

**PATHYA–APATHYA (DO'S AND DON'TS)
AYURVEDIC ADVOCACY ON
CONDUCTIVE DIET AND LIFE STYLE
IN
HEALTH AND DISEASE**



**N.SRIKANTH
ASST.DIRECTOR
CENTRAL COUNCIL FOR RESEARCH
IN AYURVEDA AND SIDDHA
Department of AYUSH
Ministry of Health & Family Welfare
Govt. of India**

Ayurvedic Approach on Prevention and Health promotion

1. Avoidance of causative and precipitating factors of disease

(Nidan parivarjan)

2. Bio-purification (Samshodhan-panchakarma)

3. Use of palliative remedies (Samshamana-simple therapies)

4. Health-promoting regimen (Pathya Vyavastha)

are the hall mark of Ayurvedic therapeutics recommended for physicians to prescribe.

- **Specific diet**

- **lifestyle**

guidelines are always prescribed along with the drugs and therapies so as to facilitate restoration of bio-humoral balance and health status.

Health Vs Lifestyle

- ✓ **Daily code of health conduct (Dinacarya)**
- ✓ **Conduct for the night (Ratricarya)**
- ✓ **Conduct in relation to various seasons (Ritucarya)**
- ✓ **Personal and social hygiene (Sadvrta)**
- ✓ **Nutrition and dietetics (Pathya)**
- ✓ **Suppressible and non-suppressible urges (Vega dharana)**
- ✓ **Control of negative emotions (Adharaniya vegas)**
- ✓ **Avoidance of unwise courses (Trividha Nimitta)**
- ✓ **Periodical biological cleansing (Pancakarma)**
- ✓ **Restorative remedies (Rasayana)**



Triyo pasthambha –Three Pillars of Life

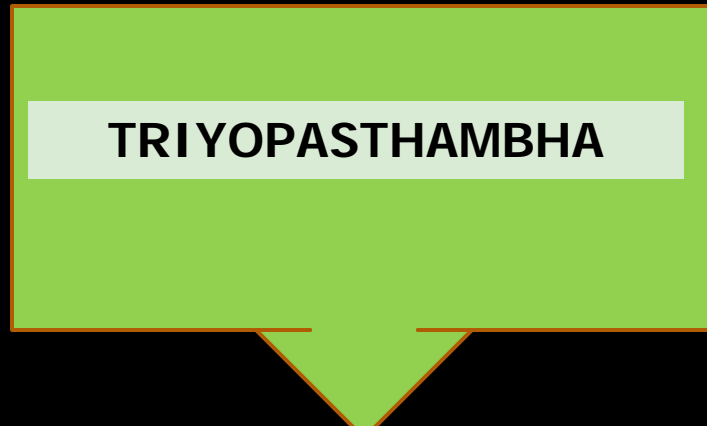
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✓ **NIDRA**



✓ **Ahara**



TRIYOPASTHAMBHA

✓ **BRAHRMA CHARYA**





Trividha Nimitas- the three causative factors

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Ayurveda has identified three main causes being responsible for all sorts of diseases, avoidance of which prevents the manifestation of diseases

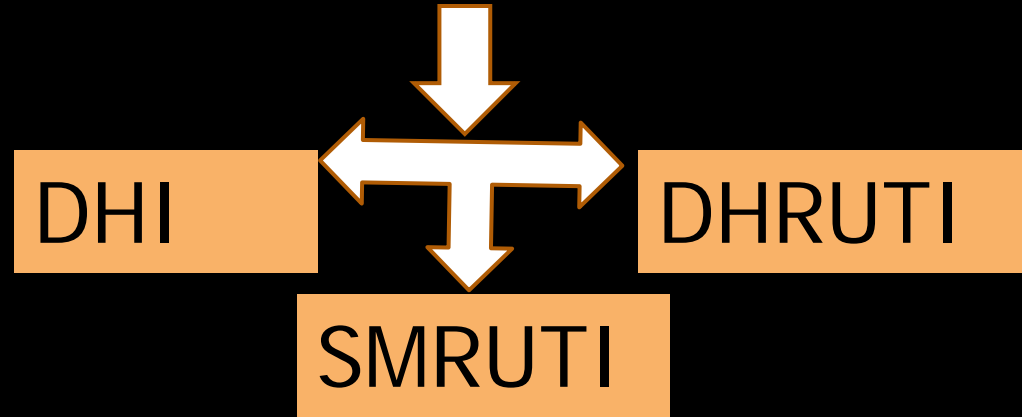
- ✓ Misuse of intellect (Pragnyaparadha)
- ✓ Incompatible co-relation of sense organs (Asathmya Indriyartham Samyoga)
- ✓ Abnormal cycles of seasons (Ritu Viparyaya)



Misuse of Intellect (Pragnyaparadha)-the cause of Spiritual ,Mental, Physical and Social disharmony

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VIBHRAMSHA- LOSS OF CONTROL ON MENTAL FACULTIES



ASHUBHA KARMA- NON CONDUCTIVE ACTIVITIES

VITIATION OF PHYSICAL AND MENTAL HUMORS
(SARVA DOSHA PRAKOPAJAM)

SPIRITUAL ,MENTAL,
PHYSICAL AND SOCIAL
DISHARMONY



SOCIAL
IMBALANCE

ILLNESS



Incompatible contacts of sense organs :Asathmya Indriyatha Samyoga

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- ✓ Human sense organs like sense organ of vision, keep regular contact with world outside, to perceive sensations.
- ✓ When the contact is not proper it is called incompatible correlation of sensory system with its respective sensations.

