

## Review on *Pathya āhara* prescribed during therapy of Herbomineral drugs

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### Abstract

*Pathya* means the regime (dietary and behavioral) which is beneficial to maintain health or to restore it after illness. *Rasa shastra*, which is a special branch in *Ayurveda*, stresses the importance of *Pathya Ahara* during the special therapy of herbomineral drugs. Even though it plays a very important role in curing diseases, much attention is not drawn to follow these dietetic rules in the present society. Because of this the expected results of taking herbomineral drugs are not gained. Furthermore a systematic study on *Pathya Ahara* used during the therapy of herbomineral drugs has not been conducted so far in Sri Lanka. Therefore, as an initial step, this study is aimed to find out the most crucial *Pathya Ahara* (specific diet) that should be taken while taking herbomineral drugs. The study was mainly based upon the Sinhala version of authentic *Rasa shastra* text *Rasa Rantna Samuchchaya*. *Pathya Ahara* mentioned during drug therapy were listed out and divided under two categories as vegetable and animal products. Most crucial *Pathya Ahara* during the therapy of herbomineral drugs were identified and tabulated separately. Again they were identified and categorized under the classification of *Ahara varga* in *Annapanavidhi Adyaya* according to the authentic text *Charaka Samhita*. The study revealed that 66 *Pathya Ahara* can be used during treatment of the herbomineral drugs. Out of the above 66 *Pathya Ahara*, 46 were vegetable products and the rest were identified as animal products. There were 6 *Pathya Ahara dravya* which were most useful. Rice and Ghee were the most frequently used *Pathya Ahara*. It can be concluded *krutanna varga* plays an important role as *Pathya Ahara*. Furthermore, various types of *gorasa varga*, such as *takra*, cow's milk and ghee, play a considerable role in *Pathya Ahara*.

**Key words:** *Pathya āhara*, Herbomineral drugs, Drug therapy, *Rasa Shastra*