

Role of *Prakruti* (Constitution)-wise *Pathya* (Wholesome Diet) in Disease Prevention for Children: A Narrative Review

PRAKASH DWIVEDI¹, RENU BHARAT RATHI²

ABSTRACT

Ayurveda, the Science of Life, not only utilises medications to cure diseases but also employs *Anupana*, *Ahara* (diet), and other techniques to preserve a person's health and manage diseases. Ayurveda places strong emphasis on fundamental dietary principles such as suitable food, combinations of food, cooking techniques, storage, dining environment, hygiene, and manners. *Pathya Ahara* (Wholesome diet) *Kalpana* (Ayurvedic Dietetics) is a unique concept. *Pathya* (Wholesome) refers to that which provides relief to individuals through the use of diet and regimen. The primary goal of discussing *Pathya* (Wholesome) *Ahara Kalpana* (Ayurvedic Dietetics) is to highlight the importance of providing proper nutrition based on one's constitution in preserving physical health and in balancing *Dosha*, *Dhatu*, *Mala*, and *Agni* to aid in curing various ailments. The term "*Pathya*" (Wholesome) refers to the diet and lifestyle that are compatible with a person's channels, constitution, and strength, respectively. The key idea behind *Pathya* (Wholesome) *Ahara* (diet) serves as the foundation for both the preventive and therapeutic components of Ayurveda. According to *Ashtavidha Ahara Vidhi Vishesha Ayatana* (Rules regarding Diet), there are various methods for the prevention, diagnosis, and treatment of paediatric disorders as described in Ayurveda. Therefore, utilising preventive measures can help in maintaining a disciplined lifestyle and promoting a healthy existence.

Keywords: *Ahara*, Environment, Food science of life, Unwholesome diet

INTRODUCTION

Health is described as a state in which the physician is primarily concerned with the body and mind, free of any ailment [1]. *Swasthavritta* (a lifestyle promoting physical and mental health) provides detailed descriptions of *Dinacharya* (daily life routines), *Ausadhi*, *Ahara* (diet), which are the three major components and pillars that emphasise on balancing of *tridosha* [2]. In Ayurveda (the Science of Life), the quantities of dietary formulations are precisely specified. *Pathya* (Wholesome) refers to carefully prepared, calculated, ripe, or cooked food that is beneficial to one's health [3]. Acharya Kashyap has emphasised the importance of *Ahara* (diet) over *Mahabhaishjya* (medicine). No drug can help a patient who does not adhere to the *Pathya* (Wholesome). The significance of *Ahara* (diet) and *Pathya* (wholesome) in maintaining health lies in their ability to keep the *Sapta-dhatu* and *tridosha* in a healthy condition, which are the primary components of good health. According to Ayurveda (the Science of Life), an individual's complexion, voice, lifespan, happiness, strength, physical health, and mental health are all influenced by the *Ahara* (diet) [4].

One of the important concepts in Ayurveda (the Science of Life) is *Prakruti*, the innate nature of an individual, which is determined at the time of conception itself and remains throughout life [5]. *Prakruti* serves as a valuable tool for illness prevention, diagnosis, prognosis, and therapy. An individual is more prone to diseases of similar *Prakruti*, making it easier for *Ayurvedic* physicians to identify the diagnosis. In cases of severe symptoms, a worsened state indicates a poor prognosis. Teenagers are more susceptible to diseases due to their still maturing immune systems and the likelihood of experiencing unexpected hormonal changes. Adolescents may have immunodeficiencies due to age, racial, and gender disparities, leading to recurrent infections of the gastrointestinal and respiratory systems. The consumption of suitable and unsuitable meals determines happiness and misery, respectively. Health is maintained through correct nutrition, yet food can also cause illnesses if unhygienic, stale, or if food of similar *Prakruti* is consumed without

following instructions like consuming suitable wholesome (*Hitabhuk*) and proper quantity (*mitabhuk*) [6]. Therefore, *Ahara* (diet) should be included in the dietary preparations of both patients and healthy individuals.

According to Acharya Charak, wholesome food is one of the causes for the growth and well-being of humans, while unwholesome food is the root of all diseases [7]. Therefore, to prevent early morbidity among children, the diet should be consumed contrary to *Prakruti*. Hence, the intervention of *Pathya* (Wholesome) as a modified diet without medicine is crucial to implement in order to preserve the health of children. The present study will inform and instruct in the identification of factors that contribute to disease, as well as help in choosing the proper dietary substances or formulations to enhance *Agni*, boost immunity, and reduce morbidity in children and all human beings.

