

**ARTICLE ON NUTRIENT PHYSIOLOGY AND VARNA CARE W.S.R DELAYED
HEALING DUE TO LIFESTYLE DISORDER*****¹Dr. Rahul Dudhe, ²Vd. Rohini P. Chimanakr**¹Department Shalya Tantra Smt. Sumitrabai Thakare Ayurvedic College Yavatamal M.S.²Department of Kriya Sharira, Rajashri Ayurved Medical College and Hospital, Mehkar, Buldhana.***Corresponding Author: Dr. Rahul Dudhe**

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INTRODUCTION

Vedana, Varna, Strava & Gandha are the main clinical symptoms of vrana. Pathologically it is believed that etiological factors lead to destruction in mamsa dhatu which causes rakta dushti and resulted Dushtavarna. Vitiated doshas along with external factors also contributes towards the pathogenesis of vrana. Initially Vrana manifested on the skin later on it extended to the deeper sites like; meda, mamsa & asthi etc. Ayurveda described Vrana as Kritya and Akritya depending on the age, strength of patient and severity of vrana. If body tissue possesses ability to regenerate faster than Vrana heals quickly while old patient elder age patient recover slowly due to the degenerative process & delayed cell division. Vrana which having discharge like fatty tissue, CSF & bone marrow is difficult to cure due to penetration of vrana into deeper body tissue. Gandha, strava, vedana, jwara, atisara, hikka, aruchi, kasa avipaka and trishana are complication of vrana.

In the last few decades, there has been an alarming increase in lifestyle disorders worldwide due to rapid modernization and increased westernization of lifestyle. The major cause of lifestyle disorders is unhealthy food habits. Hence, it is very important to choose the right kind of food in our daily meals in order to maintain health and prevent diseases. And Ayurveda has a vital role to play in this regard. Ayurveda has explained nutrition under the heading Pathyahara in detail. Pathya is that substance or regimen which is favourable to our body and mind, whereas Apathya is the substance or regimen which is unfavourable to the body and mind. Ahara is the foremost among the three sub-pillars as per Ayurveda, which supports the body. It is said in Charaka Samhita that food is the life energy of living beings, and life is sustained by food. It is responsible for the nourishment and strength of a person. Similarly, Ahita ahara (unsuitable food) causes disease. Unsuitable and unwholesome food habits in the causation of a disease have been given great importance, and it has been dealt with in detail. Thus, the explanation of every disease starts with a detailed description of the dietary cause.

Management of Vrana The basic line of treatment for severe types of Vrana is conversion of Dushta Vrana into

Shuddha Vrana & these includes various measures such as; control of vitiated doshas, management of inflammation, surgical intervention and controlling etiological factors which are responsible for the formation of wounds. Vimlapana, Avasechana, Upnaha, Patanakriya, sodhana, Ropnam and Vaikritapaham are some traditional approaches used towards the management of Vrana.

The below drugs also consist for varana ropak natural quality.

Mudga (Vigna radiata L.)

Mudga is considered as the best among the pulses (Shami dhanya varga). It has Laghu gunat hus it can be easily digested and will not affect metabolism on daily intake. It is an important protein source, as it has high content of protein (25%) in it. It has high fibre content and low glycaemic index of 31. It also has high amount of vitamin C and potassium in it.

Amalaki (Embllica Officinalis Gaertn.)

Innumerable health benefits of Amalaki are very well known. It is Tridosahara (pacifies all 3 Doshas), Rasayana (rejuvenating) and best in Vayasthapana

(delays ageing). It is the richest source of natural Vitamin C. Presence of trace element chromium gives the anti-diabetic effect to Amalaki. Chromium enhances insulin function and influences carbohydrate, protein and fat metabolism. Emblicannin A & B are strong anti-oxidants present in Amalaki giving it anti-oxidant properties. It is very well known for its immuno modulatory actions.

Yava (Hordeum Vulgare Linn.)

Yava is a very important Dravya among the Pathyas. It is also useful as Pathya in many diseases. Yava has Kashaya rasa (astringent taste), Ruksha and Guru guna (dry and heavy properties). It also has Lekhana (scraping) property. It has anti-diabetic and antihyperlipidemic action. Various studies on Yava shows, the consumption of Yava regularly can give significant results in the management of Prameha (Diabetes mellitus) in addition to the medications. Barley has a very low glycemic index and is a great source of soluble fibres β glucan. It is also a rich source of Magnesium and presence of micronutrients like – Vit B6, Vit E, Calcium and Zinc are also found in barley.

