

CONSEQUENCE OF INCOMPATIBLE DIET AND LIFESTYLE ON URDHVAJATRU DISORDERS - A REVIEW ARTICLE

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ABSTRACT

Disorders of the urdhvajatru region-encompassing-the hlead ,eyes,ears,nose and throat-are increasing day by day due to dietary in discreations Urdhvajatru needs to be taken care of. The concepts of Pathya and Apathya are discussed in Ayurvedic texts as part of a healthy living regimen and as a means of treating illnesses. inappropriate meal pairings, suppressions of natural urges, exposure to dust and smoke,irregular sleep,and excessive vocal strain are causative factors for these conditions.The article influences pathya and apathya in the manifestation and progession of urdhavajatru disorders.pathya -ahara-vihara as a primary strategy for improving therapeutic outcomes and enhancing quality of life in patients with Urdhvajatru-related diseases.

KEYWORDS: *Ayurveda ,Pathya,-Apathya, ENT disorders,Dinacharya,Preventive Ayurveda.*

INTRODUCTION

Ayurveda,the ancient science of life,places profound emphasis on the role of diet (ahara)and lifestyle (vihara)in the maintanance of health and prevention of disease.The term Pathya refers to wholesome practices that promote health,while Apathya signifes unwholesome prtices that promote health,while Apathya signifes unwholesome practices that contribute to disease manifestation.

Therefore, in addition to understanding Chikitsa and Hence, it is also essential to understand Pathya-Apathya.A healthy lifestyle and adherence to dietary guidelines can help avoid allergic diseases of the nose and eyes, such as allergic rhinitis and allergic conjunctivitis.

Ayurveda classics indicate dietary regimen as Pathyapathya and some procedure as a part of daily lifestyle mentioned in classics Dietary practices such as Danta Dhavana (toothbrushing), Gandusha (oil pulling), Jihwa Nirlekhana (tongue sc raping), Anjana (collyrium), Nasya (nasal installation), Dhumpna (medicated smoke inhalation), Karnapoorana a (putting a drop of oil in the ear), and Shiroabhyanga (head massage) are all mentioned in Ayurvedic classics r egarding specific diseases like eye, dental, and oral diseases.

In a regular daily practice, these Shalakya Tantra (Ayurvedic) techniques are highly helpful in treating disorder s of the head, eye, ear, nose, and oro-dental region. Additionally, Pathya apathya helps avoid diseases of the supraclavicular region and the entire body.

Specifically, Shiroabhyanga (head massage), Karnapoorana (putting a drop of oil in the ear), Nasya (nasal insta llation), Dhumpna (medicated smoke inhalation), Anjana (collyrium), and Nirlekhana (tongue scraping).

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AIMS AND OBJECTIVES

To evaluate the impact of Pathya and Apathya on the manifestation and progression of disorders in the Urdhvajatru region, to prevent the supraclavicular disease.

MATERIAL AND METHOD

In order to achieve the goals and objectives, pertinent Ayurvedic and contemporary literature, online resources, research, design, data sources, data analysis, etc. were looked up. Here is a description of the search results.

DISCUSSION

The Urdhvajatru region, which comprises the head, eyes, ears, nose, throat, and oral cavity, is particularly sensitive to external and internal factors such as diet, lifestyle, environmental exposure, and psychological stress. Regularity in the mind and body is produced by a regular habit.

Our entire being can perform at a greater level when we are able to incorporate self-care activities into our daily routine, eat at the appropriate times, and establish a regular sleep regimen.

Our hormones become balanced, and we stabilize our emotions, focus, and clarity.

It's crucial to get up before the sun rises; the best time to do this is between 4:30 and 5:00 am. Regularity in the mind and body is produced by a regular habit. Our entire being can perform at a greater level when we are able to incorporate self-care activities into our daily routine, eat at the appropriate times, and establish a regular sleep regimen. Our hormones become balanced, and we stabilize our emotions, focus, and clarity. It's crucial to get up before the sun rises; the best time to do so is between 4:30 and 5:00 am. A healthy body at that time results from a particular level of calm and freshness that is essential for the body and soul.

To improve taste buds and accelerate digestive reflexes, it is recommended to completely clean the sense organs in the morning by washing the eyes with rose water, applying drops of sesame oil to the ears, brushing the teeth with a herbal toothbrush made of neem and manjara (herbal paste), and cleaning the tongue. Warm water drinking is advised by Ayurveda. It makes peristalsis better. Instilling oil drops in the nose on a regular basis helps to avoid problems of the nose, head, neck, ears, and eyes. Adopting a regular regimen enhances immunity, prevents illness, and encourages a healthy lifestyle.