Concept of *Pathya* (Wholesome)

The concept of *Pathya* (wholesome) in Ayurveda is unique. The term "*Pathya ahara*" (wholesome food) originates from the root word "*Pathya*," meaning "wholesome" or "correct" in English. As indicated in the definitions provided, *Pathya* (wholesome) encompasses both physical items and specific routines, but within Ayurvedic literature, these terms are primarily associated with dietary practices [8].

Pathya (Wholesome) *Ahara* (Diet) [9]

Pathya (Wholesome) food substances nourish and maintain the health of the body and mind, ensuring a balance of *Dosha*, *dhatu*, and *Mala*, as well as all sensory-motor organs (*Gyanendriya* and *Karmendriya*), mind, and soul. Foods with similar appearances that have potentially positive health effects beyond basic nutrition are known as functional foods [10]. According to Acharya Charka, healthy individuals should regularly consume specific food items such as *Mudga* (*Phaseolus radiatus* Linn.), *Saindhav* (Sodium chloride/Rock salt/Bay salt), *Amalaki* (*Embolia Officialis* Gaertn.), and *Ghee* (*Butyros depurum*) [10]. These foods promote optimal health and help reduce the risk of illness. Functional foods are

dietary materials that offer additional physiological benefits beyond meeting basic nutritional needs [11]. *Pathya* (Wholesome) *Ahara* (diet) can help reduce morbidity, especially since children's immune systems are still developing. Following *Prakruti Parikshana*, the *Pathya* (Wholesome) paradigm should be employed as a clinical practice in personalised medicine [12].

Ahara (Diet) Explained in Ayurveda (Science of Life)

Acharya *Charaka* recommends that a diet, in conjunction with *Yava* (*Hordeum vulgare*) powder, gooseberry, blueberry, buttermilk, and fenugreek, should be consumed regularly [13]. He also suggested the inclusion of *Prashatika*, *Priyanguka* (*Setaria italica*), *Shyamak* (*Echinochloa frumentacea*), *Madhumeha* (*Avena Sativa* Linn.), *Joornaahva* (*Sorghum Vulgare* Pers), *Kodrava* (*Paspalum scrobiculatum*), *Mudga* (*Vigna radiata*), and *Kulaththa* (*Dolichos*) to maintain health [14]. Various categories of *dravyas* varga are elaborated in [Table/Fig-1] [15].

System-wide dietary and medicinal practices are described in Ayurveda, offering preventive and curative measures for systemic illnesses [Table/Fig-2] [10,16,17].

Good immunity is crucial for preventing diseases; therefore, to reduce morbidity and mortality in children, it is essential to focus on enhancing immunity.

Different Types of Food that can Improve the Immunity of the Body in Children

It seems that a wholesome diet rich in fruits, vegetables, whole grains, legumes, and high-fibre plants supports the development and maintenance of good gut flora microorganisms. Short-chain fatty acids are produced when certain beneficial microorganisms break down fibres, which in turn enhances immune cell function. These fibres, which nourish bacteria, are frequently referred to as prebiotics [16]. Consequently, including probiotic and prebiotic items in a child's diet is very helpful. Probiotic foods include fibre and oligosaccharides that nourish and sustain healthy colonies of beneficial bacteria, while probiotic foods include live bacteria.

Probiotic foods such as buttermilk, curd, kefir, yogurt with live active cultures, fermented vegetables, tempeh, sauerkraut (fermented cabbage), kombucha tea, kimchi (fermented veg pickle), and miso (Japanese soup) are examples of foods with high probiotic value [18].

