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Review Article

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Role of *Viruddha Ahara* towards Skin and Allergic Disorders; an Ayurveda Review

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Abstract

Viruddha Ahara is Ayurveda view of food incompatibility; *Viruddha Ahara* referred several types of food incompatibility including food–food interactions and food processing interactions, etc. Diet and its combinations that affects metabolism of tissue, inhibits process of tissue formation, alter physiological process of body and having opposite property, etc. are termed as *Viruddha Ahara* or incompatible food. The inappropriate quantity and quality of food and improper timing of meal, etc. also comes under the heading of *Viruddha Ahara*. With respect to concept of *Viruddha Ahara* Ayurveda has described different food incompatibilities i.e.: *Samskar Viruddha*, *Samyoga Viruddha* and *Veerya Viruddha*, etc. *Viruddha ahara* can triggers pathogenesis of several diseases including *Visarpa*, intoxication, *Shukra Dhatu Dushti*, rhinitis, infertility, *Kustha roga* and allergic disorders, etc. Present article explored role of *Viruddha ahara* in skin and allergic disorders.

Keywords: Ayurveda, Incompatible Food, *Viruddha Ahara*, Skin Disease, Allergy

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1. Introduction

Viruddha Ahara or incompatible diet is important clinical concept described in ancient Ayurveda texts. The consumption of incompatible diet (*Viruddha Ahara*) can cause many systemic and topical disorders. The balance diet is considered pillar of good health contrary to that unwholesome food is considered major cause of pathological manifestations therefore it is suggested that one should consume balance diet to remain healthy. Wrong combination of food, wrong processing of cooking of food, consumption of meal in improper quantity and incorrect timing of meal/place, etc. can lead consequences of *Viruddha Ahara*. (1-4)

Viruddha Aahara possesses opposite properties, opposite activities on body tissues and exert some undesirable effects including pathological conditions like; *Visarpa*, blindness, fistula in ano, intoxication, abdominal distention, anemia, indigestions, skin diseases, gastritis and rhinitis, etc. *Viruddha Aahara* significantly contributed towards the pathogenesis of

skin and allergic disorders, present article highlighting the same fact.

2. Concept of *Satmya viruddha*

The Ayurveda term *Satmya viruddha* denoted for food materials which are not according to natural habitat of person means opposite to the *Prakriti* or inherent characteristics of person. Person with *Mrudu Koshtha* if consume heavy food then adversity may observe as consequences of *Satmya viruddha Ahara*.

Satmya viruddha may cause vitiation of *Rasadi dhatus*, deteriorate potency of *Dhatus*, *Mandagni*, *Aamotpatti*, *Margavarodha* for nutrition transport, *Pitta Dushti* and vitiation of *Mala*. *Satmya viruddha Ahara* can lead pathological conditions like *Shukra Dhatu Dushti*, *Visarpa*, *Kilasa*, *Jalodara*, *Aadhmana* and *Grahani*, etc.

3. Role in Skin Disease

Viruddha Aahara is one of the causative factors of *Kustha roga*, the consumption of incompatible diet such

as; continuous intake of fish, *Lakucha* and *Kakamachi*, fish with milk and intake of food containing *Yavaka*, *Vdalaka* and *Cinaka* with curd, milk and *Masa* can triggers pathogenesis of skin diseases.

The incompatible diet can cause skin manifestations like; rashes, itching, burning sensation and wheals etc.

Viruddha ahara is responsible for symptoms like *Utkotha*, *Udarda*, *Kotha* and *Shitapita*, etc. (4-7) The *Asatmya ahara-vihara* including poisonous food and allergens can cause *Rakta dushti* that further initiates pathogenesis of skin disease as depicted in **Figure 1**.

