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### **Analysis of Aharaja Nidan of Kushtha**

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#### **ABSTRACT**

Our health is a clear reflection of our food habits. It is said that “you are what you eat” which proves to be true. Ayurveda considers *ahara* as one of the three *trayostambha* in maintenance of healthy life. There has been a major change in diet habits with changing lifestyle in modern era. Unhealthy diet and diet habits is one of the key cause of growing global burden of diseases. Ayurveda mentions a number of factors related to *ahara* which leads to formation of Kushtha. The main objective of the review is to identify these *aharaja nidans* responsible for kushtha in our diet and interpret these *nidanans* mentioned in the classics in today’s perspective to prevent the disease and maintain a healthy state of body.

#### **KEYWORDS**

*Nidan, Ahara, Kushtha*



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## INTRODUCTION

Skin is the mirror of one's health since it is the largest organ of the integumentary system and is first line of defence against pathogens. As it is said that you are what you eat, healthy skin reflects healthy food habits. Ayurveda the holistic science considers *ahara* (balanced diet) as one of the pillars that empowers strength, complexion and growth and full span of life.

In the quest of development, fast pacing lifestyle our food habits have changed drastically and so is the burden of diseases. Almost all the skin disorders are grouped under the umbrella of *Kushtha roga*. Acharyas have mentioned a wide range of *nidanans* causing *Kushtha* where faulty dietary habits and unwholesome food holds prime position.

*Kushtha* is divided into two types i.e., *Mahakushthas* and *Kshudrakushthas*. All *Kushtha* are *tridoshaja* and is produced by the vitiation of *tridosha* and *twacha, rakta, mamsa, lasika* constituting the "sapta dravyas" which results due to *nidanans* which may be categorised as *aharaja, viharaja, krimija* and *upasarga*. Our acharyas have considered that avoidance of the etiological factors (*nidanparivarjan*) is *chikitsa* of a *roga*. The present study aims at providing better understanding of the *aharaja nidan* in establishing the cause and effect relationship of *nidan* and *kushtha*.

The *aharaja nidanas* of *Kushtha roga* (aetiology related to faulty dietary habits) described by Charaka, Sushruta and Vagbhata *acharyas* in their classics are described in Table 1.

**Table 1** *Aharaja nidan* of *Kushtha* mentioned in *brihatrayee*

Charaka <sup>1</sup>	Sushruta <sup>2</sup>	Vagbhata <sup>3</sup>
<ul style="list-style-type: none"> <li>• <i>Shita-ushna vyataasama,</i></li> <li>• Excessive or regular use of <i>madhu, phanita, matsya, lakucha, mulaka, kakamachi, haayanak, yavak, chinaka, uddalaka, koradusha, kshira, dadhi, takra, kola, kulattha, masha, atasi</i> and food items prepared in <i>kusumbha oil</i></li> <li>• Intake of <i>chilchima</i> fish with milk</li> <li>• Eating during <i>ajirna</i></li> <li>• Excessive intake of <i>drava, guru, snigdha, lavana, amla dravya, pishta anna, tila, guda</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Mithya ahaar</i></li> <li>Specifically <i>guru, viruddha, asatmya, abhishyanda padartha,</i></li> <li>• Eating during <i>ajirna</i></li> <li>• <i>Adhyasahana,</i></li> <li>• intake of <i>ksheera</i> with <i>mamsa</i> of <i>gramya anup</i> desha animals (<i>viruddha ahara</i>)</li> </ul>	<ul style="list-style-type: none"> <li><i>Mithya ahara</i> specifically <i>viruddha ahara</i></li> </ul>

Analysis of the role of *aharaja nidanas* in causation of *Kushtha* are described in Table 2.

