

## Pathya Aahara Kalpana

### Introduction

Ayurveda is the science of life which has insisted more importance on prevention of diseases & maintenance of health. Ayurveda not only treats disease with medicines but also uses *anupana*, *aahara*, *vihaar* etc to maintain the health of a healthy person and as an important aspect and management of diseases. Ayurveda, consider as food affects the physical, mental health. *Pathya* is differential among all other pathies. *Pathya aahara kalpana* (Ayurvedic Dietetics) is an exclusive unique concept of Ayurveda. Main aim of describing *Pathya aahara kalpana* is to highlight the role of diet in maintaining physical health as well as treating various ailments such as *-dosh*, *dhatu*, *mala*, *agni* in any individual and mental health. So, proper knowledge about *Aahara* (food) and its importance should be known by all human beings to have better benefits from it.

### What is *pathya*?

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॥

च.सू. २५/४५-४७

The word *Pathya* has been originated from root word *patha* which literally means a way or channel. In *Shabdakalpadrumam* it is said that *pathya* is beneficial for patients while *apathya* harms them. The food characteristics and properties will change according to season, place and person hence *pathya* also changes accordingly. *pathya* not only advocates intake of wholesome food but also it directs to follow a certain regimen to fasten the process of recovery from the diseased state. In *Charaka Samhita* while explaining about *Chikitsa*, *Charaka* has used *pathya* as a synonym for the *chikitsa*.

### How we advise?



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These *pathya ahara* are described specific to a particular disease condition as well as there are some *pathya* mentioned which can be followed regularly for healthy individuals irrespective of disease condition. According to *Bhavaprakasha* taking ginger and salt before food is always good and it enhances *agni*. Taste, clears tongue and throat. *Charaka* and *Vagbhata* also describe some regularly consumable food articles. *Rakta shali*, *Mudga*, Rain water, *Saindhava* (rock salt), *Jivanti*, meat of *aina*, *godha*, *rohita matsya*, cow's ghee, cow's milk, *Tila taila*, ginger, grapes, pomegranate and sugar are considered as most conducive among food articles.

This kind of diet is usually advised as per *prakruti* and disease condition.

### ***Prakriti* – A guide to personalize diet**

An individual's *prakriti* is another important determinant of the effect of food on the system. *Prakriti* of an individual is characterized by a set of physical, physiological, and psychological attributes.

Curd is considered unwholesome in most *dosa* imbalanced conditions. There are specific instructions to consume yogurt; that it should not be taken at night, or in seasons such as spring, summer, and fall. It should be taken with sugar candy or green gram soup or honey. There are also disease-specific or medicine-specific instructions that should be followed for consumption of food. As an example, a patient suffering from cough is advised to consume garlic and cardamom, long pepper, ginger, and condiments.

*Nidan Parivarjan* is advised to avoid the known disease causing factors in diet and lifestyle of the patient.

We also insist on following.

1. Intake of food at in time (Kale bhojana).
2. Food intake as per suitability (satmya bhojana)
3. Food intake as per the prakruthi of individual (hita bhojan)
4. Proper hygiene (suchi bhojan)
5. Intake of food which is unctuous (snigdha bhojan)
6. Intake of food which is warm (ushna bhojan)

7. Intake of food which is easy to digest (Laghu bhojan)
8. Eat while there is interest to food and while eating concentrate on food and the process of eating (tan mana: bhojana)
9. Eat food with six taste components (sad-rasayukta ahara)
10. Food should be primarily sweet in nature (madhura praya)
11. Food should be ingested calmly, neither too slow nor too fast (na ati druta vilambita)
12. After bathing (snatah)
13. Food intake only when there is sufficient hunger (kshudvan)
14. Proper washing of hand, feet and face should be done before food intake (dhauta pada-kara-anana:)
15. After offering prayers and paying obeisance to gods and forefathers (pithru - deva tarpana)
16. After offering food to guests, teachers and children ( athithi- balakaguru tarpana)
17. Without disgracing food (anindan bhunjaana)
18. Silently (moun)

During discharge we advise following.

