

CRITICAL ANALYSIS OF VIRUDDHA AHARA (INCOMPATIBLE DIET) IN CONTEXT TO VICHARCIKA (ECZEMA): AN EPIDEMIOLOGICAL STUDY

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Abstract

In the modern era of globalization, there has been a major shift in diet pattern. Unwholesome diet is causative factor for disease & wholesome diet is promoting factor for health. “Unhealthy diet is one key cause of the growing global burden of disease”. The main aims and objectives of the studies are to conduct a survey study on specific types of Viruddha Ahara (incompatible diet) in Vicharcika (eczema). A survey study of total 220 Vicharcika patients was conducted. Survey was carried on the basis of specially prepared questionnaires. On survey study, all patients of Vicharcika were consuming Viruddha Ahara. Out of 220 patients, maximum numbers of patients i.e. 81.36% were taking Samyoga Viruddha (incompatibility of combination) & Virya (potency) Viruddha while 46.36% patients were taking Sampada Viruddha (incompatibility of richness of quality). Hṛdaya Viruddha (incompatibility of palatability) was practicing by 42.72% patients. Study reveals that Viruddha Ahara is an important aspect of today's improper dietary habits. So it was concluded that, Viruddha Ahara (incompatible food) is the most important etiological factor in Vicharcika.

Keywords: Viruddha Ahara; Kustha; Vicharcika; Eczema.

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INTRODUCTION

Ayurvedic classic describes the wide spectra of all skin disorders as Kustha and is classified in two divisions i.e. Mahakustha and Ksudrakustha. Vicharcika is enlisted under Ksudra kustha (minor skin disease). All type of Kustha is Tridoshaja, so Vicharcika is also having Tridoshaja origin. Most of the Acharyas have described Vicharcika having Kapha dominancy and comes under Rakta pradosaja Vikara and having specific involvement of Rasa, Rakta (blood), Mamsa and Kleda (Lasika) Dusya. 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.

Our Ancient Acharyas mainly focused on the Nidana or etiological factors and described the detailed description of Nidana for all the diseases. According to Acharya Susruta, avoidance of Nidana or etiological factors is Cikitsa (treatment).^[1] Viruddha Ahara (incompatible diet) is one of the main cause for all types of Kustha.^[2] Hence to find out cause and effect relationship between Viruddha Ahara and Vicharcika Kustha (Eczema) & to put awareness in current population regarding faulty diets & dietary habits, this survey study has been selected.

MATERIAL AND METHODS

Total 220 patients having signs and symptoms of Vicharcika Kustha (Eczema) without any definite age group, of both gender either married or unmarried individuals were included in this study after informed consent. They were selected from OPD and IPD of National Institute of Ayurveda, Jaipur. Survey was carried on the basis of specially prepared questionnaires. The questions of survey were based on examples of types of Viruddha Ahara viz. Desa (place), Kala (time), Agni (digestive power), Matra (quantity), Satmya

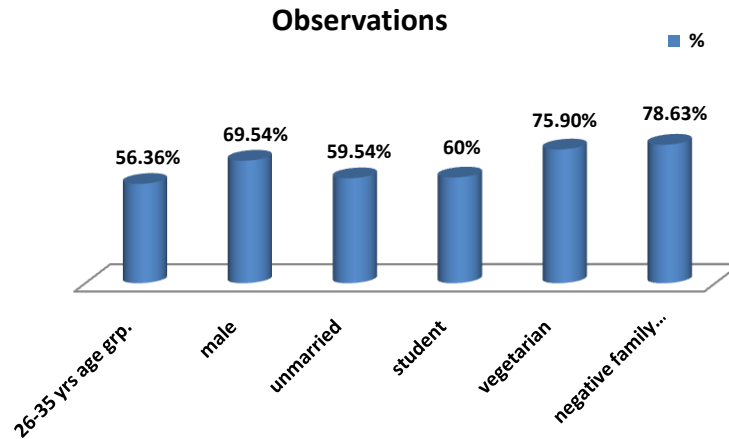
(homologation), Dosha (humours), Samskara (mode of preparation), Virya (potency) Koshta (bowel), Avastha (state of health), Krama (sequence), Parihara (caution), Upacara (treatment), Paka (cooking), Samyoga (combination), Hrdaya (palatability), Sampada (richness of quality), Vidhi (rules for eating) Viruddha described in Caraka Samhita Sutrasthana^[3] & other Samhitas. The first few questions were on demographic information of the patients. In survey proforma, various factors were noted like - Chronicity of disease, family history, assessment of Agni, Vyayamashakti (capacity to do exercise) of patient and assessment of Koshta etc. Prakrti assessment was done on the basis of specially prepared Prakrti proforma.

