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A systemic review on probable role of *Pathya Apathya Aahar* in *Vaatrakta* with special references to Gouty Arthritis

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ABSTRACT

Pathya Aahar is a conducive diet which has beneficial effect over the body and mind without causing any untoward effect. *Apathya Aahar* is a deleterious diet which is harmful to physical and mental well being. In *Ayurveda*, *Pathya* has been described according to *Dosha*, *Dushya*, *Deha Prakriti* and *Vyadhi*.^[1] When we choose a diet for a disease based on *Pathya Kalpna* that pacify vitiated *Doshas*, improve the action of the *Aushadhi*, fight against pathogens, and clear the *Srotas*. It is very much necessary for the patients to have the food which will keep their *Dhatu* in healthy state and will not let them get vitiated more from *Doshas*. *Vatarakta* is the disease which is caused by vitiation of *Vata* as well as *Rakta*. Aggravated *Vata* is blocked by vitiated *Rakta*, in turn leading to further aggravation of *Vata*. Gout^[2] is a common form of inflammatory arthritis that is very painful. Gout^[3] happens when urate, builds up and forms needle-shaped mono sodium urate crystals in the joints. Urate comes from purines, which are found in body's tissues and many foods. Dietary adjustments based on nutrient composition should be an important component of routine care for gout. Wholesome Diet play a vital role in prevention and treatment of *Vatrakta* (Gout).

Key words: *Pathya*, *Apathya*, *Vaatrakta*, *Gout*, *Dosha*, *Uric Acid*.

INTRODUCTION

Pathya is derived from the word '*Patha*'- means the path. *Pathya* is a Sanskrit word that means -"belonging to a particular way" or being healthy. Appropriate *Pathya*, is the *Aahar-Vihar* that calms the mind, is beneficial to the body, and provides nutrients. To stay healthy, *Pathya Kalpana* must be used in *Dinacharya*, *Ritucharya*.^[4] It is also very much necessary for the

patients to have the food which will keep their *Dhatu* in a healthy state. *Pathya* is that which brings the vitiated *Doshas* to normal and *Apathya* are those which causes vitiation and abnormalities in the *Doshas*. *Vata* and *Rakta* are *Dosha* and *Dushya* of *Vatarakta*.^[5]

The *Viprakrista Nidana* of *Vatarakta* are those factors which are responsible for vitiation of *Vata* and *Rakta*. Gout is a type of arthritis that causes intense pain, swelling, and stiffness, often in the joint at the base of the big toe. The main cause is having too much uric acid in the body, possibly due to dietary factors. Purines, a common chemical compound found in foods and drinks are metabolized by the body and turned into uric acid. Uric acid is then filtered out of the bloodstream by the kidneys. If excess uric acid builds up in the bloodstream, it can lead to the formation of uric acid crystals in one or more joints, resulting in gout.^[6] Limiting the consumption of purine rich foods and drinks may help treat hyperuricemia and reduce the risk of gout flare-ups.

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AIM OF THE STUDY

To study the *Pathya-Apathya* in *Vatarakta* (Gout).

DISCUSSION

Pathya (wholesome) is that which is not harmful to paths (of the body) and is according to liking. The entities have their effects according to dose, time, preparation, place, body constitution, pathology and properties. *Acharya Charaka* mentions the word *Pathya* as synonym of *Chikitsa* (treatment). This shows if wholesome food is taken in right time, quantity etc. can help to recover from disease condition either alone or with other medications.

“*Pathye Sati Gadaarthasya Kimoushadha Nishevanaih*

Pathye Asati Gadaarthasya Kimoushadha Nishevanaih”

Vaidya Lolimbiraja indicated the importance of wholesome food (*Pathya Aahar*) by stating that if a patient intakes wholesome food then there is no need of medicine and if a patient continuously consumes unwholesome food then also there is no need of medicine. In the latter case, medicine will not be effective.

