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ETIOPATHOLOGICAL INVOLVEMENT OF *VIRUDDHA AHARA* IN SKIN DISEASES W.S.R. TO *SHWITRA* AND PSORIASIS

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Abstract

Ayurveda places a significant emphasis on the issue of *Viruddha Ahara* that is related with the incompatible food as per the modern science. The *Viruddha Ahara* or incompatible diet can trigger various diseases including skin ailments like leucoderma, eruptions, *Shwitra* and psoriasis, etc. The improperly combined and processed foods can lead health consequences including skin problems, similarly wrong timing of meal and food ingested during the wrong season may also impart health problems. The incompatible foods are likened to a poisonous influence; that brings imbalance of *Doshas* and affects quality of *Dhatus* thus contributing to a spectrum of diseases, prominently skin ailments. *Viruddha Ahara* causes inflammation associated with skin problem at the molecular level. The severity of skin ailments also triggers by incompatible diet. The prevention and treatment of skin disease must involve consideration of dietary regimen. Present article highlighted etiopathological involvement of *Viruddha Ahara* in skin diseases W.S.R. to *Shwitra* and Psoriasis.

Key-Words: *Ayurveda, Viruddha Ahara, Shwitra, Skin, Psoriasis*

Introduction

Viruddha Ahara is a distinctive concept of Ayurvedic classics; that holds a pivotal role in understanding the development of many diseases. This concept also supports prevention and treatment plan for diversified health ailments. As per Ayurvedic principles, *Viruddha Ahara* refers to the consumption of food that is improperly combined, processed incorrectly, consumed at the wrong time or during unsuitable season, etc. *Viruddha Ahara* refers to foods that disrupt metabolism, impede tissue formation and alter balances of *Doshas* [1-4]. Consumption of incompatible foods not only aggravates *Doshas* but also diminishes quality of *Dhatus*, therefore contributing to the onset of various diseases, including skin conditions. Thus, actively avoiding the intake of incompatible foods plays a crucial role in preventing dermatological disorders. *Viruddha Ahara* involves certain types of food which may exhibit following characteristics [4-6]:

- ✚ Contrary properties
- ✚ Contrasting effects on the tissues
- ✚ Unwanted impacts on the body when processed in specific forms
- ✚ Undesirable effects when combined in specific proportions
- ✚ Unwanted effects if consumed at the wrong time.

Ayurvedic literature outlines various types of *Viruddha Ahara*, which includes *Desha Viruddha*, *Kala Viruddha*, *Agni Viruddha*, *Matra Viruddha*, *Satmya Viruddha*, *Dosha Viruddha*, *Sanskar Viruddha*, *Veerya Viruddha*, *Koshtha Viruddha*, *Avastha Viruddha*, *Kram Viruddha*, *Parihar Viruddha*, *Upachar Viruddha*, *Paak Viruddha*, *Samyoga Viruddha*, *Hriday Viruddha*, *Sampad Viruddha* and *Vidhi Viruddha*, etc.

Some examples of Viruddha Ahara are as follows:

1. Incompatibility of Place (*Desha Viruddha*): Harsh and sharp substances in arid regions.
2. Incompatibility of Time (*Kala Viruddha*): Consumption of curd during the night.

3. Incompatibility of Digestion (*Agni Viruddha*): Overeating during *Agnimandya* (weak digestion).
4. Incompatibility of Dosage (*Matra Viruddha*): Combination of honey and ghee in specific proportions.
5. Suitable Incompatibility (*Satmya Viruddha*): Individuals habituated to hot and pungent substances consuming sweet and cold items.
6. *Dosha* Incompatibility (*Dosha Viruddha*): *Vata*-dominant individuals consuming *Vata*-aggravating diet.
7. Preparation Incompatibility (*Sanskar Viruddha*): Heating honey before use.
8. Potency Incompatibility (*Veerya Viruddha*): Combination of fish and milk.
9. Gut Incompatibility (*Koshtha Viruddha*): Mild laxatives in cases of chronic constipation.
10. Health Incompatibility (*Avastha Viruddha*): *Kapha*-increasing diet for a lethargic individual.
11. Sequence Incompatibility (*Krama Viruddha*): Consuming hot water after honey intake.
12. Indication Incompatibility (*Upachar Viruddha*): Consuming cold water after ghee intake.
13. Cooking Incompatibility (*Paak Viruddha*): Over-roasting rice during the cooking process.
14. Combination Incompatibility (*Samyoga Viruddha*): Mixing milk with bananas.
15. Palatable Incompatibility (*Hridya Viruddha*): Developing aversion towards certain objects.

