

**A SURVEY STUDY ON EVALUATION OF INCOMPATIBLE DIET
(VIRUDDHA ĀHĀRA) IN THE PATHOGENESIS OF SKIN DISORDERS
(KUSHTHA)**

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ABSTRACT

Āyurveda is essentially the science of life. It embraces in itself perfect principles for leading a healthy life. *Āyurveda* envisages complete regimen for both healthy and diseased one, guarding health at all ages. Food related diseases include nutritional deficiency, food contamination, food intolerance and also food incompatibility. *Āyurveda* has given a noble concept of *Viruddha Āhāra*. The food, which maintains the balanced *Dhātus* in normalcy and restores the equilibrium in the mal-balanced should be taken as wholesome otherwise it is unwholesome. According to *Āyurveda* to *Āyurveda definition*, incompatible foods i.e. *Viruddhāhāra* are those which cause derangement in equilibrium of the *Doṣha* and remain antagonistic to the tissues.

KEYWORDS: *Viruddha Āhāra, Kuṣṭha, Vicarcikā*, Incompatible diet.

INTRODUCTION

According to the concept of the disease formation, incompatible diet is one potent causative factor for several diseases. Consumption of incompatible diet creates various disturbances of mild to violent variety & diseases of acute to chronic nature, including genetic disturbance, eight *Mahāroga*s & even sometimes it may leads to death of a person. This has turned out to be a burning problem for *Āyurveda* & modern science as well as for the individual who consumes incompatible diet frequently. All these points are to keep in mind the present study are selected. According to *Āyurveda* texts, incompatible diet is one of the main cause for all types of *Kuṣṭha*. *Āyurveda* classic describes the wide spectra of all skin

disorders as '*Kuṣṭha*' and which is classified in two divisions i.e. *Mahākuṣṭha* and *Kṣudrakuṣṭha*. All type of *Kuṣṭha* is *Tridoṣaja* origin. Most of the *Ācāryas* have described the *Kuṣṭha* having *Kapha* dominancy and comes under *Raktapradoṣaja Vikāra* and having specific involvement of *Rasa*, *Rakta*, *Māmsa* and *Kleda (Lasikā) Duṣya*. Its similar clinical presentation in modern dermatology can be traced as Eczema, which is defined as a non-contagious inflammation of the skin characterized by erythema, scaling, oedema, vesicular lesions and oozing.

AIMS AND OBJECTS

To evaluate the role of incompatible diet and its specific subtypes in the pathogenesis of skin disorders (*Kuṣṭha*).

INCLUSION CRITERIA

Patient with the classical sign and symptoms of *Kuṣṭha* (all skin diseases).

Patients above 10 years and below 70 years of age.

Patients belonging to either gender.

EXCLUSION CRITERIA

The patient suffering from systemic disorders.

The pregnant women and lactating mother.

Patient less than 10 years and above 70 yrs. of age.

MATERIAL AND METHOD

To conduct a survey to gather the data for role of incompatible diet in the pathogenesis of skin disorders patients, a duly prepared proforma was made. A survey study was conducted at Chirayu Clinic Buldana and Src Ayurved college campus. For this survey total 503 skin disorder patients were screened on the basis of prepared questionnaires. The whole study can be divided into 4 steps.

Step 1: Literary review of incompatible diet

Materials related to incompatible diet (*Viruddha Āhāra*) concept and other relevant topics have been collected. The main *Āyurvedika* texts used in this study are *Caraka Samhitā*, *Suśruta Samhitā*, *Aṣṭāṅga Hṛdya* and available commentaries on these. We have also referred to the modern texts and searched various websites & reports to collect information on the relevant topics.

Step 2: Preparation of Questionnaire

To fulfil the above aims, a proforma was designed. Total 70 questions were made on 18 types of *Viruddha Āhāra*. These questions of survey were based on examples of types of *Viruddha Āhāra* described in *Caraka Samhitā Sutrasthāna* & other *Samhitās*. The first few questions were on demographic information of the patients and *Prakṛti* assessment was done on the basis of specially prepared *Prakṛti* proforma. In survey proforma, various factors were noted like- Chronicity of disease, assessment of *Agni*, *Vyāyāmaśakti* of patient, and assessment of *Koṣṭha* etc.

Step 3: Diagnosis of various types of Skin disorders (*Kuṣṭha*)

Ācārya Vāgbhaṭa has defined *Kuṣṭha* as, “*Tvaca Kurvanti Vaivarṇya Duṣṭā Kuṣṭhamuśānti Tat!*” means one which produces discoloration over skin region is said to be *Kuṣṭha*. *Kuṣṭha* is the universal term for all type of skin disorders. So we had taken all patients of *Kuṣṭha* including *Kṣudraroga* etc. In this section, patients were diagnosed by physician according to signs and symptoms of various skin diseases which are mentioned in *Āyurvedika Samhitās*.

Step 4: Survey study

Diagnosed patients of *Kuṣṭha* (including *Kṣudraroga*) were included in the survey study.

OBSERVATIONS AND RESULTS

Age: In Survey study, maximum numbers of patients 46.71% were found in the age group of 26-35 years. The next common age group is 36-45 years (24.85%) followed by 14.91% patients in age group of 46-55 years & then 11.92% patients in age group of 15-25 yrs. Rest 1.59% patients in age group of 56-65 years. At present time, younger age group (26-35yrs) due to ignorance or carelessness are take diet without considering rules and regulations of dietetics.

Gender: Distribution of gender in 503 patients revealed that 63.22% of patients were male followed by 36.77% were female. Gender has no direct relation with *Kuṣṭha*. But here reported data shows that male patients were more prone to *Kuṣṭha*. Probable reason may be that males are more exposed to different types of contacts and environments. So they may be more affected by *Viruddha Āhāra* due to unavoidable conditions i.e. hostel, business and service schedule etc.

