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## NITYAPRAYUNJITA DRAVYA: A REVIEW

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### **ABSTRACT :**

In Ayurveda food is considered as one of Trayopstambha i.e. three pillars of life- food, sleep and celibacy. Thus Ayurveda emphasizes on importance of food to maintain health and curing diseases for promoting good health. The continuous anabolism and catabolism process in living body leads to ksharan (breakdown) which is replenished by intake of food. Acharya Charaka has mentioned pathya as synonym of Chikitsa, hence nityaprayunjita dravyas as wholesome food if taken in right time in right quantity it will help to recover from disease conditions either alone or with other medications.

**KEYWORDS :** Matrashitiya, Pathya, Abhyas, Nitya prayunjita dravya

### **INTRODUCTION :**

Swastha chatushka the tetrad of chapters on health, deals with preservation of health and prevention of disease<sup>1</sup>. The first chapter of this chatushka, entitled "Matrashiteeya Adhyaya", covers two topics which are various aspects of proper quantity, quality of diet and various daily regimen that should be followed by person for healthy living. The tenets of personal hygiene are described in this chapter.

The routine procedures to preserve health like abhyanga (massage), dhupana (inhalation of smoke of medicated drugs), nasya (nasal medication), kavala -gandusha (holding medicated liquids in mouth/gargling), karnapurana (applying oils in ear), anjana (collyrium) are described in this chapter with their method of daily administration and positive health benefits.

In Matrashiteeya Adhyaya Acharya charak has explained about Nityaprayunjita (abhyasiya) Dravyas for maintenance of health before Dinacharya. The ahara vihara which do not adversely affect the body and mind are considered as Pathya<sup>2</sup> (wholesome). The body includes dhatus, doshas, strotas, atma, indriya and manas. The purpose of intake of pathya ahara is to maintain normal health and alleviate the various disease condition. Healthy body and mind depends upon healthy food hence the food we take should be wholesome. This wholesome food is said to be abhyasiya to maintain the equilibrium of body.

The term Abhyas has different meaning such as preview of reduplication<sup>3</sup>, by constant practice to remain pure<sup>4</sup>, practice<sup>5</sup>, habit due to constant practice<sup>6</sup>.

## DISCUSSION :

There are ten Nityaprayunjita dravya's<sup>7</sup> explained in this Adhyaya are shali, mudga, saidhava, Amalaki, Yava, Aakasheeya Jala, Dugdha, Ghrita, Jangala Mamsa and Madhu.

Dravya name	Rasa	Guna	Veerya	Vipaka	Karma
Sali (API)	Madhura, Kashaya	Snigdha, Guru, Laghu	Sheeta	Madhura	Vatahara, Pittahara, Kaphahara, shukrala, Baddhalpavarcasa, Brumhana, Mutrala, Balya, Var, akṣṭ, Svarya, Rucya, Chakshushya, Hrudyā, Stanyajanana
Shali (API) dried fruit of Oryza sativa Linn	Madhura, Anurasa- Kashaya	Snigdha, Laghu	Sheeta	Madhura	Svalpa Vatakara, Svalpa Kapha Kara, Pittahara, Hrudyā, Rucikara, Vrisha, Mutrala, Brimhana, Vishaghna, Baddhavarchasaka, Svarya
Shali Cha.su. 27	Madura	Snigdha, Aguru, Sthira	Sheeta		Tridoshghna
Ashtang H. Sutra 6/6 Shashtik shali	Madhur.	Snigdha, Grahi, :Guru	Sheeta		Balya, Tridoshaghna
Raktashali (API)	Madhura	Snigdha	Sheeta	Madhua	Alpa Vatakara, Baddha – alpa varchas, Brimhana, Shukrakara, mutrala, Trishnaghna, & Tridoshahara.
Raktashali (AH/S 6/3)					Trushnahara, Tridoshanashaka
Mudga (dried seeds of Phaseolus	Madhura, Kashaya	Laghu, Ruksha	Sheeta	Madhura	Pittahara, Kaphahara, Grahi, Balaprada, Varnya, Netrya