Categories	Ayurveda (Science of life) classification	In modern classification
<i>Shukadhanya Dravyas</i> varga [15]	<i>Shukadhanya</i> has been categorised as food that provide energy and as monocotyledons. High energy food mostly consists of cereal categories, such as rice, wheat, corn (maize), oats, Ragi, Bajra, and Jowar. Certain <i>Shukadhanya Dravyas</i> , such as <i>Shashthika</i> , <i>Vrihi</i> (a kind of rice), <i>Yava</i> , and wheat, with their qualities were stated by the ancient Acharya. These <i>Dravyas</i> are significant in preventing ailments. <i>Sheeta</i> (cool in potency), <i>Swadu</i> (sweet in taste), and <i>Swadu Vipaka</i> (sweet in digestion) are the three types of <i>Dravyas</i> .	Cereals
<i>Shami Dhanya</i> varga [15]	<i>Shami Danya</i> varga (pulses) is one of them. The study of the <i>Dravyas</i> mentioned in this varga gives an insight to the important pulses which were used during ancient period. Many of these pulses are an integral part of diet in present era as well. The importance of <i>Shami Dhanya</i> is their nutritional value and the health benefits. This review article focuses on the Ayurvedic properties of <i>Shami Dhanya</i> Varga <i>Dravyas</i> as described by <i>Charaka</i> as well as their nutritional analysis according to modern dietetics.	All types of Pulses, legumes
<i>Shaka</i> varga [15]	The <i>Bhrithatrayees</i> included <i>Shaka</i> Varga under <i>Ahara</i> (food). The <i>Shaka</i> Varga includes <i>Patra Shaka</i> (leafy vegetables), <i>Kanda Shaka</i> (stem vegetables), <i>Phala Shaka</i> (vegetable fruits), <i>Pushpa Shaka</i> (flower vegetables) etc.. Consumption of these vegetables helps to maintain the health in the healthy individual and helps in curing the diseases. Certain vegetables are <i>Pathya</i> (Wholesome) (suitable) for consumption. The vegetables are consumed for the nutrition and as the best calorie diet. The medicinal herbs are used in the small quantities and have huge medicinal properties.	Green vegetables
<i>Mamsa</i> varga [15]	In <i>mamsa</i> varga animals are grouped as per their habit and habitats with the intention for categorical therapeutic uses, which is unique and different from contemporary animal classification. High protein contents with essential amino acids, unsaturated fatty acids, various vitamins and minerals which make it highly nutritive food, which helps to get ideal body built but due to lack of awareness about quality and quantity of <i>mamsa</i> which people eat they may fall into various diseases. On the other hand, appropriate knowledge of <i>mamsa</i> of various animals as describe in <i>mamsa</i> varga, facilitates people to use <i>mamsa</i> of various animals according to their nature (<i>Prakriti</i>), need and convenience.	Red flesh
<i>Phala</i> varga [15]	This Varga is enriched with different types of fruits like <i>Draksha</i> (Grapes), <i>Khajoor</i> (Dates), <i>Narikela</i> (Coconut), <i>Paravat</i> (Guava), <i>Amra</i> (Mango), <i>Jamuna</i> (Black plum), <i>Bibhitaka</i> (Embelic myrobalan), <i>Anara</i> (Pomgranate), <i>Vatad</i> (almond), <i>Bhhallatakasthi</i> (Marking nut). This class is very important than others, because it contains the fruit which are part of our daily routine life. Most of the fruits are also described as <i>Rasayana</i> (rejuvenative measures) like <i>Amalaki</i> , <i>Haritaki</i> etc. <i>Rasayana</i> is an important class of drugs or dietary supplements as described in <i>Ayurveda</i> (Science of life). It rejuvenates the body by its pharmaceutical or nutraceutical action.	All types of fruits
