

## IMPORTANCE OF PATHYA- APATHYA IN EK – KUSHTHA (PSORIASIS)

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**ABSTRACT**

Psoriasis is one of the most often encountered skin disorders in clinical practise. It is a long- term condition that adversely impacts a patient's social and psychological wellbeing. Despite the fact that there are numerous therapeutic choices available in the modern medical system, including photochemotherapy, cytotoxic drugs, corticosteroids, and topical therapies. Because majority of these therapy strategies have severe limitations and are mainly palliative. Due to improper lifestyle changes such food patterns, busy schedules and stress, it is spreading quickly. The goal is to identify a psoriasis treatment that is both secure and efficient. Ayurveda has a significant impact. Ayurveda uses the three principles of Shodhana, Shaman, and Nidana Parivarjana to heal all illnesses. In the majority of disorders, Nidana Parivarjana regarded as the initial course of treatment. In Ayurveda, nutrition is crucial to both disease prevention and treatment. Sometimes the only treatments needed for any illnesses are pathya-apathya. Therefore, the primary goal of this essay is to concentrate on the causes of Ek- Kushtha and how to treat it using various food regimens that are detailed in various Ayurvedascriptions.

**KEYWORD:** Pathya -Apathya aahar and vihara, Ek- Kushtha, Psoriasis.**INTRODUCTION**

An important role of Ayurveda is to identify a person's ideal state of balance, determine where they are out of balance and try to balance by Pathya - Apathya. Various disease occurs in our society by life style change. It is well acknowledged that stress, unhygienic condition, poor sanitation etc. are major factor in the pathogenesis of most dermatological disorder like Ek- Kushtha (Psoriasis). Psoriasis is characterised by hyperproliferation and abnormal differentiation of epidermal keratinocytes, lymphocyte infiltration consisting mostly of T- lymphocyte and various endothelial vascular changes in the dermis, such as angiogenesis, dilatation and high endothelial venule formation. Aahara and Vihara are very much emphasized in Ayurvedic system of medicine for the management of a wide range of dermatological disorders. Ayurvedic Lifestyle promotes physical, mental as well as social health. Ayurveda classics describes the wide spectra of all skin disorders as *Kushtha*.

Amongst all the type of Kushtha "**Ek-Kushtha**" is the most embarrassing one. Vata- Kapha dominancy and Rakta vitiation in general, which has symptom of *Aswedanam*, *Mahavastu*, *Matsyashakalopamam*. The

modern science skin disorders with the help of 4D's as – Discomfort, Disability, Disfigurement and lastly death. In case of Psoriasis first 3D's observed. Prevalence of Psoriasis worldwide is around 2%. In India prevalence of the Psoriasis varies from 0.44 - 2.88%. Psoriasis is considered a multifactorial or polygenetic disease that is influence by both genetic and environmental factors such as stress, infection, cigarette smoking, excessive alcohol intake, excess body weight, medication and even weather and climate can induce Psoriasis in many patients. There is no satisfactory treatment in modern science for the disease. Ayurveda gives good result in treatment of Psoriasis through its Nidanparivarjan, Pathya sevan.

**AIMS AND OBJECTIVES**

- To study the etiological factor of Ek- kushtha.
- To establish the Ayurvedic importance of Pathya – Apathya Aahar, Vihara in Ek-Kushtha.

**MATERIAL AND METHODS**

- Ayurvedic text book and modern text book.
- Previous research paper.
- Various national Journal and International journal and magazines. The etiological factor of Kushtha is

described in following groups-

#### AHARAJ NIDANA

Viruddha aahar sevan, Drava and snigdha dravya sevan, ajirashana, adhyashana, Naveen anna, dahi, machhli, namak and amla dravya sevan, urad, mooli, pishtanna, guda, doodah evam amla dravya atisevan, gramya, jaliya, aanoop mamas sevan, madhu, rab, lakucha, kakmachi atisevan, haynak, yvak, uddalak, kordusha ka milk se sevan.

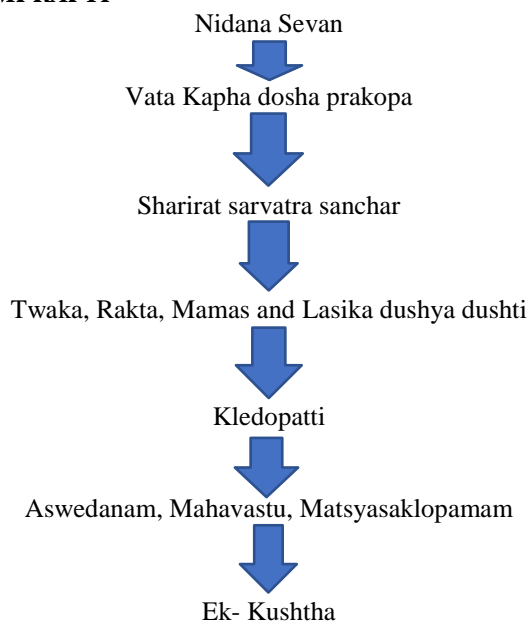
#### VIHARAJA NIDANA

Divashyana, vegavidharana, bhojan paschat vyayam, dhooop and bhaya paschat sheetaljaal se snan.

