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A role of Ahara - An emphasizing view on Katigraha

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ABSTRACT

Ahara is one of the *Traya Upasthamba* has been a prime importance since from Vedic Period. It is quoted as *Brahma* in *Upanishad* and *Acharya Kashyapa* mentions it as "*Mahabhaishajya*". Any *Vyadhi* which originates from this *Panchabhutatmaka Sharira* which in turn can be cured by *Oushada* along with proper *Pathya-Apathya* which play a vital role in re-establishing the Physiological health. According to *Laulimbaraja* "*Pathya* is the secret of healthiness likewise *Apathya* is the root cause of all disease. Looking into the classics, *Annapana Vidhi*, *Asthaaharavidhi Visheshayatanani*, *Pathyaapathya* concept, *Viruddhahara* etc. infers that importance of *Ahara* by our *Acharyas*. The disease *Katigraha* is *Vata-Kaphaja Vyadhi*. *Vata* is the main functioning system of body along with other two *Doshas*. Any vitiation in this functional system directly/ indirectly troubles the individual affecting one's personal and social life.

Key words: Ahara, Traya Upasthamba, Katigraha

INTRODUCTION

Ayurveda is ancient science of life, uplifting the principle of life that "*Swasthasya Swasthaya Rakshanam, Athurasya Vikara Prashamanam*", which means to maintain the health of healthy person and cure the disease of diseased person. *Acharya Susruta* narrates a quote that "*Sankshepatah Kriyayogo Nidana Parivarjanam*".^[1] Life style disorders have become more common in these generations. Due to the change in the life style, urbanisations/Modernization has very bad impact on every individual's health. The wholesome-unwholesome food concept basically originated by our science decades ago. Consuming the

food with appropriate calories and food without required nutritional derivatives makes a remarkable difference. Hence consumption of dietary rich food is beneficial to the mankind both physiological as well as psychological well-being. Our science of Ayurveda deals with fundamental concepts of *Tridoshas* i.e., *Vata*, *Pitta* and *Kapha*. Along with these they have even explained about the food which are having pros and cause on these *doshas*

Food which Balances the Tridoshas.

	Vata	Pitta	Kapha
Rasa	Madhura, Amla, Lavana	Madura, Tikta, Kashaya	Katu, Tikta and Kashaya
Ahara	Taila	Grita	Madhu

Classification of Ahara as per Classics^[2]

- Aashita
- Khadita
- Peetha
- Lida

This kind of *Aahara* does the *Shariravardhana* and also they can cause the disease to the same *Sharira*.^[3]

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Katigraha

Kati Graha is *Shosha*, *Sthamba*, and *Shula* predominant *Vyadhi*. *Gada Nigraha* clearly states that Pain is produced due to Stiffness which is produced by *Sama* (with *Ama*), or *Nirama* (without *Ama*), *Vayu* movement into *Kati* region. Hence this suggests of presence of *Dosha* involvement. We also find its description of etiology, symptoms and treatment in *Vata Vyadhi* context. *Kshayyatmaka* (degenerative) and *Marga Avarodha* (obstructive) type of *Samprapti*.^[4]

Nidana of Katigraha

Katigraha is the *Vata-Kaphaja Vyadhi*, hence *Nidana* can be taken as causative factors conglomerating these two *Doshas*.

Vatakara Ahara	
<i>Rasa</i>	<i>Katu, Tikta, Kashaya</i>
<i>Guna</i>	<i>Laghu, Ruksha, Khara</i>
<i>Virya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Matra</i>	<i>Abhojana or Atibhojana</i>
<i>Kala</i>	<i>Akalabhojana, Vipareetabhojana</i>
<i>Ahara</i>	<i>Mudga, Masura, Nishpava, Harenu, Kalasa etc.</i>
Kaphakara Ahara	
<i>Rasa</i>	<i>Madhura, Amla, Lavana</i>
<i>Guna</i>	<i>Sheeta, Snigdha, Guru</i>
<i>Virya</i>	<i>Sheeta</i>
<i>Vipaka</i>	<i>Madhura</i>
<i>Matra</i>	<i>Atibhojana</i>
<i>Kala</i>	<i>Akale</i>
<i>Ahara</i>	<i>Abhisyandi, Guru</i>