The illnesses produced by the unification of vitiated *Vata* and *Rakta* cause several health disorders. *Vatarakta*^[7] is one of them. *Vata Prakopa*, *Rakta Dushti* and obstruction in the *Path* of *Vata* is the core pathology in the disease. The pathology of this disease originates in blood, spreads through blood vessels and nerves and then finally get settled in the joints. Excessive consumption of foods articles which are *Lavana* (salty), *Amla* (sour), *Katu* (astringent, pungent) in taste, *Kshara* (alkaline) and *Snigdha* (unctuous) properties, *Ushnaahara* (food stuffs having *Ushnavirya*), *Ajir nabhojana* (eating food prior to digestion), *Klinna-Anoop-Shushka Mamsa* (excessive use of aquatic or marshy land animals or of desert region which are dry in nature), use of *Pinyaka* (tilpishta), *Mulaka* (raddish), *Kulath* (horse gram), *Masha* (black gram), *Shaka* (leafy vegetables), *Palala* (mutton), *Ikshu* (sugar-cane), *Dadhi* (curd), *Arnala*, *Souviraka*, *Shukta*, *Sura*, *Asava* (all fermented drinks)

are the causative factors of *Vata-Rakta*. Habit of taking *Virudhaahara* (incompatible diet), *Adhyashana* (intake of food prior to digestion of meal earlier taken), *Krodha* (anger), *Diva Swapana* (sleeping in day hours) and *Prajagarana* (nocturnal awakening) are also said to be the causative factor.^[8]

Vatarakta as mentioned in *Ayurvedic* texts have very close resemblance with Gout. Gout^[9] is both an inflammatory and a metabolic disease. Gout affects about 1 to 2% of adults in the developed world at some point in their lives. It has become more common in recent decades. This is believed to be due to increasing risk factors in the population, such as metabolic syndrome, and changes in diet and lifestyle. Dietary causes account for about 12% of gout, and include a strong association with the consumption of foods richest in purines yielding high amounts of uric acid. The crystallization of uric acid, often related to relatively high levels in the blood, is the underlying cause of gout. This can occur because of diet, genetic predisposition, or underexcretion of urate, the salts of uric acid. Uric acid increased accumulation and or reduced excretion in human bodies is closely related to pathogenesis of gout and hyperuricemia. It is highly affected by the high intake of food rich in purine.

Diets provide abundant raw materials of purine, which is mainly metabolized in the liver, promoting uric acid production. Meanwhile, it can interfere with the intestinal environment, homeostasis, and urate transport to induce high levels of uric acid, leading to hyperuricemia and ultimately to gout. Dietary modification can reduce serum urate by 15% and delay the need for drugs that reduce serum urate levels.

Pathyaha (wholesome) for Gout^[10,11]

The *Pathyaha* in *Vatarakta* (gout) are following.

1. *Dhanya Varga* (Cereals)

Cereals like *Yava* (old barley), *Sathi*, *Nivar* (a type of wild rice), *Kalam Chawal*, *Lal Shali* as well *Sastika* type of rice, *Godhum* (wheat) these are *Pathyaha* as mentioned in *Bhaishajya Ratnavali* and *Yog Ratnakar*. In *Sushrut Samhita*, *Annapanvidhi* properties of all of above is described. So, we see that these all *Dhanya*

are *Tridosh Shamak* and specially works in *Pitta Dosha* and *Laghu* for digestion, *Balya*, *Medohar*. *Acharya Sushrut* describe *Godhuma* (Wheat) as *Bhagnasthi Samyojaka*, *Yava* as *Rakta Pitta Prasadaka*, *Lekhan*, *Medohar*, *Rakta Shali* said to be *Jwar* and *Vishnashak*. So, these all *Dhanya* are wholesome for the *Vatrakta*.

2. *Shimbi Varga* (Pulses)

Chana (chickpea), *Moong* (green gram), *Arhar* (pigeon pea), *Makushta* these all pulses described in *Charak Samhita*, *Bhaishjya Ratnavali* and *Yog Ratnakar*. *Acharya Charaka* mentioned the use of *Shimbi Varga* with liberal quantity of *Ghrita*.^[12] *Acharya Sushrut* said that these all pulses are *Pitta Shamak* and *Rakta Prasadaka*.

