

## Association Between Viruddha Aahara (Incompatible Diet) And Skin Diseases: A Survey-Based Analysis

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### Abstract

**Background:** Skin diseases are chronic conditions strongly linked by Ayurveda to Viruddha Aahara (incompatible food habits). These modern and traditional dietary errors fuel inflammation and pathology via the gut-skin axis.

**Aims & Objectives:** To evaluate the prevalence of 18 classical types of Viruddha Aahara among dermatological patients and assess dietary incompatibility as a cause.

**Materials & Methods:** A retrospective survey assessed 210 skin disease patients (aged 18-60 years) at Raipur Ayurveda College using structured face-to-face interviews and Chi-square statistical testing.

**Results:** Most patients were aged 21-30 years (51.90%) and female (68.10%). The most common diseases were Dadru and Shitapitta (23.81% each). Highly prevalent incompatibilities included Samskara Viruddha (88.57%) and Kala Viruddha (83.33%). While individual dietary habits did not significantly correlate with specific diseases ( $p>0.05$ ), the concurrent exposure to multiple types demonstrated a significant cumulative effect.

**Conclusion:** The combined effect of multiple forms of Viruddha Aahara is a potent, widespread risk factor across skin pathologies. Thorough dietary evaluation and counseling are critical for effective long-term management.

**Keywords:** Viruddha Aahara, Twaka Vikara, Kustha, Incompatible Diet, Pathya-Apathya, Gut-Skin Axis, Combined Effect.

## Introduction

### The Ayurvedic Perspective on Health and Diet

Health is regarded as the ultimate foundation for human life, and Ayurveda, the ancient science of life, aims to preserve it through appropriate diet, lifestyle, and behavioral practices. In Ayurveda, Aahara (food) is considered one of the three Upastambhas (subsidiary pillars of life), alongside sleep and regulated conduct, because it sustains life, nourishes the body, and maintains the equilibrium of Dosha, Dhatu, and Mala.<sup>1</sup> While proper food is recognized as the greatest medicine (Mahabhaisajya), promoting immunity and longevity, improper dietary habits are the primary etiological factors for numerous diseases. The foundational importance of wholesome food has been emphasized throughout Indian civilization, from the Vedas to the Charaka Samhita, highlighting that purity and discipline in food consumption govern both physical health and psychological well-being.

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discipline in food consumption govern both physical health and psychological well-being.

### Definition & Classical Foundations of Viruddha Ahara

- **Acharya Vagbhata<sup>3</sup>:** Defines Viruddha Ahara (incompatible food) as dietary items that provoke or aggravate the Doshas without clearing them from the body, leading to structural and functional pathology in the Dhatus (body tissues).
- **Charaka Samhita (Acharya Charaka - Sutrasthana, Ch. 26: Atreya Bhadrakapyia Adhyaya)<sup>4</sup>:** Emphasizes that diet is the foundation of life only when taken with Yukti (proper application/planning). A correctly planned diet functions like Rasayana (rejuvenator), whereas an unplanned or incompatible diet acts like Visha (poison). Charaka details **18 distinct types** of incompatibility:
  1. **Desha Viruddha:** Incompatible with geographic area/climate.
  2. **Kala Viruddha:** Incompatible with season or time of day.
  3. **Agni Viruddha:** Incompatible with individual digestive capacity.
  4. **Matra Viruddha:** Incompatible in proportion/quantity.
  5. **Satmya Viruddha:** Incompatible with personal dietetic habituation.
  6. **Dosha Viruddha:** Incompatible with an individual's dominant constitutional Dosha.
  7. **Sanskar Viruddha:** Incompatible processing or preparation methods.
  8. **Veerya Viruddha:** Incompatible potencies (e.g., hot vs. cold energetic combinations).
  9. **Koshtha Viruddha:** Incompatible with individual bowel habits.
  10. **Avastha Viruddha:** Incompatible with the current health or physiological state.
  11. **Kram Viruddha:** Incompatible sequence or order of intake.
  12. **Parihar Viruddha:** Incompatible with post-meal or lifestyle contraindications.
  13. **Upachar Viruddha:** Incompatible with active medical treatments/therapies.
  14. **Paak Viruddha:** Improperly cooked or prepared food.
  15. **Samyoga Viruddha:** Incompatible chemical or physical combinations.
  16. **Hriday Viruddha:** Unpalatable or psychologically repulsive food.
  17. **Sampad Viruddha:** Deficient or compromised quality/freshness of ingredients.
  18. **Vidhi Viruddha:** Violation of prescribed dietary rules (Ahara Vidhi).
- **Sushruta Samhita (Acharya Sushruta - Sutrasthana, Ch. 20: Hitahitiyam Adhyaya)<sup>5</sup>:** Highlights classic specific examples of dietary incompatibility:
  - **Karma Viruddha (Processing/Action):** Frying pigeon meat in mustard oil.
  - **Mana Viruddha (Proportion/Quantity):** Mixing honey and Ghrta (ghee) in equal weight ratios.
  - **Samyoga Viruddha (Combination):** Eating meat of marshy/wetland animals (Anupa) alongside newly sprouted paddy.
  - **Rasa Viruddha (Taste):** Combining incompatible taste profiles, such as sweet and salty tastes inappropriately.