There are three varieties of incompatible correlations comprise .

- No contact or negligible contact (Ayoga _ Heenayoga)
- Excessive contact (Atiyoga)
- Contact with unnatural sensations (Mithya yoga))

Three important factors while dealing with the health and disease comprise

- **Oushadha (Drug & therapies)**
- **Ahara (Diet)**
- **Vihara (Practices).**

Ayurveda also includes Ahara as one among the tripods giving the first and foremost place to Ahara.

• **Pathya (or a proper diet) is defined as the ahara which is congenial to the tissues of the body & relished by the person.**

• **The Pathya is the one which keeps the person healthy, maintains normal body functions leads to proper functioning of the organs, nourishes the mind and intellect, prevents diseases and at the same time corrects the irregularities that may occur in the body**

Do's and Don'ts (PATHYAPATHYA) In Different Diseases

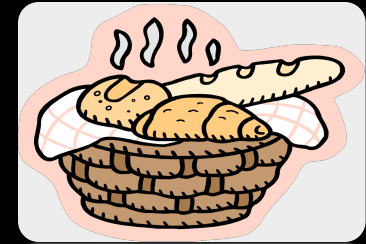
“*Pathyae sathi* gatir naasti kimoushada savenam
Pathye Aasathi gatir naasti kimoushada savenam”

-*Pathyapathyavinichaya*



Eating awareness and conduct : Tanmana bhunjita

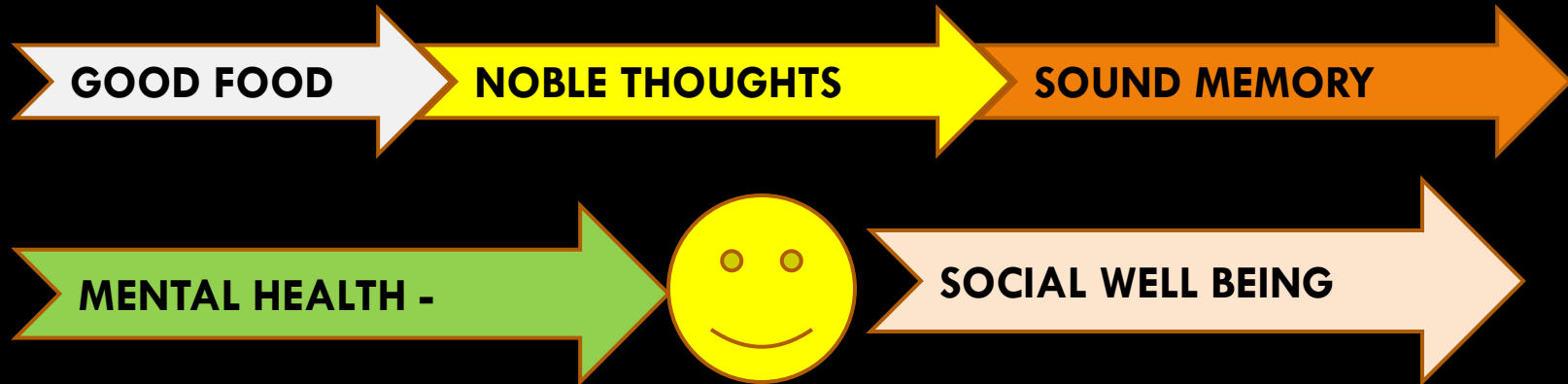
- ✓ Holy deed 'Yagna Karma: *Tanmana bhunjita*
- ✓ Compatible to habitat (*deshasatmya*)
- ✓ Easily digestible, energetic, soft, warm



Hith Bhukh: Wholesome

Mita bhukh :Right quantity

Kala-bhoji: Right time

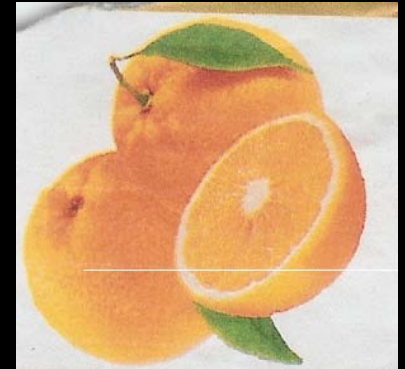




Eating awareness and conduct : Tanmana bhunjita.

