

AMAVATA – PATHYA APATHYA**DR ASHVINI AJIT BHILARE ¹**

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ABSTRACT:

As we consider today's life of human being, there is rapidly increasing diseases. Due to change in life style, pollution, increase fast food intake the immunity of person is going decreased.

Ayurveda is very useful for healthy life style. In Ayurveda, treatment is important but life style and diet is also important. Only medicine is not bring the desired therapeutic effect without Pathya.. Pathya is helpful to maintain health of healthy person and helpful to cure diseases.

Amavata is disease which is mentioned in Ayurveda. Amavata is characterized by many sign and symptoms like sandhi shool, sandhi shota etc. Ayurveda explain importance of Pathya-Apathya.

Key Words :- Amvata, Pathya- Apathya,.Life style.

Introduction :

Amavata is a condition described in Ayurveda involving multiple joints with severe pain, swelling and stiffness.Amavata is a disease of Asthivaha and Rasavaha Strotas.

The aim of Ayurved is maintain the health of healthy person and cure the diseases of atur (patient).

Ayurveda Acharya discussed Pathya-Apathya in detail. Pathya word originated with Sanskrit word 'path' means 'a way which help in traversing distance. The ahar (food), vihar(activity)

which is helpful for body to increase the action of treatment is pathya. Hitakar ahar and vihar is pathya. pathya is depend on diet (ahar), activity (vihar), and treatment (aushad).

A substance which adversely affect the body is Apathy. ahitkar ahar, vihar is apathy. Which is harmful to body.

AMAVATA

The words Ama and Vata is combine to form Amavata, it means vata dosha along with ama is called as Amavata.

Amavata is disease when vitiated Vata Dosha and accumulation of Ama enter in sandhi (joint).

Hetu (causative factor)

1) Viruddha ahara (unwholesome diet), 2) Mandagni (Low appetite) 3) Viruddha cheshta-vegavidharana divaswapna (day time sleeping), ratrijagarana (awaking at night) these above factors are responsible for Amavata.

Sign and Symptoms

The disease characterised by many sign and symptoms like sandhi shota (joint swelling), sandhi shool (joint pain), angmrd (body ache), stabdhata (joint stiffness), aruchi (anorexia), alasya (lassitude), gurava (heaviness of the body), jwara (fever) etc.

AIM AND OBJECTIVE

Ayurveda advocates healthy life style through ahar, vihar and aushadha. By following proper ahara, vihar as described in ayurveda one can prevent himself from amvata and reduce risk.

PATHYA IN AMAVATA (Table no 1)

Pathya apathy are explain in various classical text, detail describe in bhaishajyaranaval.

| VARGA | AHARDRAVYA | KARMA | ENGLISH NAME | RASA, VIRYA, VIPAKGUNA |
|-------------|--------------------|--------------------|---------------------|------------------------|
| Anna varga | 1. Raktashali | Vatashamak, | Red variety of rice | Rasa-Madhur |
| | | Kaphavyadhinashak | | Vipak-madur |
| | 2. Yava | Balya | | Guna-laghu |
| | | | | Rasa-Madur, |
| | 3. kulatha | Vatashamak, | Horsegram | sheet, |
| | | | | kaphashamak |
| | | raktapittaprakopak | | Rasa-Kashay |
| | | Amapachak, | | Vipak-Amala |
| | | Aganivarthak. | | Virya-Ushna |
| | | kaphaghna, | | Guna-laghu, |
| Jala varga | 1. Ushana jala | Vataghna, | usna, rukshya | |
| | | Amapachan, | Amapachak, | |
| | Jatharagnivardhan. | Aganivardhak. | | |
| | | | Garlic | Rasa-Katu |
| Kanda varga | 1. lasuna | | | Vipak-Katu |
| | 2. Adarak | Kaphaghna, | Wet ginger | Rasa-Katu |
| | | agnidipak, | | Vipak-Katu |
| | | Pachak. | | Virya-Ushna |
| | | | | Guna-Guru, |
| | | | ruksha, tikshna | |
| Shakvarga | 1. punarnava | Jatharagnivardhan, | Spreading hogweed | Rasa-Katu, tikta |
| | | Shothaghana, | | Vipak-Katu |
| | | | | Virya-Ushna |
| | | | | Guna-laghu, rukshaya. |
| | | | | |