<i>Harita</i> varga [15]	<i>Harita</i> Varga includes <i>Aahara</i> <i>Dravya</i> , which are available in different seasons. Some of them are available in particular one or two seasons. So, based on the availability of these <i>Aahara</i> <i>Dravya</i> these can be used in that particular season. These <i>Aahara</i> <i>Dravya</i> shows different pharmacological properties, based on which these can be used in different seasons by preserving them. Like, if any of the <i>Aahara</i> <i>Dravya</i> described in <i>Harita</i> Varga has pharmacological properties which can alleviate aggravated <i>Dosha</i> in a particular season. Then, that <i>Aahara</i> <i>Dravya</i> can be used in that particular season by conserving it.	Green salads
<i>Jala</i> varga [15]	The most important component of life for our survival is water. There are numerous references where Acharyas stated that <i>Jal</i> is just as important in maintaining health as other factors. Acharyas such as <i>Dinacharya</i> , <i>Ratricharya</i> , <i>Ritucharya</i> , and <i>Sadvritta</i> <i>Palana</i> mentioned specific regimens that should be followed on a regular basis for the prevention of diseases and to maintain health. Additionally, there are some guidelines for <i>Aharasevana</i> and <i>Jalasevana</i> in <i>Ayurveda</i> (Science of life). Similar to how health is typically maintained in <i>Rogi</i> by medicinal preparations, it is also normally maintained in <i>Swastha</i> by food preparations. Our science outlined two strategies for maintaining health: <i>Aturasya</i> <i>Vikara</i> <i>Prashamana</i> , or the treatment of disease, and <i>Swasthasya</i> <i>Swastha</i> <i>Rakshanam</i> , or maintaining health by taking appropriate preventive measures.	Water
<i>Gorasa</i> varga [15]	<i>Gorasa</i> Varga, Acharya have mentioned about benefits of <i>Sarpi</i> such as, it promotes <i>Smriti</i> , <i>Buddhi</i> , <i>Agni</i> (digestive power), <i>Shukra</i> (semen), <i>Ojas</i> , <i>Kapha</i> and <i>Meda</i> (fat). It alleviates <i>Vata</i> , <i>Pitta</i> , <i>Visha</i> (toxic conditions), <i>Unmada</i> , <i>Shosha</i> (emaciation) and <i>Alakshmi</i> hara (auspicious). It is the best in <i>Sarva</i> <i>Snehas</i> and <i>Sita</i> <i>Virya</i> and <i>Madhura</i> <i>rasa</i> and <i>Madhura</i> <i>Vipaka</i> .	Milk and milk products
<i>Ikshurasa</i> varga [15]	<i>Ikshu</i> is also utilised as the main ingredient in many formulations, such as <i>Anupana</i> <i>Dravya</i> , <i>Bhavana</i> <i>Dravya</i> , and <i>Aushadhi</i> <i>Dravya</i> , as well as assisting in the development of single or compound formulations and secondary formulations. <i>Ikshu</i> <i>Rasa</i> is <i>Pitta</i> <i>Rakta</i> <i>Vikaranashana</i> , <i>Sharkara</i> <i>Sama</i> <i>Veerya</i> , <i>Avidahi</i> , and <i>Kaphaprada</i> when eaten by chewing.	Sugar cane juice
<i>Kritanna</i> varga [15]	The (<i>Dravyas</i>) are suited for the human body when (<i>Kalpana</i>) is used in conjunction with other components. <i>Shooka</i> <i>Dhanya</i> (cereal grains), <i>Shami</i> - <i>Dhanya</i> (legumes), <i>Mamsa</i> (meat), and <i>Shaka</i> (Green vegetables) are all <i>Ahara</i> (diet) <i>Vargas</i> that must be utilised with (<i>Kalpana</i>). As a result, all three Acharyas cite (<i>Kritanna</i> <i>Vargas</i>) in (<i>Kashyap</i> <i>Samhita</i>) to explain the various (<i>Kalpana</i> 's) created from <i>Ahara</i> (diet) <i>Vargas</i> . In other words, (<i>Kritanna</i> <i>Varga</i>) <i>Ahara</i> (diet) <i>Kalpana</i> is a facet of the <i>Ahara</i> (diet) <i>Vargas</i> described. It contains prepared foods, methods of preparation, and attributes of several types of food products such as (<i>Manda</i> , <i>Peya</i> , <i>Yavagu</i> , <i>Vilepi</i> , <i>Yusha</i> , <i>Krisara</i> , and <i>Sattu</i>). All these classifications summarised in [Table/Fig-1] with English translation.	Processed (Food stuff and formulation)

