Correlation of Diet Regimen in Manifestation of Skin Diseases - A Survey Based on Ayurved Perspective

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ABSTRACT

Background: Ayurveda has described dietary regimen as the main cause for every disease. Nutritional, biochemical and metabolic aspects of diet play a major role in maintaining normal integrity of the skin. It also promotes the immunological role of skin. Adopting a strict lifestyle and diet regime may help in preventing not only skin diseases but also many lifestyle-induced serious systemic diseases. Observation of specific diet or activity as triggering factors of skin diseases, by avoiding such can prevent exacerbations and relapses of the diseases. Ahara forms the chief foundation upon which life of an individual is founded. In kushta nidana plays an important role in the manifestation of the disease, therefore steps have to be taken to avoid nidana i.e., viruddha ahara one among the nidana of kushta So to assess the type of diet and the dietary regime in the patient of skin diseases this study has been evaluated.

Aim: Assessment of correlation between dietary regimes in the manifestation of skin diseases.

Methods: Patients visiting OPD of Kayachikitsa in Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod (H), Wardha

Result: The result will be based on observation and analyzed data.

Conclusion: If it is found that pathya and apathy ahara leads to kushta then proper guidelines will be provided to the patients.

Key Words: Ahara, Ayurveda, Dietary regimen, Kushta, Skin diseases

INTRODUCTION

Ayurveda has mentioned about three sub pillars- Ahara, Nidra and Brahmacharya that support the body itself. Ahara has been enumerated first, which shows its importance.¹ In Ayurveda, the treatment is aimed towards the prevention of diseases (swastavritta) and cure of already manifested diseases through the judicious and logical use of ahara (dietetics). The rational Ayurveda therapy is provided through 4 folds steps involving samshaman (palliation), dosha sodhana (biocleaning procedures), nidana parivarjana (avoiding causative factors) and pathya (dietetics suitable for disease pacification).² Acharya Charaka defines viruddhahara as sure diet and its mixtures, that interrupts the metabolism, that inhibits the tactic of formation of tissue and that have opposite

property thereto of the tissue are known as Viruddha Anna or incompatible diet.³ Virrudha are often considered as diets which are having mutually contradictory properties, contradictory to tissues, diet capable of producing untoward impact on the body once processed throughout a selected kind or proportion or those food which can turn out unwanted effects once consumed at an inappropriate time. Ayurvedic literature has compiled almost eighteen types of virudha ahara and has also mentioned complications starting from skin diseases (kushta), visarpa (erysipelas), unmada (insanity) and Marana (death).⁴ The disease that brings impairment in the body is known as Kushta. All the skin disorders are termed as kushta in Ayurveda. Ayurveda classified kushta into two groups Mahakushta which are seven and eleven Ksudrakushta (Table 1).⁵

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Now a day, due to change in lifestyle, urbanization and interest of western culture, food habits of individuals are changed. Due to the particular change in food habits and their preparatory methods has contributed to a major extent towards the emergence of skin ailments. According to Ayurveda Viruddha Ahāra (incompatible diet) is one of the primary etiological factors for a wide range of Kuṣṭha (skin disease).⁶ When the food is taken sensibly and as indicated by the codes of dietetics then just the advantages of food can be accomplished (Table 1). Any distortion in counts calories and even in their preparatory methods contributes to ill health. Ayurveda has explained about Aharvidhivisheshayatana which includes eight dietetic rules (i.e., Prakriti, Karana, Samyoga, Rashi, Desha, Kaala, Upayoga, Upayokta) that have to be followed to maintain good health. A healthy eating routine is basic not just for keeping up great wellbeing, combating diseases and comorbid conditions but also for enhancing the potency of the medications. Intake of food in suitable amount advances life span and keeps up the body in sound state.⁷

By keeping the above points in mind and to highlight the cause and effect relationship between Viruddha Āhāra (incompatible diet) in Kuṣṭha (skin disease), this study has been chosen.

