

REVIEW ON PATHYA KALPANA

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The proverb “you are what you eat” is very meaningful according to ayurvedic and modern medicine’s view. Many diseases are caused due to unhealthy food habits. Ahar is unavoidable even though patient is on medication. In Dosha Prakopa, Pathyahara helps to reduce strength of Prakupita Doshas. If a disease is manifested in spite of the intake of Pathyahara then one should first ascertain its nature and then ‘Abhyas’ or ‘Matra’ of Pathya should be increased. Pathyahara is useful for maintainance as well as achievement of health.

REVIEW OF LITERATURE:

PATHYA KALPANA IN SAMHITA:

CHARAK SAMHITA

- Peya
- Laja Peya
- Vilepi
- Manda-Laja Manda
- Laja Saktu
- OdanaYusha
- Rasa Supa
- Raga Shadava
- Panaka
- Aamra-amalaka-Leha
- Shindaki
- Kalamla etc..

SUSHRUTSAMHITA

- Lajamanda
- Peya
- Vilepi
- Manda
- Yavagu
- Payasa

- Krishara
- Adhauta –Dhauta Odana
- Bhrista Tandula
- Supa Shaka
- Mamsa (Siddha and Asiddha)
- Veshavara
- Mudga Yusha
- Raga Shadava
- Khada, Dhanyamla, Panaka (Guda/Mridvika)
- Dadhyamla, Takramla
- Rasala
- Mantha

MATERIALS AND METHODS:

List of pathya kalpana Prepared by rice

1. Anna (Cooked rice)
2. Manda (Gruel)
3. Peya (semisolid gruel)
4. Vilepi (porridge)
5. Yavagu (rice porridge)
6. Krashara (Khichadi)

ANNA (COOKED RICE)

- Dahlana says “Annanm Pancha Gunam Toye”
- Bhavaprakasha also says same.
- He says to use five time water in preparation of Anna Kalpana

MANDA (GRUEL)

Properties:

- Light for digestion.
- Anna of unwashed rice, with gruel, very cold- heavy, kaphavardhaka. -Kapha - Pittahara, Laghu, Deepaka, Grahi, Trishnahara, Jwarahara, Sadyasantarpaka (Pranadharaka), Vatanulomaka, Dhatusamyakrita, Sroto Mardava Krita

Uses:-

Jwara, Atisara, Trishna, Daha, Murcha, Who are under snehana/virechana/Langhana treatment

PEYA (RICE PORRIDGE)-

Su.Su 46/340,341;sha.ma.kh 2/167

PROPERTIES:-

- Laghu, Swedajanaka, Deepaka, Bastishodhaka, Vatanulomaka. Subsides Hunger,thirst, exhaustion. (Eg. Laja Peya Dipikakara says Bhaktamanda as a synonym for Peya.
- As Yusha is mentioned after Peya in Sharangadhara, Kinchida Ghana Sandra Peya is called as Yusha.

- He also states that some opine, Yusha has to prepared from Shibi Dhanya only.
- Kashyapa opines to use 20 times of water in its preparation.

VILEPI (RICE PORRIDGE) - Su. Su. 46, Sh. Ma. Kh. 2/168

Properties:-

Madhura-rasa & vipaka, Grahi, Hridya, Bramhana, brings feeling of satiety, Vrana-Akshi-Roga Hitakar

Yavagu (gruel/porridge)

INGREDIENTS:-

Broken rice-1part

Water-6 parts

Method of preparation:

- Rice is boiled completely with 6 parts of water
- Only liquid, devoid of solid content-manda
- Liquid & solid -Peya
- Liquid & solid,prepared with only 4 parts water-Vilepi

DOSE:

- ¼ Part of actual consumption capacity of rice
- Yavagu, Manda, Peya, Vilepi are to be prepared from laja as per Arundatta.
- Yavagu is of two types as per Hemadri on As. Su.6/26 –Alpa Siktha Peya, Bahu Siktha Vilepi.
- Yadavji sites Shushruta quotation and says Yavagu is of three types –Manda, Peya & Vilepi.
- Payasa, Krushara etc. are the different varieties of yavagu. Payasa is also called kshireya, ksira, and paramanna.
- Yavagu is prepared by adding different drugs and when properly prepared, yavagu enhances the properties of these drugs. For making yavagu to a individual, one-fourth quantity of rice should be collected from that of his routine rice quantity.