### Diseases Attributed to Viruddha Aahara in Charaka Samhita

Acharya Charaka has described Viruddha Aahara as an important etiological factor that can produce diverse pathological conditions. In Charaka Samhita, Sutra Sthana 26/102–103, several diseases and pathological consequences are mentioned as resulting from the habitual consumption of incompatible food. These include Santana-dosha, Andhatva, Visarpa, Jalodara, Visphota, Unmada, Bhagandara, Murchha, Mada, Adhmana, Galagraha, Pandu, Ama-visha, Kilasa, Kushtha, Grahani, Shotha, Amlapitta, Jwara and Pinasa, and may even lead to severe consequences including death.<sup>6</sup>

Among these disorders, Kushtha, Kilasa, and Visarpa are of particular importance from the dermatological perspective, as they directly involve the skin and its pathological manifestations. Therefore, these conditions provide a strong classical basis for studying the relationship between Viruddha Aahara and skin disorders.

Among them, Kushtha holds the foremost importance. Charaka considers Viruddha Aahara as an important cause of Kushtha and places it among the significant etiological factors of this group of diseases. In the Nidana of Kushtha, habitual consumption of mutually incompatible foods and several other faulty dietary practices are described as factors capable of vitiating all three Doshas. The vitiated Doshas subsequently affect the skin (Tvak), blood (Rakta), muscle tissue (Mamsa), and Lasika, resulting in the manifestation of Kushtha.

Charaka further describes eighteen varieties of Kushtha, namely Kapala, Audumbara, Mandala, Rishyajihva, Pundarika, Sidhma, Kakanaka, Ekakushtha, Charmakhya, Kitibha, Vipadika, Alasaka, Dadru, Charmadala, Pama, Visphotaka, Shataru and Vicharchika. This broad classification demonstrates that the classical concept of Kushtha encompasses a wide spectrum of dermatological manifestations rather than being limited to a single modern disease entity.

Thus, from the perspective of the present study, Viruddha Aahara may be considered an important dietary etiological factor in the development of skin disorders, particularly through the disturbance of Doshas, Agni and the tissues involved in skin pathology. The classical description of Kushtha therefore provides a direct Ayurvedic rationale for investigating the prevalence and role of incompatible dietary practices among patients suffering from skin diseases. Accordingly, the present study gives special emphasis to dermatological disorders, with Viruddha Aahara being studied as an important dietary factor in their etiopathogenesis.

### **Pathogenesis: Diet and Skin Diseases (Twaka Vikara)<sup>7</sup>**

According to Ayurvedic pathology,

- Continuous indulgence in Viruddha Aahara impairs the digestive fire (Agnimandya), leading to incomplete digestion and the production of toxic metabolic by-products known as Ama.
- This Ama combines with vitiated Doshas and circulates throughout the body's microchannels (Strotas).
- When these toxins localize in the skin (Twaka), blood (Rakta), muscle (Mamsa), and lymph (Lasika), they initiate the pathogenesis of various skin disorders, broadly categorized in Ayurveda as Kustha and Twaka Vikara.
- Classical texts unanimously emphasize that recurrent consumption of incompatible food is a principal causative factor for chronic dermatological conditions.

### **Modern Relevance and Contemporary Dietary Habits**

In the modern era, rapid urbanization and changing lifestyles have introduced dietary patterns that closely resemble the classical descriptions of Viruddha Aahara. Today's incompatible diets include regular consumption of processed foods, irregular meal times, combinations of raw and cooked foods, or improper mixing of proteins with carbohydrates.

