



## THE ROLE OF AHARA IN KUSHTA ROGA – AN EXPERIMENTAL STUDY PROPOSAL

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### ABSTRACT

**Background:** Ahara dravya or diet plays a major role in deciding a person's health as well as the life expectancy. The Indian medical science describes widely on the significance of food in maintaining healthy condition and also renders polluted food as one of the causative factor in causing majority of diseases. Kushta roga or skin diseases is one such disease explained improper food habit as a causative factor. In this study the classification of Kushta roga was taken specifically but Kushta roga or skin diseases as a whole was considered for the study. **Research Proposal:** The aim is to assess the effect of any type of Viruddha Ahara with special reference to Kushtaroga (Skin disorder) and the objective is to assess the effect of any type of Viruddha Ahara in experimental model with special reference to Kushtaroga (Skin disorder). **Materials and Methods:** Literary data from the Indian medicine scriptures will be collected and experimental study will be collected from grouping of wistar stain male albino rats minimum of six animals in each group and data collected from haematological examination food and water intake of rats will be assessed statistically for significance employing one way ANOVA followed by suitable 't' test. **Discussion:** Kushta roga is considered as mainly caused by improper food habits and can be proved by resorting to the experimental study. **Conclusion:** The line of treatment of incompatible food intake diseases like Kushta roga follows the usual pattern which was explained in Indian medicine literature like elimination therapy.

**KEYWORDS :** Ahara dravya, Kushta roga, Viruddha Ahara

### INTRODUCTION:

Food is considered as foremost factor in maintaining health and getting long healthy life span food consuming should be the best. The purity of food is considered influencing the purity of mind also. Recently a lot of illness and emergencies are being reported related to the adulteration of food, food poisoning, etc. and actions are taking by the health authorities in Kerala. This instance is also refers to the importance of food in life. In Ayurvedic medical science literature are found scattered in authentic texts related with beneficial foods and those food if consumed will produce harm to the humans. The literature also points on alterations in food habits, intake, quantity, etc. produces harm to the body by causing many diseases. One ailment caused due to food impurity is *Kushtaroga* or Skin disorders.

### B. Review of Literature:

#### Types and Etiology of *Kushtaroga*:

The *Kushtaroga* (skin disorders) as per Ayurveda is divided into two- *Mahakushtarogas* (7) and *Kshudra Kushtarogas* (11) <sup>1</sup>. The etiological factors of *Kushtaroga* includes *Viruddha Ahara* (antagonistic foods), suppression of natural urges like *Charddi* (vomiting and vomiting tendency), immediate change in temperature and exposure to excess heat, excessive intake of *Drava* (fluid), *Snigdha*(unctuous) and *Guru* (heavy)quality dominant food, taking *Sheeta* (cold) food after *Ushna* (hot) food and vice versa or fasting being followed by heavy meals, taking uncooked or raw foods or having food before digestion of previous meal, taking food which are instructed as restricted, having cold drink immediately after the exposure to sunlight, consumption of fresh grains, curd, fish, high salty and sour food, black grams, radish, food prepared from flour paste, sesame, milk and jiggery products, indulging in intercourse before digestion of food taken and immediately after food intake <sup>2</sup>.

#### Diet Prescribed For Preservation Of Health And Prevention Of Diseases <sup>3</sup>

It is instructed to take food in proper quantity depending on the strength of individual digestive power. The proper quantity of food can be decided if digested in due time without disturbing the normalcy of the person.

#### Proportion of heavy and light to digest food <sup>4</sup>

The right quantity always depends upon the substance itself. It is advised that heavy articles should be taken up to one third

or one half of the saturation point (of capacity of stomach); and light food should not be taken in surfeit in order to maintain the strength of digestive power.

#### Proper Quantity Of Food <sup>5</sup>

The food taken in right quantity provides strength, complexion, happiness and longevity to the person; without disturbing the normalcy of an individual. So one should never eat such heavy to digest food articles like preparations of flour, rice, flattened rice etc., immediately after a meal. Even hungry should take these foods only in right quantity..

#### Food Articles To Be Avoided From Habitual Consumption <sup>6</sup>

It is advised not to follow habitual intake of dried meat, dried vegetables, tuber of lotus and stalk of lotus as these are heavy to digest. One should never eat meat of emaciated animal. One should not be habituated to take coagulated milk, cream-cheese, pork, meat of cow and buffalo, fish, curd, black-gram and wild-barley.

#### Food Articles For Regular Consumption <sup>7</sup>

It is advised for regular consumption of rice (*Shashtika* variety, *Shali* variety) green gram (*Mudga*), rock-salt, Indian gooseberry (*Aamalaka*),barley (*Yava*), rain-water, milk, ghee, flesh of arid habitat animals (*Jangala mamsa*) and honey.

#### Three Substances Contra-indicated For Long Term Consumption And Their Effects On Body <sup>8</sup>

There are three things if consumed in excess is strictly prohibited in comparison to other ones which are long pepper, alkali and salt

#### *Satmya* (adaptation Or Habituation) <sup>9</sup>

*Satmya* (habituation) means that which suits the self.. The use of all the *Rasa* (tastes) collectively is considered superior, those that use only one *Rasa* (taste) are considered as inferior and that which lie between these two are considered as medium. Effort should be made to gradually move up from the inferior and the medium and to the superior type of habituation. Also the individual should follow the factors of dietetics and nutrition.

#### Ashta Ahara Vidhi Visheshayatana ( Eight Specific Factors For Diet) <sup>10</sup>

There are eight specific factors of method of dieting *Prakriti* (nature), *Karana* (processing), *Samyoga* (combination), *Rashi*

(quantity), *Desh* (place), *Kala* (time), *Upayoga -samstha* (rules for use) and *Upayoktra* (consumer).

