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Contemporary explanation of Aahar and Vihara Mentioned by Different Acharyas on the Wound Healing

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ABSTRACT:

The passage emphasizes the importance of diet and lifestyle in the healing process, especially in relation to wound recovery. It conveys the Ayurvedic principle that a proper diet and disciplined lifestyle are more powerful than medicines—no treatment can be fully effective if a person neglects these aspects. Wound healing is described as a natural (physiological) process, but it can be influenced by several internal and external factors. Proper nutrition provides the body with the necessary energy and building blocks (like proteins, vitamins, and minerals) required for tissue repair and regeneration. In Ayurveda, Acharya Sushruta, known as the father of surgery, highlighted the importance of comprehensive care for wounded patients, whether the wound is caused by surgery or injury. Sushruta also recognized that psychological well-being, personal hygiene, and a clean environment are vital for faster recovery and prevention of complications. The overall message is that balanced nutrition, mental stability, and hygienic living form the foundation of effective wound management, both in traditional Ayurvedic and modern medical perspectives.

KEYWORDS: Ayurveda, vrana, wound healing, Aahar, Vihar

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INTRODUCTION:

Ahara/ pathya and Vihara play an important art for wound healing. The wound care vranitopasana is the ancient concept of rehabilitative care provided to a patient either post operatively or as a part of post trauma management. This concept is a core concern and has been so challenging that much attention is devoted into it in Sushruta samhita. Dietetic constituents as prescribed by sushruta and all different Acharyas, should be advised for quicker healing and Avoiding the complications. The purpose of Ayurveda are curing the diseases of those afflicted by diseases and protecting those who are healthy. In this modern era, there is a remarkable increase in the number of traumatic cases, where the treating modalities like antibiotics, and local management is not sufficient for wound healing. Along with this, a well balanced dietetic pattern is needed. Diet and health are more connected in the area of wound care. Balanced diet plays an important role in wound healing process, Nutrition plays an essential role in wound healing and wound care practices, and nutritional support needs to be considered a fundamental part of wound management. Diet which are beneficial for a patient with vrana are yava, wheat, shashtika, rice, masura, mudga, tuvar dal, jeevanti, sunnishannaka, unripe moolaka, brinjal.

Acharyas:-

1) According to Acharya Sushruta:-

Soup prepared from Tanduliyaka, jivanti, sunusannaka, vastuka, balamulka, vartaka, patola, karvellaka, dadima and Amalaka, fried in ghee, added with saindhava or any others similar in qualities or soup of mudga etc. Directly related to protein diet for wound healing patient. Saktu, vilepi, kulmasa and boiled water may be consumed. The wounded person should not sleep during days. Swelling of the wound occurs due to

exertion so don't awake at night. Avoid copulation.

2) According to Acharya Charaka:-

Depending upon the nature of (The doshas in the causation of) the ulcer, the Patient should take food and drinks which are not too cold, too heavy, too Unctuous and vidahi.

He should also avoid sexual intercourse.

The wounded person should not sleep during the day time.

3) According to Acharya Vagabhatta:-

Diet which are beneficial for a patient with vrana are yava, wheat, shashtika, rice, masura, mudga, tuvar dal, jeevanti, sunnishannaka, unripe moolaka, brinjal. Tanduliyaka, vastuka, karvellaka, karkota, patola, katukaphala, saindhava salt, pomegranate. Gooseberry, ghee, tepid water, old shali rice. Diet with snigdha particles followed by mild hot water and jangala mamsa rasa can cure vrana easily. Diet to be discarded by a vrana rogi includes newly harvested grains, sesame, black gram, Alcohol, jangala mamsa, milk, ikshu vikruti, sour, salty, and spicy food. Other food items which are vishtambi, vidahi, guru and cold nature should also be discarded. The nava dhanyadi gana can vitiate all doshas. Madya because of its Tikshna, ushna, ruksha, amla rasa may increase vrana instantaneously.

According to Yogratnakar:-

The wounded person should not sleep during days. Avoid sexual intercourse. The patient having wound avoid dadhi, heavy food, Avoid sour food. The patient should take food like yava, shashtik, Godhuma, purana sitshalaya, masur, tuvari, mudgayusha, madhusharkara, vilepi laja, manda, Ghrita, taila, patol, vetrakra, balmulka, vartaka, karvell, karkot, tandal.

DISCUSSION:

The overall goal for the healthcare team should be to make sure the patient is in the optimum nutritional state to give wounds the best chance to heal. This can be achieved by providing the individual with adequate calories and nutrients, preventing protein energy malnutrition and promoting wound healing. Diet is considered as one of important factor for proper wound healing. The food like yava, shashtik, godhuma, sitshalaya, masur, tuvari, mudgayusha, vilepi, laja, manda, ghrita, taila, patol, balmulaka, vartaka, karvell, karkot, tandul etc. plays an important role in wound healing. Personal hygiene of the patient is also given due importance and strict measures of asepsis Are also mentioned in the compendium.

CONCLUSION:

From above Discussion, it should be concluded that Ahara/ pathya plays an important art for wound healing. Dietetic constituents as prescribed by Different Acharyas i.e. Acharya Sushruta, Charaka, Vagbhata, Yogratnakar, should be advised for quicker healing and avoiding the complicatins. The goal of this review is to analyse in detail the areas covered in post operative/ Trauma care In Ayurveda which is included in the Vranitopasaniya Adhyaya and

to find the possible explanation so as to Scientifically validated the age old ideologies. An integrated Approach of the wound care can further reduce the complications and give optimum healing for the patient involved.

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