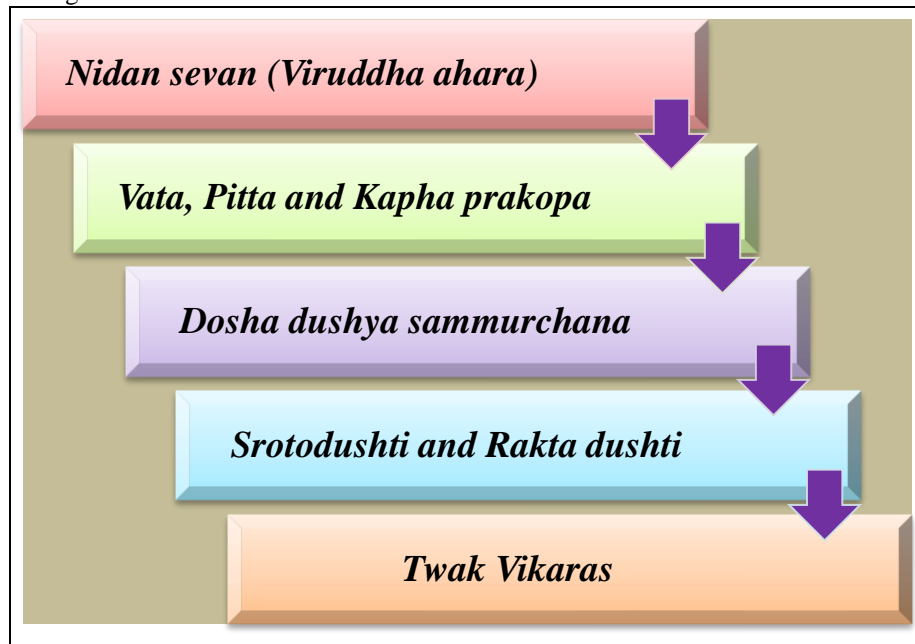


Figure 1. Role of Viruddha ahara in Twak Vikaras

The *Tridosha* vitiation caused by incompatible diet also affects *Agni* which becomes *Manda* thereafter *Dushya* of *Rasa* and *Rakta* along with *Rsavaha* and *Ratavaha* *Srotodushti* leads major symptoms of skin diseases.

4. Modern View

Modern science also described that incompatible diet can cause skin ailments due to the hypersensitivity and altered immune responses. The incompatible diet develops immunologic reaction due to the anticipated responses of antigen and antibody reactions. The local hypersensitivity reaction may occur through localized cutaneous swelling as skin allergy that further develops other symptoms of skin manifestation. The skin disease like *Urticaria* can occur due to the incompatible diet that includes eggs, fish, milk, cheese and nuts, etc.

The progression of skin disease associated with *Viruddha ahara* can be explained with respect to Ayurveda concept of *Shatkriya kala*. First *Viruddha ahara* acts like allergens to skin this causes *Sanchaya* of causative factor, production of primary lymphocytes can be considered as *Prakopa* followed by cell mediated immune response and spread in blood and lymphnodes (*Prasara*). Migration of cells as antigenic response from blood to tissue causes *Sthana samshraya* of disease, thereafter release of lymphokinase causes symptoms of skin ailments such as; itching, redness and chronicity, etc.

As per Ayurveda vitiation of *Raktavaha Srotas* mainly responsible for *Twak Vikaras* and this vitiation bring by many factors and *Viruddhaahara* is one of them. *Viruddhaahara* can cause *Rakta Dushti* by two ways; first by producing allergic or antigenic response

and by affecting the proper nourishment of skin tissue. The ancient Ayurveda described *Kushta* as *Rakta Pradoshaja Vikara* and *Rakta Dushti* is pathological event of *Viruddha Ahara*.

As per *Yogaratnakara* the skin disease *Masoorika* (chicken pox) can occur due to the *Viruddha Ahara*. The unhealthy food habits can lead many skin ailments including *eczema*, *Mahakusta* and *Ksrudrakusta*, etc. The skin hypersensitivity produces by incompatible food is major pathological event of skin disease, however it is also well evident that food incompatibility greatly affected by *Prakriti* of person, seasonal variation and environmental conditions of particular places therefore certain food if causes allergic response to someone then it is not necessary that these foods also cause allergic response to others. (3-5)

5. Role in Allergic Conditions

The allergic disease described as *Anurjatajanya* in Ayurveda and these conditions may also arises due to the ignorance of healthy diet, avoiding dietetic rules, skipping meals, consumption of junk food and inappropriate timing of meal. The incompatible diet (*Viruddha Ahara*) may leads various types of *Anurjatajanya* (allergic) disorders including asthma, skin allergy, allergic GIT disorders and allergic rhinitis, etc.