3. *Mansa Varga*

Soup of meat of *Viskira* (gallinaceous) and *Pratuda* (pecker) birds like *Lava* (king quail), *Teetar* (partridge), *Kukkuta* (chicken), *Kapota* (pigeon) etc. *Lava* and *Teetar Mansa* is described as *Tridosh Shamak*, *Lava Mansa* have *Katu Vipak*, work as *Agni Deepak*, *Kukkuta Mansa* described as *Snigdha* and *Brihana*, so these all are *Pathya* according to *Bhaisajya Ratnavali* and *Yog Ratnakar*.

4. *Dugdha Varga*

Goat and cow milk both described as *Pathya* by *Bhaishjya Ratnavali* and *Yog Ratnakar*. *Acharya Sushrut* said these milks are *Snigdha*, *Rasayan*, *Raktapittahar*, *Vatapitta Nashak*, *Sarvarognashak*.

5. *Shaak Varga*

Leafy vegetables like *Poi*, *Makoya*, *Ventagra*, *Bathua*, *Kareli*, *Chaurai*, *Adrak*, *Patolpatra*, *Surankanda*, *Shweta Kushmanda* these are *Pathya* by *Bhaishajya Ratnavali* and *Yog Ratnakar*. *Acharya Sushrut* described these *Shaak* as *Kaphapittahar*, *Laghu*, *Prameh*, *Jwar*, *Kushtha Nashak*.

6. *Phala Varga*

Amla, *Munakka* are *Pathya* as mentioned in *Bhaishajya Ratnavali* and *Yog Ratnakar*.

7. Others

Ghee, Butter, *Erand*, coffee.

Apathyahaar (unwholesome) for Gout^[13,14]

Katu, *Lavan Ras*, *Ushna*, *Viruddha Anna*, *Masha*, *Kulthi*, *Sem*, *Nishpav*, *Kshar*, *Mooli* (Radish), *Kanji*, *Tila Tail* etc.

- Salty diet** - Excessive intake of salty diet causes impairment in proper excretion of water and proper flushing of uric acid through the urine. Salty diet causes dehydration so excessive intake of salty diet provoke the gout.
- Shaak Varga** like spinach, mushroom, and cauliflower increase the risk of gout because these vegetables are highly rich in purine.
- Pulses** like *Kultha*, *Masha*, *Nishpav* are rich in purine. These purines metabolize and results in uric acid as end product.
- Dairy product** - *Dadhi* (curd) or *Takra* (buttermilk) are rich in protein.
- Sea foods** - Meat of aquatic animals, Sea foods like mussels, crab, shrimps and other shellfish, fish roe, caviar are strictly restricted in gout due to high purine contain.
- Alcohol** - Especially beer cause increase in purine level.
- Fructose rich diet** - *Ikshu* and all sweet items like cake, pastries etc. - these food items are rich in fructose. Fructose increases uric acid production during its phosphorylation by increasing adenosine triphosphate (ATP) decompose to adenosine monophosphate (AMP), a uric acid precursor. So, in very short time after intake of fructose, uric acid concentration is increased.
- Shuska Anna** - water is responsible for proper functioning of kidney. It removes acidic waste from body. Decreased amount of water inside the body causes retention of acidic wastes in the blood including uric acid, which should be flush out from the body, causing hyperuricemia.

These all factors are responsible for *Vatarakta*, so these things should be avoid by the patient suffering from *Vatarakta*.

CONCLUSION

Ayurveda emphasises on importance of wholesome food in maintaining health and curing diseases for promoting good health. Gout is a disorder of purine metabolism. The recognition of diet-induced systemic metabolic pathways has provided new mechanistic insights and potential interventions on gout progression. However, the dietary recommendations for gouty patients generally focus on food categories, with few simultaneous considerations of nutritional factors and systemic metabolism. Dietary modification might represent an appropriate nutritional regulation for gout patients or for potential patients to effectively reduce the incidence of gout.^[15]

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