Recent advances in modern biomedical research closely parallel the Ayurvedic understanding of diet-induced skin diseases. Scientific evidence demonstrates that chronic consumption of unhealthy dietary patterns leads to:

- Persistent systemic inflammation and oxidative stress.
- Immune dysregulation and impaired skin barrier integrity.
- Alteration of the gut microbiota and disruption of the gut-skin axis.<sup>8</sup>
- The progression of modern dermatological conditions such as eczema, psoriasis, acne vulgaris, urticaria, and atopic dermatitis.<sup>9</sup>

### **MATERIALS AND METHODS:**

- **Study Design:** To evaluate the clinical prevalence and impact of incompatible food combinations on dermatological health, a retrospective, non-randomized, observational cross-sectional survey was conducted.
- **Study Setting and Population:** The study was conducted at Shri Khudadaad Dungaji Government Ayurved College and Hospital, Raipur. The target population consisted of 210 Indian citizens pre-diagnosed with various skin diseases.
- **Inclusion Criteria:** The study included patients aged 18 to 60 years who had a confirmed diagnosis of a skin disorder. Selection was irrespective of gender, religion, socioeconomic status, or marital status.
- **Exclusion Criteria:** Patients outside the 18–60 age range, those whose skin problems were secondary to other major systemic diseases, and those who engaged in prolonged regular exercise were excluded from the survey.
- **Data Collection Tool:** A structured, bilingual (English and Hindi) survey proforma was designed to record demographic data, clinical history, and dietary habits. The questionnaire specifically assessed the presence of all 18 types of Viruddha Aahara as described in the Charaka Samhita.
- **Statistical Analysis:** The collected data were compiled and analyzed using descriptive statistics and the Chi-

Square test to evaluate associations.

### QUESTIONNAIRE

| Sr. no | Viruddh a Aahara | Example from Ayurveda texts                                                                                | Incompatible Food Correlates with Ayurvedic Viruddha                                                                                                                                                                       | Presence : Whether you practice this type of Viruddha | Frequency: How often you consume/practice this (if yes)                                                        | Duration: For how many years you have been practicing this (if yes) |
|--------|------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| 1.     | Desha Viruddha   | Consuming ruksha and teekshna dravyas in jangala desha and Snigdha and sheeta guna dravyas in anoopa desha | Ex-<br>1)Eating spicy food in hot Climate areas, etc.,<br>2)Ruksha, Tikshna Aahara in Maru bhumi, like consumption of alcohol in desert land.<br>3)Snigdha, Sheeta Aahara in Anupa bhumi, like cool milkshakes and juices. | Yes/No                                                | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years                         |
| 2.     | Kala Viruddha    | Consuming sheeta ahara in sheeta kaala and ushna aahara in ushna kaala (i.e, greeshma ritu)                | Ex-<br>1)Ice cream in winter season.<br>2)Spicy pavbhaji and missal pav in summer.                                                                                                                                         | Yes/No                                                | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years                         |
| 3.     | Agni Viruddha    | Consuming food that is not made with these varieties of jatharagni                                         | Ex-<br>1)Large Heavy meal at night in Mandagni.<br>2)Churmura (popcorn etc.) in excessive hungry condition.                                                                                                                | Yes/No                                                | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years                         |
| 4.     | Matra Viruddha   | Consuming an equal quantity of madhu and girita (ghee)                                                     | Ex-<br>1)Ghee and honey in equal quantity, etc.,                                                                                                                                                                           | Yes/No                                                | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years                         |

|    |                   |                                                                                                                          |                                                                                                                                                                                                                                                                                                |        |                                                                                                                |                                             |
|----|-------------------|--------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| 5. | Satmya Viruddha   | For a person who is habituated to katu and ushna aahara, swadu and sheeta veerya aahara                                  | Ex-<br>1) Chinese food by Indians.<br>2)Madhura and Sheeta aahara by a person who is used to Katu and Ushna aahara.<br>3)Advice of milk to an individual with lactose intolerance<br>4) A vegetarian person eating cake containing eggs<br>5)Instant noodles<br>6)Frozen food<br>7)Packed food | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 6. | Dosha Viruddha    | Consumption of aahara and aushadhi, like the qualities of vatadi dosha but adverse to the person's practice constitutes. | Ex-<br>1)Kapha prakriti person eating ice cream.<br>2)Vata prakriti person eating light, dry foods etc.<br>3)Dosha Viruddha according to Rasa - Kashaya Rasa for Vata.<br>4)Vyadhi Viruddha: Curd mixed with rice for Kushtha.                                                                 | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 7. | Sanskara Viruddha | The meat of a peacock bird roasted on a castor stick                                                                     | Ex-<br>1)Potato chips.<br>2)Reheating Food items - French Fries.<br>3)Reheating oil that is used once.<br>4)Hot honey.<br>5)Marinating Chicken with dahi<br>6)Iced tea<br>7)Cold coffee<br>8) Eating curd in a copper vessel.                                                                  | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 8. | Veerya Viruddha   | Consumption of aahaar and aushada, which are cold potency, along with Those which are hot in potency.                    | Ex-<br>1)Eating Ice cream with Hot chocolate.<br>2)Fish + Milk.<br>3) Iced tea<br>4) Consumption of milk with salty food.                                                                                                                                                                      | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 9. | Koshtha Viruddha  | Administration of medicines having manda veerya and Mild purgatives to a person having Krura koshta and,                 | Ex-<br>1)Milk given to a person for virechan.<br>2)Strong Laxatives by a Mrudu Koshtha person,<br>3)Barbeque food and                                                                                                                                                                          | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice                            | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |

