

pathyA - some points

पथ्यं पथोऽनपेतं यद्यच्चोक्तं मनसः प्रियम् ।
यच्चाप्रियमपथ्यं च नियतं तन्न लक्षयेत् ॥
मात्राकालक्रियाभूमिदेहदोषगुणान्तरम् ।
प्राप्य तत्तद्धि दृश्यन्ते ते ते भावास्तथा तथा ॥
तस्मात् स्वभावो निर्दिष्टस्तथा मात्रादिराश्रयः ।
तदपेक्ष्योभयं कर्म प्रयोज्यं सिद्धिमिच्छता ॥

Ch.Su.25/45-47

pathyA or wholesome is that which is not harmful to the paths of the body is according to liking. One which is harmful to the paths and disliked is certainly not at all desirable. The entities have their effects according to dose, time, preparation, place, body constitution, doSAs and properties. Hence the natural characters of entities and also the factors like dose etc. have been mentioned. The physician, desirous of success, should proceed with the therapeutic measures taking both into account.

उष्णोदकोपचारी स्याद्ब्रह्मचारी क्षपाशयः ।
न वेगरोधी व्यायामक्रोधशोकहिमातपान् ॥
प्रवातयानयानाध्वभाष्यात्यासनसंस्थितीः ।
नीचात्युच्चोपधानाहःस्वप्नधूमरजांसि च ॥
यान्यहानि पिबेत्तानि तावन्त्यन्यान्यपि त्यजेत् ।
सर्वकर्मस्वयं प्रायो व्याधिक्षीणेषु च क्रमः ॥

A.H.Su.16/26-28

The patient should

- use only warm water for all his activities (washing, ablutions, bath, drinking etc.)
- maintain celibacy
- avoid desires

- not suppress the natural urges of the body like micturition and defecation
- not indulge in exercise, anger, grief
- not be exposed to cold, sunlight, breeze
- not ride on animals or travel in vehicles
- not walk long distance
- not speak remaining in troublesome postures for a long time
- not keep a very low or very high pillow under the head
- not sleep during the day
- not have contact with smoke and dust

on the days of the treatment and for an equal number of days
after the treatment.

This regimen is the same generally for all therapies and also for all those who are afflicted with disease.

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- 1) The various problems that may crop up due to violation of the above regimen are as follows -
 - **Excessive talking** gives rise to insomnia, headache, piercing pain in the temples and ear, obstruction in ear, dryness in the mouth, palate and throat, defects of vision, thirst, fever, feeling of darkness, lockjaw, stiffness in the carotid regions, need to spit often, pain in the chest and sides, hoarseness of voice, hiccups and breathlessness.
 - **Too much of sleep and traveling in vehicles** will lead to laxity in big and small joints, pain particularly piercing one in the jaw, nose, ear

and head, irritation in abdomen, gurgling sound in the abdomen, obstruction in the heart and senses, pain in the buttocks, sides, groins, scrotum, waist and back; weakness in joints, shoulder and neck, distress in the body, swelling in the feet, numbness, tingling sensation etc.

- **Walking** can cause pain in the feet, shanks, thighs, knees, groins, buttocks and back; weakness in legs, piercing pain, cramps in the calf muscles, body ache, distress in the shoulder, dilatation of veins and arteries, breathlessness, cough etc.
- **Excessive sitting** will lead to the same problems as those while traveling in a vehicle and in addition, giddiness, nausea and immobility may develop.
- **Intake of food during indigestion and before the previous meal has been digested** will lead to dryness of mouth, flatulence, colic, piercing pain, thirst, lassitude, vomiting, diarrhea, fainting, fever, and food poisoning.
- **Indulging in irregular and unwholesome diet** will lead to loss of desire for food, debility, abnormal complexion, itching, eczema, lassitude and disorders caused by vitiated vata such as grahani, piles etc.
- **Intake of uncooked food** will cause the production of toxins, vomiting, fever etc.
- **Day sleep** can lead to aggravation of kapha and its complications like enlargement of the spleen, anemia, edema etc., loss of appetite, indigestion, loss of digestive fire, feeling of wetness; paleness, itching, eczema, burning sensation, vomiting, body ache, heart block,

dullness, drowsiness, excessive sleep, appearance of nodules, debility, smearing in eyes, palate etc. There can also be complications of jaundice etc. by day sleep.

- **Indulgence in copulation** can lead to instant loss of strength, lassitude in the thighs; pain in the head, pelvis, anus, genitals, groins, thighs, knees, shanks and feet, palpitation in the heart, pain in the eyes, laxity in body parts, genital bleeding, cough, breathlessness, feebleness of voice, weakness in the waist, scrotal swelling, retention of flatus, faecus and urine, dullness, trembling, deafness and depression. There can also occur life threatening diseases like convulsions and hemiplegia, a feeling as though consciousness is fleeing or pain as if the rectum is being torn or a feeling as though hot smoke is coming out of the genitals or as if the mind is going into darkness.
- **By suppressing the natural urges** like need to pass flatus, urine, and faecus etc., the vata moves in the upward direction causing trouble to the entire body.
- **Mental turmoil like a fit of anger** agitates pitta and produces pitta originated problems like thirst, burning sensation etc.; **grief** causes a distracted state of mind.
- **The use of cold water** and other cold things tends to aggravate the Vata and brings on an aching pain in the limbs, feeling of fullness of stomach, distension of abdomen and shivering.
- **Undue exposure to the sun and wind** produces fever and discoloration of the complexion.

Though mentioned in different contexts and in the adoption of different treatment procedures or the treatment of different conditions, all our teachers are of the common opinion that during treatment and convalescence till the disease has been rooted out of the system, one should take total physical and mental rest to get the maximum benefit of the treatment.

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