<b>Pathya Kalpana</b>	<b>Method for preparation</b>	<b>Uses</b>
1. <i>Manda</i>	The filtered liquid portion obtained after boiling one part of rice and fourteen parts of water	Carminative, digestive
2. <i>Peya</i>	One part of rice and fourteen parts of water, boiled into thick consistency	Quickly digestible, stops loose motions, Nourishes the tissues.
3. <i>Vilepi</i>	One part of rice and four parts of water, cooked into thick paste	Strengthening, nourishing, good for heart, Delicious, Diuretic
4. <i>Yavagu</i>	One part of grain rice etc. and six parts of water, cooked into thick paste	Strengthening, nourishing



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- Fresh *swarasa, kwath* is not provided to patients.
- They are in tablet, *churna* form.
- During admission and discharge patient is advised, guided about diet, yog and lifestyle.
- During the period of admission patient is instructed about diet.
- Yog, pranayam is practiced continuously during admission period if indicated.





शासन अनुदानित जैन अल्पसंख्याक संस्था  
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**शेठ गोविंदजी रावजी आयुर्वेद महाविद्यालय**  
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दिनांक : / / २०

8.1.14 Describe the facilities available in the Institution towards delivering Pathya kalpana

### 8.1.14 Pathya Aahara Kalpana

Institute is equipped with a well maintain canteen facility to cater to the needs of OPD and IPD patients. Availability of well-equipped and well maintained pathya facility in the form of kitchen which is supervised by a qualified dietitian. The Kitchen is well equipped with LPG connections, water supply, all necessary utensils etc.

We carry out the training & skill development activities to improve the quality of human resource working in pathya aahar kalpana.

Proper hygiene is maintained in the facility. Inspection of raw material, fruits etc. is done by specially trained staff. All the precautions are carried out to avoid all possibilities of contamination of food during selection of food articles, cleaning, preparation and catering of food to all the admitted patients. Mask and the gloves are used by the kitchen staff to avoid the contamination of food. Training to kitchen staff is provided periodically.

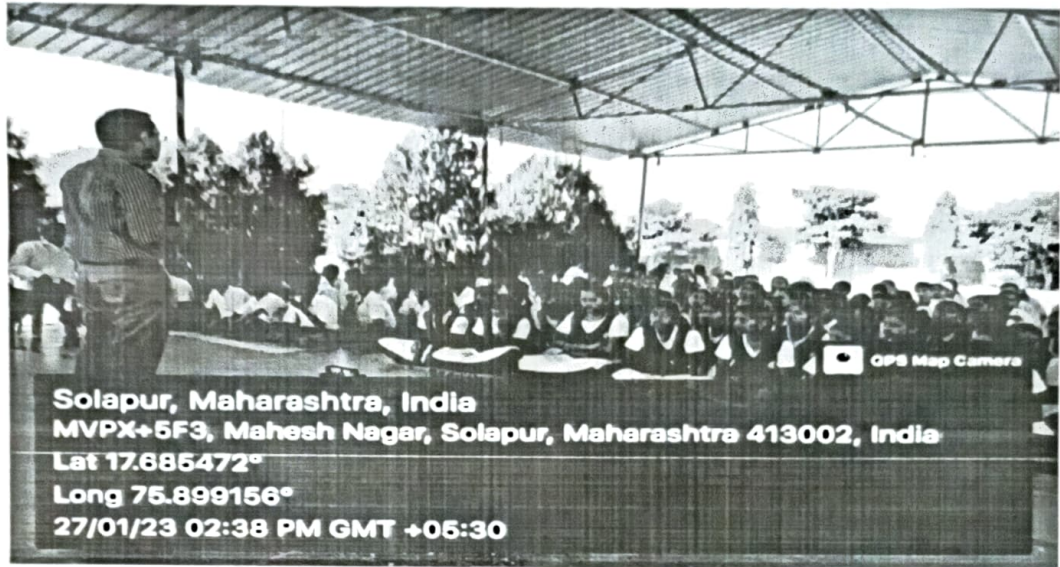
We prepare many types of kashaya kalpanas,swarasa to dispense it to the patients depending on the agnibala. Takra is provided on regular basis.

