Apathya is the one that interferes the normal pharmacokinetics of the drug, hence lesser ability to produce the action.

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Table 1: Pathya Ahaara and Vihara for Dashta as per Prayoga Samucchayam^[1]

Ahaara	Yavagu	Saka	Phalam	Mamsa	Other
Navarat andulam (Shashtika)	Shunti	Velluparuthi (Uthamarini)	Kushman da (Benincasa hispida)	Nakula	Citrus lemon
Kodrava (Paapalum scrobiculatum)	Tanduleeyaka (Amaranthus amara)	Matsyakshi (Alternanthera sessilis)	Vellari (Citrullus colocynthis)	Paralmeen	old tender mango
Tina (Seltaria italica)	Punarnava (Boeharriadiiffusa)	Mandookaparni (Centella asiatica)	Karavellaka (Mimordica charanchia)	Kokila	onion
Kodram (Paapalum scrobiculatum)	Neeli (Indigofera tinctoria)	Kuppamanjal (Bixorellane)	Patola (Trichosanthis dioica)	Spotted Dear	Hingu
Mulanelu (Bambosarundinacea)	Gokshura (Tribulus terrestris)	Jivanthi (Leptadeniareticulata)	Brihati (Solanum indicum)	Porcupine	Indupu
Raktasali (Orrizhasativa)	Tagara (Valeriana wallichii)	Karinthali (Jeophilareniformis)	Kandakari (Solanum xanthocarpum)	Malsya	
Cherupunchaari (A Variety of Salivarga)	Ashwagandha (Withania somnifera)		Black Kadali (Musa paradisiaca)		
Tipali					

(Piper longum)					
Chukku (Zingiber officinale)					
Aadhaki (Cajunus cajan)					

Table 2: Apathya Ahara and Vihara

Ahaara Apathya	Vihara Apathya
Tailam	Adhva
Thamboolam (Piper betal)	Dhuma
Saindavam	Athapa
Sharkara	Himapavana
Puli (Tamarind)	Padasanchara
Coconut	Bahukopam
Sarshapa	Chitha
Takram	Soka
Kshara	Hasana
Mamsa	Divaswapna
Dadhi	Athyuchabhasha
Madya	Nishtoorapravarthy
Sakha	Shapavakya
Athibhojanam	Manasadehapida Karma
Ikshukandam (Saccharum officinalum)	Excessive Sexual Intercourse
Panasa (Artocarpahetrophillia)	Excessive Physical labour

Avil (Form of Rice - <i>Orrizhia sativa</i>)	
Tuvara	
Masha (<i>Vigna mungo</i>)	
Kulatha (<i>Dolichos biflorus</i>)	

Table 3: Pathya and Apathya of Visha Rogi as per Bhaishajya Ratnavali^[3]

Pathya	Apathya
Priyangu	Amla Rasa
Harenu	Lavaṇa Rasa
Jeernasarpī	Sveda
Nava Sarpī	Viruddhaahara
Kala Sakha	
Lasuna	
Dadima	
Vikhangadam (Brinjal)	
Pracheenaamalaki	
Pathya	
Kapitha	
Nagakesaram	
Urine of Go, Chaga, Nara	
Haridra, Candana, Musta, Sirisha	
Tikta Madhura Rasa	
Paschimouttaravata	
Hemachoorna	

Pathya and Apathya of Visha Rogi as per Astanga Sangraha^[4]

According to A.S Uttarasthana 41st chapter, it is told that Pathya which is mentioned in Vishopadrava

chapter can be used in all Vishaja conditions, as generally followed Pathya and in 47st chapter also have the same opinion as that of Prayoga Samucchaya, the extra things he added is;

- The Visha Rogi should take the food made with drugs having Kashaya and Vishaghna properties.
- He should use the medicated ghee like Kalyanaka Ghritaas Pathya.
- Should take Divya (rain water), Saara (lakes), Koopajala (well water).
- Manthasrita Seeta Jala (boiled and cooled water) added with honey and Amalaka.
- Apathya - Nadi (river), Thadakajala (tanks).

Pathyamparamamuddishtamsheelanamksheerasarpis ho^[4]

Habitual use of milk and ghee (along with food or alone as food) is considered to be the best Pathya. Ghrita has Vishaghna, Rasayana and Deepana property. It is having all the qualities exactly opposite to that of Visha. There is no other medicine or Pathya better than ghee in the treatment of poisoning especially so when Anila is powerful. It can promote the digestive power in all the Agni level. It is having Brimhana, Snehana, Yogavaahi, Daahaprashamana and Medhya. It reduces Visha due to its Madhura Rasa, Soumya, Mridu and Sheetaveerya properties. It inhibits the properties of other substance without altering its property (Samskarasyaanuvarthana).

DISCUSSION

Here most of the Pathya used in Visha Chikitsa are having Kaphapittaghna (Doshahara), Rukshaguna, Katuvipaka, Madhura, Tiktakasayarasa and properties primarily Vishaharam, Kushthaghna, Krimihara, Amahara, Kandughna, Deepana, Pachana, Rakta Shodhaka, Avidahi, Shothahara, Vata anulomana. Many Yavagu preparations also mentioned as Pathya and its known that commonly, Yavagu possesses Grahi (digestive and absorbable), Balya (strengthen the body), Tarpani (nutritious) and Vatanashini (pacify the vitiated Vata) properties. Every Guna attributed in Pathya has got some action on Dosa, Dhātu and Mala.

Hence it allows the interaction between *Visha* and administered *Bhesaja* more easily, which is necessary in order to treat the *Visha*.

CONCLUSION

Viṣa Chikitsa (toxicology) is given utmost importance among the branches of medicine owing to its need for emergency management. The physician who treats a snake bite victim needs to be careful and confident. Slightest mistake can risk the life of the patient, taking *Apathya Ahara* in diseased condition will aggravates the condition. For the management of *Visha Pathya* used must be opposite to that of the properties of *Visha* and similar to the *Guna* of *Oja*. *Ojonasha* caused by *Visha* is reversed to an extent by the properties of drugs which are used as *Pathya* in *Visha Chikitsa*. In a nut shell the proper knowledge about *Pathya* and *Apathya* is very essential to get the desired results from the administered drug for the *Visha* treatment.

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