

Contemporary Explanation of Pathya / Apathya of Aahar and Vihara Mentioned by Different Acharyas on Wound Healing

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Abstract: Aahar (Diet) and Vihar (Lifestyle) are crucial for healing wounds (Vrana) by balancing doshas, nourishing tissues, and preventing complications. Wound healing is a complex physiological process influenced by nutritional, lifestyle, and environmental factors. Ayurveda emphasizes the role of Ahara (diet) and Vihara (lifestyle) in promoting effective healing through dosha balance and tissue nourishment. The present review aims to analyze classical Ayurvedic descriptions of pathya and apathya in wound management as described by Acharyas such as Sushruta, Charaka, Vagabhata, and Yogratnakara. A narrative review approach was used to synthesize dietary and behavioral recommendations from classical texts and interpret their relevance in contemporary wound care. The findings indicate that balanced nutrition, avoidance of incompatible foods, regulated sleep, and hygienic practices significantly support tissue repair and prevent complications. These traditional principles align with modern concepts of nutritional support and holistic care. The study suggests that integrating Ayurvedic dietary and lifestyle guidelines with contemporary clinical practices may enhance wound healing outcomes and reduce complications.

Keywords: Ayurveda, wound healing, Vrana Chikitsa, Ahara, Vihara, Pathya Apathya, nutrition in wound care, traditional medicine

1. Introduction

Pathya Apathya of Aahar and Vihara play a very important role in wound healing. The wound care concept, Vranitopasana, first described by Sushruta in Sushruta Samhita, is an ancient approach to rehabilitative care provided to a patient either post-operatively or as part of the post-management of a traumatic wound. All Aahar and Vihara constituents prescribed by Sushruta and other Acharyas are given for faster healing and reduced complications. The purpose of Ayurveda is to treat the diseases of those who are afflicted and to protect the health of those who are healthy. In the modern era, there is significant increase in traumatic wound cases, for which treating modalities like antibiotics, analgesics, anti-inflammatory drugs, and local management alone is often insufficient for proper wound healing. Along with these, proper Aahar and Vihara are necessary. In Ayurveda, the purpose of wound healing is given by Acharya Sushruta in Vrana Chikitsa Upkrama. It involves Shodhana Chikitsa, Ropana Chikitsa for promoting tissue regeneration, and Rasayan Chikitsa for rejuvenating body tissues. It also focuses on balancing the Tridoshas (Vata, Pitta, Kapha). A balanced diet with a healthy lifestyle plays an important role in wound healing. Nutritional diet also plays an essential role in wound care. Diets beneficial for a patient with Vrana include Yush, Yava, Shashtika, wheat, rice, Tuvardal, Shali, Masura, Mudga, Jeevanti, Sunnishannaka, unripe Moolaka, brinjal, ghee, and eggs, among others.

Acharyas

1) According to Acharya Sushruta:
शालिषष्टिकगोधूमयवमुद्गरसाः स्मृताः ।
तिक्तशाकं घृतं क्षीरं व्रणिनां हितमुच्यते ॥
लघु स्निग्धं हितं शीतं बल्यं वर्णकरं च यत् ।
तत्सेवनीयं व्रणिनां व्रणशोधनरोपणम् ॥

Yush, prepared from Tanduliyaka, jivanti, sunusannaka, vastuka, balamulka, vartaka, karvellaka, dadim, Amalaki, and patola, should be roasted with ghee and supplemented with saindhava lavan or mudga soup. A protein-rich diet is paramount for wound healing. Saktu, peya, and vilepi are recommended for consumption.

कटुम्ललवणोष्णानि गुरु विदाहि च वर्जयेत् ।
दधि मांसं मद्यं क्षारं व्रणिनां न हितं स्मृतम् ॥
व्यायामाध्वातपक्रोधमैथुनानि विवर्जयेत् ।
दिवास्वप्नं च व्रणिनां व्रणनाशकरं न हि ॥

Individuals with wounds should refrain from daytime sleep, as it can imbalance the tridoshas. Swelling around the wound often results from exertion, making adequate rest crucial. Heavy work should be avoided as it can impede the wound healing process.

2) According to Acharya Charaka:
शालिषष्टिकगोधूमयवमुद्गादयो हिताः ।
तिक्तशाकं घृतं क्षीरं व्रणिनां पथ्यमुच्यते ॥

Acharya Charaka advises that wound treatment should be tailored to the imbalanced doshas. When doshas are properly balanced, healing accelerates. The affected individual should consume food and liquid diets that are neither excessively cold nor hot, not too heavy, uncontaminated, and fresh.