Ayurveda specified 8 major factors of food convention that include compatibility of dietary articles

1. Prakrti –Qualitative Characteristics of the Food
2. Karana – Processing of Food
3. Samyoga –Mixing/ combination
4. Rashi – The Quantity
5. Desha – Habitat of the person
6. Kala – Time & Seasonal Variation
7. Upayogasansta - Variable Digestibility of various food articles
8. Upayokta – The person who takes the Food



Atisara (Diarrhoea) Dast lagana

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old shali rice, porridge (daliya)	Refined flour (maida)
Pulses	Masura, green gram (mudga)	Peas, black gram (udada), chickpea (chana)
Fruits & vegetables	Jambo (jambu), pomegranate, bilva, banana, lisora, bottle gourd (lauki), patola	Jack fruit (katahala), beans, long cucumber (kakadi), cucumber (khira), Bathua, pumpkin, plum (Badara, bera), grapes
Others	Honey, cumin, coriander, butter milk, goat's milk	Excess intake of water, sugarcane juice, betel nut, betel, alcohol, curd
Life style	Fasting, sleeping, rest & relaxation	Exercise, sudation, Bathing, massage, tub-bath, snuffing, sunlight exposure, day sleeping, smoking, anger, sexual indulgence, night awakening, suppression of natural urges

Pravahika (Dysentery) Pechish

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	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice	Wheat, barley
Pulses	Green gram (mudga), masura	Black gram (udada)
Fruits & vegetables	Dry ginger (shunthi), ginger (ardraka), bilva, pomegranate, banana	Bathua, shigru, mango
Others	Cumin, coriander, curd, water processed with certain Ayurvedic medicines (shadangapaniya), milched warm milk	Betel nut, sugarcane product, sour and bitter food substances
Life style	Fasting, sleeping	Sudation, sunlight exposure, night awakening, suppression of natural urges, excessive use of water

Vibandha (Constipation) Kabja

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	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, wheat	Rice
Pulses	Green gram (mudga), pigeon pea (arahara)	Black gram (udada), peas (matara)
Fruits & vegetables	Green vegetables, papaya, carrot, radish, cucumber (khira), cabbage, bottle gourd (lauki)	Banana, potato and other tubers
Others	Excess intake of water	Spicy food, fast food
Life style	Sudation, therapeutic purgation (virechana), therapeutic enema (vasti), exercise, walking	Night awakening, suppression of natural urges, lack of exercise

Amlapitta (Hyper acidity/ Acid peptic disorder)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley	Rice, chickpea flour (besana)
Pulses	Green gram (mudga)	Black gram (udada), kulattha
Fruits & vegetables	Patola, bitter gourd (karavellaka), white melon (kushmanda), green vegetables	Potato, brinjal
Others	Cold water	Sour vinegar (kanji), rock salt, spicy food, tea, coffee, alcohol, fast food
Life style	Therapeutic emesis (vamana), therapeutic purgation (virechana), therapeutic enema (vasti)	Day sleeping, suppression of natural urges

Parinama shula (Duodenal ulcer)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old shali rice, some special varieties of rice (sanvaka, kodrava), parched roasted rice (dhana ka lava), barley powder (yava-sattu)	Rice
Pulses	Pea soup (kalayayusha)	Kulattha and other pulses
Fruits & vegetables	Banana, coconut	Ginger (ardraka)
Others	Cow's milk, coconut water	Spicy foods, mustard oil, rai, sour food substance, fish, alcohol
Life style	Therapeutic emesis (vamana), therapeutic purgation (virechana), therapeutic enema (vasti)	Night awakening, sun exposure, fasting

Chhardi (Vomiting) Ulti hona

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, shali rice	
Pulses	Green gram (mudga), chickpea (chana)	
Fruits & vegetables	Green vegetables, lemon, pomegranate	Beans, koshataki, black mustard, kunduru, banana
Others	Cow's milk, cardamom, fennel, cumin, clove	Excess intake of fluids
Life style	Therapeutic emesis (vamana), therapeutic purgation (virechana), fragrant paste application (sugandhita lepa)	Exercise, snuffing, therapeutic enema (vasti), sudation, intake of unction substance, therapeutic blood letting, fear, unpleasant sight

Grahani (Malabsorption syndrome)

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	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old shali rice	Wheat
Pulses	Green gram (mudga), masura, pigeon pea (arahara)	Peas (matara)
Fruits & vegetables	Water chestnut (singhada), banana, Jambo (jambu)	Garlic (lahasuna)
Others	Without cream curd, goat's milk, clarified butter, sesame oil, honey, soup (yusha), butter milk, cumin, coriander	Betel nut, sour vinegar (kanji), milk, jaggery, sour food, spicy food, laxatives and purgatives
Life style	Therapeutic emesis (vaman), fasting, therapeutic enema (vasti)	Therapeutic purgation (virechana), night awakening, excessive intake of water, suppression of natural urges, snuffing, Eye collyrium (anjana) smoking, excessive physical exercise, sun exposure

Aruchi (Anorexia)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Red variety of rice (rakta shali), wheat	
Pulses	Green gram (mudga)	
Fruits & vegetables	Green vegetables, banana, pomegranate, garlic (lahasuna), ginger (ardraka), plum (badar, bera), grape fruit (draksha), black pepper	
Others	Cow's milk, clarified butter, butter milk, curd	Heavy, slimy obstructing channels food
Life style	Tongue cleaning, teeth cleaning, bathing, gargle	Suppression of hunger, eructation and tears, anger, shock, fetid odour, unpleasant sight (vibhatsa drishya)

