



**PUBLIC HEALTH SURVEY ON VITILIGO (SHVITRA) W.S.R. TO VIRUDDHA AHARA
MODERN INCOMPATIBLE FOOD**

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ABSTRACT

The Ayurvedic texts give great emphasis on the compatibility and incompatibility of certain foods. Charaka describes in detail the 18-fold denominators of *Viruddha ahara*, i.e., dietary incompatibility. Aharadravyas become incompatible due to their mutually contradictory qualities, by combinations (*samyoga*), by method of preparation (*samskara*), by virtue of place (*desa*), time (*kala*), dose (*matra*) etc. **Aim & Objective:** The aim of this survey study was to find out causative factor of Vitiligo(Shvitra) through modern incompatible food pattern/ *Viruddha Ahara*. **Materials and methods:** A survey study was carried out in UAU rishikul campus Haridwar and Rana clinic Dehradun. A total of 15 participants of Vitiligo(Shvitra). fulfilling the inclusion and exclusion criteria were recruited in the survey study. All patient had completely Answered the questionnaires given to them for the purpose of the survey study. The questionnaires are framed on the basis of Virruddha Aahara & Modern Incompatible food. **Results:** Consumption of milk with salt added food, Consumption of Oily substance with ushna dravya like meat showed significant causative factor for the disease Vitiligo(Shvitra). Consumption of food during conversation on phone showed significant causative factor for the disease Vitiligo (Shvitra)., Watching T.V. during consumption of food, Consumption of food outside the home and consumption of frozen food showed significant causative factor for the disease Vitiligo(Shvitra). Consumption of junk food like pizza, burger, Chinese showed significant causative factor for the disease Vitiligo(Shvitra). Consumption of artificial ripening fruit showed significant causative factor for the disease Vitiligo (Shvitra). Consumption of excess quantity of tasty food showed significant causative factor for the disease Vitiligo(Shvitra). **Conclusion:** Virruddha Ahara & Modern Incompatible food revealed causative factor to Vitiligo (Shvitra).

KEYWORDS: Survey study, Viruddha Ahara Modern Incompatible food, skin disease.

INTRODUCTION

Skin disorders are one of the most common presenting health problems and pose a considerable public health problem in developing and developed countries. Nowadays, the era of urbanization has produced increased number of fast foods and restaurants.^[1] The Ayurvedic texts give great emphasis on the compatibility and incompatibility of certain foods. Charaka describes in detail the 18-fold denominators of *Viruddha ahara*, i.e., dietary incompatibility.

As mentioned in Samhita, it is prime cause of many diseases like Kushtha, Amavata, Amlapitta Atisara, Pandu, Visarpa, Vatarakta, Grahani e.t.c. In Samhitas Kustha is a universal term used for all skin disorders.

Food/Diet is an important part of our day-to-day life. To attain healthy life ayurveda concentrates on various rules & regulations, diet rule {Ahar vidhi} is also one of them.

The eight principles of *Ahara vidhi* are described by Acharya Charak.^[2]

Ayurveda also, offers a logical approach for determining correct food/ diet based upon the elements comprising an individual constitution Vata, Pitta and kapha. All Acharyas have accepted a vital role of *Viruddha Ahara* in the manifestation of many diseases. Whatever article of food, which having dislodged the doshas (morbid humors) but do not eliminated from the body is to be considered as viruddhahar.^[3] Ancient texts define an incompatible diet (*Virudhdha-ahara*) when the food constituents in the preparation are in wrong combination, have been subjected to under or over-processing or if the food preparation is consumed in inappropriate quantities, and/or at an incorrect period of the day and/or in the wrong season.^[4]

Association between dietary pattern and diseases has always been a field of interest among the health professionals. A positive association between the dietary pattern and skin diseases such as Vitiligo(Shvitra) has been shown by this Survey Study and found that intake of incompatible food is associated with increased risk of Vitiligo(Shvitra). Over the years, with the progress achieved by the humans, many new habits have been acquired by the people while eating which are considered to be wrong, for example, watching television, talking on a cellphone, standing, etc., while eating. This study was conducted to find out the prevalence of presence of consumption of incompatible diet and incompatible dietary habits, collectively both (for the purpose of the study) called as incompatible dietary behavior, among the people with common skin diseases (acne, psoriasis, fungal infection, and vitiligo).^[5]

Viruddhaahara/Incompatible diet is emphasized to be an important etiological factor in manifestation of Shvitra/Vitiligo.^[6] Vitiligo is a skin condition in which patches of skin loses their color, develop white macules related to selective loss of melanocytes.^[7]

Among various skin disorder Vitiligo is common chronic skin disease. The worldwide prevalence of Vitiligo is 1–2%. Most common age for occurrence of Vitiligo is before 20 year.

Both the sexes are equally affected but some report of studies show a higher prevalence in young women.

Dark skin patients are more affected & may have a greater psychological impact in dark skin patients.

AIM AND OBJECTIVE

The aim of this survey study was to find out causative factor of Vitiligo (Shvitra) through modern incompatible food pattern/ *Viruddha Ahara*.