|     |                   |                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                        |        |                                                                                                                |                                             |
|-----|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------|
|     |                   | on the contrary, administering medications that are guru in nature and Strong purgatives                                                                                                                                                | baked food consumed by a person who is habitual to constipation, i.e., Krura Koshtha person.                                                                                                                                                                                           |        | g) Daily $\geq 3$ Times                                                                                        |                                             |
| 10. | Awastha Viruddha  | The use of foods that cause aggravation of vata dosha by persons indulging in exertion, copulation And physical exercise, and the use of food that causes aggravation of kapha dosha by persons who sleep more and are lazy constitute. | Ex-<br>Pitta vitiating foods and drinks like hot and intense food by the person who is occupied during daylight heavy manual work, etc.,                                                                                                                                               | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 11. | Krama Viruddha    | Consumption of food by a person without elimination of urine and faeces, or when he is not hungry or very hungry.                                                                                                                       | Ex-<br>1) Consuming food before the earliest food is digested or in the absence of proper appetite.<br>2) Having Hot water After taking honey.<br>3) Consuming curd at night.<br>4) Taking Madhur rasa food at the end of meals & tikta and katu rasa dravya at the starting of meals. | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 12. | Parihara Viruddha | Consuming ushna Veerya Aahara after consumption of meat of varaha.                                                                                                                                                                      | Ex-<br>1) Cold water after hot tea, etc.,<br>2) Cold drinks after Samosa.<br>3) Consumption of Alcohol with hot water                                                                                                                                                                  | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 13. | Upachara Viruddha | Consumes Sheetala jala after ghritapana.                                                                                                                                                                                                | Ex-<br>Drinking cold Water after taking ghee, etc.,                                                                                                                                                                                                                                    | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |



|     |                  |                                                                                                                                                                       |                                                                                                                                                       |        |                                                                                                                |                                             |
|-----|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------|
| 14. | Paka Viruddha    | Consumption of Food cooked using Fuels of Forbidden trees like dishtadaru, dur daru, etc., and consumption of food that is inadequately cooked, overcooked, or burnt. | Ex-<br>1)Half-cooked<br>2)Burnt food<br>3)Half-fried egg<br>4)Consumption of barbecued meat over fire.                                                | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 15. | Samyoga Viruddha | Amla rasa with milk.                                                                                                                                                  | Ex-<br>1)Fruit Salad,<br>2) Cheese<br>3)Milk along with banana.<br>4) Tea + milk<br>5) Tea + garlic<br>6)All types of milkshakes.                     | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 16. | Hridya Viruddha  | Consumption of food which is not liked by one's manas.                                                                                                                | Ex-<br>Eating food not liked by a person, etc.<br>Bitter melon,<br>Decoctions for Children.                                                           | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 17. | Sampata Viruddha | Consumption of diets and drugs that have not yet acquired their natural taste, which have lost their natural taste, or which have an unnatural or bad taste.          | Ex-<br>1) Consumption of improperly ripe (chemically processed fruit) / rotten fruit,<br>2) Cold storage food products, Stale food (Bread, bun, etc.) | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |
| 18. | Vidhi Viruddha   | Eating in an open place.                                                                                                                                              | Ex-<br>1)Eating food while watching T.V. or talking.<br>2)Not consuming food that is hot and fresh - food from a lunchbox.                            | Yes/No | a) Never<br>b) Rarely<br>c) Monthly<br>d) Weekly<br>e) Daily Once<br>f) Daily Twice<br>g) Daily $\geq 3$ Times | a) < 1 year<br>b) 1-5 years<br>c) > 5 years |