Arsha (Haemorrhoids)

20

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Special variety of rice (sathi chavala), wheat, barley	
Pulses	Kulattha, green gram (mudga)	Black gram (udada), chickpea (chana)
Fruits & vegetables	Bottle gourd (lauki), paravala, spinach, green vegetables, papaya, apple, cucumber, grapes, mango, amalaki	Potato and other tubers
Others	Clarified butter, rock salt, butter milk, sugar candy, cow's milk, goat's milk, sour vinegar (kanji)	Spices, pickle, sesame
Life style	Physical exercise, therapeutic emesis (vamana), therapeutic purgation (virechana), therapeutic unctuous enema (anuvasana vasti), slimy enema (pichchha vasti)	Day sleeping, suppression of natural urges, eating before digestion of previous food, excessive intake of food

Kamala (Jaundice) Piliya

21

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, wheat, barley	Fried and difficult to digest articles of food
Pulses	Pigeon pea (arahara), green gram (mudga), masura	Peas, black gram (udada)
Fruits & vegetables	Papaya, banana, potato, amalaki, pomegranate, grapes, anjira, apple, paravala, mango, haritaki	
Others	Clarified butter from cow's milk, cow's milk, butter milk, Punarnava, guduchi	Excessive use of oil and clarified butter, mustard oil, betel, spices, rai, hingu, sesame, heavy food
Life style	Therapeutic purgation (virechana), unction, rest	Therapeutic blood letting, smoking, therapeutic emesis (vamana), suppression of natural urges, sudation, sexual indulgence, day sleeping, sunlight exposure, physical exercise, anger, excessive walking, excessive intake of water

Ashmari (Renal/ ureteric calculus) Pathari

22

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, barley	
Pulses	Kulattha, green gram (mudga)	Black gram (udada)
Fruits & vegetables	White gourd melon (kushmanda), ginger (ardraka), leafy vegetables (patrashaka), drum stick (shigru)	Brinjal, tomato, spinach
Others		Incompatible, acidic, constipating, heavy and distending items of food
Life style	Uction, sudation, therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic enema (vasti)	Suppression of natural urges, lack of exercise

Madhumeha (Diabetes mellitus) Shugar

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, special variety of grain (sanvaka, kodrava), wheat	Freshly harvested grains, rice
Pulses	Green gram (mudga), kulattha, pigeon pea (arahara), alasi, chickpea (cana)	Black gram (udada)
Fruits & vegetables	Patola, bitter gourd (karavellaka), amalaki, haridra, kapittha, black pepper	
Others	Honey, betel nut, rock salt	Milk, curd, butter milk, clarified butter, oil, jaggery, alcohol, sugarcane products, betel, eating before digestion of previous food, incompatible food
Life style	Walking, playing, physical exercise, bathing	Day sleeping, sudation, smoking, suppression of natural urges, therapeutic blood letting, riding, walking

Kasa (Bronchitis and other respiratory tract infections) Khansi

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice, wheat, special varieties of rice (kodrava, sanvaka), barley	
Pulses	Soup of green gram (mudga)	
Fruits & vegetables	Bathua, makoya, brinjal, patola, grapes	Potato and other tubers mustard leaf vegetable
Others	Light food, cow's milk, goat's milk, clarified butter, cardamom, garlic, luke warm water, haritaki, black pepper, dry ginger, long pepper, honey	Dust, smoke, cereals causing burning sensation and acidity with poor digestion (vidahi anna), fish, contaminated/rotten food, contaminated water, cold food stuff, cold water, dry food
Life style	Day sleeping, sudation, therapeutic purgation (virecana), smoking, massage	Therapeutic enema (vasti), snuffing, therapeutic blood letting, physical exercise, suppression of natural urges

Tamaka Shwasa (Bronchial asthma)

25

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley, shashthika rice	Maze (Makka), chickpea flour (besana)
Pulses	kulaththa	Black gram (udada)
Fruits & vegetables	bathua, tanduliyaka, garlic, haritaki, patola	Tuber vegetables like potato, sweat potato, mustard leaves, lady fingers etc.
Others	Goat milk, old clarified butter, honey, black pepper, dry ginger, long pepper, Luke warm water	Buffalo milk, clarified butter, curd, fish, cold water
Life style	Therapeutic emesis (vamana), therapeutic purgation (virecana), smoking, sudation, day sleeping	Exposure to cold, rainy and cold season, physical exercise, suppression of natural urges, snuffing, therapeutic enema (vasti)

Shvitra (Vitiligo)

26

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley	
Pulses	Green gram (mudga), masura	Black gram (udada)
Fruits & vegetables	Nimba, haridra, amalaki, khadira, patola, bitter gourd (karavellaka), honey, garlic, torai, pomegranate, jayaphala, phalasa	Radish, lisora
Others	Light food, Food having bitter taste predominantly, old clarified butter	Incompatible food (viruddha ahara e.g. milk+ fish), fresh cereals, heavy, cold, oily diets, food causing burning sensation and acidity with poor digestion and obstructing channels, curd, sesame, salt, sour, jaggery, alcohol, milk
Life style	Bathing, massage, exposure to sunlight	Day sleeping, suppression of natural urges, mental stress

Sitapitta (Urticaria)

27

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old rice	
Pulses	Green gram (mudga), kulathi	
Fruits & vegetables	Bitter gourd (karavellaka), drum stick (shigru), pomegranate, Indian spinach (upodika), dried radish	
Others	Honey, curd, mustard oil	Sugarcane products, alcohol intake, use of sour food stuffs, incompatible food, fish
Life style	Fasting/ lightening, massage	Suppression of vomiting, air exposure, day sleeping, bathing, sunlight exposure.

