



Unwholesome Diet and Dietetic Pattern as an Etiology of Skin Diseases- A Review

Dr Hazera Khatun

Assistant Professor, Department of Samhita and Siddhanta,
Raghunath Ayurved Mahavidyalaya and Hospital.
Contai, Purba medinipur, West Bengal.
Mob: 9874466125,
Email-drhazerakhatunmd@gmail.com.

Abstract:

In *Ayurveda*, all skin diseases can be included under the term *Kustha*. The word *Kustha* means which cause skin look ugly. The etiological factors of skin diseases can be classified as *Aharaja(diet)*, *Viharaja(regimen)*, *Kulaja(familial)*, *Vyapanna* ritu krita (abnormal seasonal variation), *Sadvritta apalana*(disobey the code of conduct) etc. Though all etiological factors contributes important role in the manifestation of *Kustha* but *Aaharaja Nidan* (dietetic cause) are more important among them. As *Ayurveda* emphasized *Panchakarma* therapy except *Vasti* (enema) is the first line of treatment to treat the skin diseases. Not only *Panchakarma* is curative but also it checks the further progression. It is proved that *Panchakarma* therapy is beneficial to maintain gut physiology. Many disorders of the alimentary tract have dermatologic manifestations. A thorough understanding of the cutaneous and gastrointestinal (GI) relationship can alert the astute clinician to occult disease within the GI tract and vice versa. This review attempts to assess dietary factors and their interaction in skin diseases and their potential benefits is reviled.

Key words: *Kustha, Aahar, Ayurveda.. panchakarma, diet.*

Introduction:

In the human body, the skin is the largest organ. Forming a major interface between man and his environment, it covers an area of approximately 2m and weight about 4kg. ^[1] Skin diseases are very common problem and frequently found in our day to day practice. Healthy skin is nothing but expression of healthy body and also mind .It affects all age groups of both sex .All other system of the body has their particular dermatological manifestation . Sometimes act as a window of systemic changes elsewhere in the body. It may be acute or chronic .It may be genetically determined, autoimmune, inflammatory or proliferative, dry or exudative, with or without seasonal variation. Depending upon the permutation and combination of the various fraction of *Dosha* and their location, variation in the pain, color, shape, specific manifestation ,name, and treatment of the various types of *Kustha* ,degree of affliction of etiological factors makes skin diseases (*Kustha*) is innumerable type. ^[2]

All the three dosahs get simultaneously vitiated affecting the four *Dushya* i.e, *Twak, Mamsa, Rakta, Lasika*, thus producing *Kustha*. ^[3] It is included under *Astamahagada*. ^[4] *Ayurveda* has described the etiology of *Kustha* which mention above but objective of this review article is to emphasized the *Aaharaja nidan* ie, diet and dietetic pattern in the pathogenesis of skin diseases and to check its progression and remission,

Development of skin and gastrointestinal tract ^[5]:

The skin arises by the juxtaposition of two major embryological elements: the prospective epidermis that originates from a surface area of the early gastrula, and the prospective mesoderm that comes into contact with the inner surface of the epidermis during gastrulation. The mesoderm not only provides the dermis, but is essential for inducing differentiation of the epidermal structures, such as the hair follicle. After gastrulation, there is a single layer of neuroectoderm on the embryo surface; this layer will go on to form the nervous system or the skin epithelium depending on the molecular signals it receives. Mesenchymal cells,

derived from the dermomyotome, populate the skin and interact with the overlying epidermis to induce formation of hair placodes. Melanocytes take their origin from the neural crest. Dopa-positive melanocytes can be demonstrated earlier. Langerhans' cells are derived from the monocyte-macrophage-histiocyte lineage. Although some cells of the dermis may migrate from the dermatome (ventrolateral part of the somite) and take part in the formation of the skin, most of the dermis is formed by mesenchymal cells that migrate from other mesodermal areas. These mesenchymal cells give rise to the whole range of blood and connective tissue cells, including the fibroblasts and mast cells of the dermis and the fat cells of the sub cutis. Later, the papillary and reticular layers become distinct the connective tissue sheaths are formed around the hair follicles. Stem cells of skin are able to self-renew as well as give rise to the differentiating cells. In the epidermis, some basal cells can periodically withdraw from the cell cycle and commit to terminal differentiation. The structural and biological composition of the dermal-epidermal junction also influences the proliferative properties of basal keratinocytes.

The proximal part of the foregut and the caudal end of the hindgut, are ectodermal component. The former gives rise to oral epithelium and the later to the epithelium of the lower part of the anal canal. The dermis, connective tissues and sub mucosa of gut, glandular part arises from mesenchymal cell.