## RESULTS AND CLINICAL OBSERVATIONS:

### Demographic Profile

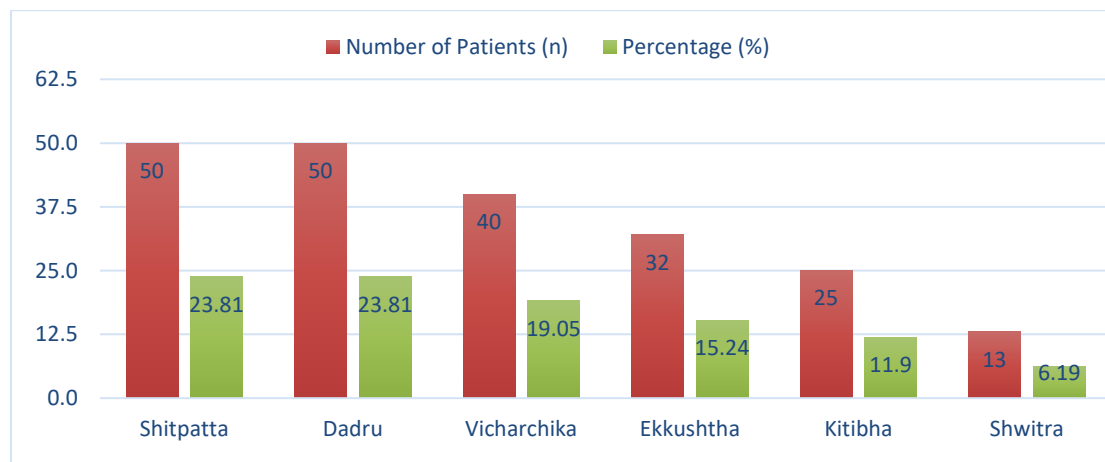
- Age and Gender: The majority of the study participants fell within the 21–40 years age bracket. There was a noted female predominance, with women constituting 68.10% of the study population.
- Socio-occupational Status: The highest representation was among students and housewives residing in semi-

urban areas. Most were graduates from the lower-middle socioeconomic class.

- Lifestyle Factors: Most participants did not engage in regular physical exercise. Additionally, a considerable proportion reported experiencing mild to moderate psychological stress and sleep disturbances.

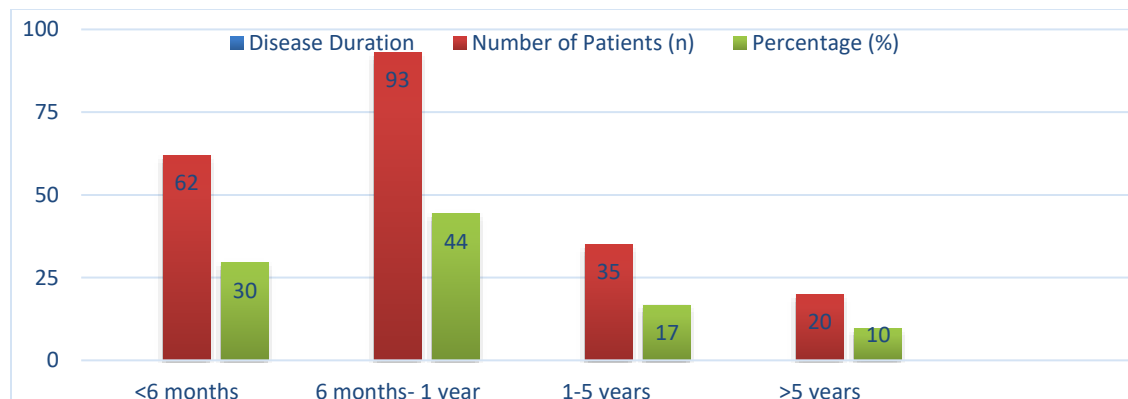
## Disease Distribution and Characteristics

- Prevalence:



Dadru and Shitapitta were the most frequently encountered skin diseases in the study cohort. Vicharchika, Ekakushtha, Kitibha, and Shwittra followed these.

