



CONCEPT OF AYURVEDIC PATTYA-APATTYA DIET AND NEUTRITIONAL DIET IN SKIN DISEASE.

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Article Received on
22 Sept. 2018,

Revised on 12 Oct. 2018,
Accepted on 01 Nov. 2018

DOI: 10.20959/wjpps201811-12722

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ABSTRACT

Aurveda, the science of life, the aim of *Aurveda* is to protect and maintain the health of the healthy person and to treat the disease and giving relief to sick person.^[1] In *Aurveda* skin is told as one of the *Panchdanynedria*.^[2] Skin is the largest organ of the human body. The healthy skin reflect the state of physical and mental well-being of the person. *Aurveda* recognized the importance of skin and described the various skin disorders under the term *Kushta*. *Acharya Charakacharya* told *Kushta Vyadhi* in *Vimanstan* and *Chikitsastan*. In *Kushta* there is vitiation of all *Dosha* along with *Dhatu*. Skin disorders has almost

attained epidemic proportion on account of sedentary lifestyle. The prevalence of skin diseases India is 10 to 12% of the total population. In healthy person diet have impotent role to maintain health and in unhealthy person as medicine, So it is called as “*Mahaabhaishaijya*” means greatest medicine by *Acharya Kashyapa*.^[3] In the development and management of skin diseases diet plays important role .In *Aurveda* concept of *Pathy* and *Apathy* described which is important for the dietary management in any disease.

KEYWORD- *Kushta, Mahabhaishajya, Aahar, Pathy, Apathy.*

INTRODUCTION

The changing life style of human being and increasing urbanization as well as fast food eating causes many diseases. In *Aurveda* diet is important. In *Trayopsthamba Ayurveda* told *Aahar* is major for healthy life. The concept of *Pathya* and *Apathy* play important role in diseases so, it is important to know that which *Aahar* increases the disease and which help to control the diesaes. So along with me medicine it is important to know the knowledge of diet

also. Skin is very delicate structure disease at the skin site harm the social as well as self-confidence of the people. So it is important to know the knowledge of diet in skin disease is important in this article the information about diet told in *Ayurveda* as well as vitamins and mineral needed in skin diseases are collected.

AIM AND OBJECTIVE

To compile and re-evaluate the concept of *Aahar* or diet told in *Samhita Granthas* in skin diseases and nutritional diet told in modern science.

MATERIAL AND METHOD

All available data collected from Ayurvedic text book, modern text book were referred, internet website, Article and dissertation were referred.

Functions of skin

Skin is the largest organ of the body it acts as protective covering of body.

1. Protection- Skin protect us from microbes, bacteria, toxic substances and also protect from ultraviolet ray.
2. Sensory function—Skin contain many nerve ending which forms the cutaneous receptors, so give the sensation of touch heat and cold.
3. Storage function- Skin store fat, water, sugar, chlorides etc.
4. Body temperature regulation- Skin have important role in regulation of body temperature excess heat is lost from body by radiation, conduction, convection and evaporation.

Diet in *Ayurveda*

In *Samhita Granthas* Wholesome and unwholesome diet told by *Acharyas* is very important in skin diseases the *Vidahi, Amla, Kledkarak Aahar* is main cause for skin diseases. The *Tridoshashamk* diet is very important in skin diseases so fallowing is the table in which the *Pathya-Apathya* concept of *Ayurveda* told in different *Smhita Granthas* is very important for healthy life.^[4]