[Table/Fig-1]: *Ahara* *Dravyas* *Varga* [15].

System	Ahara (Diet)	Aushadhi
Respiratory system [17]	Green tea, beetroot, blue berries, tomato, eggs	Madhu, Pippali, Pumpkin, Cinnamomum, Cardamomum Maricha, Garlic, Ginger/Sunthi, Haridra
Cardiovascular system [17]	Green vegetables, Beetroot, Blue berries, Tomato, fruits, butter milk, Fenugreek	Pippali, Pumpkin, Hingu, Rason, Palandu, Jeeraka, Saindhava/Rock salt
Gastrointestinal system [17]	Green vegetables, curds, fruits, butter milk, Fenugreek	Cumin Seeds, Hingu, Rason, Palandu, Jeeraka, Takra, Ajamoda, Sarsapa, Saindhava/Rock salt
Nervous system [17]	Dark chocolate, broccoli, Avacado, salmon fish	Nuts like walnuts, peanuts, almonds, Coconut, eggs
Muscular Skeletal System [17]	Cheese, yogurt, soybeans, beans, tofu etc	Shali's, Wheat, Green and Black Gram, Horse gram, legumes, masha etc
Renal System [18]	Broccoli, Avacado, Green Tea, Beetroot, Blue berries, Fenugreek, fruits	Shali's, Wheat, Green and Black Gram, Horse gram, almonds, Coconut, eggs, Maricha, Garlic, Ginger/Sunthi, Haridra
Endocrinology System [17]	Beans, Dark chocolate, Broccoli, Green tea, Beetroot, Blue berries	Coconut, Eggs, Madhu, Pippli, Pumpkin, Cinnamomum, Garlic, Ginger/Sunthi, Haridra, Cumin seeds, Hingu, Rason, Palandu

[Table/Fig-2]: Ahara (Diet) and Aushadhi pertaining to different human systems [10,16,17].

Prebiotic foods such as garlic, onions, leeks, asparagus, Jerusalem artichokes, dandelion greens, bananas, and seaweed are examples of prebiotic foods. For dietary prebiotics, it is generally recommended to consume a variety of colourful fruits, vegetables, whole grains, and legumes [16].

Formulation and Properties of Different Ahara (diet) Kalpana [16]

According to Swasthavritta, Dinacharya, and Ritucharya, various Aahara Kalpanas have been described by Acharyas. These Kalpanas help in stimulating Jatharagni through:

- **Samsarjana/Pathya:** for example, Manda, Peya, Vilepi, etc., [Table/Fig-3] [19].
- **Shodhana:** A vehicle for purifying drugs, for example, Madanaphala Leha, Modaka, etc.
- **Shamana:** For drug delivery to the targeted area, for example, Vishaghna, Yavaagoos.

Name of the formulation	The proportion of rice and water (ratio)	Final constitution of prepared formulation	Diseases
Manda [19]	1:14	Only supernatant liquid	Jwara, Atisara, Trishna, Daha, Murcha
Peya [19]	1:14	Solid rice and liquid portion are taken in equal proportion	Hunger, Thirst, Exhaustion, Swedajanaka Deepaka, Bastishodhaka
Yavagu [19]	1:06	Only the solid rice part is taken	Grahi, Hridya, Bramhana, brings feeling of satiety, Vrana-Akshi Roga Hitakar
Vilepi [19]	1:04	A maximum solid portion with little liquid is taken	Kapha-pittakara, Vatahara, Guru, Balya, Shukrala, Malamutra vardhaka
Krisara [19]	1:06 (Rice+ Mudag: water)	Only solid rice and Mudag part is taken	Atisara, Trishna, Daha, Murcha
Yusha [19]	1:16 (Mudag: water)	The maximum liquid portion with little solid is taken	Manda Jatharagni, Before Siravedha, Trushna, Unmaada. Kapha-Pitahara, Grahi, Pipasa, Jwarahara
Mamsarasa [19]	1:04 (Meat and water)	The maximum liquid portion with little solid is taken	Prinana (nourishing), Hridya, Bala Vardhanam, Shukra vardhan, Shwas-Kaas Kshayapaha, Vaat-Pitta-Bhramahar, Vrishya

[Table/Fig-3]: Formulation of Pathya (Wholesome) Kalpana [19].

"Aahara Kalpana is used in Samsarjana Karma in Panchakarma as Paschat karma to boost the Jatharagni."

Pathya (Wholesome) Ahara (Diet):-According to Prakriti [12,20,21]

Tridoshas: When evaluating dietary consumption, Ayurveda (the Science of Life) places a strong emphasis on *Prakriti*, or body constitution. The three extreme human phenotypes-Pitta, Vata, and Kapha-create seven distinct human *Prakritis* with different phenotypic variations. At the level of genetic expression, this Tridosha hypothesis has been translated into Ayurgenomics. At the level of genome-wide expression, divergent disparities have been discovered in terms of the biochemical and haematological levels. Personalised diets and medications are fundamentally combined with the *Prakriti* concept in Ayurveda (Science of Life) [21]. These regimens can be followed according to *Prakriti's* constitution needs to maintain a healthy body and balance the Dosh. For example, Kapha *Prakriti* individuals require more exercise and Laghu Ahara (light diet) to stay in shape, and they should avoid Divaswapna (Day Sleeping). Vata *Prakriti* individuals should eat more nourishing and heavier foods, exercise less, and perform Divaswapna (Day Sleeping). According to Ayurveda (Science of Life), most ailments develop due to faulty eating habits, so Ayurveda (Science of Life) deals with the *Pathya* (Wholesome) Vyavastha (planning of diet and dietetics) in a very scientific way [22].