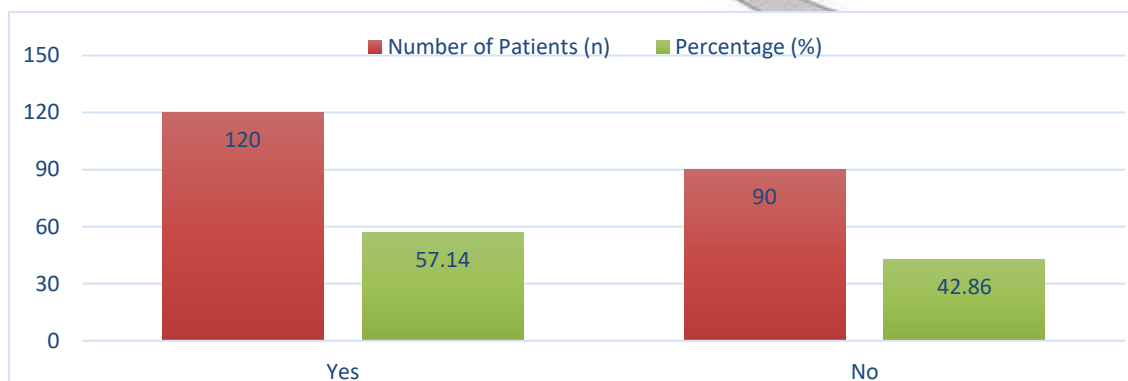
- Chronicity:



A large proportion of the patients had a disease duration ranging from six months to one year.

- Recurrence:

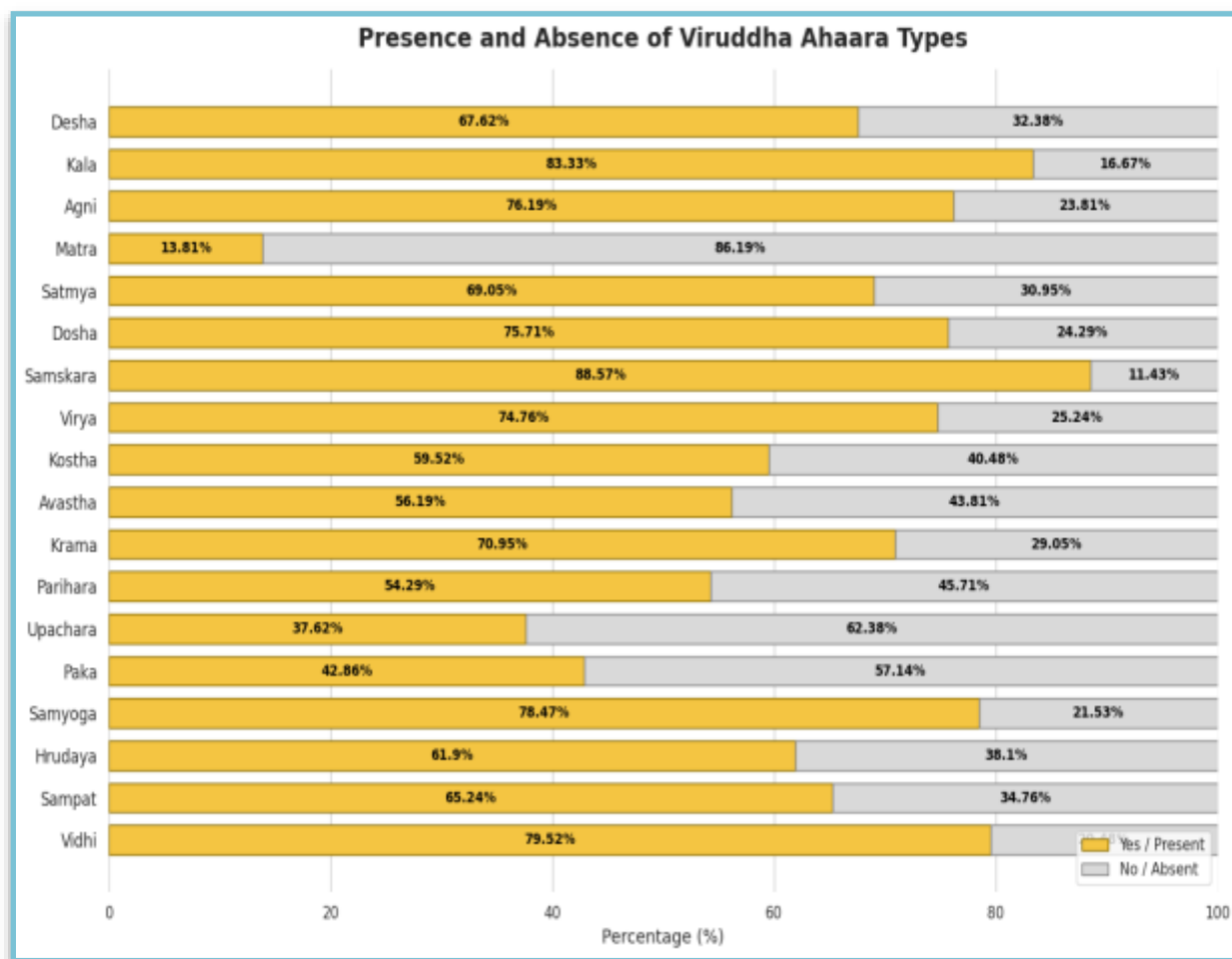




More than half of the participants reported a recurrence of their skin condition. Conversely, only a minority reported a positive family history of skin disease.

