

Concept of “Guru Cha Apatarpana” in Current Day Trend for Disease of Affluence - A Review Article

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ABSTRACT

Disease of affluence refer to health condition that are associated with a high standard of living standard lifestyle and dietary excess example include cardiovascular disease obesity and type 2 diabetes. These condition are linked to factor such as over consumption of processed food lack of physical activity and stress. Lack of physical and stress which are more prevalent in affluent societies. A second major issue facing modern food systems are chronic diet related disease that result from calorie over consumption often linked to increasing rates of majorly non communicable disease like obesities, DM, etc has become one of the leading health problem intiating right from the childhood in todays society. around the world. Acharya Charaka has described Santarpanjanya condition which refers santarpana means aimed at nourishing and promoting the strength of an individual and janya means born or derived. Santarpana janya in charaka samhita woud typically refer to a condition or disease that arise due to an excess or imbalance in nourishment This concept is a part of broader understanding that imbalances diet life style factor which contribute to various health issues. Example- santarpana janya vyadhi to be treated with the Guru Cha Apatarpana protocol. The prime aim of the paper is to analyze the drug and food material with Guru Guna and Apatarpana properties given in samhita with reference to the current day trends of diet in disease of affluence.

KEYWORDS: Santarpana Roga, Apatarpana, Disease of Affluence

INTRODUCTION

Disease of affluence is a term given to disease and health condition which are commonly thought to be a result of increased wealth in the society. Examples of disease of alluence include mostly chronic non communicable disease and other physical health condition for which personal lifestyle and societal condition associated with economic development are believed to be an important risk factor such as type 2 Diabetes Mellitus, Obesity, Gout, Coronary Heat Disease, Peripheral Valvular Disease and all are interrelated to each other. it typically refers to health issues associated with sedentary life style, overconsumption of high calorie, processed food and stress with rapid economic development and increasing westernization of lifestyle in the past few decades prevalence of this disease has reached alarming proportion among indians in the recent years. As ayurveda is recognized as fore most life science and describe ways to prevent and manage life

style disorders and provides better solution in the in the forms of proper dietary management. In charaka samhita the detail of santarpana janya roga has been mentioned like Pameha Sthoulya, Grahani etc. the ahara we consumed first forms rasa dhatu. The west idea of food is a mere habit, when it comes to indian view, food is a spiritual worship. Ironically on the other side, India Ranks 3rd in global obesity index. This extreme is due to the faulty life styles and diet regimen.

Concept of santarpana janya vyadhi chikitsa-

गुरु च अतर्पणं चेष्टं स्थूलानाम् कर्षणं प्रति.. Cha su 21
गुरुत्वात् वृद्धं अग्निं यापयति, अतर्पणत्वात् च मेदो
हन्ति..... Chakrapaani

The whole idea is food should be, Guru - so that the stasis time will be more, Apatarpana - should not yield much energy example -Madhu -is the example

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given for Guru cha Atarpana..Still the madhu available in the market is debatable in its quality. The dietary fibre seems to be more appropriate as Guru and Atarpana. The fibre is hard to digest and at Kudhanyas- All the rice varieties with husk not removed, the – kodrava shyamaka, kanguka, priyangu etc., (millets). The fibre rich vegetables etc. come under the category of Guru Cha Atarpana. the same time it will not yield much energy. And also, even though some vegetables contain good fibre, the amount of water content is more when compared to millets or unpolished rice varieties. Wheat on the other hand is not of desha saatmya. The godhuma mentioned in our classics is not the wheat available today. Even wheat comes with an issue of having gluten in it. (Some researches reveal that the gluten content of the wheat can easily be removed by soaking it in Triphala kashaya over night.)

Current Day Trends for Diseases of Affluence

1. Fibre rich diet: Fiber is a carbohydrate, not easily digestible. This means it can provide early satiety after eating without spiking blood sugar or adding too many extra calories. Fibrous foods often need extra chewing, which can also increase satiety. Cons of high fibre diet- Consuming more fiber than your body can handle may cause bloating, abdominal pain, even constipation and sleeplessness.

High Fibre Diet- If the patient is aged, obese and suffers from systemic illnesses like DM, Renal issues, Pandu and other metabolic related ailments, he seems to be fit for the high fiber being ruksha in nature, will address the Dhatu Shaithilya Pathology of DM, and also beneficial for renal issues (with kleda, mala sanchaya pathology) and other kleda janya vyadhis.

2. The keto diet: it is defined as low carb diet high fat diet. it involves drastically reducing carbohydrate intake and replacing it with fat.5 percent of calories from carbohydrates, including low-carb, non-starchy vegetables and small amounts of leafy greens. The keto diet excludes carb-rich foods like grains, beans, fruits and starchy vegetables. 20 percent of calories from protein, such as meat, eggs and cheese. 75 percent of calories from fat, such as oils, unprocessed nuts, butter and ghee etc. Cons of keto diet- Risky for diabetic patients. It can trigger ketoacidosis. Keto Flu / carb flu Headache, foggy brain, fatigue, irritability, nausea, difficulty sleeping, and constipation are some of the symptoms of this condition. The long term use may result in nutrition loss. Ketogenic Diet -If the patient is obese, young, ruksha by nature (anidra,

vibandhaetc..) complaints are transient, and without any systemic illness, then he can be considered fit for. The ketogenic diet administration will help in reduction in nidranasha and vibandha.

Discussion

- The **Fibre Rich Diet** can be considered under Guru cha Atarpana, the fiber is hard to digest (guru) and it doesn't yield much energy (atarpana). While on the other hand, **keto diet** also can be considered **Guru cha Atarpana or Accha Sneha or the Avapeedaka Sneha** which is also indicated for some different kinds of ailments. So the advice to be given for obese patients, and the patients of other life style disorders varies depending on the various criteria.
- **Ketogenic Diet** -If the patient is obese, young, ruksha by nature (anidra, vibandhaetc..) complaints are transient, and without any systemic illness, then he can be considered fit for. The ketogenic diet administered here will help him in sleeplessness and constipation.

Conclusion

- The concept of Guru cha Atarpana covers both the High Fibre Rich Diet and Keto Genic Diet.
- The selection of the diet regimen depends on the complaints, chronicity and the associated systemic illnesses.
- The high processed foods are always a threat to the Santarpana Janya Vyadhis. The personalised customisation of diet regimen will help the patient fight his ailment better.

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