OBSERVATIONS

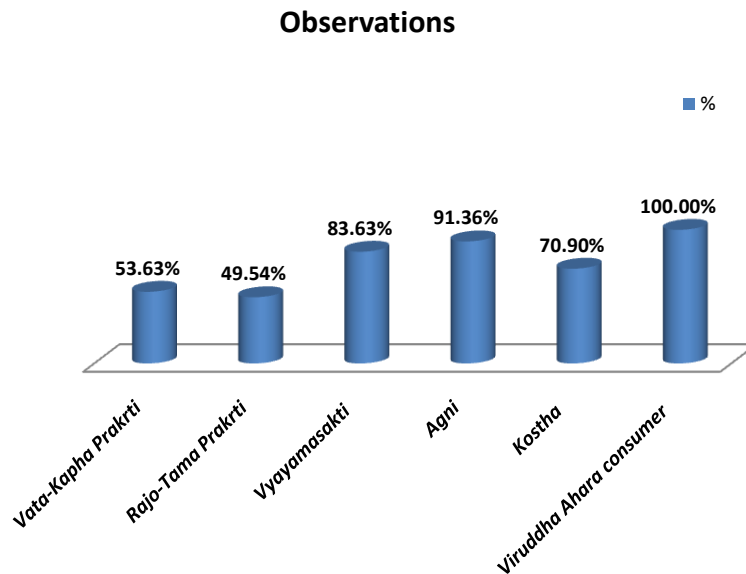
In Survey study out of 220 patients, maximum patients (56.36%) were found in the age group of 26-35 years. 69.54% of patients were male followed by 30.45% were female. Marital status in 220 patients of eczema revealed that maximum 59.54% patients were unmarried. Maximum (60%) patients were student while 15.45% were in business occupation, followed by service class 12.27%, 8.63% were housewife & 3.63% were unskilled. Maximum patients (75.90%) of study were vegetarian. Regarding family history, 73.01% patients had no family history, 26.98% patients had positive history of allergy, skin diseases or asthma etc. in family. (Graph 1)

On considering the data of sharirika Prakrti, maximum i.e. 53.63% patients had Vata-Kapha Prakrti. In Manasika Prakrti, 49.54% patients had Rajo-Tama Prakrti. 83.63% patients were having Avara Vyayama Shakti. On analyzing the Agni of the patients it was found that, 91.36% patients were having Mandagni. On analyzing the Koshta of the patients it was found that 70.90% of patients were having Madhyama Koshta. All patients (100%) were found of Viruddha Ahara consumer. (Graph 2)

Graph 1: Graph depicting the age group, gender, marital status, occupation, diet pattern, family history of total study patients (n=220)



Graph 2: Graph depicting the Sharirika prakrti, manasika prakrti, vyayamasakti, agni, kostha, viruddha ahara consumer of total study patients (n=220)



Maximum numbers of patients i.e. 81.36% were taking Samyoga Viruddha & Virya Viruddha while 46.36% patients were taking Sampada Viruddha. Hridaya Viruddha was practicing by 42.72% patients. (Graph 3)

Viruddha Ahara wise distribution of 220 patients of Eczema

On considering data of Samyoga Viruddha in 179 patients (81.36%) out of 220 patients of

eczema, intake of Milk + Banana, Milk + Khicadi, Milk + Guda, Milk Shake, Milk+Idli / Samosa / Kachoudi were found in 100% patients. Intake of Milk + sour fruits was found in 97.20% patients. 85.47% & 78.77% patients were taking fruit-salad & Milk + curd+ Bhata (cooked rice) respectively. Chicken / kabab (heated meat) + curd; Non-veg. + Guda/Tila/Udada/milk; Non veg. + newly germinated grains/radish consumption was found in 29.60 % patients whereas

43.57% patients were habitual of taking Honey + Hot water. Intake of Milk + Muli (radish) & Alcohol+ Khicadi + Milk were found in 21.78% & 12.29% patients respectively.

