CONCEPTUAL STUDY OF DRAVA DRAVYA (LIQUID) IN PACHANA KRIYA (DIGESTION)

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ABSTRACT:
Ahara (Food, diet) is essential for the life of living beings. All living beings including man in the universe require food. It is observed that the intake of proper diet is the only way to the survival of the living organism. The body gets nourished as well as developed by the ahara. Our body constituted by panchmahabhutas. Therefore body requires panchmahabhautic ahara. But our body will not accept the diet in the original form. The original diet must be converted to acceptable form. Jatharagni (Digestive power in the G.I.T.) Converts the original diet into homologous form; along with Jatharagni, the ‘drava’ dravya (liquid) in diet is essential for the proper Pachana of Food. Drava dravya converts solid ahara into liquid ahara and the liquid ahara therefore easily digest and absorb in amasaya (Stomach) and gruhani (Duodenum). Due to absence of drava dravya in diet, the diet will not get properly moister and it produces abnormalities in the body.

Key words: Drava,ahara, pachana, digestion

INTRODUCTION: The purpose of Ayurveda is for prakriti, prakriti means equilibrium of dhatus in quality as well as in their actions1. Dhatus (dosha, dhatu and mala) are the basic components of our body. Dhatus are responsible for health as well as for the disease of an individual. Equilibrium of dhatus is called health and their disequilibrium is called disease2. The object of this science is the equilibrium of tissue elements (dhatus). Dhatus get nourished by diet. All body constituents are basically panchhabhautic and our diet is also panchhabhautic. Those who take proper food and liquid, they will live happily and those not doing so, will live unhappy.

Due to various activities of the body, dhatukshaya (loss of body elements) occurs and for the nourishment of dhatus, proper diet is essential. But our body not accept the diet in original form. The original diet should be converted by jatharagni (Digestive power) and make it in homologous form. In pachana kriya (Digestive process)‘Drava’ dravya is essential because ‘drava (liquid) in diet liquefies the food resulting in easily digestion and absorption by the body. Due to presence of liquid in diet the solid dravya (solid particles in food) get moister and become easily digestible. Due to lack of drava dravya in diet ahara dravya will not properly moistened and they remain stored in the amasaya and duodenum in pinda form (Chyme, annasanghata). Because of pinda formation symptoms of indigestion such as vidaha (burning in stomach), constipation etc. are produced. Some time it may
produces disequilibrium in dhatus. Therefore for the proper digestion of food, presence of Drava dravya in ahara is essential.

AIMS & OBJECTIVES:
1) To create awareness about liquid diet in routine life
2) To create awareness about principles of aharsevana (ingestion of food)
3) To promote liquid diet in food.

LITERATURE REVIEW: Charka has mentioned that Amashaya divided in three parts. One part for solid food, second for liquid food and third for empty space for tridosha, Vata, Pitta and kapha. Due to emptying of the third portion of the amasaya, three doshas act on food. Vata is essential for the movement of the amasaya, pitta is essential for the digestion of food and kapha is essential for moister of food. After ingestion of pistanna (dry powdered grain) at least double quantity of water should be taken for the proper moister of the food material. Because of the lack of moister of the food, it is not properly digested and the food will remain stored in the amasaya in pinda form and the symptoms like vidaha are produced. Owing to the kledana (to make it moist), the food particles get loose. Out of five types of kapha, kledaka kapha is located in amasaya and it moistens the annasamghata (hard masses of food, pinda). Because of the presence of ‘drava jala’ in amasaya the pindarupa ahara gets moist and the food becomes easily digestible.

The food affected by doshas, gur (heavy) or ingested with large quantity easily digest by proper anupana (drava dravya).

If a person ingest ahara without proper anupana, its diet will remain stored in stomach in the pinda form, because of pinda form the abdomen become discomfort. The process to change in the qualities of dravya is known as karana. Due to the combination of jala, Agni (heat) etc. with ahara dravya the dravya get transform in its qualities. Because of the combination of jala with Kathina (Hard) and Khara (rough) ahara dravya the dravya get change to soft ahara dravya.

Intake of water before meal produces krshata (slimness) of body and agnimandata (loss of appetite), in between meal it acts as an appetizer and at the end of meal it produces sthoul (obese) and kapha vridhi (increase in kapha dosha). Taking milk at the end of meal is good for health.

If a person suffering from trsna (thirst), Daha (burning sensation in the body), Rakatpitta (bleeding from different parts of body), Mada (intoxication), Murchha (unconsciousness) should take sita (cold) drava for example:- milk and the rasa (juices) of santra (orange fruit), Daadim (punica granatum) grapes etc. similarly if a person suffering from kapha and vata dosha who take Virechana dravya (laxative or purgative dravya), whose body become dry advice to take Usna (hot) drava for example:- buffalo milk, preparation of guda (jaggery), phanita (treacle), honey, Mango juice, Kakadi (cucumber), aswa and arista.