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|-----------|---------------|-------------|---------------|------------------|
| Ksheeraga | 1. karvellaka | Kaphashaman | Bitter ground | Rasa-Tikta, katu |
| | | Pittashaman | | Vipak-Katu |

| | | | | |
|-----------|-----------------|----------------------------|--------------|----------------------------------|
| | | Dipan, pachan | | Virya-Ushna |
| | | | | Guna-Laghu, rukshy |
| | | | Drum stick | |
| | 2. shigaru | Kaphaghna | | Rasa-Madhur, tikta |
| | | Dipan, pachan, shothaghna. | | , katu |
| | | | | Vipak-katu |
| | | | | Virya-ushna |
| | | | | Guna-laghu, |
| | | | Snake ground | ruksha, tikshna |
| | 3. patol | Vataghna | | Rasa-tikta |
| | | Pittaghna | | Vipak-madhur |
| | | Kaphagna | | Virya-ushna |
| | | Dipan, pachan | | Guna-laghu |
| Mansavrga | 1. takra | Agnidipak, | Butter milk | Rasa-madur, amala anurasa-kashay |
| | | Kaphavataghna, | | Vipak-madur |
| | | Hridhya | | Virya-ushana |
| | 1. jangam mansa | Aganidipan, | Forest milk | Rasa- kashay madur |
| | | Dhatuvaradhak | | Sheet |
| | | | | Guna-laghu |
| Tailvarga | 1. Yerand tail | Kaphavataghna | Castor oil | Katu ushna |

In Amavata, 1. Ruksha sweda (dry fomentation) - is helpful to destroy stabdhata (stiffness). 2. Langhana (fasting) or light food intake - is helpful to decrease heaviness of body. 3. Snehapana, 4. basti. 5 virechana - is panchakarma. are pathya. These treatment are also helpful.

APATHYAINAMVATA (Table no 2)

| VARGA | AHARDRAVYA | KARMA | ENGLISH NAME | Other property |
|-------------|---------------|-----------------------------|----------------|---------------------------------------|
| Annavaarga | 1.Navvana | Kaphakara | New rice | Guru |
| | 2.Masha | Kaphakara, Pittakara | Black gram | Guru,snigdha |
| Jalavarga | 1.dushit jala | Vatakara Kaphakara | Polluted water | |
| Ksheervarga | 1.dadhi | Kaphakara | Curd | Kashay,madur, amala |
| | 2.ksheer | Kaphakara | Milk | Rasa-madur Virya-sheet Snigadha |
| Ikashuvarga | Guda | Kaphakar Aganimandhyakar | Jggery | |
| Mansavarga | Matsya | Kaphakar | Fish | Guru |

Also virudha bhojan (unwholesome diet), asathmya bhojan, visham bhojan, guru-abhishandi bhojan, vegavarodha, vegavidharan, ratrijagarana(awaking at night),d divaswapa(da sleeping), Above all factors are responciable for Amavata.

DISCUSSION

Ayurveda explain concept of Pathya-Apathya. Pathya-Apathya is part of treatment. Pathya-Apathya is speciality of Ayurveda.

Amavata is mainly due to agnimandhya which resulting production of ama and this ama run toward sandhi. Dipan, pachan, lagu, katu, tikta rasa ahar vihar isuseful for vatakaphaprasaman, amapachana whichbreakdownthe pathogenesis of amavata.

Katu and tikta rasa increase digestive power,digest amarasa and reduce excessive production of kapha and remove strotas drushti(strotas obstruction).

Ushna guna is decreases vitiated vata. Rukshya,laghu guna and ushna virya are important for Pachana and deepen of amadosha. Laghu guna and tikta rasa remove doshas from dushit strotas by their lekhan karma(property).In Amavata Pathya-Apathya for person to person is different after analysing Prakruti, kala, matra,desha.The ahar-vihar which is suitable for sharir (body) and mind,give happiness to mind is pathya, and apposite is apathy.The ama present in body is responsible for amavata. Viruddhaahara leads to produce amadosh and it also vitiateds the vata whichleading to amavta. For preventing and cure Amavata pathya-apathya is important.

For prevention of Amavata, pathyakar ahar like karvellak(bitter ground),kulthya(horsegram)etc include in regular diet.

CONCLUSION:

Treatment is important, but also life style and diet is important. Medicine alone cannot give perfect result without Pathya. Pathya is helpful to maintain the health. If, some diseases may not cure with medicine, are cured with help of proper pathya. Proper pathya play major role in the prevention and management of amavata.by following pathyakar ahar (diet),vihar(activity)and refrain from apathy ahar, vihar leads better result in amavata.

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