On considering data of Virya Viruddha in 179 patients (81.36%) out of 220 patients of eczema, intake of milk + salty diet were found in all (100%) patients. Intake of Ghrita + Pickle & milk + Udada was found in 73.74% & 29.05% patients respectively. 18.99% & 13.96% patients were taking milk + honey & milk + fish respectively. (Table 1)

On considering data of Sampada Viruddha in 102 patients (46.36%) out of 220 patients of Vicharcika, intake of Street-foods like samosa chaat, dabheli, pani puri, dahi puri, sheva puri, bhela puri, ragada patis etc. were found in all (100%) patients. 86.27% patients were taking Bakery product like cake, pestris, biscuit, cookies etc. Intakes of Chinese items were found in 75.49% patients. 53.92% & 43.13% patients were consuming Preserved food like canned foods with lots of sodium & Paryusita Anna (long time food) respectively. Intake of putrified fruits / deeply fried food items (eg. potatoes, beans etc.) & unripe substances like green tomatoes / green potatoes were found in 46.07% & 34.31% of patients respectively. 19.60% patients were taking juice (Rasa) of unripe, over-ripe or putrefied (food) substances. (Table 2)

On considering data of Hrdaya Viruddha in 94 patients (42.72%) out of 220 patients of Vicharcika, intake of food in the presence of Manovighatakara Bhava (emotional disturbance) like Cinta (worry), Soka (sorrow), Bhaya (fear), Krodha (anger), Irsa (jealousy) etc. were found in 91.48 % patients. Intake of food in front of patients in hospital, accidental place etc & food items which have taken at unhygienic place were found in 51.06% & 45.74% of patients respectively. 46.80% patients were taking unpleasant (dislikes) food. (Table 3)

DISCUSSION

Age

Maximum (56.36%) patients were from the age group of 26-35 yrs. By our study it is clear that an affected person belongs to younger age group & because of faulty lifestyle and dietary habits the incidence of eczema are found more in age group of 26-35 yrs.

Gender

Out of 220 patients, majority of patients were male i.e. 69.54%. Probable reason may be that, male are more exposed to different types of contacts and environments. Also they may be more affected by incompatible diet due to some conditions. i.e. hostel, business, service schedule.

Marital status

Marital status in 220 patients of eczema revealed that maximum 59.54% patients were unmarried. Even though, it is difficult to say that marital status has any relation with this disease. Probably, most of the patients were students so this result was found.

Occupation

Maximum patients (60%) were students, 15.45% were in business occupation, followed by service class 12.27%, 8.63% were housewife & 3.63% were unskilled.

In this study maximum victims belong to student group this is due to more prevalence of junk food habit in them.

A majority of students eat out since they do not have much free time and feel bothered to cook their own meals at home. There is a tendency for students to frequently eat snacks as a meal and it seems impossible at times for them to have regular meals.

Graph 3: Graph depicting the various types of viruddha ahara in total study patients (n=220)

Types of viruddha ahara

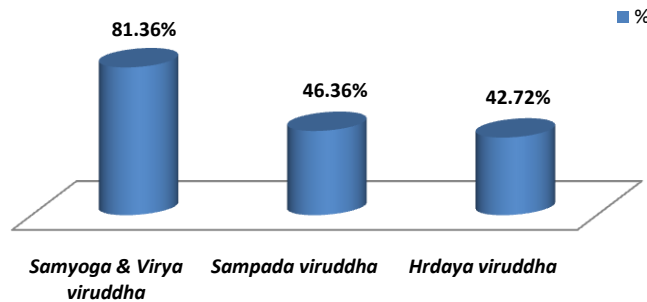


Table 1: Percentage prevalence of Patients according to Samyoga Viruddha & Virya Viruddha in 179 patients (81.36%) out of 220 patients of Vicarcika wise

Samyoga (combination)Viruddha Ahara	Number of Patients (n=179)	Percentage %
Milk + Kela (banana)	179	100
Milk + Khichadi	179	100
Milk + sour fruits	174	97.20
Milk + Muli (radish)	39	21.78
Milk + Guḍa	179	100
Milk Shake	179	100
Fruit-salad	153	85.47
Milk + curd + Bhata (cooked rice)	141	78.77
Milk+Idli /Samosa/Kachoudi	179	100
Chicken/Kabab (heated meat) + curd	53	29.60
Non veg + Guḍa/Tila/Udada/milk	53	29.60
Non veg + newly germinated grains/radish	53	29.60
Alcohol+ Khichadi+Milk	22	12.29
Honey + Hot water	78	43.57
Virya (potency) Viruddha	Number of Patients (n=179)	Percentage%
Milk + Fish	25	13.96
Ghee+ Pickle	132	73.74
Milk+Uḍada	52	29.05
Milk +Honey	34	18.99
Milk+Salty diet	179	100