The etiological factors of skin diseases related to diet and dietetic pattern can be divided as-

- Type of food
- Quantity of food i.e, *Amatra asana-Hina matra* or *Ati matra*
- Quality of food
- Food incompatibility i.e, *Viruddha ahara*
- Non compliance of the prescribe rules of diet i.e, *Aaharvidhi vidhan*.^[6]

Type of food-

Certain foods and beverages can cause indigestion, burning sensation without vomiting because they are irritant or sensitive to the digestive tract. Examples would include freshly harvested grains (*Navanna*), curd(*Dadhi*), fish(*Matshya*), *Masa* (black gram), *Mulak*, *Tila* (sesames), *Duguha* (milk), *Gura* (jiggery), *Pisthanna* (pastry), uncooked food,^[7]

Quality of food-

Intake of excess amount or regular usage of certain type of food and drinks like liquid (*Drava*), unctuous (*Snigdha*), and heavy (*Guru*). Salt (*Lavana*) and sour (*Amla rasa*) substances.^[8]

Food incompatibility –

Food can sometimes become fatal just like the poisons (*Aama vish*) and it may be artificial poisons (*Gara visa*) in long term use. Such as intake of mutually contradictory food like *Cilicima* fish with milk, *Hayanaka*, *Yavaka*, *cinak*, *Uddalaka*, *Koradusa*, *Kola*, *Kulattha*, *Masa*, *Atasi*, *Kusumbha* along with milk, curd, butter, and unctuous substance etc.^[9]

Non compliance of the prescribe rules of diet –

Improper food habits are another major cause of skin diseases. Like intake of food before the previous meal is digested, performance of physical exercise in excessive heat after taking heavy meal, transgression of the prescribed order with reference to heat and cold as well as fasting and intake of food, performances of sexual act in the state of indigestion.^[10] Continuous intake of honey, pendum, fish, *Lakocho*, radish, *Kakamachi* in large quantity while suffering from indigestion.^[11]

Discussion:

Understanding the pathogenesis of skin diseases caused by above etiological factors following logical discussion can be made, that excess use of *Amla rasa* causes aggravation of *kapha*, *pitta*, *rakta*, and produced *Kandu*(itching), *Visarpa*, *Visphota* (blistering lesion). Excess use of *Lavana rasa* causes provocation of *rakta*, *vata*, and produced *Bali* (wrinkles of the skin), *Kustha* (skin diseases), *Visarpa*.^[12]

Guru, Snigdha, substance produces *Rasavaha srotodusti*. *Snigdha, Drava* substances produced *Raktavaha srotodusti*, and *Abhisandhi*, *Guru* substance causes *Mamsavaha srotodusti*. It means *Rakta, Mamsa, Lasika* get vitiated by above substances. ^[13] *Dadhi*(curd) is *Amla* rasa and *Amla vipak*, *Guru, Ushna virya*. If *Dadhi* is taken daily, or at night or with hot substance, in spring, summer, and autumn or without the addition of soup of *Mudga*(green gram), *Ksaudra*(honey), *Ghrita* (ghee), *Sitapala*(sugar), *Amlaki* it will cause many diseases like *Visarpa, Kustha* etc. ^[14] *Gura*(jiggery) causes *Prabhuta krimi*(excessive worms) and vitiation of *Rakta, Mansa, Kapha* etc ^[15]. Fish is *Guru, Ushna, Snigdha*. it is associated with many injurious effects on the body(*Bahudoshakara*) ^[16]. Fish in general tend to increase *Kapha dosha, Cilicima* fish tend to increase all the three *Doshas*. ^[17] *Masa* is *Snigdha, Guru, Ushna* and it aggravate *Kapha, Pitta*. *Tila* is *Guru, Ushna* and it aggravate *Kapha, Pitta*. ^[18]. One should not regularly take *Kurcika*(boiled buttermilk), *Kilata*(inspissiated) i.e, milk product, *Sukar*(pork), *Go*(beef), *Mahisha*(buffalo) ie, *Anup mansa*, fish, curd, *Masa, Yavaka* ^[19]. These all are the responsible for *Kustha*. Fish should not be taken together with milk due to the contradiction in their potency (Fish is hot and milk is cold) they vitiate the blood and obstruct the channels of circulation. One must not take milk along with fish specially *Cilicima* fish because it obstructs the channels of circulation and causes various diseases, it also produces *Amavisa*. Milk should not be taken with radish etc this may cause *Kustha*. *Kulattha, Masa* with milk are also mutually contradictory ^[20]. Intake of *Viruddha drabya* (incompatible food) is responsible for the causation of *Visarpa, Visphata, Kilasa, Kustha* etc ^[21]. Corns and grains one year after harvesting are wholesome and fresh (*Navanna*) ones *guru*. ^[22] *Hayanaka, Yavaka, Uddalaka, Cinak, Kordudush* all is inferior quality of rice and they aggravated the *Doshas*. ^[23] In turn they produced many diseases like *Kustha*.