KRUSHARA (KHARA PONGAL)

Bh. Pr kru; Su Su46/348

Properties:-

Kapha-pittakara, Vatahara, Guru, Balya, Shukrala, Malamutra vardhaka

IMPORTANCE

Carbohydrate constituent of rice is starch. Starch acts like soluble fibre in gastrointestinal tract. Starch has a low osmolality than glucose, so yavagu can be used in non-infectious diarrhoea.

Rakta shali contains more iron value than that of other rice, and having good digestive property, so it can be used in mandagni.

Human diet should meet all nutrient needs.

Should maintain appropriate body mass or growth of an individual.

Should prevent illness caused by deficiency of nutrient intake.

Adequate Macronutrients & Micronutrients are must for good health

- Manda- only supernatant liquid part taken leaving the boiled rice.
- Peya- equal solid rice and liquid portion are taken.
- Yavagu- more solid rice portion and less portion taken.
- Vilepi- only solid rice part is obtained.

CONCLUSION

1. Food develops & sustains living creatures.
2. Food plays Key role in maintaining good health, preventing & curing disease.
3. Ayurveda gives due importance to the concept of 'Diet'.
4. All major texts of Ayurveda incorporate the chapter 'Krutannavarga'.
5. Selection of food is must for its healthy effect.
6. 'Samskaras' help to establish the effect of Pathya Kalpas.
7. 'Agni' is the base to select Pathya Kalpana.
8. 'Pathya Kalpanas' more useful in diseased condition.
9. Persons/Patients Compliance is not neglected while choosing Pathya Kalpana

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LITERARE REVIEW ON SUVARNPRASHAN

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ABSTRACT:

Suvarnprashan is the one of discovery of Ayurved. It deals with the Childs immunity which is first described in Jatkarma. In present scenario neonatal deaths seen in most of the areas due to prematurity, asphyxia, pathological infections etc. Now a days immunization schedules widely accepted from birth of child but there are most of child gets illnesses due to low immune profile to most of pathological agents other than immunized agents. In that case Suvarnprashan helps to improve active immunity against those pathogens from first day of life.

KEY WORD:- Suvarnprashan, active immunity, Jatkarma

INTRODUCTION:

Ayurveda, the science of life, is the most rational and scientific amongst the ancient systems of medicine, provide not only effective cure of diseases but also prevention. In which The Kaumarbhritya is branch which deals with disease of children. The order of kaumarbhritya according to their importance is different in Samhitas like in Charak on sixth, Susrut on fifth, Vagbhhat on second and Kashyap on first priority in Ashtang Ayurved. Infections, asphyxia and prematurity are the leading causes of neonatal deaths. The major cause of neonatal death is perinatal infections. Though National Vaccination Schedule is implicated, mortality rate in India is (34 per thousand live births) still high. From the first day of life vaccination schedule is started but these vaccines are not able to protect the child from common infections. In Kaumarbhritya for immunisation *SUVARNA PRASHANA* is one of important contribution to provide healthy and long life to child. In which first Samskara performed soon after birth is 'Jatakarma'. In this Samskara, the mixture of Madhu, Ghrita, Suvarna and Medhyadravyas are fed to the new born. These Lehana given in the Jatakarmasamskara is nothing but the immunization process. The maximum development of the brain takes place in first two years of life which can be assessed by increase in the head circumference of the child 95% at the 21st month of age. Hence, administration of MedhyaDravyas in this period enhances the development of nervous system.