**MANASIKA NIDANA-** Bhaya, shoka, santapa.

**ANYA NIDANA-** Sadhu, bramhanna ka triskar, paapkarma, chhardivegdhrana, raktajkrimi.

#### SAMPRAPTI



#### POORVARUPA

- Atisweda or Asweda
- Twak vaivarnya
- Sparshagyanta
- Kotha, lomharsha, kandu, toda, klama,
- Suptata (numbness)
- Shotha
- Shoolyukta varna
- Twak parushya (Hard and dry skin)

#### ROOP

Aswedanam, Mahavastu, Matsyasakalopamam

#### IMPORTANCE OF PATHYA AAHAR AND VIHARA

पथ्यं पथोऽनपेतं यद्यच्चोक्तं मनसः प्रियम्।

यच्चाप्रियमपथ्यं च नियतं तन्न लक्षयेत्।।च.सू.25/45।।

The fact that Charaka used the term Pathya as a synonym for treatment indicates the significance of Pathya and Apathya in Ayurveda. The idea of Pathya and Apathya had been articulated in great detail by Charaka. There is no need for medicine for someone who adheresto Pathya, which is beneficial for him. However, why would someone who does not adhere to Pathya require medicine? If a person does not follow pathya, they will not cured but will instead need to take hundreds of medications. Diseases can be cured by following only pathya without taking any medicine. The two main methods used by Ayurveda for disease management and prevention are Aahar and Vihara. The significance of diet can be understood by considering the fact that it had been called has Mahabhaishajya in Kashyap Samhita. Take minimum 2 to 3 liters of water per day to control the symptom of Psoriasis. Eat lot of vegetables and green leafy vegetables, citrous rich fruits to control the symptoms. This does not cure disease but it may reduce the symptoms. People having poor diet it may affect the skin. Some vitamin tablet like zinc tablet, vitamin C tablet are taken daily can help reduce the Psoriasis. Ayurveda has described that the body is result or outcome of food we eat, showing the importance of food. Acharya Charaka has described that the life of all living things is food and the entire world seek food, complexion, clarity, good voice, long life, understanding happiness, satisfaction, growth, strength and intelligence are all are established in food.

**Acharya Susruta** has described that the food which nourishes and delights the heart and directly increases the body strength. It improves memory, digestive power, energy, strengthen mind, increases immunity and increases the longevity of life.

#### DISCUSSION

Ayurveda uses a holistic strategy to manage health. It accords food the proper consideration in the management of sickness, both as a contributing element (Apathya) and as a component of therapy (Pathya). Nidana is the primary cause of many disorders in terms of disease pathogenesis. Poor dietary practices and bad way of life lead to abnormality, which produces Doshas and Dushya. Diet and routine are important components of Chikitsa according to Ayurveda. Major supportive role are played by Pathya and Apathya in the treatment of illness. Following Pathya and avoiding Apathya is sufficient to reverse the sickness in some phase of Vyadhi. People are developing a variety of lifestyle disorders, many of which are largely caused by food related flaws. Kushtha disorder is one of these. All the skin diseases in Ayurveda have been described under the heading of Kushtha. Chronic illness Kushtha has a significant negative psychological and social influence on the patient's life. Alcohol use increases the chance of developing Psoriasis because it causes the blood vessels to dilated, which cause the release of white cells, particularly T cells. The skin is impacted by some cold beverages, dairy products, sauces and fried foods. On the other hand, fish oil that

include omega 3 fatty acids are believed to help strengthen the immune system and reduce inflammation. Psoriasis is tough to manage, but if the right diagnosis is made at the right time, it can provide great relief.

## CONCLUSION

The Pathya is the things that keeps a person healthy, maintains normal bodily functions leads to proper organ function, nourish the mind and intellect, prevents diseases and at same time corrects any irregularities that the body may experience. Ayurveda encourages healthy eating habits and lifestyle management beginning in infancy. The diet taken in accordance with Jatharagni's power, at the appropriate time, and with full concentration will promote health, if not, it will lead to ailments. Faulty eating habits are one of the main causes of lifestyle disorders. Less quantity produces malnutrition, higher quantity promotes obesity. In order to live a healthy life, one should adhere to the Pathya Apathya prescribed by Ayurveda. With this knowledge, one avoids unhealthy Aahara and Vihara and adopt suitable Aahara and Vihara to prevent and control Ek Kushtha. Pathya is basic but most important concept on Ayurveda which seems to be useful and must be practiced clinically in today's era. We have a lot of treatment option for Psoriasis but no cure for Psoriasis has been found till date. The available therapies only give the symptomatic relief. The choice of treatment is absolutely based on the type and severity of the disease. Psoriasis may substantially affect quality of life. Diet has been suggested to play a role in the etiology and pathogenesis in Psoriasis. Diet has equally linked with the treatment of Psoriasis. It has been observed that Psoriasis has been improved in 70% of the patients who changed their dietary habit. Therefore, it is necessary to understand and avoidance of causative factor or Apathya sevana. Ek- Kushtha tough difficult to manage but if proper diagnosis is made in proper time, it can give significant relief.

Ayurvedic herbs along with Pathya sevana shows highly good result in Ek -Kushtha.

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