Conclusion:

Diet and dietetic pattern play a major role to maintain health. The quantity of intake is responsible for the heaviness or lightness of food article and action of food articles is conditioned by the quantity of intake and the proper quantity is depend on the power of digestion of the individual and also metabolism. Dietetic consideration compulsory as complexion, clarity, voice, longevity, happiness, satisfaction, nourishment, strength, intellect all are conditioned by food and food habit. Skin diseases affect quality of life and diet has been suggested to play a role in the etiology and pathogenesis of skin diseases. Diet has been equally important with the treatment of skin diseases, and it improved of the patients who changed their diet and dietary habits. Today's foods are refined full of processed ingredients and offensive preservative. It produces more toxic effect and our body unable to handle them. *Panchakarma* therapy i.e, *Vamana, Virechana, Raktamoksana, Nashya* except *Vasti*, light diet, vegetarian diets improved the symptoms of skin diseases. Healthy life style augments it.

References:

1. Glynn Michael, Drake William, editors. Hutchison's clinical methods. 23rd edition. China: Saunders Elsevier publication; 2012, p-333.
2. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita. 7th edition. Vol-2, Nidansthan 5\4, Varanasi: Chaukhamba Sanskrit series office, 2015. P-69.
3. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita, 7th edition. Vol -2, Nidansthan5\3, Varanasi: Chaukhamba Sanskrit series office, 2015.p-67.
4. Sharma Priyavrat, editor. Ayurveda Tatva Sandeepika, 2nd edition .Sutrasthan -33\4-5, Varanasi: Chaukhamba Sanskrit Pratishthan ; 1989, p-126.
5. Burns Tony, Stephen Breathnach, Griffiths Christopher, editors. Rook's text book of dermatology. 8th edition.vol-1, UK: wiley-blackwell-a john wiley and sons ltd publication; 2010.p-55.
6. Shukla Vidyadhar, Tripathi Ravi Dutt, editors. Caraka samhita. 4th edition, Vol-1, Vimansthan1\21, Delhi: Chaukhamba Sanskrit pratisthan; 2006. p.554.
7. Shukla Vidyadhar, Tripathi Ravi Dutt, editors. Carakasamhita. 4th edition, Vol-2, Chikitsasthan7\4, Delhi: Chaukhamba Sanskrit pratisthan; 2006. p.181.

8. Shukla Vidyadhar, Tripathi Ravi Dutt, editors. Caraka samhita. 4th edition, Vol-1, Chikitsasthan 7\4, Delhi: Chaukhamba Sanskrit pratisthan; 2006. p.319.
9. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita. 7th edition Vol-2, Nidansthan 5\6, Varanasi: Chaukhamba Sanskrit series office; 2015.p-71.
10. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita. 7th edition, Vol-3, Chikitsasthan 7\6, Varanasi: Chaukhamba Sanskrit series office; 2015.p-319.
11. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita. 7th edition .Vol-2, Nidansthan 5\6, Varanasi: Chaukhamba Sanskrit series office; 2015.p-71.
12. Murthy Srikantha K.R, editor.Ashtanga Hridaya. 9th Edition, vol-1, Sutrasthan 10\11-13, Varanasi: Chowkhamba Krishnadas Academy; 2013.p-145.
13. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita. 7th edition, Vol-2, Vimansthan 5\13, Varanasi: Chaukhamba Sanskrit series office; 2015. P-178.
14. Murthy Srikantha K.R, editor. Ashtanga Hridaya. 9th edition, vol-1, Sutrasthan 15\29-32, Varanasi: Chowkhamba Krishnadas Academy; 2013. P-61.
15. Murthy Srikantha K.R, editor. Ashtanga Hridaya. 9th edition, vol-1, Sutrasthan 5\47 Varanasi Chowkhamba Krishnadas Academy; 2013.p-64.
16. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita. 7th edition, Vol-2 Sutrasthan 26\72. Varanasi: Chaukhamba Sanskrit series office; 2015.p-506.
17. Murthy Srikantha K.R, editor. Ashtanga Hridaya. 9th edition,vol -1,Sutrasthan 6\67 Varanasi: Chowkhamba Krishnadas Academy; 2013.p-88.
18. Murthy Srikantha K.R, editor. Ashtanga Hridaya. 9th Edition, vol-1, Sutrasthan 6\21, Varanasi: Chowkhamba Krishnadas Academy; 2013. P-78.
19. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita.7th edition, Vol-1, Sutrasthan 5\11, Varanasi: Chaukhamba Sanskrit series office; 2015. P-109.
20. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita. 7th edition, Vol-1, Sutrasthan 26\82-84, Varanasi: Chaukhamba Sanskrit series office; 2015.p-482-484.
21. Sharma R.K and Dash Bhagawan, editors. Caraka Samhita. 7th edition, Vol-1, Sutrasthan 26\102-103, Varanasi: Chaukhamba Sanskrit series office; 2015. P-488.
22. Sharma R.K and Dash Bhagawan, editors, Caraka Samhita. 7th edition, Vol-1, Sutrasthan 27\309, Varanasi: Chaukhamba Sanskrit series office; 2015.p-555.
23. Sharma R.K and Dash Bhagawan, editors.Caraka Samhita.7th edition, Vol-1, Sutrasthan 27\8-18, Varanasi: Chaukhamba Sanskrit series office; 2015.p-494-497.