Amavata (Rheumatism)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, red variety of shali rice,	
Pulses	Kulathi	Black gram (udada),
Fruits & vegetables	Drum stick ((shigru), paravala, bitter gourd (karavellaka)	
Others	Dry ginger (shunthi), ginger, ajavayana, fennel, black pepper, rock salt, hi'gu, garlic, cumin, butter milk, Luke warm water, caster oil	Curd, fish, jaggery, milk, incompatible food, excessively heavy food (garishtha bhojana)
Life style	Sudation, lightening, walking, light exercise, woolen cloths	Suppression of natural urges, night awakening, Tension (cinta), Sadness (shoka), Cloudy weather (megha achchhadita akasha), Eastern wind (purvi vayu)

Vatarakta (Gout)

29

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, wheat, shali rice	
Pulses	Pigeon pea (arahara), chickpea (cana), green gram (mudga), masura	Kulathi, peas (matar)
Fruits & vegetables	Bathua, white gourd melon (kushmanda), patola, makoya, shatavari	Radish
Others	Clarified butter	Sour vinegar (kanji), curd, pungent, sour, heavy and hot food substances
Life style	Massage, Sprinkling (parisheka)	Day sleep, sunlight exposure, physical exercise

Jvara (Fever) bukhar

30

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old shali rice, gruel (yavagu), barley, porridge (daliya)	
Pulses	Green gram (mudga), masura	chickpea (cana)
Fruits & vegetables	Tanduliyaka, patola, bitter gourd (karavellaka), shigru, guduci, jivanti, grapes, kapittha, pomegranate	
Others	Light food	Sesame, fast/junk food, Heavy, distending diets and food causing burning sensation and acidity with poor digestion, contaminated water
Life style	Lightning (langhana), therapeutic emesis (vamana), therapeutic purgation (virecana), therapeutic enema (vasti), snuffing, massage, rest	Suppression of natural urges, physical exercise, day sleeping, bathing, eating before digestion previous food

Panduroga (Anaemia)

31

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, shali rice	
Pulses	Green gram (mudga), masura	Black gram (udada)
Fruits & vegetables	White gourd melon (kushmanda), patola, haridra, spinach, Tanduliyaka, methi, carrot, banana, garlic	Beans
Others	Honey, clarified butter, butter milk, haritaki, Dry ginger (shunthi), amalaki	Sour substance, sesame, hingu, betel, mustard, alcohol, fish, excessive intake of water
Life style	Mild purgation (mridu virecana)	Sunlight exposure, smoking, day sleeping, suppression of natural urges, exercise, Tension (chinta), anger

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, shali rice	Special variety of rice (kodrava, sanvaka)
Pulses	Black gram (udada), kulattha	chickpea (chana), peas (matara), pigeon pea (arahara), green gram (mudga)
Fruits & vegetables	Patola, shigru, brinjal, garlic, pomegranate, mango, phalasa, lemon, jujube plum (badara, bera), grapes	Kamalanala, beans, bitter gourd (karavellaka), leafy vegetables, udumbara
Others	Clarified butter, oil, vasa, sesame, alcohol, milk, coconut water, sour vinegar (kanji), tamarind (imali)	Jambu, betel nut, food with pungent taste (tikshna rasa padartha), honey, contaminated water
Life style	Swimming, gently pressing (samvahana), sleeping on the ground, bathing, saturation (santarpana), sunlight exposure	Night awakening, suppression of natural urges, excessive physical exercise, fasting

Sandhivata (Osteoarthritis)

33

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, rice	Special variety of rice (kodrava, sanvaka)
Pulses	Black gram (udada), kulattha	Peas (matar), chickpea (cana), pigeon pea (arahara), green gram (mudga)
Fruits & vegetables	Patola, shigru, brinjal, garlic, pomegranate, mango, phalasa, lemon, jujube plum (badara, bera), grapes	Bitter gourd (karavellaka), lotus stem
Others	Clarified butter, oil, sesame, milk, coconut water, sour vinegar (kanji), tamarind (imali)	Jambu, betel nut
Life style	Gentle pressing (samvahana), sleeping on the ground, bathing, nourishing diet, sunlight exposure	Night awakening, Suppression of natural urges, exertion, fasting, excessive walking, over eating

Gridhrasi (Sciatica)