Dietary group (<i>Aahar Varga</i>)	Suitable, wholesome Diet (<i>Patthya</i>)	Unsuitable, Unwholesome Diet (<i>Apattya</i>)
Cereals-Bearded grains (<i>Shooka dhanya</i>)	Wheat, Sorghum, Great millet, Spiked millet, Barley, Old Rice Vrai	Gains nor older than one year
Legumens-Pulses (<i>Shamee dhanya</i>)	Green Gram, Lentil pea	Black Gram, Double bean, Soya bean, Horse Gram
Pot herbs Or Vegetable	Atriplex, Snake ground, Smoot Ground, Bamboo Shoots, Parwar, Bitter gourd, Chakramarda leaves	Leafy vegetables, stale Vegetables, Brinjal
Fruits	Musk melon, Grapes, Mango Pomegranate, Lime, Cucumber	Pineapple, Orange, Leechi, Strawberry, Banana, Custard apple
Milk and milk product	Cow milk and cow ghee	Curd, paneer, chees, Buffalo milk, Camel milk
Meat	Goat, Chiken, Partridge (Titar) Deer and other jangal varga mansa	Fish, dried flesh, Pork Egret, Duck, Prawns, Crab Shells and other sea food
Tubers	Turmeric, fresh Ginger, Onion	Garlic, Chestnut, Lotus root Radish, Arum
Other	Nut meg, Saffron, cow urine, Deodar twak, Sandal wood seeds, Almond bark, Oil from Coconut shell, black Cumin seeds, Camphor, Sour buttermilk	Incompatible food Sugarcane, jaggary, Molasses Common salt, Seasme, Peanut, alcohols, sour food

Avoid in skin diseases.

Viruddha Ahara^[5] – In *Ayurveda* the concept of *Viruddha Ahara* told in *Granthas* which is very important. Some diet and its combination with some food cause the interruption in tissue metabolism and cause for the *diseases*. *Charakacharya* and *sushruta charya* told *viruddha Ahar* is cause for skin diseses.

Adhyashana^[6] – The eating food before digestion of the earlier take food it is called *Adhyashana*. Both the indigested food cause for the *Aama*. It is bad habit of food eating which causes vitiation of *Doshas*. It is cause for the skin diseases.

Bhojan in Ajirnavastha^[7] – Food taken in indigestion stage cause for the skin diseases which causes the *Dosh- Dushti* in body.

Vidahi and *Abhishandi Aharasevan*^[8] – *Vidhahi Aahar* causes *Dushti* of *Rasavaha Srotas*. *Abhishandi Aahar* causes *Kledavruddhi* and *Strotodushati*.

Vishambhojan^[9]- Opposite nature of food eating.

Sugercane and its product^[10]-Increases parasite in body and causes *Dhusti of Rakta, Meda, Mamsa*.

Milk and curd^[11]-*Dadhi* is the *Maha-abishyandi, Amlpaki* causes aggravation of *Kapha, Medadushti* and *Kushatakarak*.

Water from river originating in Sahyadri and Vindhyanchal mountain.^[12]

Lavanrasa atisevan^[13]- It provokes the *Pitta* and aggravates *Rakta*., dryness and burning of the skin lesion.

Tikta rasa atisevan^[14]- *Rasadi Dhatu shoshan* and creating *rukshata* and *kharata* in *Dhatu*s and *updhatus*.

Nutritional diet and skin health according to modern

Protiens- Protiens are important for repair and maintenance of the body tissues. Collagen is called as skin cement or supporting matrix. Collagen binds cells together and maintain the integrity of cell. It is structural tissue replaced very slowly. It maintain the skin elasticity.

Sources of protein- Pulses, Milk, Egg, Flesh of animals, Beans etc.

FATS- The deficiency of fatty acid is main cause for the dermatitis. Its deficiency causes water loss across the skin, stunted growth of skin and impaired reproduction. Fatty acids needed for the structural integrity of the cells of skin. Omega fatty acids are important for the skin health. 11 type of omega fatty acids are told it creates a soft smoother look to the skin and keep the skin hydrated.

Sources-Ghee, Milk, Butter, Ground Nut oil, Mustard oil etc.

Cabohydrates-Act as a key source of energy for tissues and cells of skin.

Sources- Rice, Sorghum, Fruits sugar, etc.

