

ROLE OF AHARA IN KUSHTHA ROGA- A CRITICAL REVIEW***Dr. Trupti Tembhare**

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Hospital, Meerut, UP.sakharkartrupti@gmail.com**ABSTRACT**

Skin reflects the state of mind and body. Healthy skin indicates healthy mind and body. Right food taken in right amount keep us healthy. Ayurveda an ancient science of life mentioned effects of various kind of food and different tastes causing skin diseases although skin diseases are most common disease but most neglected if not get cured by medicinal treatment. By taking this into consideration with help of this review article its a small effort to establish relation between food we consume and skin diseases.

KEYWORDS: *tvakvikar, kushtha, ahar dhaatuposhna.***INTRODUCTION**

Skin diseases have not only physical impact but also psychological and emotional impact on patients. Skin diseases are most neglected disease if not cured by medicinal treatment. This negligence could be low mortality rate compared with other diseases.

Ayurveda is an ancient medical science. It is the only medical science that gives extensive information about the prevention of disease and maintenance of health in addition to treatment of diseases.

Ayurveda provides practical information on diet, lifestyle, seasonal regimes and formulas to correct physical and psychological imbalances. Ayurveda physiology based on *tridosha*, *sapta dhatu*, *trimala* its equilibrium maintain healthy state of body and disequilibrium causes diseases in body. Food is the basic need of our life, healthy food not only keep our body healthy as well it has huge effect on healthy state of mind. Ayurveda has mentioned effects of different kind of food on *vata*, *pitta* and *kapha* (main body elements).

Acharya Sushruta has mentioned importance of food as food is the cause of strength, colour (complexion) and vitality of all living beings. Improper use of food leads to ill health. So without knowledge of food physician will not be able to advise patients on maintenance of health and prevention of diseases.^[1]

Consuming right kind of food in proper amount keep our body and mind healthy. Our body largest sense organ 'skin reflects the state of our mind and body. In Ayurveda various types of skin diseases included under the umbrella of *Kushtha* disease (obstinate skin diseases including Leprosy).

With various causes of *Kushtha* it has been mentioned following food related causes as.

- a) Intake of mutually contradictory food and drinks which are liquid, unctuous and heavy.
- b) Excessive intake of food preparation of freshly harvested grains, curd, fish, salt and sour substances.
- c) Excessive intake of *masha* (*Phascolus Mungo* Linn.), *mulaka* (radish), *tila* (sesame seeds), milk & jaggery etc.^[2]
- d) Continuously intake of honey, fish, *lakucha*, radish, *kaakmachi* in large quantity while suffering from indigestion.
- e) Intake of *chilichima* fish with milk.
- f) Intake of food mostly containing *haayanaka*, *yavaka*, *udhyalaka*, *kordush*, along with milk, curd, buttermilk, *kola*, *kulatha*, *masha*, *alasi* and unctuous substances.^[3]

Acharya Vagbhata mentioned different actions of different kind of taste on body. Sour and salty taste if taken in excess causes itching, erysipelas blisters, baldness, graying of hairs, wrinkles, skin diseases.^[4]

Pathogenesis of *kushtha*

Due to above mentioned causes, The three vitiated *dosas* viz *vata*, *pitta*, *kapha* in turn vitiate the *tvak* (Skin) *rakta*, (blood), *mamsa* (muscles tissue) and *ambu* (lymph)^[5] the aggravated *dosha* localised in these *dhatus* vitiate the latter due to their looseness & so produce *kushtha*.^[6]

MATERIALS AND METHODS

This review article study was conducted from various research article and referring various text.

DISCUSSION

According to *kshir dadhi nyaya* (the law of transformation), preceding *dhatu*s (nutrient fractions) get transformed into succeeding *dhatu*s.^[7] *tvak* is *upadhatu* (subsidiary tissue elements) of *mamsa* i.e six layers of skin are formed out of *mamsa*.^[8]

In *kushtha* (skin disease) by intake of faulty diet *tvak* (skin) *rakta*(blood), *lasika* (Lymph) get vitiated. It has been observed that skin diseases likely to flare up more after consumption of excessive salty, sour foods.

According to modern science, mostly skin diseases usually caused by allergic reaction to something that been encountered or swallowed by a person. Due to this allergic reaction body begins to release histamine into blood. Histamine is chemicals which body produces in an attempt to defend itself against infection and other outside intruders.

Some skin diseases believed to be triggered by an overactive immune system that responds aggressively when exposed to irritants, for example Eczema. Sometimes Eczema caused by an abnormal response to protein that is part of body. It's been observed that Eczema flare up by some food allergies which indicates food we consume affects skin diseases.

Following are some food related factors which should be avoided while treating skin diseases.

a) *Ati lavana ahar* (excess salt intake).

For example salt predominant food like pickles, bhelpuri, papad chips etc.

b) *Ati amla ahar* (excess sour food intake) for example fermented products, sour fruits, tomato ketch up, excess intake of preserved food, vinegar, alcohol etc.

c) *Viruddha ahar* (Incompatible food) for example sprouted vegetables grains with meat, milk with fish, honey with ghee, black gram with meat, jaggery with meat, curd with chicken or meat, honey heated in any form or taken with hot water.

d) *Guru ahar* (hard to digest food) for example excess intake of pizza, cheese, bakery products, kidney beans, paneer, idli, beef, pork, regular intake of meat products, intake of different fruits milk shakes etc.

e) *Snigdha ahar* (oily / unctuous foods) for example excessive oily foods such as fried oily foods excessive ghee etc.

f) *Asatmya ahar* (uncongenial foods) foods which are not suitable to *prakriti*, *desha* (native to the place) such as fruits of foreign origin, eating foods which is not native to the area.

- g) *Ajirn ahar* (intake of food before the previous food is properly digested).
- h) Non vegetarian food with milk, ice-cream along with non vegetarian food together or intake of cold food just after intake of hot food or vice versa.
- i) Habit of taking honey, jaggery, fish, radish etc. in excess quantity especially when previous food has been not properly digested.
- j) Excess intake of curd, fish, vinegar, massage (udad dal), sesame, alcohol etc.^[9]

CONCLUSION

Dietary interventions have been underestimated aspect of dermatological therapy. Various researches however has found a significant association between diet and some skin diseases. Therefore dietary recommendations can play major role treating skin disorders.

By taking few precautions during consumption of such type of food we can prevent skin diseases or it can say that by avoiding consumption of these foods in skin diseases we get better and fast result with other *ayurvedic* treatment.

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