34

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Rice, wheat,	Special variety of rice (kodrava, sanvaka)
Pulses	Black gram (udada), kulattha	Chickpea (cana), peas (matara), pigeon pea (arahara), green gram (mudga)
Fruits & vegetables	Garlic, brinjal, paravala, drum stick (shigru), mango, pomegranate, phalasa, lemon, grapes	Bitter gourd (karavellaka), lotus stem, jambu, beans, leafy vegetables (patrashaka), udumbara
Others	Milk, coconut water, sour vinegar (kanji), tamarind (imali), meat juice, clarified butter, oil	Betel nut, honey
Life style	Massage, sudation, therapeutic unctuous enema (anuvasana vasti), therapeutic non unctuous enema (niruha vasti), therapeutic purgation (virechana), gentle pressing (sanvahana), sleeping on the ground, saturation (santarpana), nourishing diet, sunlight exposure	Sadness (shoka), night awakening, fasting, physical exercise, suppression of natural urges, excessive walking

Manyastambha (Cervical spondylosis)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Rice, wheat	Special variety of rice (kodrava, sanvaka)
Pulses	Kulattha, black gram (udada)	Peas (matara), pigeon pea (arahara), chickpea (chana), green gram (mudga)
Fruits & vegetables	Garlic, pomegranate, mango, brinjal, paravala, shigru, phalasa, lemon, jujube plum (badara, bera), grapes	Cauliflower, lady finger, bitter gourd (karavellaka), date, leafy vegetables (patrashaka), udumbara, lotus stem
Others	Clarified butter, oil, gokshura, milk, coconut water, sour vinegar (kanji), cow's urine, tamarind (imali), meat juice	Jambu, betel nut
Life style	Dry sudation (ruksha svedana), snuffing, exercise, water exercises (jalakrida), gentle pressing (samvahana), sleeping on the ground, bathing, saturation (santarpana), sunlight exposure	Day sleeping, sleeping in improper posture (vishama shayana), upward looking with backward bending of neck (urdhva drishti), night awakening, suppression of natural urges, physical exercise, fasting, excessive walking (atyadhika cankramana)

Kampavata (Parkinsonism)

	Pathya (Do's)	Apathya (Don'ts)
36 Cereals	Wheat, rice	Special variety of rice (sanvaka, kodrava)
Pulses	Black gram (udada), kulattha	Peas (matar), chickpea (cana), pigeon pea (arahara), green gram (mudga)
Fruits & vegetables	Garlic, paravala, shigru, brinjal, pomegranate, mango, phalasa, jujube plum (badara, bera), grapes	Beans, lotus stem (kamalanala), bitter gourd (karavellaka), Jambo (jambu)
Others	Clarified butter, sesame oil, milk, sour vinegar (kanji), coconut water, nourishing (brinhana), rejuvenation (rasayana),	Betel nut, udumbara, alkaline substances (kshariya padartha), honey
Life style	Uction, sudation, exercise, water exercises (jalakrida), gentle pressing (samvahana), sleeping on the ground, bathing, sunlight exposure	Night awakening, sadness, suppression of natural urges, physical exercise, fasting

Sthaulya (Obesity) Motapa

	Pathya (Do's)	Apathya (Don'ts)
Cereals 37	Old shali rice, sanvaka, kodrava, bajara, maze (makka), barley	Newly harvested shali rice, wheat
Pulses	Chickpea (cana), pigeon pea (arahara), green gram (mudga), kulattha	Black gram (udada)
Fruits & vegetables	Brinjal, paravala, drum stick (shigru)	Potato
Others	Butter milk, cardamom, amalaki, mustard oil, luke warm water, priyangu, guggulu, lauha bhasma, shilajatu, intake of water before meal, food substances with pungent, bitter and astringent taste	Milk, curd, meet, fish, clarified butter, jaggery, intake of water after meal
Life style	Physical exercise, night awakening, worry, massage with medicated paste/powder (udvartana), lightening, sunlight exposure, walking, desaturation (apatarpana), exercise, Bathing with luke warm water	Bathing with cold water, day sleeping, luxurious lifestyle, oil massage

Vicharchika (Eczema)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley	Newly harvested cereals (navanna)
Pulses	Green gram (mudga), masura	Black gram (udada)
Fruits & vegetables	Khadira, amalaki, patola, bitter gourd (karavellaka), garlic, pomegranate, phalasa	Radish, lisora, makoya
Others	Honey, light food, bitter dietary substances, old clarified butter, nimba, haridra	Incompatible food (viruddha ahara), curd, sesame, salt, food with heavy, unctuous cold and acidic properties, food causing burning sensation and obstructing the channels (vidahi, abhishyandi padartha), milk, jaggery
Life style	Mild exercise (alpa vyayama), bathing, massage with marichyadi taila, arka taila, mustard oil	Day sleeping, suppression of natural urges, excessive physical exercise

Kitibha (Psoriasis)