MATERIAL AND METHOD

All new cases of idiopathic depigmented clinically diagnosed as vitiligo (Shvitra)attended in outpatient department of dermatology, were included in this study after consent of the patients. This was a questionnaire-based survey study conducted in skin out-patient department (OPD) in Vikasnagar Dehradun & O.P.D. Of Rishikul Campus Haridwar. Permission from the Institutional Ethical Committee was obtained an

informed consent was obtained from the participants of the study. The diagnosis was made clinically. All depigmented patches observed. Detailed history and meticulous examination of each patient was carried out and recorded. Specific emphasis was given on age of onset, duration of disease, precipitating factors, family history, and any other cutaneous or systemic illness. The sociodemographic profile of the patients was also recorded.

Study Sample

Patients of age group 16-65 years of either sex attending the dermatology OPD were included in the study. Patients suffering from vitiligo, (Shvitra) were selected. Patients aged below 16 and above 65 years, patients with malignant diseases, pregnant women and lactating mother and systemic disorders were excluded for this survey study.

Assessment Tool: Questionnaires

The participants in this survey study were subjected to questionnaires regarding their dietary habits. The questionnaires were prepared based on the types of Viruddha Ahara mentioned in the ancient ayurvedic texts such as the Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya and modern modern incompatible food pattern. The questionnaires were filled by the investigator after asking questions to the patients in their local language.

OBSERVATION AND RESULT

Assessment of the extent of consumption of incompatible diet in Vitiligo (Shvitra) patients was based on their response for the questionnaires given to Vitiligo(Shvitra) patient. The responses to the questions were noted as “yes” or “no.” and the response to the questionnaire were scored as per grading pattern (1 to 5), Where grade 1 is given to the patient who consume viruddha ahara / modern incompatible food regularly, grade 2 is given to the patient who consume viruddha ahara /modern incompatible food one to two times in a week, grade 3 is given to the patient who consume viruddha ahara/modern incompatible food one to two times in a month, grade 4 is given to the patient who consume viruddha ahara/ modern incompatible food one to two times in a year, & grade 5 is given to those patient who were never taken such type of /viruddha ahara/ modern incompatible food.

S.N.	Questions	Percentage
1	Consumption of milk with salt added food	66.66 %
2	oily substance with ushna dravya like meat	53.64%
3	Consumption of food during conversation on phone	66.67%
4	Watching T.v. during eating food	53.33%
5	Consumption of food outside the home	86.67%
6	Consumption of frozen food	73.33%
7	Consumption of junk food like pizza, burger, Chinese	73.34%
8	consumption of artificial ripening fruit	93.2%
9	Consumption of excess quantity of tasty food	53.34%

The response for above all questions given by the Vitiligo(Shvitra) patient were noted in yes. Consumption of milk with salt added food (66.66 %), oily substance with ushna dravya like meat(53.64 %) Consumption of food during conversation on phone(66.67%), Watching T.v. during eating food (53.33%), Consumption of food outside the home (86.67%), Consumption of frozen food(73.33%), Consumption of junk food like pizza, burger, Chinese e.t.c.(73.34 %), consumption of artificial ripening fruit (93.2 %), Consumption of excess quantity of tasty food(53.34%), Such type of food may destruct of melanocyte that is directly mediated by auto reactive CD 8 + T4 cells have been demonstrated in Vitiligo skin.

DISCUSSION

Consumption of milk with salt added food (66.66 %) oily substance with ushna dravya like meat(53.64 %), consumption of food during conversation on phone(66.67%) watching T.V.during eating food (53.33%), consumption of food outside the home (86.67%) consumption of frozen food(73.33%), consumption of junk food like pizza, burger, chinese e.t.c.(73.34%) consumption of artificial ripening fruit (93.2 %), consumption of excess quantity of tasty food(53.34%).

The ayurvedic texts have always focused maintenance of diet in the origin of various ailments. Skin diseases have been mentioned to be associated with consumption of incompatible diet and incompatible dietary habits of the patients. However, the consumption of the incompatible diet and dietary habits was found in Vitiligo(Shvitra) patients. Diet and dietary habits may play a role in the incidence of Vitiligo(Shvitra) as observed from the this survey study findings, as the percentage of patients consistently consuming incompatible diet was high. Such type of Incompatible food may destruct of melanocyte that is directly mediated by auto reactive CD 8 + T4 cells have been demonstrated in vitiligo skin.

CONCLUSION

Consumption of milk with salt added food (66.66%), oily substance with ushna dravya like meat(53.64 %), consumption of food during conversation on phone(66.67%), watching T.V.during eating food (53.33%), consumption of food outside the home (86.67%), consumption of frozen food(73.33%), consumption of junk food like pizza, burger, chinese e.t.c.(73.34 %), consumption of artificial ripening fruit (93.2 %), consumption of excess quantity of tasty food(53.34%) such type of food show the relevancy to the disease vitiligo so conclusion is that this type of dietary incompatibility may be a causative factor for vitiligo. The consumption of incompatible diet and dietary habits were found to be higher in Vitiligo patients. The data observed show the relevancy to the disease Vitiligo so conclusion is that this type of dietary incompatibility may be a causative factor for Vitiligo. The current study confirmed the ayurvedic texts of involvement of incompatible diet with Vitiligo.

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