Table 2: Percentage prevalence of Patients according to Sakmpada Viruddha in 102 patients (46.36%) out of 220 patients of Vicarcika wise

Sampada Viruddha Ahara	Number of Patients (n=102)	Percentage %
Intake of unripe substances like green tomatoes / green potatoes	35	34.31
Intake of putrified fruits / deeply fried food items (eg. potatoes, beans etc.)	47	46.07
Intake of juice (Rasa) of unripe, over-ripe or putrefied (food) substances	20	19.60
Paryusita Anna	44	43.13
Bakery product like cake, pestris, biscuit, cookies etc.	88	86.27
Preserved food like canned foods with lots of sodium,	55	53.92
Street-foods like samosa chaat, dabheli, pani puri, dahi puri, sheva puri, bhel puri, ragada patis etc.	102	100
Chinese items	77	75.49

Table 3: Percentage prevalence of Patients according to Hridaya Viruddha in 94 patients (42.72%) out of 220 patients of Vicarcika wise

Hridaya Viruddha Ahara	Number of Patients (n=94)	Percentage %
Intake of food in the presence of Manovighatakara Bhava like Cinta, Soka, Bhaya, Krodha, Irsa etc.	86	91.48
Intake of food in front of patients in hospital, accidental place etc.	48	51.06
Food items which have taken at unhygienic place	43	45.74
Unpleasant (dislikes) food	44	46.80

Next group belongs to service & business class because this group suffers from work load & time limit, so they were having irregular, improper, irrelevant diet habits, and regular intake of Viruddha Ahara (incompatible diet).

Diet pattern

Maximum patients (75.90%) of this study were vegetarian. It may be due to general religious belief of Hindu especially in this area.

Family history

Regarding family history, 78.63% patients had no family history. 21.36% patients had positive history of allergy, skin diseases or asthma etc. in family. It indicates that, Kustha disease have some relation with Bijadosa. But that condition afflicts the Srotas & for the further progress of disease it needs particular Nidana s (cause).

Ssririka Prakrti

Majority of the patients i.e. 53.63% were belonging to Vata-Kapha Prakrti. This is possible because Vicharcikais Kapha dominant disorder. It supports the Ayurvedika concept that the willing or craving to ‘types of food’ is totally different with their individual constituents. And it is also observed that the grammar of the maximum incompatible diets is sour, salty and spicy.

Manasika Prakrti

Maximum numbers of patients 49.54% were having Rajo-Tama Prakrti. From this observation, it is clear that Rajo and Tamoguni persons react more quietly to unfavourable condition.

Vyayama Shakti

In this study, 83.63% patients were having Avara Vyayama Shakti. Caraka has very rightly stated that one who does exercise daily remains unaffected by Viruddha Ahara. This is supported by present study and Lack of exercise causes Santarpana and it leads to Santarpanottha Vyadhi which includes Kustha.

Agni

Maximum numbers of patients (91.36 %) were having Mandagni. Acharya Caraka has also stated that due to strong digestive power dietetic incompatibility becomes neutralized.^[4] So from the above observation, it is clear that Mandagni patients can’t nullify the effect of Viruddha Ahara.

Viruddha Ahara consumer

Out of 220 patients, all patients (100%) were found of Viruddha Ahara consumer. The prevalence of Viruddha Ahara consumer patients is more which supports that Viruddha Ahara is potent cause of Kustha.

It may be hypothesized that Viruddhahas cause imbalance among the various bodily humours, body channels, body tissues etc. leading to the manifestation of various diseases and also causing death. In Vicharcika Kustha, due to intake of Viruddha Ahara, the physiological structure of skin is disturbed (eg. Dosh, Dushya, Srotasa etc.). Acharya Caraka who mentioned that unwholesome diet is one of the causes for spreading the morbid humors from the alimentary tract to the peripheral system.^[5] Also Viruddha Ahara is direct cause of Raktadusti.^[6]

Due to continuous intake of Viruddha Ahara, Mala (Vata, Pitta, Kapha) get vitiated and lodges into Tiryaka Sira and vitiate Tvaka, Lasika, Rakta and Mamsa. These produce Saithilya in Tvagadi Dhatu and spread in Bahya Marga, produces Syavata, Kandū, Pidika, Sraava in Tvaca, which is called Vicharcika Kustha.