Among swarasa, vasa, tulasi,guduchi, is very commonly used.

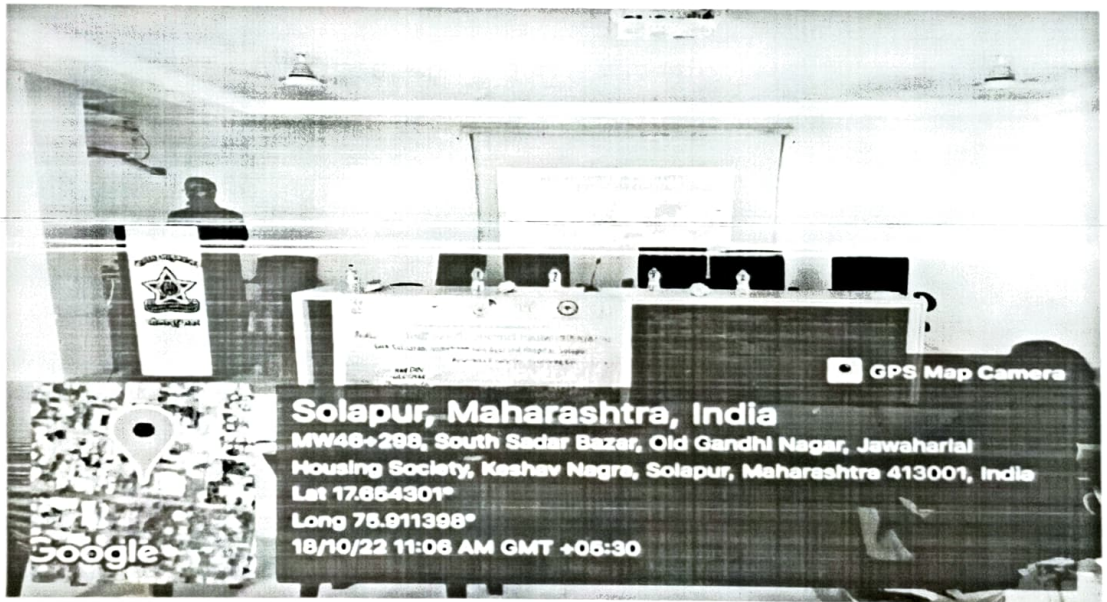
#### Number of pathya preparations year wise

Year	२१०८	२०१९	२०२०	२०२१	२०२२	२०२३
Takra	१९७	२९८	२२५	२७८	२४८	
Swarasa	९७	६८	७५	७८	८९	
Kashay	६३	८२	९३	१०२	१२०	

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NSS Camp Lecture



Commissioner of Police 1 Diet lecture 18102022



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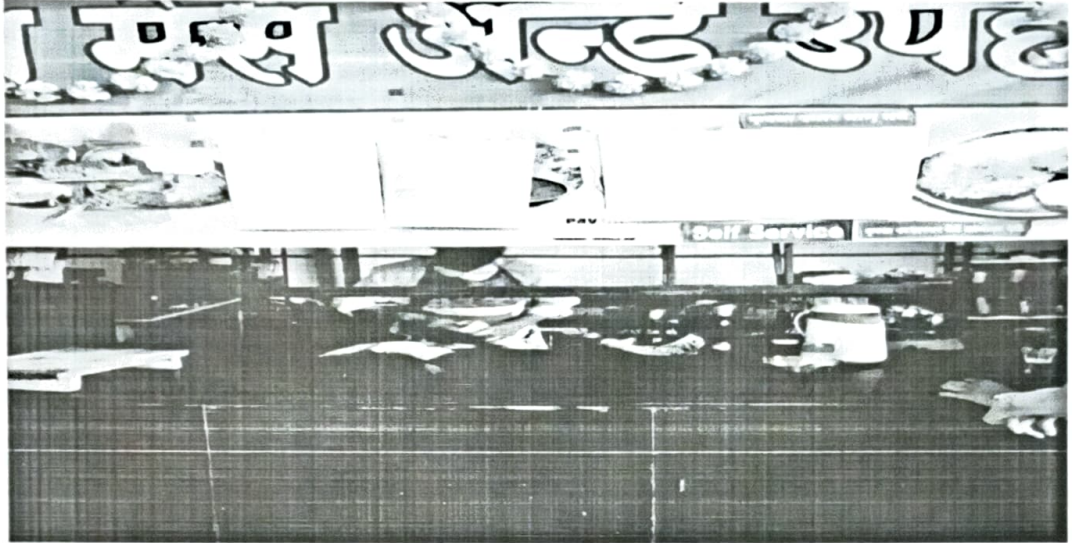
Importance of nutrition



