

## Role of Incompatible Diet in Skin Disease

**Vd. Kanchan Yashvantrao Dahake**

[P.G student of Samhita and Siddhanta ]

BSDTs Ayurveda Mahavidyalaya Wagholi ,Pune,Maharashtra

### Abstract-

Ayurveda places special emphasis on Ahara and believes that healthy nutrition nourishes the mind, body and soul. So many guidelines are explained in Ayurvedic text, which are titled as "Ahara vidhi", where the laws of do's and don'ts about diet and drinks are given. But in present era people consumes an incompatible diet (Viruddha ahara) and have faulty food habits which leads to most of the diseases, among which skin disorders are prime. According to Ayurveda Viruddha ahara (incompatible diet) is one of the main etiological factor for all types of Kushtha (skin diseases). This particular study deals with compilation of incompatible diet as etiological factor in skin diseases which are mentioned in Ayurveda as well as compilation of incompatible diet of present era which may leads to various skin diseases and its role in skin diseases.

### Introduction-

Ayurveda implies the importance of diet and dietary habits in various human diseases. Confirmatory evidence regarding role of diet and dietary practices in diseases of skin are lacking. Hence we need to study and increase awareness about incompatible diet of present era which are main cause factor of skin diseases.

### Materials and method-

The materials were collected from the classical Ayurvedic literatures, magazines and research journals.

#### 1) Concept of Viruddha ahara (Incompatible diet)

Certain dietary substances which act as antagonist to normal Dhatu (it may be 3 dosha, 7 dhatuagni etc) is called as Viruddha ahara. According to Charak 18 types of Viruddha ahara (ch.su.26/87 to 101 page 382 to 384) are as below-

1. Desha (place) Viruddha
2. Kala Viruddha
3. Agni Viruddha
4. Matra (quantity) Viruddha
5. Satmya (wholesome) Viruddha
6. Dosha Viruddha
7. Sanskar (mode of preparation) Viruddha
8. Veerya (potency) Viruddha
9. Kosktha Viruddha
10. Avastha (state of health) Viruddha
11. Kram (sequence) Viruddha

12. Parihar Viruddha
13. Upachar (treatment) Viruddha
14. Paak (cooking) Viruddha
15. Samyoga (combination) Viruddha
16. Hriday Viruddha
17. Sampad (richness of quality) Viruddha
18. Vidhi (rules for eating) Viruddha

#### 2) Dietary causes of skin diseases according to Ayurveda

- Excessive intake of Atiguru, Aisnigddh, Atidrava food substances. Intake of cold food substances immediately after intake of hot substances or vice versa. Excessive intake of new grains, curd, fish, salt, sour food substances, black beans, radish, jaggery, milk, sesame- (ch. Ni. 5/6 page 516 and ch.chi.7/4 to 8 page 181)
- Garishta, Viruddha, Asatmya bhojana. Continuous intake of Anup, Jaliya insects, animal's meat with milk. Eating during Ajirna, Mithya Ahara specially Guru, Asatmya, Abhishyanda food substances. -(su.ni.5/3 page 319)
- According to Vagbhata Viruddha Ahara can sometimes became fatal just like the poison and in some case it may became Gara Visha in long run. In present era readymade market products like food, drinks, medicines, tooth paste etc. which contain preservatives, natural toxins which are added during processing, packaging etc. (Ast. Hru. Su.7/29 page 126)

3) Incompatible diet of present era which may lead to various skin diseases-

Milk shake, daily non veg, daily egg, intake of fruits immediately after meal. We are consuming mostly fast food, precooked food, packaged food, food supplements and beverages both hot and cold simultaneously these all are interestingly fall under category of Viruddha ahara.

- Foods cause Eczema (Vicharchika)
- Excessive intake of- Citrus fruits, dairy products, eggs, spices such as cloves and cinnamon, tomatoes, some types of nuts etc.
- Foods cause Acne (Yauvan Pidika)
- Excessive intake of – Milk, cheese, Ice cream, yogurt, refined grains like maida food products. Fast foods like burgers, hot dog, sodas, milk Shake, chocolate, protein powder.
- Dietary triggers of Psoriasis (Kitibha Kushtha)
- Alcohol, smoking, fatty foods, gluten etc.
- Dietary cause of Dandruff (Indralupta)
- Excessive intake of chocolate, dairy products.
- Dietary cause of Skin cancer
- Genetically modified foods, canned goods, grilled red meat, refined sugar, salted, pickled and smoked foods and white flour.

**Summary-**

According to Ayurveda:- Nidan Sevan (Dietary) - Tridosha Prakopa - Twaka, Mamsa, Rakta, and Ambu Shaithilyata - further vitiation of Doshas occurs - Doshas gets accumulated of the place of Dhatu Shaithilyata - Dosha Dushya Samucchaya – Kushtha.

According to modern view- Viruddha Ahara could induce inflammation at the molecular level, disturbing the eicosanoid pathway creating more Arachinoid acid leading to increased prostaglandine-2 and thromboxane. This inflammatory effect is an important effect as these are all the basic pathologies that create Agni Mandya (Manda/Tikshna/Vishama),

Ama and a number of metabolic disorders which may leads to various Skin diseases.

**Conclusion –**

From above description it is clear that Ahara is an important factor in causing Kushtha. In present-day scenario Viruddha Ahara turns out to be one of the important aspect of improper dietary habits. The present study also opens up new windows of research to identify the deleterious effect of dietary factors affecting the body and thus prevent it which is the basic principle of Ayurveda i.e. Nidana Parimarjana. Ultimately we can say that the maximum benefits of Ahara and prevention from various diseases especially skin diseases can be achieved only by following the healthy dietary guidelines mentioned in classics of Ayurveda i.e .Ashta Ahara Vidhi Vsheshayatana.

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