Ksheera (Cow's milk)

Ksheera is best among the Jeevaneeya (vitalising) category of drugs, it is Rasayana (rejuvenating), Balaprada (strengthening) and has properties similar to that of Ojas (Quintessence of all the tissues as per Ayurveda). It is a rich source of calcium and other minerals like phosphorous, potassium, magnesium, zinc, selenium. Milk also contains both, B group water soluble vitamins (riboflavin and B12) and fat-soluble vitamins (e.g., A and E) along with essential fatty acids like linoleic acid and alpha linoleic acid. Presence of these constituents makes milk an ideal choice for daily intake to maintain good bone health.

Sarpi (Cow's Ghee)

Sarpi is Deepana (increases digestive fire), increases Dhi (discriminating power), Dhruti (mental stability), Smriti (memory), Medha (intellect) and Bala (strength). It contains vitamin A, D, E, K along with CLA, 9 phenolic antioxidant & numerous other minerals. It also contains unsaturated and saturated omega 3 & omega 9 essential fatty acids. Ghee is rich in Butyric acid and other Short Chain Fatty Acids (SCFA). SCFAs are the main energy source of colonocytes, making them crucial to gastrointestinal health and butyric acid provides your colon cells with about 70 percent of their total energy needs. Ghee is found to have lipophilic action, facilitating its transport to a target organ and final delivery inside the cell, since the cell membrane also contains lipid. Ghee also triggers fat metabolism thus helps in weight loss. Ghee also helps in reducing the lipid peroxidation, which is the oxidative degradation of lipids in the body. Ghee has got high flash point thus, helps to prevent it from producing free radicals that damage cell function in the process of heating. This

makes ghee a better medium for cooking, especially deep frying compared to refined cooking oils.

Jangala Mamsa (Meat of animals residing in arid regions)

Jangala mamsa has Laghu guna (light for digestion), it is Hrudya (good for cardiac health) and is Vatapittahara (pacifies Vata and Pitta). Thus, it is easy to digest and does not cause Ama (metabolic toxins) in the body. Due to these qualities Jangala mamsa is included under Nitya sevaneeya dravya. But in today's era, meats of many animals which are considered best under Jangala mamsa are unavailable. Under this category, Aja mamsa (goat meat) can be considered as an ideal choice for regular consumption as it is practically available even today and has unique properties. Aja mamsa is neither heavy to digest nor too unctous, does not cause blockage in the channels and is Brumhana (nourishing). Acharya Charaka and Vagbhatta have explained Aja mamsa has qualities very similar to the qualities of muscle tissue of human beings. Due to this similarity with human muscle tissue, consumption of Aja mamsa does not increase Kapha dosha even though it has Guru (heavy) and Snigdha (unctuous) properties. Thus, it can be understood that Aja mamsa is a good choice of meat for regular consumption.

Madhu (Honey)

Madhu is considered Agrya (best) in pacifying Kapha and Pitta. It has Ruksha guna (dry), Madhura (sweet) and Kashaya rasa (astringent taste), it relieves Trushna (thirst) and is Chakshushya (beneficial to eyes). The ingredients of honey have been reported to exert antioxidant, antimicrobial, anti-inflammatory, antiproliferative and antimetastatic effects. Flavonoids and polyphenols, which act as antioxidants, are two main bioactive molecules present in honey. Honey also contains 31 variable minerals including- Ph, Na, K, Ca, Su, Mg, Cl, Amino acids and proteins and other bioactive constituents. Studies have proven the ability of honey to lower elevated blood glucose, fructosamine and HBA1c. It also showed efficacy to reduce post prandial glycaemic response and to reduce plasma glucose rise compared to dextrose, sucrose and other sweeteners. Honey also has antihyperlipidemic property and helps in weight loss via modulation of appetite regulating hormones such as leptin, ghrelin and peptide.

CONCLUSION

Based on current reviews, we can conclude that the food articles under dravyas are those substances which are easily digestible and better metabolized and wound healing properties.

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