Viruddha Ahara possess properties opposite to the body's tissues, incompatible dietary practices significantly contribute to dermatological disorders. *Viruddha Ahara* causes imbalance in *Doshas* that interact with *Sharirastha Viguna Dhatus*, leading to dermatological disorders amongst others diseases. In skin disorders, it is advised to avoid certain food items including sour-tasting foods, curd, heavy/oily meals, milk and marshy areas animal meat, etc [6-8].

Role of *Viruddha Ahara* in Skin Disease:

Consumption of *Viruddh Aahar* disrupts formation of *Aahar Rasa*, affecting the progression of *Dhatus*. In this regards *Rasa* and *Rakta Dhatu* mainly get affected, this, in turn, leads to the production of vitiated *Mala Pitta* that is connected to the skin through *Bhrajaka Pitta* (*Pitta* residing in the skin) and these all things together causes skin diseases. *Rakta* and *Pitta* possess *Ushna* and *Aagneya Guna*, so increment in *Rakta Dhatu* can directly affects *Pitta Dosh*a and *vice versa*. This ultimately becomes a causative factor for *Raktja Vikara* and *Pittaja Vikar*, that ultimately induces pathogenesis of skin manifestations.

According to modern concept the incompatible diet can lead oxidative stress inside the body. This may alter normal assimilation process, causing an increase in free radical chain reactions that causes cellular damage. This disturbance can induce oxidative stress within the cell and this oxidative stress, causes chronic inflammation, contributes to skin diseases. This oxidative stress emerges as the leading cause for various skin diseases such as dermatitis, psoriasis and scleroderma, etc. Skin disorders mainly fall within the category of hypersensitivity disorders, characterized as immediate hypersensitivity responses. The hypersensitivity mediated systemic disorder or localized reaction, varies based on the entry point of the allergen and may present as localized skin allergy. This allergic response associated with skin in hypersensitive patient can triggers by certain foods including eggs, nuts, fish and milk, etc [7-9].

- ✓ *Atisevan* and *Atyasan* means excessive indulgence and overeating can lead to the initiation of skin disorders since heavy and unctuous foods generates imbalance in *Rasavaha Srotas*.
- ✓ *Adhyashana* and *Ajirnasana* means consuming food during incomplete digestion and in a state of indigestion can cause *Grahani Dushti*, this affects the normal physiological functions of *Grahani*, leading to *Malavaha Srotas Dushti*, which sometimes manifested in skin along with other tissue.
- ✓ *Vishamashana* means irregular consumption of food in terms of timing and quantity, contribute to aggravation of *Ama* and *Mala* which triggers pathogenesis of skin manifestations.

- ✓ The intake of conflicting food combinations or potencies affects normal bodily functions mainly *Agni* and *Srotas*, which involved in many skin disorders [8-10].

Viruddha Ahara and Shwitra:

Virudhha ahara results in the generation of toxins, that stimulate *Doshas* in the alimentary tract, becoming mixed with digestive juices and subsequently affecting the *Rasa dhatu* and spreading from one *Dhatu* to others. These vitiated and aggravated elements settle in areas with *Sthaanavaigunya*, manifesting symptoms of diseases. In this regards if vitiated *Doshas* (due to the consumptions of *Virudhha ahara*) travel through *Triyakgata siras* and lodge in *Tamra* layer of the *Twacha*, causes obstruction to the local *Rasavaha srotas*. Furthermore *Dosha-dushya sammurchana* in the layer of *Twacha* is attributed to the presence of *Khavaigunya* in specific areas leading to the depletion of *Bhrajakapitta*, resulting in *Twak shwetata*. The progression continues, involving *Mamsa* and *Medas Dhatu*s. The discolouration observed in disease depends upon the *Doshas* settled in specific *Dhatu* as depicted in **Figure 1**. The incompatible diet affects *Udanavata* and *Bhrajakapitta* which are crucial for maintaining the color of the *Twacha*, thus along with three *Doshas*, *Udanavata* and *Bhrajakapitta* play a major role in discolouration of skin in *Shwitra* [3-5].