Vata dominant prakriti: The main qualities of vata are dry, light, cool, rough, subtle, and mobile. Therefore, having a vata-predominant *Prakriti* means that these qualities express themselves generously throughout your mental, emotional, and physical makeup. For example: Shastika Godhuma, Jwar Masura, Mangalya, Aadhaki, Soybean, Mutton, and fruits like Anjir, Angur, Khajur, Guava, Apple, Narikel, Aja dugh, Mahisha Dugdha, Go-ghee, Takra, Navneeta, Paneer, Cheese, etc., [Table/Fig-4].

	Varga	Pathya (Wholesome)
Ahar	Shuka Dhanya [22]	Raktashali, Shastika Godhuma, Jwar
	Shami Dhanya [22]	Mudga, Masura, Mangalya, Aadhaki, Soybean
	Mams Varga [22]	Rohit Matshya, Mutton
	Phala Varga [V]	Seasonal fruits like Anjir, Angur, Khajur, Guava, Apple, Narikel
	Go-rasa Varga [22]	Go dugdha, Aja dugh, Mahisha Dugdha, Go-ghee, Takra, Navneeta, Paneer, Cheese

[Table/Fig-4]: Vata Dominant Prakriti [22].

Pitta dominant prakriti: The main qualities of pitta are oily, sharp, hot, light, fleshy smelling, spreading, and liquid. Therefore, having a pitta-predominant *Prakriti* means that these qualities express themselves generously throughout your mental, emotional, and physical makeup [20]. For example: Godhuma, Mudga, Masura, Mangalya, Aadhaki, and fruits like Dry plum (ber), Khajur, Musk melon, Apple, Jujube, raisin, Fig, pomegranate, Mahisha Dugdha, Go-ghee, Takra, etc., [Table/Fig-5].

	Varga	Pathya (Wholesome)
Ahar	Shuka Dhanya [20]	Raktashali, Shastika Godhuma
	Shami Dhanya [20]	Mudga, Masura, Mangalya, Aadhaki
	Mans Varga [20]	Rohit Matshya
	Phala Varga [20]	Seasonal fruits like Dry plum (ber), Khajur, Musk melon, Apple, Jujube, Rasin, Fig, Pomegranate
	Go rasa Varga [20]	Go dugdha, Aja dugh, Mahisha Dugdha, Go-ghee, Takra

[Table/Fig-5]: Pitta Dominant Prakriti [20].

Kapha dominant prakriti: The diet for a Kapha *Prakriti* person should be rich in Katu, Tikta, and Kashaya Rasa. It should be rich in Ushna (hot), Laghu (light), Ruksha (dry) Gunas. They should avoid too much sweetness, dairy products, and unctuous foods, which

can aggravate the Kapha Dosha. For example: Raktashali, *Yava*, *Mudga*, Mangalya, Rohit Matshya, Chicken, Eggs, and seasonal fruits like peanuts, fox nuts, chestnuts, and grains such as barley, millet, oats, etc., [Table/Fig-6] [12].

	Varga	Pathya (Wholesome)
Ahar	Shuka Dhanya [12]	Raktashali, Yava
	Shami Dhanya [12]	Mudga, Mangalya
	Mansa Varga [12]	Rohit Matshya, Chicken, Eggs
	Phala Varga [12]	Seasonal fruits like peanut, fox nut, kashrut nut
	Gorasa Varga [12]	All can be taken except and <i>Aja</i> , <i>Avi</i> , <i>Dugdha</i> , <i>Dahi</i> , <i>Mahish</i>

[Table/Fig-6]: Kapha dominant prakriti [12].

Nidana-wise pathya kalpana: Knowledge of Nidana helps in identifying the causes of the disease. If the Nidana is not identified, the causative factors remain in contact with the body for a longer time, and the disease caused by them worsens over time and becomes incurable. *Pathya* (wholesome) are terms in Ayurveda that describe substances or regimens that affect the body and mind. *Pathya* refers to a diet and regimen that nourishes the body and mind, clears the body's micro-channels, and provides happiness [Table/Fig-7] [23].