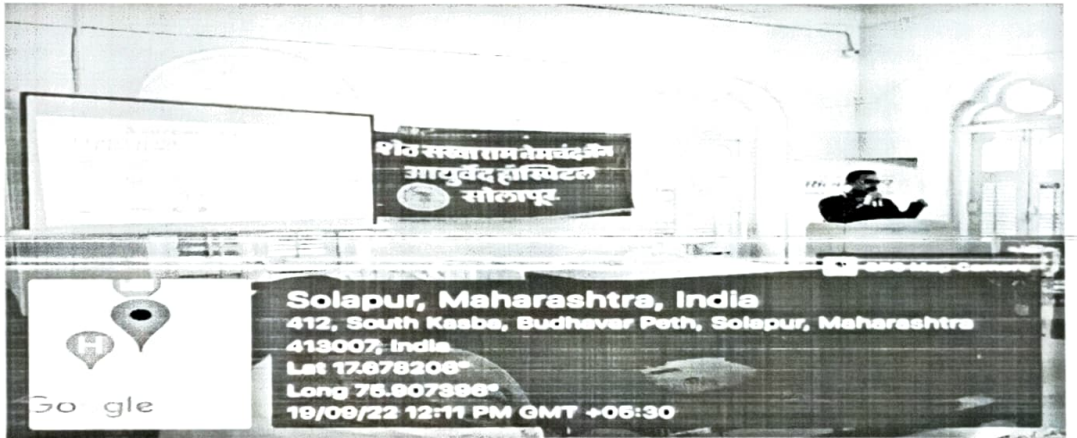
Nutritional Awareness at Canteen for General Population