**Table 2** Analysis of *kushthakaarak ahara* *nidan*

KUSHTHAKARA AHARA NIDAN	ANALYSIS
<i>Viruddha ahara</i> <sup>4</sup>	It refers to certain diet and its combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue are called as <i>Viruddha Anna</i> or incompatible diet. The food which is wrong in combination, has undergone wrong processing, consumed in incorrect dose, and/or consumed in incorrect time of the day and in wrong season can lead to <i>Viruddha Ahara</i>
<i>Ajirne ahara</i> <sup>5</sup>	Eating during indigestion produces <i>amaa</i> which is <i>grahamidushaka</i> and <i>shrotarodha</i> It is nidana of <i>abhyantara krimi</i>
<i>Adhyashana</i> <sup>6</sup>	Taking meals before digestion of previous meal, snacking in between two meals causes <i>agnidushti</i> , <i>aama</i> formation and <i>annavaha shrota dushti</i> .
<i>Guru snigdha drava Ahara</i> <sup>7</sup>	<i>Santarpanajanya, krimikara.</i> The <i>guna</i> of <i>guru ahara dravya</i> are opposite to that of <i>agni</i> . Hence it is <i>agnihrasakara</i> according to <i>hrashetu visesha</i> siddhanta.
<i>Amla</i> <sup>8</sup>	Excessive consumption causes <i>shithilata</i> in <i>sharira</i> , <i>pandu</i> , <i>visarpa</i> , <i>sopha</i> , <i>visphota</i> , <i>trishn</i> , <i>kandu</i> , <i>jwara</i>
<i>Lavana ahara</i> <sup>8</sup>	Excessive consumption causes <i>vatarakta</i> , <i>khalitya</i> , <i>palitya</i> , <i>trit</i> , <i>kushtha</i> , <i>visarpa</i> , <i>balakshaya</i>
<i>Mulaka</i> <sup>9</sup> ( <i>Raphanus sativus</i> Linn.)	Ripened <i>mulak</i> is <i>katu vipaki</i> , <i>ushna virya</i> , <i>Tridoshakara guru abhishyandi vistabhakara</i>
<i>Masha</i> <sup>10</sup>	<i>Guru snigdha ushna virya</i> , <i>avara dravya</i> , <i>kapha shonita dushtukara Krimikara</i>
<i>Kshira</i> <sup>11</sup>	<i>mahisha dugdha</i> is <i>mahabhishyandi madhur vahnivinishanam</i> , <i>nidrakara</i> , <i>shitatar</i> , <i>krimikara</i> Unboiled milk or raw milk is <i>guru</i> and <i>abhishyandi</i> Acts as <i>viruddha ahara</i> with various combinations like fish
<i>Guda</i> <sup>12</sup>	<i>Navina guda</i> is <i>kaphavardhak</i> , <i>krimikara</i> , <i>vitiates majja</i> , <i>asrig</i> , <i>meda</i> , <i>kapha</i>
<i>Pishtanna</i> <sup>13</sup>	<i>Guru</i> , takes longer time in digestion
<i>Matsya</i> <sup>13</sup>	<i>Vitiates rakta</i> , <i>bahudoshakara</i> , contraindicated in <i>kushtha</i>
<i>Til</i> <sup>14</sup>	<i>Pitta prakopakara</i> , <i>kushthakara</i>
<i>Madhu</i> <sup>14</sup>	<i>Guru</i> in nature, takes long time in digestion, causes <i>ama</i> formation
<i>Kulattha</i> <sup>14</sup>	<i>Ushna</i> , <i>amlapaki</i> , causes <i>kapha-pitta</i> aggravation

## DISCUSSION

From the above analysis of *nidan* it is clear that *ahara* plays an important role in maintenance of balance between *dosha*, *dhatu* and *mala*. *Ahara* though doesn't act as immediate cause of *kushtha* but with regular and excessive use of these *nidan* hampers the process of proper digestion due to derangement of *agni*, formation of *ama*

(endotoxin, free radicals) which has deleterious effect on body (*vitiates tridosha*). In long term it causes *shithilata* (laxity) in dhatus (*twacha*, *rakta*, *mamsa*, *lasika*) where the vitiated dosha gets lodged and causes *Kushtha*.

Though in present day we do not eat the food combinations mentioned in *samhitas* but it is evident that in this scenario of



competitive fast moving life, there has been drastic change in dietary habits. We are consuming mostly fast foods, pre-cooked food, packaged food, food supplements, and beverages both hot and cold simultaneously that interestingly fall under the category of *viruddha ahara*. The unwanted effect of wrong or incompatible combinations of food is not limited up to gastrointestinal tract only but may hamper the major systems of the body.

## CONCLUSION

From the above discussion it is clear that *ahara* is an important factor in causing Kushtha. To eat is a necessity but to eat intelligently is an art. It is to be noted that Kushtha is a multifactorial disease in which our acharyas have given prime importance to *aharaja nidan*. In present day scenario *viruddha* ahara turns out to be one of the important aspect of improper dietary habits. The present study also opens up new windows of research to identify the deleterious effect of dietary factors affecting the body and thus prevent it which is the basic principle of Ayurveda- *nidan parivarjanam*.



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