The hypersensitivity of the immune system brings by *Viruddha Ahara* mainly leads allergic response through skin, nasal ways and other sense organs like eye, etc. These allergies can affect any tissue but manifestations depend upon target organ. The allergic response caused by allergen and incompatible diet can also act as an allergen.

The consumption of unwholesome diet can produce *Ama* and this *Ama* can act as internal allergen to produce allergic reactions. The *Ama* produced by *Viruddha Ahara* can vitiate *Doshas* and disturb *Dhatu*samyata associated with deranged state of *Agni*; these all consequences together can hamper immune response leading to the allergic cascade. The impaired digestion and metabolism forms *Ama* which accumulate channels and obstruct pathways of micronutrient and in this way the inherent resistance power get decreases and person becomes more susceptible towards the allergic pathogenesis.

Foods that agitate *Doshas* and produces adverse reactions causes obstruction of *Srotas* due to which morbid *Doshas* get accumulated in body and produces allergies by altering immune response. The symptoms of allergy such as; *Nasakandu*, *Kshavathu*, *Shvasa* and *Drava-Nasavrava* are common in case of anticipated response of *Viruddha Ahara*.

Raktavaha srotas mainly get affected during allergic condition due to the formation of *Ama* and adverse immune response of incompatible diet. *Ama* acts as allergen which may produces due to the excessive consumption of meal, unhealthy diet, irregular timing of meal, consumption of food before digesting previous meal and consuming foods of opposite properties, etc. These all cases of incompatible diet can trigger allergic responses including skin, respiratory and G.I. tract allergies, etc.

Rasa-raktavaha srotodushti mainly cause *Rasa-raktavaha srotas* allergies as consequence of incompatible diet especially *Kapha* and *Pitta* vitiating diet. The *Sookshma ama* as unwholesome substance make person susceptible to allergic manifestation by decreasing immunity and *Rasa-raktavaha srotodushti* play vital role in this regard.

Aruchi caused by *Viruddha Ahara* associated with *Agnisadana* and *Amlika* produces symptoms of G.I. allergy including *Amlodgara* and *Amla asyata*. The incompatibility of milk and milk products produces many symptoms of allergy especially in children. Excessive indulgence of milk produces *Amavisha* that cause hypersensitivity response and finally leads manifestation of *Anurjatatjanya* diseases.

Akalabhojana, *Samskar Viruddha* and *Samyoga Viruddha*, etc. can cause *Anurjatatjanya* disease, however children are more prone to such types of conditions as compared to adults. Production of *Ama*, *Agnisadana*, *Srotorodha*, *Apakti* and *Rasa-raktavaha srotodushti*, etc. are major pathological events associated with allergic disorders caused by *Viruddha Ahara*.

Milk with fruits, consumption of cold stuffs in winter, consuming cold food over hot meal and *Prakriti Viruddha*, etc. can leads *Anurjatatjanya* diseases, here *Samyoga viruddha* play vital role towards the pathogenesis of disease. *Krama viruddha ahara* means taking meal without hunger or without digestion of previously consume meal can also leads *Anurjata* related to *Kapha* and *Pitta* vitiation. (8-10)

6. Conclusion

Viruddha Ahara means food incompatibility that includes food–food interactions, wrong food processing, wrong combinations and foods of opposite property, etc. are comes under heading of *Viruddha Ahara*. *Viruddha Ahara* can triggers pathogenesis of several diseases including skin and allergic disorders. The incompatible diet is responsible for skin manifestations such as; itching, burning sensation and rashes, etc. Symptoms of *Udarda*, *Kotha*, *Shitapita* and *Utkotha*, etc. may also arise due to the *Asatmya ahara-vihara*. Poisonous food and allergens can cause *Rakta dushti* that further initiates pathogenesis of allergic disease (*Anurjatatjanya*). Ignorance of healthy diet, avoiding dietetic rules, skipping meals, consumption of junk food and inappropriate timing of meal, etc. may leads various types of *Anurjatatjanya* disorders like; asthma, skin allergy, allergic GIT disorders and allergic rhinitis, etc. This article concluded that *Viruddha Ahara* play vital role towards the pathogenesis of skin and allergic disorders.

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Conflict of Interest

The authors declare that there is no conflict of interest regarding the publication of this article.

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