Pathya-Apathya for Netraroga (do's and don'ts for Eye disorders)

Acharyas mentioned Pathya-Apathya for Netraroga (do's and don'ts for eye problems) in depth in the classics of Ayurveda. Pathya: Diet and lifestyle are two unique preventive methods for eye problems that are recommended in the classics. Ahara: Ghrita (ghee), Mudga (green gram), Yava (barley), and Aamalaka (Indian gooseberry) are all recommended. It is recommended to regularly consume payasa (rice water) made from Ayurvedic medicines, such as Shatavari (*Asparagus racemosus*) or Amalaki (Indian gooseberry), or barley meal cooked with an adequate amount of Ghrita, either before or after meals. Additionally, meal preparations such as Vilepi (thick rice gruel), Tikta (bitter), Laghu (light), and Peya (thin rice gruel) Ahara, Godhuma (wheat), Goghrita (cow ghee), Gopaya (cow milk), Sita (sugar), Godhuma (rice), and Saindhava (rock salt) (coriander), elephant yam (Surana), and so forth.

Jivanti (*Leptadenia reticulata*), Sunishannaka (*Marsilea quadrifolia*), Tanduliya (prickly amaranth), Vastuka (*Cenopodium album*), chilli and Madhuka (*Glycyrrhiza glabra*), Patola (pointed gourd), Karkotaka, Karavellaka (bittergourd), Vartaka (Brinjal), Karira (*Capparis decidua*) fruits, and Shigru (drum stick) are among the vegeta

bles that are cooked with Ghrita to help with vision. Purana Ghrita (old ghee), Triphala, Draksha (grapes), Lodhra (Symplocos racemosa), Punarnava (Boerhaavia diffusa), Kakamachi (Solanum nigrum), Kumari (aloe vera), Chandana (sandal), Dadima (pomegranate), Karpura (camphor), Bhriagaraja (Eclipta prostrata), Shatavari (Asparagus racemosa), and Madhu (honey) are among the many medications that are advised for eye health.

Pathya Vihara:

According to Ayurvedic classics, there are several ways to prevent eye disorders, such as Padabhyanga (massaging the feet), Padaraksadharana (wearing the feet), Sitodaka Pariseka (pouring cold water), Sitodaka Snana (cold water bath), Sitodaka Gandushadharana (pulling cold water from the mouth), Manaso Nivritti (removing the mind from sensory objects), and Sita Jala Prakshalana revitalization of the eye. Additionally, a few daily routines that are good for eye health are suggested, such as Netraprakshalan, Anjana (collyrium), Nasya (Nasal installation), Sirobhyanga (head massage), Padabhyanga (oil massage on the feet), Pada Prakshalana (foot cleaning), Padatra Dharana (wearing foot wear), and Chatra Dharana (using an umbrella).

Apathya Ahara

The following foods are thought to be harmful to patients with eye diseases: Amla (sour), Lavana (salt), Tikсна (high potential), Ushna (heat nature), Guru (heavy), Madya (alcohol), Vallura, Dadhi (curd), Pinyaka (oil cake), Kalinga (water-melon), Phanita, Sarshapa Taila (mustard oil), Matsya (fish), Viruddha Anna (incompetent diet), Aranala, Katu Taila, Vesavara, Virudhaka (sprouts), Ambupana (excessive water intake), Madhukapushpa, Jangalamamsa (meat), and Tambula (betel).

Apathya Vihara

Vegavarodha (suppression of natural urges), Ati Maithuna (excessive sexual activity), Krodha (anger), Shoka (grief), Nidra-Viparyaya (disturbance of sleep), Sukshmekshana (looking at minute objects), Snana (bath), Atapa (excessive heat), and Prajalpanshaa (excessive talking) are examples of lifestyles that should be avoided. Some literature also discuss specific Apathya, such as Kadli Phala (banana), Narikela (coconut),

Looking at bright, dazzling, tiny things, Panasa Beeja (jackfruit seed), etc., will worsen the Timira's state (errors of refraction).