<b>radiatus Linn) (API)</b>					
<b>Cha.su.27</b>	Madhura, Kashaya	Ruksha Laghu, Vishada	Sheeta	Katu	Pittahara, Kaphahara
<b>Saindhava Su. Su. 46/314</b>	Lavana	Snigdha, Tridosha Shamaka	Sheeta	Madhura	Chakshushya, Hrudyaya, Ruchikara, Laghu, Agnidipan, Vrushya
<b>Ashtang Hridaya Sutra 6/142</b>	Ishata madhura	Ishatavidah i Ishata - ushna, Laghu			Vrishyya, Hridya, Tridosahara, Agnideepak, Drishtihitar,
<b>Ch. Su. 1/89, Ch.Su.27/ 300</b>	Madhura	Snigdha, AnushnaTi kshna, Deepaniyat ama			Rochana, Deepana, Vrishya, Chakshushya, Avidahi, Tridoshaghna, , Lavanottamam
<b>Amalaki Syn. Phyllanthus emblica Linn. (Fam. Euphorbiace ae) (API)</b>	Amla, Kashaya, Madhura, Tikta, Katu	Ruksha, Laghu	Sheeta	Madhura	Tridoshajit, Vrishya, Rasayana, Cakshushya
<b>Yava dried fruit of Hordeum vulgare Linn. Syn. H. sativum Pers. (Fam.Poace ae) (API)</b>	Kashaya, Madhura	Ruksha, Guru, Picchila, Mridu	Sheeta	Katu	V;takrita, Pittahara, Kaphahara, Medohara, Balya, Vrishya, Svarya, Varnya, Sthairyakara, Purishkrita, Mutrahara, Lekhana
<b>Yava Ashtang Hridaya Sutra 6/12</b>	Madhura	Guru, Ruksha, Sara	Sheeta		Kapha, Pitta , Meda, Mutra Hraskara, Pinasahara, Shwasahara, Kasahara, Urustambha, Kantharoga, & Tvak roga.
<b>Antariksha jala A.H.S 5/2</b>	Avyakta rasa	Laghu Divya Jala (Ch. Su. 27/198)	Sheeta		Jeevan, Tarpan, Hridya, Alhadkara, Buddhivardhaka,

		Shit, Shuchi, Shiva, Vimal, laghu.			
<b>Antariksha jala</b> <b>Su.Su.45/3,</b> <b>26</b>	Indistinct Taste (Anirdesh ya rasa)				Amrita sama (like nector), jeevan (vitalisor), Tarpana (satiating), Dharana (sustaining), Ashvasajanana (assuring), pacifies shrama (fatigue), klama (exhaustion),
<b>Paya</b> <b>(Su.Su.45/</b> <b>50)</b>	Madhura	Alpabhishy andi (slightly slimy), Snigdha, Guru	Sheeta		Rasayan, jivaneeya, vata and pitta hara
<b>Cha.su.1/107</b>	Madhura	Snigdha	Sheeta		Preenan, Brimhana, vrishya, medhya, manaskara jeevaneeya, Shramahara
<b>Ch. Su.</b> <b>27/217</b>	Madhura	Guru, Manda, Mridu, Snigdha, Bahal, Shlakshna, Picchil, Manda, Prasanna	Sheeta		Jivaniya, Rasayana
<b>A.H.S 5/21</b>	Madhura	Guru, Snigdha, Shital		Madhura	Dhatuvar dhaka, Tejovardhaka, Vrishyya, Shleshmala,
<b>Ghrita Ch.</b> <b>Su. 27/231,</b> <b>232</b>	Madhura		Sheeta	Madhura	Smruti, Buddhi, Agni, Shukra, Oja, Kapha, Meda – Vardhaka, Swara Varna Prasadnam
<b>Ashtang</b> <b>Hridaya</b> <b>Sutra 5/37</b> <b>&amp;38</b>					Buddhi, Smriti, Medha, Agni, Bala, Ayu, Shukra – vardhana, Chakshushya. <b>Purana Ghrita</b> Disease – Unmada, Apasmara, Murccha, Shiroroga, Karnaroga, Netraroga, Yoniroga, Vrana Shodhana, Vrana Ropana.
<b>Jangala</b> <b>Mamsa</b>	Kashaya, Madhura	Laghu, Tikshna			Vatahara, Pittahara, Hrudyta, Basti-Shodhaka.

<b>su.su.46/54</b>					
<b>Ashtang Hridaya 6/54)</b>		Laghu, Baddhamal akara	Sheeta		
<b>Madhu Ashtang Hridaya 5/52,53</b>	Madhura, ishata kashaya				Chakshushya, Chedana, Vatakara
<b>Sushruta. Sutra. 45/132</b>	Madhura, anurasa - kashaya	Ruksha, Shita, Laghu			Anideepan, Varnya, Swarya, Sukumar, Lekhana, Hridya, Vajikarana, Sandhana, Shodhana, Ropana, ChakshushyaSukshmamarganusari, Pittahara, shleshmahara, medohara, hikkahara, Shwashara, kasahara, Atisar, Chardi, Trishna, Krimi, Visha, Tridosahara

Nityaprayunjita dravyas are (pathya) wholesome can provide strength, complexion, happiness by promoting growth of tissue elements<sup>8</sup>. It can give good voice, longevity of life and intellect<sup>9</sup>.

### **CONCLUSION:**

Acharya charaka has given immense importance to physical and mental wellbeing of aatura (patients) and also to maintain swasthya. Importance of daily practice of various hygiene by following dietary regimes (pathya-apathya) is explained as important aspect of health which can be helpful to prevent lifestyle disorders. So, the dravyas which explained in nityaprayunjita catagory are best among particular varga such as shukadhanya, shamidhanya, udaka, mamsa, lavana, kshir dravyas with their rasa, veerya, vipaka, karmas and panchbhoutik sanghtana, these dravyas maintain equilibrium in doshas to avoid disease condition and to maintain sound health.

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