कटुम्ललवणोष्णानि गुरु विदाहि च वर्जयेत् ।
दधि मांसं मद्यं क्षारं व्रणिनां न हितं स्मृतम् ॥
व्यायामं मैथुनं क्रोधं दिवास्वप्नं तथैव च ।
व्रणिनां सर्वमेवैतदपथ्यं परिकीर्तितम् ॥

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During the treatment period, sexual intercourse should also be avoided. The wounded person should not engage in divaswap.

3) According to Acharya Vagabhata:

शालिषष्टिकगोधूमयवमुद्गरसाः स्मृताः ।
तिक्तशाकं घृतं क्षीरं व्रणिनां पथ्यमुच्यते ॥
लघु स्निग्धं हितं शीतं बल्यं वर्णकरं च यत् ।
तत्सेवनीयं व्रणिनां व्रणशोधनरोपणम् ॥

Acharya Vagabhata recommends a diet including yava, wheat, shashtika, rice, Tanduliyaka, vastuka, karvellaka, karkota, masura, mudga, tuvardal, unripe moolaka, brinjal, patola, katukaphala, pomegranate, jeevanti, sunnishannaka, saindava lavana, gooseberry, ghee, and tepid water. Old shali saktu rice is also beneficial for wound healing. Aahara with snigdha guna, followed by kosha jala and jangala mamsa rasa, can effectively heal vrana.

कटुम्ललवणोष्णानि गुरु विदाहि च वर्जयेत् ।
दधि मांसं मद्यं क्षारं व्रणिनां न हितं स्मृतम् ॥
व्यायामाध्वातपक्रोधमैथुनानि विवर्जयेत् ।
दिवास्वप्नं च व्रणिनां व्रणनाशकरं न हि ॥

Apathya aahara includes newly harvested grains, sesame, black gram, jangala mamsa, alcohol, dugdha, ikshu vikruti, and sour, salty, and spicy foods. Additionally, vishtambi anna, vidahi anna, guru aahar, and cold climates should be avoided. The nava dhanyadi gana can vitiate all doshas. Alcohol is also to be avoided due to its Tikshna, ushna, ruksha, and amla rasa, which may instantaneously exacerbate vrana.

According to Yogratanakar:

शालिषष्टिकगोधूमयवमुद्गराः पथ्याः स्मृताः ।
तिक्तशाकं घृतं क्षीरं व्रणिनां हितकारकम् ॥

The patient should consume foods such as mudgayusha, madhusharkara, yava, shashtik, Godhuma, purana sitshalaya, masur, tuvari, vilepi, laja, manda, Ghrita, taila, patol, vetragra, balmulka, vartaka, karvell, karkot, and tandal.

कटुम्ललवणोष्णानि गुरु विदाहि च वर्जयेत् ।
मद्यं मांसं दधि क्षारं व्रणनाशकरं न हि ॥

The patient with a wound should avoid these. are avoid dadhi, guru aahara, Avoid salty and sour food. The wounded person should avoid divaswap

2. Observation

“This study aims to systematically analyze classical Ayurvedic dietary and lifestyle recommendations for wound healing and interpret their relevance in modern clinical practice.”

3. Discussion

Vrana (wound) is described in Ayurveda as a condition involving dosha (vat, pitta, kapha) dushti, dhātu kṣaya

vrudhi and strotas dushti, where need of appropriate management of āhāra and vihāra plays a pivotal role.

The overall goal for proper wound healing is to give nutritious diet to the affected person.

The healthcare team should be to make sure that give optimum nutritional food to give wounds the best chance to heal.

This can be achieved by providing the person with adequate amount of calories and nutrients, this prevents protein energy malnutrition and promoting wound healing. Aahara is considered as one of the most important factor for proper wound healing.

Yava, shashtik, shali, godhuma, sitatshalaya, masur, tuvari, mudgayusha, vilepi, laja, manda, vartaka, karvellghrita, taila, patol, balmulaka, karkot, tandul etc. plays an important role in wound healing.

Personal hygiene of the patient is also importance and strict measures of asepsis are also important.

From a contemporary perspective, these aahar vihara i.e. dietary recommendations correlate well with modern concepts of wound healing, where adequate nutrition, avoidance of irritants, and lifestyle regulation are all essential for collagen synthesis, angiogenesis and prevention of infection.

4. Conclusion

This review demonstrates that Ayurvedic principles of Ahara and Vihara play a significant role in supporting wound healing through nutritional balance, lifestyle regulation, and holistic care. Classical guidelines provided by major Acharyas emphasize the importance of appropriate diet, avoidance of incompatible foods, and disciplined daily routines in enhancing tissue repair and preventing complications. These concepts show strong conceptual alignment with modern understanding of nutrition and wound management. Integrating these traditional approaches with contemporary clinical practices may improve healing outcomes and provide a more comprehensive patient care strategy. Further scientific validation through clinical studies is recommended.

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