Person having ruksa sharira (dry body), excessive exercise should take milk, ghṛta, Tela (vegetable oil), Vasa (animal fat), Majja (bone marrow), Mansa rasa (meat soup) etc. similarly a person who suffers from medovridhi (obesity), prameha (pre-
Persons having suska sharira (dry body), trsna, durbala (week person) should eat drava ahara for example: - Yavagu (cereal diet), Mugdha yusha (pulses soup), Saka rasa (vegetable soup) and Mansa rasa. Due to presence of drava dravya in it dry dravyas are easily digestible. A person having durbala agni (poor appetite) may take meal once a day and a person having Samagni (proper appetite) takes meal twice a day, a person does not take medicine alone should take with ahara dravya. A person having disease should take meal mixed with drava dravya. According to rtu (season) diet should be dosaprasamaka for ex:

<table>
<thead>
<tr>
<th>Rtu</th>
<th>Prakopa</th>
<th>Diet (dosaprasamaka)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varsa</td>
<td>Vata</td>
<td>Snigdha, madhura, amla, lavana, usna</td>
</tr>
<tr>
<td>Sarat</td>
<td>Pitta</td>
<td>Sita, madhura, kasaya, tikta</td>
</tr>
<tr>
<td>Vasanta</td>
<td>Kapha</td>
<td>Usna, kasaya, katu, tikta</td>
</tr>
</tbody>
</table>

Healthy person required to take ahara including its all the qualities for ex:- after eating guru(heavy), laghu (light) ahara dravya they should take Usnodaka (hot water), after taking pistanna should take Sitodaka (cold water) for maintaining their better health. For those people who use to eat and drink mansahara (meat) and Maddya (alcohol) should take maddya. Those person who does not take alcohol they should take fruit juice and jala. After intercourse and exercise should take milk. It is one of the important part of digestion as owing to this process the food particles is divided in small particles (bhinnasamghata) and the food stuffs become easily digestible. Owing to the lack of moister of the food is not properly digested and the symtoms like vidaha (heart burn) are experienced.

DISCUSSION: Ahara is essential for life. The body gets nourished as well as developed by the ahara. Those who take proper food and liquid diet, live long and those not doing so, suffer from disease. Our body not accepts the original diet. It should be in homologous form. Drava dravya in ahara is essential for the proper digestion of food. Because of the lack of drava the food will not moisten. Because of this the syptoms of indigestion such as vidaha produces.

After ingestion of food into mouth cavity the food gets chewed by the teeth and the bodhaka kapha (Saliva) gets mixed with ahara because bodha kakapha in mouth is drava in nature. Due to mixture of Kapha and anna (ahara), anna gets moister and it become easily digestible. According to modern physiology when food enters the mouth cavity, saliva moistens and dissolves it and it facilitates chewing by the movement of the tongue and masticated food is rolled into a bolus and facilitates the swallowing. Also Saliva has digestive function.

According to Ayurveda the Kledaka kapha is located in the upper part of amasaya liquefies the ahara and the food become easily disetible. Without moister of the food will not properly digested and therefore food remains stored in the stomach in pinda form. Due to formation of panda vidah produces in
the stomach. The *pachaka pitta* is located in *gruhani* and food is digested by this *pitta*, *pacaka pitta* has *drava* in nature and it mixed with food resulting in moister of food and due to moistened food has easily digestible.

The digestive juices described in modern physiology such as saliva, gastric juice, pancreatic juice, insulin, bile etc are included in *pacaka pitta*\(^\text{18}\). According to modern science it is observed that the saliva, gastric juice, pancreatic juice, bile etc have contain near about 99% water.
The secretion of saliva is 1000 to 1500 ml per day.

**Composition**: Water 99.5 %, solids 0.5%.
The secretion of gastric juice is about 1200 to 1500 ml per day.

**Composition**: Water 99.5 %, solids 0.5%.
The secretion of pancreatic juice is about 500 to 800 ml per day.

**Composition**: Water 99.5 %, solids 0.5%.
The secretion of bile is 800 to 1200 ml per day.

**Composition**: Water 97.6 %, solids 2.4%.
The secretion of succus entericus is 1800 ml per day.

**Composition**: Water 99.5 %, solids 0.5%\(^\text{19}\).

**CONCLUSION**: From above discussion it is concluded that for the proper digestion of food ‘*drava’/dravya* should be essential. Without *drava* in diet symptoms of indigestion such as *vidaha*, constipation etc are produced in the body.

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