Table 1: Types of Virruddha Aahar with an example

Sr. N.	Types of Virruddha Aahar	Example
1	Veerya Viruddha (potency incompatibility)	Fish + Milk
2	Sanskar Virruddha (processing incompatibility)	Heated Honey
3	Matra Virruddha (Dose incompatibility)	Honey + Cows Ghee in equal proportion
4	Krama Virruddha	Hot water takes after honey consumption
5	Samyog Virruddha	Fruit Salad

MATERIALS AND METHODS

The 100 patients of diagnosed skin diseases will be enrolled from the OPD of kayachikitsa, MGACH&RC. Consent of the enrolled patient will be taken after giving them detailed information of the project. The dietary regime of the patient will be assessed based on pre-designed questionnaires. The questionnaire will include personal, daily routine and dietary history. The questionnaire will be revalidated first and then it will be implemented.

Eligibility Criteria: Patients of irrespective gender between the age group of 20-50 years suffering from previously diagnosed skin diseases.

Exclusive Criteria: Patients those are not willing to give the consent.

Implementation: Principle invigilator will allocate and enrol the patient.

Methods: Survey studies, Observational cross-sectional study.

Statistical Analysis

The statistical analysis will be done by using descriptive statistics.

Ethical Consideration

The project will be started after ethical clearance of IEC.

DISCUSSION

The Ayurvedic Acharya's have mentioned all skin diseases as Kushta and classified into two groups Mahakushta and Ksudrakushta. Kushta starts with the Nidana Virodhi Anna Paanani as Viruddha Ahara is mentioned as among the causative factor for Skin disorders (Twakroga).⁸ Acharya Sushruta has highlighted that Ahara is responsible for the nourishment (Preenana) of the sharira (body).⁹ Acharya Charaka in Atreyabadrakapyaadhyaya of sutrasthana 26th chapter has mentioned 18 types of viruddha ahara.¹⁰ Likewise in Hita-hitiyam Adhayaya of sutrasthana 20th chapter in Sushruta Samhita explained about 4 types. The Viruddha Ahara ends up with destruction in Agni (digestive power). The vitiated Agni does not digest even the Laghu Ahara (food substance simple to digest), which leads to indigestion. Viruddha Ahara is a very important aspect of today's improper dietary habits. This ends up in skin diseases (kushta). A critical review done by Sri Devi Anil Kumar on viruddhaahara a cause for Twak vikaras explains about food combinations like beans with fruits, cheese, fish, meat, egg, yogurt etc., honey with equal quantity of water, milk with fruits and meat leads to twak vikaras. Among the 18 types of viruddha ahara Agni and Samyoga viruddha are playing major role in the present era in production of the disease. Viruddha with respect to Agni is known as Agni viruddha whereas incompatibility concerning combination i.e., the combination of two or more food items or medicine if combined and act as Samyoga viruddha. In the view point of Agadtantara if the contradictory food is taken continuously for the long term it turns into Dushi visha and brings harmful effect to the body and especially cause skin diseases. In Ayurveda, the treatment is aimed at prevention of diseases (Swastavritta) and cure of already manifested diseases through the judicious and logical use of Ahara (dietetics).¹¹ If the proper dietetic regime is maintained the ongoing treatment will also be effective and prevent from the manifestation of further complication. Thus this study is to bring awareness among the patients and give proper dietetic guidelines. Few articles related to this study were reviewed. Saoji and Madke recommended the use of low-dose

oral warfarin in three cases of livedoid vasculopathy.¹² Shivkumar et al assessed prevalence of oral mucosal lesions in patients with dermatological diseases.¹³ Some dermatology and diet-related reviews are reported.^{14,15} Gupta et al reported a rare association of Acanthosis Nigricans with Crouzon Syndrome.¹⁶ Pradhan et al. elaborated the anti-inflammatory and immunomodulatory effects of antibiotics and their use in dermatology.¹⁸ Saoji et al trialed on immunotherapy using purified protein derivative in the treatment of Warts.¹⁹ Singh et al reported on the current scenario of leprosy.²⁰ Begum et al. reviewed recent advances in the diagnosis of dermatophytosis.²¹ Parwe reported nita virechana in her case study of psoriasis.²²

CONCLUSION

Life of every individual depends on the food if proper food is not taken by following all the codes of dietetics it may lead to ill health. If it is found that pathya and apathy ahara leads to kushta then proper guidelines will be provided to the patients of skin diseases.

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