Nidana [27]	Pathya (Wholesome) [27]	Vyadhi [27]
<i>Ahara (diet)</i> -Ruksha, <i>Sheetal</i> , use of things, <i>Laghu Anna Sevana</i> , - <i>Adhi Mathuna</i> , <i>Ratri Jagrana</i> , excess wondering, excessive <i>Vyayam</i> <i>Ahara (diet)</i> - <i>Sheeta</i> , <i>Ruksha</i> , <i>Tikshna</i> , <i>Ushna</i> , <i>Amla</i> , <i>Lavana</i> , <i>Kshara</i> , -Elephant and Horses ki <i>Savari</i>	<i>Ahara (diet)</i> - <i>Ghrita</i> , <i>Taila</i> , <i>Vasa</i> , <i>Majja</i> , <i>Mamsa Rasa</i> , <i>Dugdhapana</i> , <i>Swadu</i> , <i>Amla</i> , <i>Lavana</i> , <i>Rasa Sevana</i> . -Silent place, Warm cloths	<i>Vata Vyadhi</i>
<i>Ahara (diet)</i> - <i>Lavana</i> , <i>Amla</i> , <i>Katu</i> , <i>Kshar</i> , <i>Snigdha</i> , <i>Usna</i> , <i>Jaliya</i> <i>Fish Mamsa</i> , <i>Anoopa Mamsa</i> , <i>Muli</i> , <i>Kulthi</i> , <i>Unada</i> - <i>Krodha</i> , <i>divaswapa</i> , <i>Ratrijagrana</i> , never do <i>Vyayama</i> <i>Ahara (diet)</i> - <i>Madhya</i> , <i>Mamsa</i> <i>Swevana</i> - <i>Vyayama</i> , <i>Shoka</i> , <i>Chinta</i> , <i>Krodha</i>	<i>Pathya (Wholesome)</i> - <i>Purane Jau</i> , <i>Shali rice</i> , <i>Sathi</i> , <i>Vacha</i> , <i>Rice</i> , <i>Apathya (Wholesome)</i> <i>Ahara (diet)</i> - <i>Katu</i> , <i>Ushna</i> , <i>Guru</i> , <i>Kapha karaka anna Sevana</i> , <i>Salt</i> , <i>Amla rasa yukti Anna sevana</i> - <i>Divashwapa</i> , <i>Atap sevana</i> , <i>Vayayama sevana</i>	<i>Vata Shonita</i>
<i>Aahara (diet)</i> - <i>Virudha Annapana Sevana</i> , <i>Sheeta</i> , <i>Ushan</i> , <i>Laghana</i> , taking again food until previous food not digested, <i>Drava</i> , <i>Snigdha</i> , <i>Guru Ahara (diet)</i> <i>Dravya sevana</i> , <i>Fish</i> , <i>Guda</i> -Prevention of <i>vaman</i> <i>Mala</i> , <i>Mutravega</i> prevention Taking again food until previous food not digested <i>Divaswapa</i> , disrespect of guru	<i>Laghu Anna</i> , <i>Tikta Rasa</i> <i>Shaak</i> , <i>Triphala</i> , use of <i>Ghrita</i> , <i>Purana Dhana</i> , wild animal and bird <i>Mamsa</i>	<i>Kushtha</i>
<i>Ahara (diet)</i> - <i>Dadhi</i> , <i>Gramya</i> or <i>Jaliya</i> , <i>Anoopa Pashu</i> , <i>Pakshhi Mamsa sevana</i> , <i>Dugdha Sevana</i> -Sitting on comfortable <i>Ashana</i> <i>Ahara (diet)</i> - <i>Sheetal</i> , <i>Snigdha</i> , <i>Madhura Dravya sevana</i> - <i>Divaswapa</i>	<i>Mooga Yusha</i> , <i>Sarso Taila yukta Bhojana</i> , <i>Sathi Rice</i>	<i>Prameha</i>
<i>Ahara (diet)</i> - <i>Viruddha Ahara (diet)</i> like <i>Fish+Dudgha</i> , <i>Apavitra Bhojana</i> , <i>Dushta</i> -Disrespect of god, guru, fear, happiness, mental traum	<i>Mamsa</i> and <i>madira Sevana</i> , Precaution in each and every work always secret	<i>Manas Vyadhi</i>
<i>Ahara (diet)</i> - <i>Lavana</i> , <i>Amla</i> , <i>Katu</i> <i>Sour Curd</i> , <i>Sura</i> , Excess intake of <i>Ushna Rasa</i> , <i>Tila</i> , and <i>Kulathi Pisthaka</i> -Fall from high altitude, Excess intake of <i>dhooopasevana</i> , Excess hard work, contact of poisonous gases, Burn with fire	First <i>Laghana</i> then drinking of <i>mantha</i> , Preparation of <i>Mantha</i> from <i>Madhura+Sour Dadim</i> rasa and mix with <i>Amla</i> rasa then after drink it. <i>Apathya (Wholesome)</i> - <i>Divaswapa</i> , Excess <i>Vyayam</i> , Excess intake of <i>Dhoop Ahara (diet)</i> - <i>Mithya Ahara (diet)</i>	<i>Visharpa</i>