Marital status: Distribution of marital status in 503 patients of *Kuṣṭha* revealed that maximum 69.58% patients were married and 30.41% were unmarried. Even though, it is difficult to say that marital status has any relation with *Viruddha Āhāra & Kuṣṭha*.

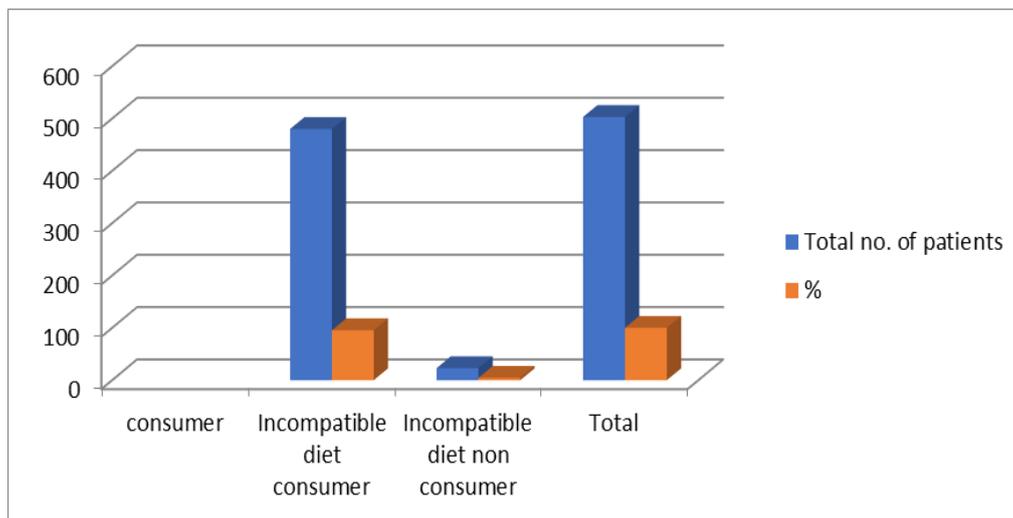
Occupation: Out of 503 patients, maximum (31.80%) patients were of service class, 27.23% patients were in student occupation, followed by business class 21.47%, 15.50% patients were house-wife, 2.98% patients were unskilled and 0.99% patients were retired. Due to work load & time limit, they were having irregular, improper, irrelevant diet habits and regular intake of *Viruddhāhāra*.

Diet pattern: Out of 503 patients, maximum patients (59.04%) were vegetarian and 40.95% of patients were taking mixed diet. It may be due to general religious principle of Hindu especially in this area.

Habitat: In this study 89.66% patients were from urban population and 10.33% patients were belonging to rural areas. Probable reason may be in urban area, educated society are more modernized and lead a hard and fast life, so due to carelessness or ignorance, their dietary practice may be faulty.

***Viruddha Āhāra* user:** Out of 503 patients, maximum patients (95.42%) were found of *Viruddha Āhāra* consumer, followed by 4.57% patients of *Viruddha Āhāra* non-consumer. The prevalence of *Viruddha Āhāra* consumer patients is more. So, it is clear that, *Viruddha Āhāra* is potent cause of *Kuṣṭha*.

Incompatible diet consumer / non consumer	Total no. of patients	%
Incompatible diet consumer	480	95.42
Incompatible diet non consumer	23	4.57
Total	503	100



DISCUSSION

Āhāra, which is not prepared as per the *Aṣṭa Āhāravidhi Viśeṣāyatana* becomes *Viruddha*. Hence we can conclude that 18 types of *Viruddha Āhāra* are subset of *Aṣṭa Āhāravidhi Viśeṣāyatana*. *Ahita Āhāra*, *Mithyā Āhāra*, *Samaśana*, *Adhyaśana*, *Atyaśana* and *Viṣamāśana* are closely related with *Viruddhāhāra*. Hence all can be grouped under abnormal dietetic habits. *Viruddhāhāra* is a potent cause of several diseases especially in this age when faulty dietary practices are more common. By *Viruddhāhāra*, all responsible factors of disease (viz. *Agni*, *Doṣa*, *Dhātu* & *Srotasa*) get vitiated and lead to disease formation. *Viruddhāhāra* is one of the causes for spreading the morbid humours from the alimentary tract to the peripheral system. *Mātrā*, *Kāla*, frequency, type of *Viruddhāhāra*, *Deśa*, *Sātmya*, *Agni*, *Bala*, *Vyādhikṣamatva*, *Vyāyāma* etc. factors are depending on each other & various permutations & combination of these factors causes strengthening & weakening of the diseases which are caused by *Viruddhāhāra*. Occurrence of diseases by *Viruddhāhāra* is depending on mostly vitiated pathological agent and so that it makes a various structure of the pathogenesis (*Samprāptī*).

CONCLUSION

In survey study, maximum patients (95.42%) were found of *Viruddha Āhāra* consumer. Among 18 types of *Viruddha Āhāra* found in the survey study, the prevalence of *Samyoga Viruddha* (*Vīrya Viruddha*) was more than other *Viruddha Āhāra*. *Samyoga Viruddha* (76.73%), *Krama Viruddha* (62.82%), *Mātrā Viruddha* (44.33%) *Vidhi Viruddha* (43.73%) & *Samskāra Viruddha* (43.14%) were found in maximum no. of patients therefore it is clear that, *Viruddha Āhāra* is potent cause of *Kuṣṭha* (*Eczeema*) including *Kṣudraroga*.

The study is overall concluded that every health conscious individuals should avoid incompatible food (Viruddha Āhāra) & follow the dietetic rules of Āyurveda.

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