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Nutritive Value Display

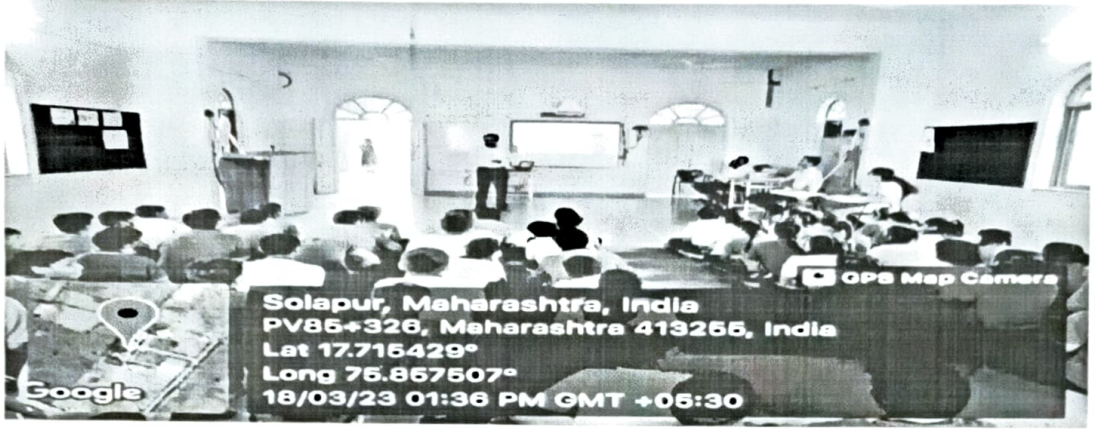


Pregnancy and Nutrition



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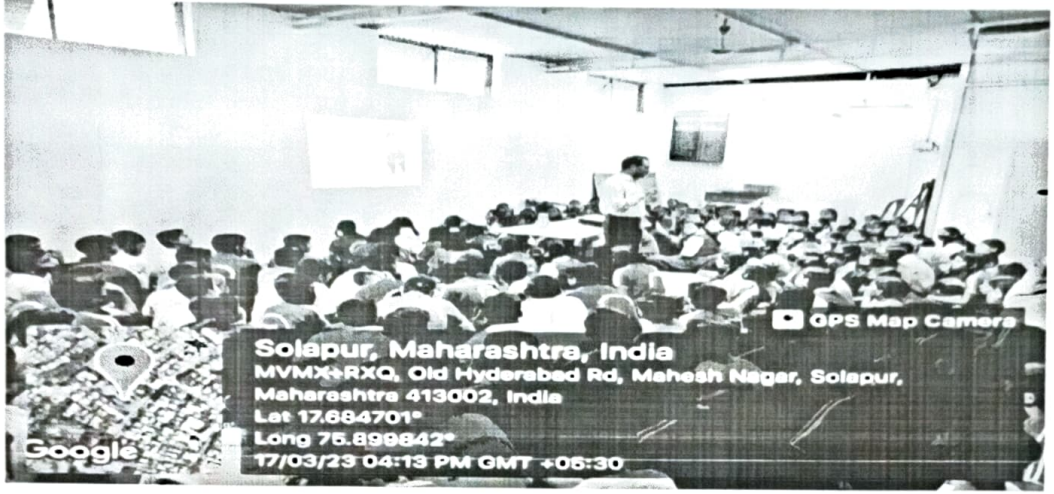
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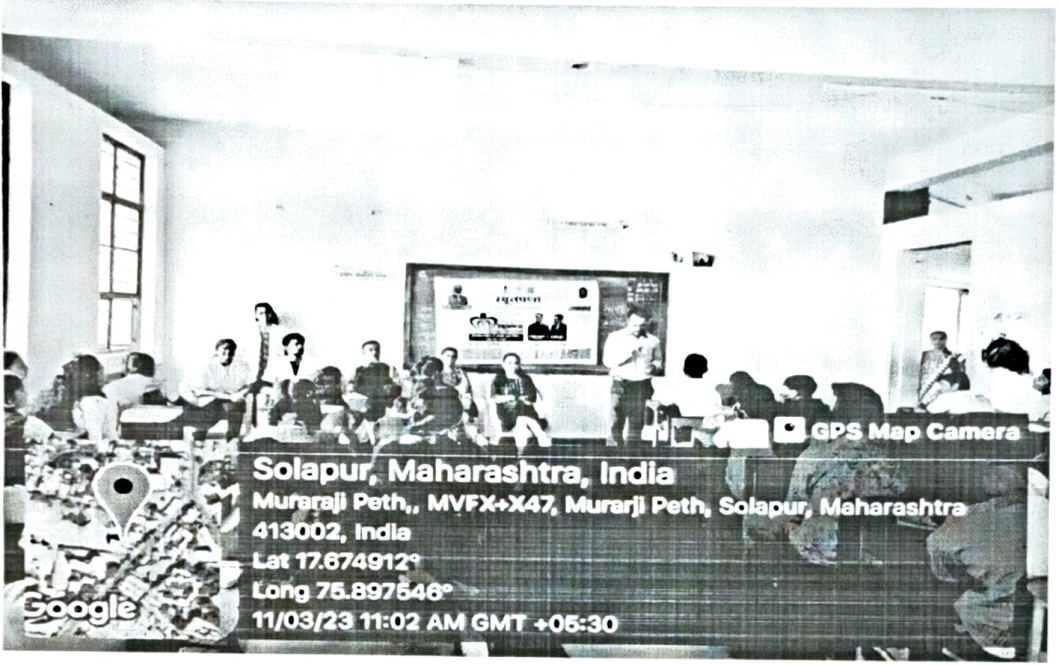


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