Pathya-Apathya for Karna roga (diet and lifestyle for Karna Roga)

Pathya Patients with Karnarogas (ear illnesses) should adhere to Pathya Ahara, which consists of Patola (bottle gourd), Shigru (drum stick), Godhuma (wheat), Shali (rice), Mudga (green gram), Yava (barley), and Purana Ghrita (ghee).

All kinds of Rasayanas are stated as Pathya for the Karna roga, including non-vegetarian items like Lava, Mayura (peacock), Harina, Kukkuta, and others.

Patients should engage in abhashana and brahmachrya, or celibacy.

Additionally, to prevent ear ailments, Karna Poorana (oil filling) and Karna Abhyanga (ear massage) should be performed every day.

Apathya:

Since these increase Vata, a person with ear disease should always try to avoid humid environments, sticking sticks, glass or metal objects, etc., in their ears, taking a head bath, brushing their teeth with hard brushes made of delicate branches, talking too much, and engaging in heavy exercise, or Vyayama.

A person with Vataja Karnaroga should stay out of the wind and consume cool water.

Pathya-Apathya for Nasaroga

Pathya

Patients should have to develop the habit of Nirvata Sthana Sevana, thick and warm cloths wrapping around head, Dhumapana with herbal drugs once in a day, massage of face with Luke warm medicated oil. Pratimarsha Nasya should be done daily to avoid the diseases of the nose.

In their regular diet, patients with nasal cavity diseases should consume Yava (barley), Godhuma (wheat), Shali (rice), Ghrita (ghee), Milk, Jangala Mansarasa, Vijaya (terminalia chebula), Sheeta (cold), Amla (sour), Lavan a Rasa, Tikta (bitter), Laghu (light), and Ushna (hot). Green Mudga Yusha

milk, guda (jeggary), kulattha yusha (dolichos biflorus soup), balamulaka yusha (reddish soup),

Luke Warm, Dadima (pomegranate), Tarkari, Ghreya, Choraka (root sock), Masura (lentil), and Chanaka (chic kpea)

The following foods should be included in the diet to prevent Nasa Roga: Dashmulambupana, Trikatu, Ajaji (c umin), and Jeerna Varunipana (ancient alcoholic drink).

Apathya

Patients with the disease of Nasa have to avoid Ati Ruksha, Guru (heavy), Madhura (sweet) Nava Shaka (vegetables) and Madya (alcohol), Sheeta Jala Pana (drinking cold water), Sheeta Ahara Sevana (taking cold food) in routine diet. Also, patient have to avoid life style i.e. Shishiravagaha. Nariprasanga, Vegvaarodha (suppress the natural urges), Atichinta, Ati Nidra (excessive sleeping), Shoka (grief), Krodha (anger), Snana (bath).

Pathya-Apathya for Pratishyaya Pathya: In Ayurveda classics Acharyas have described Dosha wise Pathyapathya of Pratishaya Roga and it is the uniqueness of Ayurveda for the same.

Pathya for Vatika Pratishyaya Patient with Vatika Pratishyaya should take diet like Mamsarasa, Amla (sour), Ushna (hot), Laghu (light) food substances. Patients should take lukewarm water for drinking and bath and have to develop habit of Nirvata and Ushna Sthana Ashraya. Pathya for Pittaja Pratishyaya Patient with Pittaja Pratishyaya should take Ghrita (ghee), Dugdha (milk), Yava (barley), Shali (rice), Godhuma (wheat), Jangama Mamsarasa, Sheeta (cold), Amla (sour), Tikta Shaka (bitter vegetables), Mudga (green gram) in their diet.

Pathya for Kaphaja Pratishyaya

Patient of Kaphaja Pratishyaya should take Vartaka (brinjal), Kulaka, Trikatu, Kulattha (Dolichos biflorus), Adhaki (red gram), Mudga Yusha (green gram soup) in their diet and Ushnajalapana (drinking of lukewarm water) to demerit Kapha Dosha.

Apathya

Patients with Pratishyaya Roga should avoid excessive worry (Chinta), excessive and loud speech (Uchai-Ati Bhashana) and excessive coital activities (Ati Maithuna).

Pathya-Apathya for Shiroroga Pathyapathya

For Shirahshoola is mentioned in Ayurveda classics only in Bhaisajya Ratnavali. Pathya: Diet should have to take in the case of Shirahshoola mentioned in classics includes consuming old Ghrita, Shali (rice), Shashtik shali, Yusha (soup), milk, Dhanvamansa, Sanyab, Ghritapura, oil, coconut water, Kanji, Takra (churned curd), vegetables i.e., Patola (pointed guard), Shigru (drum stick), Vastuka, Karvellaka (bitter gourd), fruits i.e.,

Mango, *Aamlaki* (Indian gooseberry), *Dadima* (pomegranate), *Matulunga* (citrus medica), lemon, grapes, coconut.