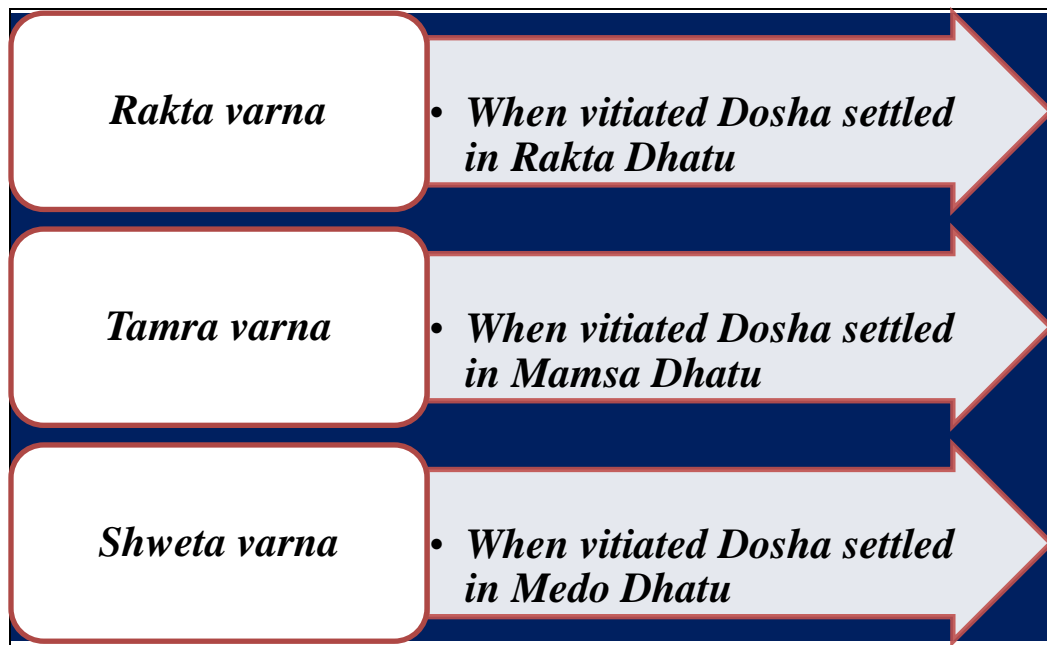


Figure 1: Skin discolouration in *Shwitra* and related *Doshas* settled in specific *Dhatu*

Virudhha ahara and Psoriasis:

Improper eating habit or *Virudhha ahara* causes vitiation of *Jatharagni*, hindering the digestion, this indigestion results in the formation of *Amavisha*, which provokes *Tridosha*. These consequences altogether vitiate body channels (*Srotas*). *Srotodushti*, or malfunctioning of *Srotas* observed as *Atipravritti*, *Sanga*, *Siragranthi* and *Vimarga Gaman*. These factors can coexist with *Kushtha* and contribute to various diseases like Psoriasis, and if remain persisted for longer period of time then these things can becomes causes of severe condition like Psoriatic arthritis and dermatogenic enteropathy, etc [1-4].

Conclusion

Viruddha Ahara stands out as a crucial aspect as contributing factors of many diseases including skin ailments. *Viruddha Ahara* pertains to the consumption of foods that disrupt metabolism, hinder tissue formation and disturb the balance of *Doshas*. The intake of incompatible foods not only exacerbates *Doshas* but also degrades the quality of *Dhatu*s, thereby contributing to the development of various skin conditions. The consumption of *Viruddha Aahar* affects *Aahar Rasa*, which alter progression of *Dhatu*s. In this context, *Rasa* and *Rakta Dhatu* are primarily affected, leading to the generation of vitiated *Mala Pitta*, which is linked to the skin through *Bhrajaka Pitta*. These factors collectively contribute to the occurrence of skin diseases. *Viruddha Ahara* triggers *Raktja* and *Pittaja Vikar*, which are mainly involve in skin manifestations. The incompatible diet also induces oxidative stress within the body, leading to an escalation in free radical chain reactions that result in cellular damage. This oxidative stress, in turn, causes chronic inflammation, contributing to skin diseases. Allergic responses associated with the skin in hypersensitive individuals can be triggered by specific foods, including eggs, nuts, fish, and milk, etc.

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