### Prevalence of Viruddha Aahara

The survey revealed a remarkably high prevalence of incompatible dietary habits among the patients, with most individuals exposed to multiple forms cumulatively.

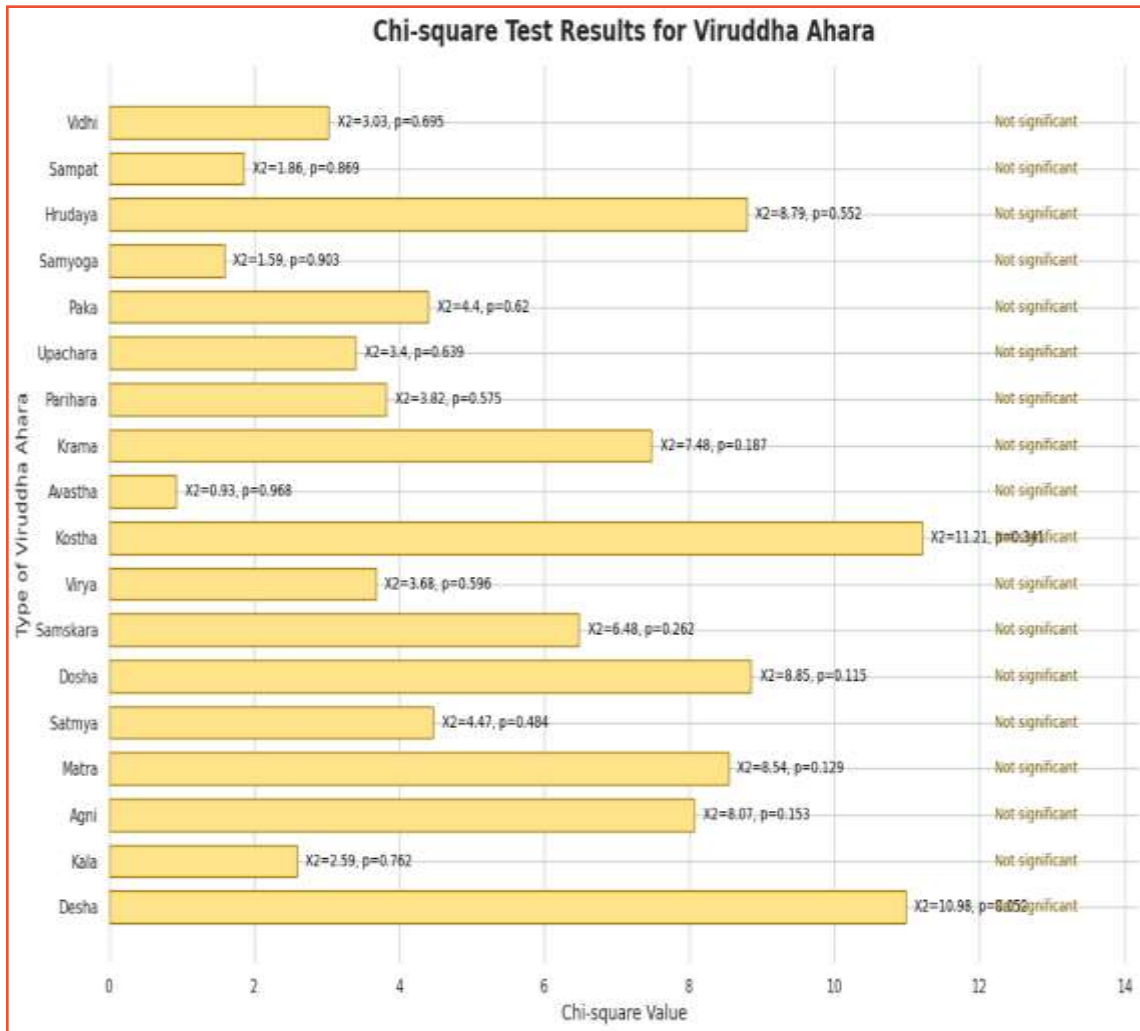


- Samskara Viruddha (incompatibility due to processing) was the most prevalent, observed in 88.57% of

participants.