Vitamines

Vitamin A-Vitamin a is important neutrinos in diet. It is helpful for the skin. It has two forms retinoid (preformed Vitamin A) carotenoids (proformed vitamin A) both are converted into

retinol in liver. Retinol is important for skin it repair skin damage and increases the production of collagen in the skin. Retinol prevent the ultraviolet ray from damaging the skin. It is necessary for maintaining integrity and normal functioning of epithelial tissues which line the skin.

Sources-Green leafy vegetables, Carrot, Papaya, Mango, Egg, Milk,

Vitamin D- It is proved that long term of vitamin D deficiency causes cutaneous disorders such as skin cancer, psoriasis, ichthyosis, scleroderma etc Vitamin D needed for body growth.

Sources- Sunlight, Fish oil, Liver, Egg, Butter etc.

Vitamin E-Vitamin E is fat soluble antioxidant. It protect skin by acting as free radical scavenger. It has antitumor genic and photo protective properties. It work by reactive oxygen species have the ability to alter biosynthesis of collagen and glycosaminoglycan's in skin. It prevent UV induced free radical damage to skin. It is required for maintains of healthy skin.

Vitamin B-3 – It is also called niacin mind. It is important for the normal functioning of skin. It help to prevent skin problem like acne. It is important for to maintain moisture balance of skin. And heal the wounds repair such damage and hyperpigmentation of the skin. Its deficiency lead to the pellagra.

Vitamine B-7-(Biotin)-It is also called as Vitamine H or coenzyme R. Biotin is important in the process of production of fatty acid and amino acids. Its deficiency causes dermatitis and red, scaly rash and related to its effect on fat metabolism.

Sources- Egg yolk, Chees, Legumes, Leafy vegetables, Peanuts, Meat etc.

Vitamine C- Ascorbic acid needed for the production of collagen material which acts as a supporting matrix for connective tissues. useful in photo ageing, hyperpigmentation, tissue inflammation and promotion of tissue healing. Vit. C and Vit E synergistically limit chronic UV damage by protecting the hydrophilic and lipophilic compartments of the cell.

Sources- Lemon, Amla, Guava, Tomato etc.

Important Minerals for skin

Selenium- Major role in skin elasticity and flexibility. Protect skin from sun damage. Its Helps in Healthy Hormone production. It has Antioxidant and anti-inflammatory action. It is needed for the production of WBCs.

Sources- Sunflower seeds, Sardine fish, brown rice, Button mushroom, Crab, Shrimp.

Zinc- Zinc is very important in collagen production. Zinc is very.

Important in wound healing. Important in regeneration and repair of cellular damage. Potent antioxidant. It has anti-inflammatory action against Acne, Eczema, Rosacea etc.

Sources- Oysters, lean meat, poultry.

Magnesium-It is important for healthy skin. It is relaxation mineral or anti stress mineral. More the stress more is the oxidative damage.

Sources- Leafy vegetables, olives, nuts/ seeds.

Silica- Needed for strength of connective tissue- skin, hair, bones, teeth etc. Help to maintain skin elasticity. So essential for wrinkle free skin.

Sources- Bamboo, Spouts, Cucumber skin. Oats.

Antioxidants-A molecule that inhibits the oxidation of other molecules(Oxidative damage).

Oxidation- Is a chemical reaction leading to chain reactions that may damage cells. In oxidation process, free radicals are produced.

Free Radical is any atom or molecule that has a single unpaired electron in outer shell. Free radical are highly active and they damage the cell when accumulated in them.

CONCLUSION

Diet concept told in Ayurveda is unique when patient come to opd it is very important to know to tell patient what to eat and what to avoid. In skin diseases many substance increases the disease and causes the critical stage along with medicine, diet play important role for the suppression of the diseases. Ayurveda told Patta-Appatta concept which is important to tell

patient and modern science told that many nutrition, vitamins, minerals antioxidant play important rule in management of skin diseases.

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