

**ROLE OF AAHARA AND VIHARA IN NADI VRANA – A CONCEPTUAL APPROACH****Sunita<sup>1</sup>, Rajender Singh<sup>2</sup>, Anamika<sup>3</sup>**

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**Article Received: 15/04/2022 - Peer Reviewed: 27/04/2022 - Accepted for Publication: 28/04/2022****ABSTRACT**

*Shalya Tantra* is a branch of *Ayurveda* with vast knowledge of the management of diseases that cannot be cured only by medicinal treatment. In various surgical diseases, Acharya *Sushruta* prescribed different treatments along with *Aahara* and *Vihara*. In *Ayurveda* *Aahara* and *Vihara* are considered an integral part of treatment as well as living a healthy life. Food is considered *Maha Bhaishajya* in *Ayurveda*, which means superior to all medicines. Health can be maintained, and diseases can be prevented for a long time if a person takes the right food and follow the right lifestyle. *Ayurveda* suggested many basic guidelines in terms of appropriate food, food preparation, storage, method of food intake, lifestyle regime, and hygiene. *Nadi Vrana* is a surgical disease that comes under *Dushta Vrana*. The present paper is about this conceptual approach of *Aahara* and *Vihara* in the management of *Nadi Vrana*.

**Keywords:** *Ayurveda, Aahara, Vihara, Shalya Tantra, Dushta Vrana, Nadi Vrana*

## INTRODUCTION

*Nadi Vrana* or sinus refers to a cylindrical tube-like structure with a blind end full of discharge. It forms due to untreated abscess or as a result of a complication of surgical procedures, presence of a foreign body, or other infections. *Nadi Vrana* can form as a result of secondary infection also<sup>1</sup>. The sinus is a cylindrical tube-like structure with a blind end leading from the surface down to the epithelial tissue and is lined by granulation tissue. which starts with an abscess with characteristics of inflammation, swelling, redness, pain, and discharge, with one or more openings<sup>2</sup>. The effective management of *Nadi Vrana* in Ayurveda is *shodhan*, *Chhedan*, *Ropan*, *Ksharsutra*, and the application of various *Vartis*. *Nadi Vrana* is a tube-like structure and is treated as a Sinus. In Ayurveda, this track is called *Gati*, which means excessive infiltration of pus borrowing deeply. Sinus is defined as a blind tract leading from the surface down into the tissue. According to ancient texts, *Nadi Vrana* comes under *Dushta Vrana*, which involves doshas and it has non-healing or poor healing properties<sup>3</sup>. In Ayurvedic Samhitas *Nadi Vrana* is also described as *Gati*. Acharya Sushrut included *Nadi Vrana* in *Dushta Vrana* due to its non-healing or poor healing property and recurrence. *Nadi Vrana* is caused by three doshas or due to each one of them separately or due to two together only or due to a foreign body<sup>4</sup>. While Acharya Vagbhatta considers only five types and denies *dwandaja Nadi Vrana*. The irresponsible person who mistakenly ignores a suppurated inflammation or when he allows a lot of pus to accumulate in an ulcer, then that pus entered into his aforesaid tissues (skin, muscles, and blood) and penetrates inside<sup>5</sup>. *Nadi vrana* develops as a result of *Dushta vrana* because of the negligence of *Pakva Shopha*, error of surgical procedures, non-cooperative behavior of the patient, and *Mithya Ahara- Vihara*<sup>6</sup>. In ancient classical texts, various types of *Aahara* and *Vihara* are prescribed which can facilitate the proper wound healing<sup>7,8</sup>.

### PATHYA AAHARA:

- *Puran Shashtik-shaali* (old, stored rice)
- *Jeevanti shaka* (red variety of Amaranthus leafy vegetable)

- *Karvellaka, Dadim, moong, saindhav lavana, puran sarpi* (old, stored cow ghee), *vilepi*
- *Laghu aahara* (easily digestible light food)
- Freshly prepared food

These are the *aahara* prescribed in *ayurveda*, which can lead to fast wound healing.

### APATHYA AAHARA:

- *Nava Dhanya* (newly harvested grains)
- *Masha* (black gram), til
- *Vishama bhojana, Ati bhojna, anishta bhojna, virudha bhojna* (incompatible food)
- *Adhyashan, upvasa* (fasting)
- *Kulattha* (horse gram), *nishpava* (variety of pea)
- *Amala, lavana, katu rasa*
- *Vallura mansa* (dried mansa), *sushka shaaka, vasa* (fat)
- *Sheetodka, Madhya* (alcohol)
- *Asuri* (mustard seeds), *mulaka* (reddish)

According to ayurvedic texts, these *aahara* are *Dosha prakopaka*, so these are to be avoided during the wound healing time.

### PATHYA VIHARA:

- Nails and hair should be properly cut
- White and clean clothes
- Serenity prayers, good work, offer service to God, brahmin, and guru
- Fogging with *sarso*, leaves of *nimba, ghee, and lavana*
- Do not press or do itching on the wound site

### APATHYA VIHARA:

- Excessive intake of *Vayu, Dhoop, dhooly*, smoke.
- Anger, jealousy, fear, tension
- *Ratri jagran*, loud talk, long-standing, to roam around
- Indigestion is a place with an excess of flies and mosquitoes.
- exercise, sexual activity, anger, horse riding for at least 1 year after wound healing<sup>9</sup>

These are the *pathya* and *apathya vihara* which can be adopted for fast recovery from the wound.

## DISCUSSION

Diet is considered one of the major factors which can promote wound healing. This is the only source of nutrients that are supplied to the body tissues for fast recovery. Food essentially contains the five basic elements of nature i.e., *panchmahabhoota* which are *Aakash*, *Vayu*, *Agni*, *Jala*, and *Prithvi*. When consumed in appropriate proportion food help in balancing the body elements. *Aahara* is considered as best in all medicines and is the main part of *tryo upstambha* mentioned in *ayurveda*. Similarly, *Vihara* is also essential for wound healing and proper maintenance of wound scars. By adopting proper *vihara* mentioned for the disease further complications can be avoided. In the case of *Nadi vrana*, *Aahar* and *Vihara* mentioned for *Dushta Vrana* is advisable, which can promote the quick healing of track and further recurrence.

## CONCLUSION

*Ayurveda* has a central theme of preventive and curative aspects in terms of *Pathya* and *Apathya* for healthy living. In today's era, modern surgical practices also adopted the value of proper nutrition for wound healing and short recovery time. This is the concept put forward by *Ayurveda* since ancient times. If someone eats the right food and follows the right lifestyle, one can maintain health and prevent diseases for a long time.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Sunita et al: Role Of Aahara And Vihara In Nadi Vrana – A Conceptual Approach. International Ayurvedic Medical Journal {online} 2022 {cited May 2022} Available from: [http://www.iamj.in/posts/images/upload/1219\\_1221.pdf](http://www.iamj.in/posts/images/upload/1219_1221.pdf)