- Kala Viruddha (incompatibility regarding time) was seen in 83.33% of patients.
- Vidhi Viruddha (improper eating methods) accounted for 79.52%.
- Samyoga Viruddha (incompatible combinations) was found in 78.47%.
- Agni Viruddha (food taken against digestive capacity) was present in 76.19%.
- Dosha Viruddha (food contrary to one's constitution) was observed in 75.71%.
- Matra Viruddha (incompatibility of quantity) was the least common, seen in only 13.81% of the population.

## Statistical Analysis Using Chi-Sq. test :



In conclusion, although no statistically significant association was observed between INDIVIDUAL types of Viruddha Aahara and specific skin diseases ( $p > 0.05$ ), the uniformly high prevalence of incompatible dietary habits among all patient groups strongly supports the classical Ayurvedic view that Viruddha Aahara is a GENERALIZED etiological factor contributing to the pathogenesis, chronicity, and recurrence of Twak Vikaras. Thus, the findings highlight the importance of dietary regulation and lifestyle modification as integral components of preventive and therapeutic strategies in Ayurvedic dermatology.

## DISCUSSION:

## Pathogenesis (Samprapti)

The findings of this study strongly support the Ayurvedic sequence of pathogenesis for Twaka Vikara (skin diseases). Continuous indulgence in Viruddha Aahara first impairs Jatharagni (digestive fire), leading to Agnimandya (sluggish digestion). This results in the formation of Ama, a toxic metabolic byproduct. Ama subsequently provokes the Tridosha—particularly Pitta and Kapha—and obstructs the Srotas (channels). Finally, it contaminates the Dhatus (tissues), specifically Rasa, Rakta, Mamsa, and Lasika, manifesting clinically as various skin disorders.

## Statistical and Clinical Implications

The Chi-Square analysis conducted on the data revealed no statistically significant association between individual types of Viruddha Aahara and specific skin diseases ( $p > 0.05$ ).

While this might initially seem contradictory, it aligns perfectly with classical Ayurvedic pathophysiology. The lack of statistical significance for individual disease markers indicates that Viruddha Aahara acts as a broad, generalized etiological factor rather than a disease-specific trigger. Incompatible diets create a shared physiological environment of inflammation, Dosha Dushti, and Rakta Dushti. The ultimate clinical manifestation (e.g., whether a patient develops Dadru versus Ekakustha) depends heavily on other modifying host factors, including individual susceptibility, Prakriti (constitution), baseline Agni, Bala (immunity), and environmental influences.

The high prevalence of Samskara Viruddha (88.57%) across all disease groups is particularly notable. It underscores how modern lifestyle habits—such as consuming processed foods, repeated reheating, and improper cooking methods—dominate as primary pathogenic drivers.

## CONCLUSION:

The study substantiates the classical Ayurvedic premise that Viruddha Aahara is a significant contributory factor in the etiopathogenesis of dermatological diseases. The widespread presence of multiple forms of dietary incompatibility—most notably Samskara, Kala, Vidhi, and Samyoga Viruddha—among patients highlights the detrimental cumulative impact of modern eating habits on metabolic and skin health.

Because Viruddha Aahara functions as a universal predisposing factor across varying skin conditions, its identification and complete avoidance (Nidana Parivarjana) are paramount. Comprehensive dermatological management must move beyond symptomatic treatment to include robust Pathya-Apathya (dietary) counseling, correction of eating habits, and lifestyle modification to prevent disease progression and recurrence.

## KEY DIRECTIONS FOR FUTURE RESEARCH

- **Comparative Case-Control Design:** Include healthy control groups to contrast Viruddha Ahara prevalence between individuals with skin conditions and non-diseased populations.
- **Longitudinal & Causal Studies:** Conduct prospective cohort studies to establish a temporal link and evaluate the definitive causal role of incompatible foods in dermatological disease development and progression.
- **Quantitative Exposure Scoring:** Implement validated scoring systems to measure the frequency, duration, and cumulative intake of Viruddha Ahara, enabling assessment of a dose-response relationship.
- **Large-Scale Population Coverage:** Expand to multicenter trials across diverse geographical regions and demographics to enhance the generalizability of results.
- **Advanced Statistical Mapping:** Utilize multivariable analysis and logistic regression to identify specific, strong associations between individual categories of Viruddha Ahara and distinct skin disorders.
- **Multifactorial & Personalized Analysis:** Investigate how individual constitutional parameters (Prakriti, Agni, Satmya) interact with external and lifestyle factors (stress, sleep hygiene, environment) to modulate susceptibility to dietary incompatibilities.

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