Prevalence of various types of Viruddha Ahara

Samyoga Viruddha & Virya Viruddha (81.36%)

On considering data of Viruddha Ahara consumer, prevalence of Samyoga Viruddha & Virya Viruddha (81.36%) is more. Now in modern era, many dietary varieties are available in market. Most of people consume different varieties in different hotels, companies, without considering its preparation. Therefore Samyoga Viruddha is more observed in modern society.

In Dugdha (milk) + Lavana (salt), Dugdha (milk) having Madhura (sweet) Rasa, Sita (cold) Virya & Mrdu, Snigdha, Guru (heavy) & Manda Guna & Lavana (salt) having Ushna (hot), Tikṣṇa, Sukṣma Guna which is total opposite to Dugdha giving rise to incompatibility. Intake of excessive Guda (jaggery) causes excessive increase of Krimi (micro-organism), Majja, Śonita (blood),

Meda (fat) & Mamsa.^[7] When milk is mixed with Amla Rasa (sour fruits) it gets curdled because Amla Phala (sour fruits) having Laghu, Ushna Guna. In Ghee + Pickle, Ghee is Sita Virya and Pickle is combination of Ushna Virya Dravya which is also incompatible. In case of Fish + Milk, Fish is having property of Guru, Ushna, Madhura & Bahudosakaraka and milk is also having Madhura (sweet) Rasa, Madhura Vipaka & Maha Abhisyandi property which causes vitiation of blood and obstruction in body channels.^[8] In this way, many of above examples both qualitative & quantitative variation may produce itself as Viruddhahara.

In simple words, Samyoga means combination of two or more than two Dravya (food substances). This is incompatibility related to combination. So Viryaviruddha should be included under Samyoga Viruddha. Samyoga Viruddha may be acting in 3 ways, firstly the combination of two or more Dravya which are having opposite Karma interfere with each other's action giving rise to incompatibility. Secondly the combination of two or more Dravya which are having similar Karma get multiplied by each other developing synergism & create damage due to the excess of their quality. Thirdly the combination becomes a source of beginning of new detrimental properties which are absent in those Dravya before combination. So, one should avoid consumption of such combination of food items.

Sampada Viruddha (46.36%)

On considering the data of Viruddha Ahara consumer, prevalence of Sampada Viruddha was 46.36%. Intake of such food articles, which are not having edible qualities, can be considered as Sampada Viruddha. In Sampada Viruddha, the Dravya which are going to take by the human beings are devoid of the essential qualities which those Dravya have to possess. There is not only the absence of freshness in food-items but also unwanted

qualities are become a part of food stuff due the combination of unhygienic substances which are the reasons in producing the incompatibility. Now people are interested in tasty, convenient, more refined, processed & preserved food. This may be the reason of getting Sampada Viruddha Ahara.

Hrdya Viruddha (42.72%)

On considering the data of Viruddha Ahara consumer, prevalence of Hrdya Viruddha was 42.72%.

This is incompatibility of palatability where an article or substances of food is unpleasant in taste. According to Acharya Susruta, use of Svadu Ahara (tasty food) causes Bala Vriddhi (strengthen the power) and Sukha-prapti (pleasant) etc, while Asvadu (bad taste food) shows opposite Guna (property). Here by term Hrdya one should take Manas (psyche) as in this type Mano - Aghata (emotional disturbance) is the cause in the production of vitiation of Agni which is also given by Acharya Charaka in Vimanasthana chapter 2 as the wholesome food taken even in proper quantity do not get properly digested when the individual is afflicted with grief, fear, anger, sorrow, excessive sleep and excessive vigil.^[9] Hence in Hrdya Viruddha there is Mano-Aghata which leads to Agni Dusti (vitiation of digestive power) ultimately engender harmful effects to Sharira (body).

CONCLUSION

Ayurveda emphasizes on Nidana Parivarjanam Chikitsa (avoidance of etiological factors) understanding the Nidana (cause) is prime

important. Present Study reveals that, Viruddha Ahara is responsible for rising cases of Vicharcika Kustha (eczema) hence the concept of Viruddha Ahara is relevant to present era and people should avoid the consumption of Viruddha Ahara.

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