Apathya: Diet should be avoiding to patient with *Shirahshoola* includes consuming cooked and uncooked food mixed, impure water, curd, lassi, cold drinks, water of the rivers of *Sahyadri*, *Vindhyas*, *Kapha* producing diet. Also, should avoid to *Vegadharanam* (Holding of the urges) i.e. sneezing, yawning, micturition, sleep, lacrimation, stool excretion. *Apathya Vihara* (unwholesome recreation) i.e. *Dantadhavanam* (teeth brushing), *Divaswapa* (day sleeping) should avoid.

Pathya-Apathya for Mukharoga (do's and don'ts for oral cavity disorders)

Pathya-apathya diet and lifestyle for *Mukharoga* are well mentioned *Yoga Ratnakara*

Pathya Ahara- Vihara Ayurveda has mentioned eight measures as a part of *Dinacharya* to keep tongue, teeth, gums and whole oral cavity (*Mukha*) clean. They are *Dantadhavana*, *Dantashodhana Churna* (*manjana*), *Jihvanirlekhana*, *Gandusha*, *Kavala*, *Pratisarana*, *Mukhaprakshalana*, *Tambulasevana*. *Dantadhavana* should be performed after waking up in the morning as well as after each meal. This beautifully fulfils the concept of oral hygiene in Ayurveda.

Patients suffering from *Dantaharsha* should be encouraged for *Kshira* (milk), *Ghrita* and *Snigdha Bhojana* owed to its *Rasayana* and *Vata Pitta Shamana* effects. Also, Acharyas advised to develop habit to take food after “*Dhauta pada kara anana*” (washing feet, hand & face). without any food debris, *Susruta* advocates drinking water in between and at the end of meal. If this is not done it leads to halitosis. Interdental space should be cleaned by using *Trina* etc. 1st time by *Susruta*. Removal of *Dantasarkara*— because microorganisms in plaque are the main etiological factors in periodontitis. Use of *Sukhoshnodaka* should be done specially in *Hemanta-Shisira- Vasanta Ritu*. Proper treatment of worm should be given in paediatric to minimise the chances of caries in subsequent permanent teeth. *Dantya Rasayana* should advice to chewing of 2-4gm of black sesame seeds daily in the morning or sugarcane acts as tonic for the teeth To keep clean mouth .

Apathya

Mahisa kshira if routinely consumed cause *Mandagni* due to *Mahabhisyadi Guṇa* and make person susceptible for caries. As *Guda* (Jaggery) *Prabhuta Krimi Kaphakara* should not be used regularly (as carbohydrates produce acids after fermentation). Patients asked to avoid excess of *Masha/Pishtanna*- as soft refined foods tend to cling tenaciously to the teeth and are not removed because of the general lack of roughage. Use of excess salt as *Manjana* for gargling should be avoided because it's abrasive quality can lead to surface abrasion and sensitivity. Excess pressure shouldn't be applied to clean teeth due to abrasiveness. In classics stated that *Ati Lavana Rasa- Dantascyavayati*. Patient is advised to not scratch cavity of tooth (*Dasana Vivara*). Excessive intake of pan, betel nut and tobacco should not be done. Tooth enamel might seem white, but it is actually the layer underneath the enamel, the dentin- that's white. Enamel is translucent. Overtime, substances such as coffee, tea, wine, cigarettes, and other things can stain enamel, making it dingy, yellow or grey. Drinking coffee and tea will stain the teeth and cause dry mouth. Drinks high in caffeine inhibit saliva's ability to combat tooth decay. Tobacco chewing must be avoided.

CONCLUSION

- The study unequivocally shows how important lifestyle factors and Pathya-Apathya are in the development, exacerbation, and recurrence of ENT problems. The flavors, characteristics, potencies, and taste following material digestion determine if the Dosha level has increased, reduced, or is in a normal state. By eating healthy food, a self-controlled man who has been blessed by a nobleman can live for a hundred years without getting sick. Increasing public knowledge is crucial to the long-term administration of Urdhvajatra Vyasdhis..

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