#### Rules of taking food (*Ahara vidhi vidhana*)<sup>11</sup>

The prescribed rules to be followed in eating are eat warm, unctuous food in proper quantity, after the previously consumed food is digested. The food taken should be non-antagonistic (which is not unsuitable to one's constitution or habit) and should be consumed in a favourable place, with all the favourable accessories, not too fast, not too slow, not while talking or laughing, and with full concentration.

#### Concept of *Viruddha Ahara* (incompatibility or antagonism)<sup>12</sup>

The substances which are contrary to body and internal aspects are considered as antagonistic to them. This antagonism may be in terms of properties, combination, processing, place, time, dose etc. or natural composition

The entire (drug or) diet that excites the body elements but does not eliminate it out of the body, is considered of producing is *Viruddha*<sup>13</sup>

#### Types of *Viruddha Ahara*<sup>14</sup>

That food items which is antagonistic with respect to place, time, digestive power, dose, suitability, body elements, processing, potency, nature of bowel, health condition, order, contra-indication, indication, cooking, combination, palatability, richness in properties, rules of eating, is considered unwholesome or unfit for consumption.

#### Diseases Due To Incompatibility<sup>15</sup>

The antagonistic (*Viruddha*) food is the cause of impotency, blindness, erysipelas, ascites, pustules, insanity, fistula-in-ano, fainting, narcosis, tympanitis, spasm in the throat, anaemia, less digestion, leucoderma, leprosy, intestinal incompetence, oedema, acid gastritis, fever, rhinitis, genetic disorders and even death.

#### Research Proposal:

##### AIM:

To assess the effect of *Viruddha Ahara* with special reference to *Kushtaroga* (Skin disorder)

##### OBJECTIVE:

To assess the effect of *Viruddha Ahara* in experimental model with special reference to *Kushtaroga* (Skin disorder)

#### MATERIALS AND METHODS:

##### Source of Data:

**Literary Data:** Literary data related to *Viruddha Ahara* will be collected from Ayurveda literatures available from Institutional Library and other sources which include magazine, previous works done, Research paper, website.

##### Experimental Source:

The required male wistar strain adult albino rats taken from the licensed and recognised Experimental Lab having Animal House for the study.

##### Method of collection of Data:

Male wistar strain adult albino rats will be taken from from the licensed and recognised Experimental Lab having Animal House.. Selected adult rats shall be randomly placed under 3 groups, so that in each group minimum of 6 rats will be included.

##### Experimental Methodology:

3 groups each with 6 male wistar strain adult albino rats are needed Grouping

#### Group 1

Control Group - Male wistar strain adult albino rats feeded

with normal rat feed in normal animal house condition.

#### Group 2

Test Group 1 – Male wistar strain adult albino rats fed with any of *Viruddha Ahara* food given in calculated rat dose along with normal rat diet in normal animal house condition.

#### Group 3

Test Group 2 – Male wistar strain adult albino rats induced for manifesting any skin disorder, fed with normal rat diet in normal animal house condition.

#### Study Design:

Experimental study

#### Inclusion Criteria:

Male wistar strain adult albino rats weighing 180 gms and above will be considered for the study.

#### Exclusion Criteria:

- Wistar strain adult albino rats weighing less than 180gm.
- Female wistar strain adult albino rats
- Rats used for and under trial of other experiments.

#### Intervention:

- Route of administration – Oral
- Dose will be calculated on the basis of human dose by using standard conversion method - Human dose x0.018x5g/kg body weight in rats.\

#### Duration Of Study:-

2 months

#### Parameters Of The Study:

- Haematological examination
- Biochemical parameters ( SGOT , SGPT , ALP, Bilirubin, Creatinine ,total protein)
- Anti oxidant study ( free radical scavenging activity tests)
- Food and water intake of rats

#### Assessment Criteria:

The data generated during the study would be analysed by employing one way ANOVA followed by Dunnet.s multiple comparison test. The values would be considered significant at the level of P<0.05.

#### Do you need Ethical Committee approval?

Yes, Animal Ethical Committee approval needed for conducting the study.

#### DISCUSSION:

The measures which are used to counteract the above and other disorders caused by antagonistic food articles include emesis, purgation, and use of antidotes for pacification and prior conditioning of the body with similar substances which alleviate the disorders caused by antagonistic food..<sup>16</sup>

The antagonism produced by food will not harm persons having suitability, in small quantity, having strong digestive power, in young, and in having unctious, physical exercise, and better body strength/resistance..<sup>17</sup>

The diet instructed for *Kushta roga* are easily digestible and wholesome food, green leafy vegetables bitter in taste, food and ghee prepared by fortifying with suitable drugs, one year old cereals, meat of animals inhabiting from arid area and preparations of green gram, etc. It is advised to avoid heavy to digest, sour food, milk, curd, meat of animals residing in marshy area, fish, jaggery and sesame..<sup>18</sup>

In *Vata Dosha* predominant *Kushtha*, firstly administer *Ghritapana* (intake of medicated ghee), in *Kapha Dosha*

predominant *Kushtha*, *Vamana* (emesis therapy) and in *Pitta Dosha* predominant *Kushtha*, *Virechana* (purgation therapy) along with *Raktamokshana* (bloodletting therapy) should be the line of treatment to be adopted.<sup>19</sup>

#### CONCLUSION:

In *Kushtaroga* repeated purification by different methods is advised with proper intervals<sup>20</sup> and the purification therapy is adopted in treatment related with food in alternate contemporary medical science also by resorting to stomach cleaning, enema, etc. the oral intake of poison also treatment remains the same as mentioned above. The line of treatment of incompatible intake diseases also follows the same pattern which is explained in *Ayurveda* literature.

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