39

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley	Newly harvested cereals (navanna)
Pulses	Green gram (mudga), masura	
Fruits & vegetables	Nimba haridra, patola, bitter gourd (karavellaka), garlic, pomegranate, Nutmeg (jayaphala), phalasa	
Others	Use of mahamarichyadi taila, dry and bitter taste food substances, khadira, dry ginger (shunthi), black pepper, long pepper, old clarified butter, honey	Incompatible food (viruddha ahara), food with heavy, cold and unctuous properties, food causing burning sensation and obstructing the channels, curd, fish, sesame, salt, sour substance, black gram, jaggery, lisora, makoya, milk
Life style	Bathing, light exercise (alpa vyayama), massage	Day sleeping, suppression of natural urges, mental stress, excessive exercise

Katishula (Backache)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, rice	Special variety of rice (kodrava, sanvaka)
Pulses	Black gram (udada)	Peas (matara), Chickpea (chana), pigeon pea (arahara)
Fruits & vegetables	Garlic, drum stick (shigru), paravala, brinjal, pomegranate, mango, phalasa, jujube plum (badara, bera), grapes	Jambo (jambu), bitter gourd (karavellaka), lotus stem, cauliflower, lady finger
Others	Sesame, milk, sour vinegar (kanji), coconut water, clarified butter, oil, nourishing food (brinhana)	Betel nut, excessively heavy food substance
Life style	Bathing with warm water, gentle pressing (samvahana), sleeping on the ground, sunlight exposure	Excessive exercise, lifting heavy weight, suppression of natural urges, use of uneven bed

Khalitya (Alopesia areata/ Baldness)

41

	Pathya (Do's)	Apathya (Don'ts)
Others	Triphala, bhringaraja, honey, black pepper, sesame oil	Food causing burning sensation, alcohol
Life style	Uction, sudation, therapeutic blood letting, external application of medicinal paste (pralepa), massage, massage on head, snuffing	Smoking

Shlipada (Filariasis)

42

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley, old shashthika rice	
Pulses	Kulathi, green gram (mudga)	
Fruits & vegetables	Paravala, brinjal, garlic	Potato etc. tuber vegetables
Others	Food with pungent and bitter taste	Milk, milk products, curd, jaggery, heavy slimy and channels obstructive food (guru, pichchhila, abhishyandi padartha)

Shirahshula (Headache) Siradard

	Pathya (Do's)	Apathya (Don'ts)
⁴³ Cereals	Wheat	Special variety of rice (kodrava, sanvaka)
Pulses	Black gram (udada)	Green gram (mudga), pigeon pea (arahara), peas (matara), Chickpea (cana)
Fruits & vegetables	Paravala, brinjal, mango, pomegranate, phalasa, grapes, garlic, drum stick (shigru)	Jambo (jambu), bitter gourd (karavellaka)
Others	Clarified butter, oil, milk, coconut water, sour vinegar (kanji), sesame	Betel nut, excessively heavy food substance
Life style	Massage on head, gentle pressing, rest	Excessive exercise, suppression of natural urges, use of uneven bed, night awakening

Raktapradara (Dysfunctional Uterine Bleeding)

44

	Pathya (Do's)
Cereals	Shali Rice
Pulses	
Fruits & vegetables	Patola, lisora, pomegranate, amalaki
Others	Milk, honey, clarified butter (ghrita) processed with nyagrodhadi gana

Pratishyaya (Rhinitis) Jukam

45

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old shali rice	
Pulses	Kulattha, green gram (mudga)	
Fruits & vegetables	Paravala, drum stick (shigru), radish, garlic	
Others	Hot freshly prepared food, jaggery, powder of roasted cereals (sattu), haritaki, shadangayusha, shadabindu taila, chyavanaprasha	
Life style	Lightening, drinking of clarified butter (ghrita), sudation, therapeutic emesis (vamana), snuffing (avapidana nasya)	Use of excessive cold water for drinking and bathing, excessive worry (atyadhika chinta), intake of alcohol, dry food, suppression of natural urges, day sleeping, sleeping on the ground

Dushta pratishyaya (Sinusitis)

46

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old shali rice	
Pulses	Kulattha, green gram (mudga)	
Fruits & vegetables	Paravala, drum stick (shigru), radish, garlic	
Others	Chitraka haritaki, jaggery, curd, black pepper	Intake of alcohol, dry food
Life style	Intake of warm water, therapeutic emesis (vamana), shadabindu taila, intake of luke warm water through nasal passage, smoking	Use of cold water for drinking and bathing, excessive thinking, suppression of natural urges, smoke, dust, day sleeping, sleeping on the ground

Kashtartava (Dysmenorrhoea)

47

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Barley	
Pulses		
Fruits & vegetables		
Others	Garlic, milk, meat juice, oil, long pepper, lauha bhasma, abhayarishta, balataila	Manda, diets and life style causing aggravation of Vata dosha
Life style	Uction, therapeutic (vasti)	sudation, enema

Mukhpaka (Stomatitis)

48

	Pathya (Do's)	Apathya (Don'ts)
Cereals		
Pulses		Black gram (udada)
Fruits & vegetables		
Others		Milk, curd, jiggery, rough and hard food substance, heavy and channel obstructing food
Life style	Therapeutic emesis	Teeth cleaning, bathing, sour substance, fish, Meat of marshy animal, sleeping in dorsal position (adhomukha shayana), day sleeping