<i>Ahara (diet)</i> -excess intake of <i>Annasevana</i> , Cold water, <i>Visham Food-Dhoop</i> , excess sex indulgence, cold place	<i>Ahara (diet)</i> - <i>Ushna Dravya</i>	<i>Hikka</i> , <i>Swasha</i>
<i>Ahara (diet)</i> -Not taking meal, Excess intake of food, <i>Asatmya</i> food - <i>Desha</i> - <i>Kala</i> , <i>Rituvishamata</i> , Prevention of <i>Mala-Mutra</i> Defect in ovum, defect in fate due to intake of unwholesome Unclean food, infliction of mind with <i>rajas</i> , <i>Tamas Vataj Guma Nidan</i> as <i>Rookshannapana</i> , <i>Vishamathimathra</i> <i>Sevana</i> , <i>Ati Vichesthitha</i> , <i>Vega Vinigraha</i> <i>TeekshnAhara (diet)</i> , <i>RookshAhara (diet)</i>	<i>Ahara (diet)</i> - <i>Madhura</i> , <i>Medo vardhaka</i> , <i>Kapha Vardhak</i> , <i>Guru Ahara (diet)</i> , <i>Divashwap</i> , <i>Pathya (Wholesome)</i> <i>Ahara (diet)</i> , <i>Snigdha Ahara (diet)</i> , <i>Dincharya</i> , <i>Ritucharya</i> <i>Sakavarga</i> , <i>Vastuka</i> , <i>Dhanyavarga</i> <i>Phalavarga</i> , <i>Lohitasali</i> best among <i>Suka Dhanya</i> , <i>Mudaga</i> <i>Samidhanya</i> <i>Antariksha Jala Udaka</i> , <i>Saindhava Lavana</i> , <i>Jivanti Saka Saka</i> , meat of meat of animals, meat of lava, meat of birds, <i>Tridosha Samag Dravya</i> , <i>Trivrata Mool</i>	<i>Grahani</i> , <i>Apasmara</i> , heart diseases

[Table/Fig-7]: Nidana-wise pathya (wholesome) kalpana [23].

CONCLUSION(S)

It can be concluded that using *Prakruti*-wise *Pathya* (Wholesome), physicians can significantly improve a child's mental and physical health and immunity. This dietary modification, as needed, can help in preventing and treating the majority of illnesses and hastening recovery. The review describes system-wise diet and plant medicines, various classifications of dietary substances, and the association of diet as per *Prakruti* for the prevention, diagnosis, and treatment of paediatric disorders. Modifying the *Prakruti* opposite preventative measures can aid in maintaining a disciplined lifestyle to ensure a healthy existence.

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PARTICULARS OF CONTRIBUTORS:

1. Postgraduate Scholar, Department of Kaumarbhritya, Mahatma Gandhi Ayurveda College Hospital and Research Centre, Wardha, Maharashtra, India.
2. Professor, Department of Kaumarbhritya, Mahatma Gandhi Ayurveda College Hospital and Research Centre, Wardha, Maharashtra, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Dr. Renu Bharat Rathi,
Professor, Department of Kaumarbhritya, Mahatma Gandhi Ayurveda College Hospital
and Research Centre, Wardha-442001, Maharashtra, India.
E-mail: rbr.226@gmail.com

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