Ashtavidha Ahara Vidhi Visheshayati

In classics they had beautifully mentioned about disciplinaries about food regimen. *Ushnaahara*, *Snigdha Ahara*, *Matrapurvaka Ahara*, taking meal after the digestion of previous food, *Aviruddha Ahara*, having food with *Ishta Desha-Upakarana*, intake of food, harmfulness in having food in too much hurry or too slow. Having food with concentrated mind, without distractions. These factors together contribute in framing and maintaining the good health of an individual

Role of Vitamin Deficiency in the manifestation of Mechanical Low Back ache.^[5]**Vitamin C**

Referred as Ascorbic acid may decrease risk of progression of osteoarthritis and back pain by repairing the tissues and reducing inflammation. Vitamin C helps protects cells from the damage caused by free radicals-molecules responsible for aging and tissue damage.

Food Sources: Orange, grapefruit, Red peppers, broccoli etc.

Vitamin D

Vitamin D is an important nutrient that builds strong bones and aids with calcium absorption (essential in preventing osteoporosis). It can also help maintaining the immune system and alleviates back pain by decreasing the inflammation in the body.

Food Sources: Cereals, Milk, Fortified food such as fortified breakfast, Fatty fish.

Vitamin E

Helps to ease back pain and soreness because it works by helping to repair damaged tissue. It also improves the circulation aids in healing process.

Food Sources: Wheat germ, Sunflower seeds, and almonds.

Vitamin B3

Also known as Niacin. Increases the pain-relieving capacity, also maintains the healthy nervous system.

Food Source: Beet, Peanuts etc.

Vitamin B7

Biotin, also known as Vitamin H or Vitamin B7, is a water-soluble vitamin that helps the body metabolizes fats, carbohydrates and protein. Water soluble vitamins are not stored in the body so daily intake is necessary. Deficiency of this leads to Loss of control of bodily moments, Numbness and Tingling sensation in the hands and feet.

Dietary Sources: Red meat, Eggs, Seeds and Nuts.

Vitamin B12

Typically known as the vitamin that can amp up your energy. But it can also help keep the body's nerve and blood cells healthy and help make DNA.

Concept of Hypovitaminosis

Hypovitaminosis is potential cause for Mechanical Low Back Ache in addition to other potential causes. Evidences show that potential of Vitamin D to exert anatomic and physiological influence on pain manifestation. Persistent pain is associated with Vitamin D related bone mineralization, musculoskeletal pain. Pain pathways associated with cortical, immunological, hormonal and neuronal changes are potentially also influenced by Vitamin D levels.^[6]

Adult bones undergo a constant of remodelling, bone pain and muscle weakness with gait instability observed in Vit-D Deficiency. It is important for the regulation of serum calcium concentration and in muscle protein synthesis. Vit D increases the serum calcium level that is essential for muscle contraction and protein synthesis affects muscle growth.^[7]

In *Katigraha Sthamba*, *Shoola* and *Shopha* can be interpreted as Stiffness due to weakness of muscles and muscle contraction, *Shoola* is Pain and *Shopha* is localised tissue inflammation.

Acharya's have explained the concept of Vitamins in Charaka Samhita Sutrasthana, *Matrashitiya Adyaya*.^[8]

DISCUSSION

Body is constituted of food. Hence any kind of variations in the *Sharira* has to be corrected basically from *Ahara*. As modernisation progressed, the regimen of taking food, wholesome diet is been neglected resulting in disease like *Katigraha*, and lifestyle disorder.

CONCLUSION

As explained earlier, considering the *Loka Purusha Samya Vada* every entity existing in the universe is made out of *Panchamahabhoota*. For building up an individual *Sharira*, *Ahara* is an important factor. Not only in physiological aspect; also, for *Vyadhi* manifestation *Ahara* is more important. The Principal mentioned in Ayurveda i.e. "*Swasthasya Swasthya Rakshana, Athurasya Vikar Prashamanam*" One should consume appropriate diet to attain *Chaturvidha Purushastra's* in life as *Sharira* is a media to conquer them.

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