Bhagandara (Fistula in Ano)

49

	Pathya (Do's)	Apathya (Don'ts)
Cereals		
Pulses	Green gram (mudga)	
Fruits & vegetables	Bathua and other leafy vegetables	
Others	Light food	Heavy and cold food, unsuitable - incompatible food
Life style	Fasting, therapeutic emesis, therapeutic purgation, blood letting, non unctuous enema	Exercise, coitus, wrestling, riding, day sleeping, intake of food at improper time

Kachchhu (Scabies)

50

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old barley, wheat, rice	
Pulses	Green gram (mudga), pigeon pea (arahara), masura	Black gram (udada)
Fruits & vegetables	Cucumber (khira), patola, kakamachi, garlic	Radish
Others	Bitter dietary substances, old ghee, mustard oil, sesame oil, nimba oil, cow's urine	Sour and heavy substance, newly harvested cereals, milk, curd, sugarcane product, jaggery etc.

Kachchhu (Scabies)

51

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old barley, wheat, rice	
Pulses	Green gram (mudga), pigeon pea (arahara), masura	Black gram (udada)
Fruits & vegetables	Cucumber (khira), patola, kakamachi, garlic	Radish
Others	Bitter dietary substances, old ghee, mustard oil, sesame oil, nimba oil, cow's urine	Sour and heavy substance, newly harvested cereals, milk, curd, sugarcane product, jaggery etc.

Yuvana pidika (*Acne Vulgaris*)

52

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Old barley, wheat, rice	Newly harvested cereals
Pulses	Green gram (mudga), pigeon pea (arahara), masura	Black gram (udada)
Fruits & vegetables	Patola, kakamaci, garlic, cucumber (khira)	Radish
Others	Bitter dietary substances, old ghee, mustard oil, sesame oil, nimba oil, cow's urine	Sour and heavy substance, milk, curd, sugarcane product, jaggery etc.

Ashthila (BPH)

	Pathya (Do's)	Apathya (Don'ts)
5: Cereals	Old rice, special variety of rice (sanvaka)	Newly harvested cereals
Pulses	Green gram soup (mudga), kulattha	Black gram (udada)
Fruits & vegetables	Garlic, fruit and leaf of shigru, bitter gourd (karavellaka), patolapatra, leaf of punarnava	
Others	Ghee, oil	Salty, pungent and acidic food substances, refined powder of cereals and pulses, sesame, jaggery, curd

Shveta pradara (Leucorrhoea)

	Pathya (Do's)	Apathya (Don'ts)
Cereals	Wheat, barley, old rice	
Pulses	Masura, chickpea (chana)	Black gram (udada)
Fruits & vegetables	Paravala, bathua, chaulai, spinach, bottle gourd (lauki), papaya, apple, pomegranate, grapes, banana, amalaki, dry dates (chhuara), ginger (ardraka), coriander	Onion, garlic, brinjal
Others	Cow's milk, goat's milk, fresh buffalo's ghee, cold substance	Alcohol, pickle, vinegar, sour curd, sour substance, oil, jiggery, spicy food
Life style		Day sleeping, night awakening, excessive exercise, fasting, eating before indigestion of previous food, walking in sunlight, sadness, excessive sexual indulgence

Samaka Rasas (Controlling Tastes)

- ✓ Vata = Madhura, Amla, Lavana
- ✓ Pitta = Kashaya, Tikta, Madhura
- ✓ Kapha = Katu, Tikta, Kashaya

Kopaka Rasas – (Aggravating tastes)

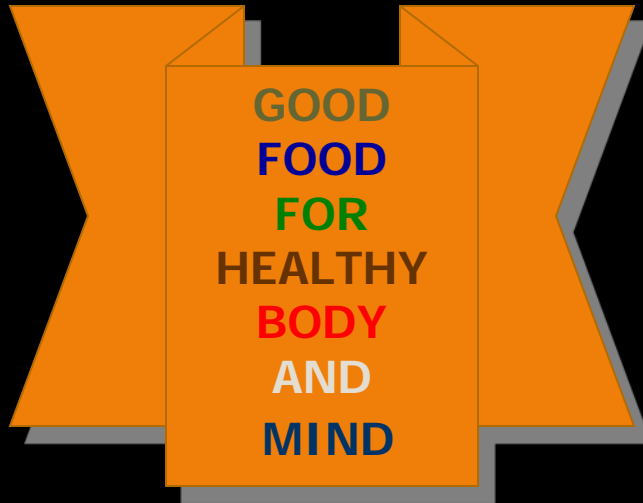
- ✓ Vaata = Katu, Tikta, kashaya
- ✓ Pitta = Amla, Lavana, Katu
- ✓ Kapha = Madhura, Amla, Lavana
- ✓ Tastes and Bio-humours



Eating awareness and conduct : Tanmana bhunjita

56

Na raaga **anna**pyavignyanadaharanupayojayeth /
Pareekshya **hitamashneeyad** deho hyahara sambhāvah//
Charak . Sutra . 27/41



One should not use the food articles from either attachment or ignorance rather he should use the wholesome one after examination because the body is a product of food.



THANK YOU

