

EFFECT OF VIRUDHA AHARA AS DOOSHIVISHA IN THE MANIFESTATION OF TWAKVIKARAS-A SURVEY STUDY

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ABSTRACT

Any substance that causes 'Utkleshya' of the *Dosas* but do not expel them out of the body constitute *Virudha*. A regional book on *Visa Cikitsa* by name *Kriya Kaumadi* mentions that the *Virudha ahara Sevana* and *Ajeerna Ashana* are the main cause for *Dooshivisha*. Since it becomes vitiated by the *Dooshana* of *Desa, Kala, Anna Divaswapna* and thus effecting *Dhatus*, producing multiple manifestations within the *Raktavaha Srotas* and produces *Raktapradoshaja Vikaras* **Objective:** To assess the type of *Virudha ahara* as *Dooshivisha* causing *Twakvikara* and to assess the incident rate of *Twakvikaras* due to *Virudha ahara* as *Dooshivisha*. **Methods:** 60 participants, 30 from rural and 30 from urban areas of Dakshina Kannada and Udupi districts suffering from various skin diseases were considered. The data based on the objectives was collected by conducting survey based on the questionnaire framed. **Results:** The data was analyzed to elicit any relation between effects of *virudha ahara* as *dooshivisha* in the manifestation of *twakvikaras*. This was done by using Karl Pearson's Correlation Coefficient. The results show that the correlation coefficient *r* confirms a moderate positive correlation between *virudhas* followed and corresponding *dooshivishalakshana* in the patients from the urban and rural populated area. **Conclusion:** The data that are collected after conducting the survey shows that there is an involvement of *virudhaahara* in *twak vikaras* with the involvement of *dooshivisha* and can be concluded that *virudha ahara* plays a major role in *twakvikaras* with the involvement of *dooshivisha*.

Keywords: *Virudha ahara, Dooshivisha, Twak vikara*

INTRODUCTION

Food is considered as one of the *trayoupast-hamba*¹. *Acharya caraka* clearly says certain diet

and its combinations that 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 *Virudha Anna* or incompatible food. 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 *Virudha Ahara*². Intake of this unwholesome diet deranges the normal functions of *rasa raktaadhi dhatus* results in its vitiation and thus impairs their normal functions. It also acts as *kritrima visha*³.

Dooshivisha is a unique concept mentioned in *Ayurveda*, it can be *sthavara jangama* or *kritrima visha*⁴. *Dooshivisha* are the toxins which are deposited in the body in the concealed form⁵. This vitiates the *Dhatus* (tissues) frequently when exposed to marshy land, rainy season, specific food like wine, sesame, horse gram etc and day sleep⁶. It will not kill a person due to its less potency but stays in the body for long duration due to its *Kaphaavarana* (concealed by hum or *kapha*) property⁷.

If this poison stays in *Amashaya* (upper gastro intestinal tract), it produces diseases of *kapha* and *vata* and if it settles in *Pakwashaya* (lower gastrointestinal tract), it results in diseases of *anila* and *pitta*⁸. *Dooshivisha* vitiates *rakta dhatu* and causes various skin lesions such *aru,kota* and *kitibha* kind of *kushta*⁹. As it is '*kalantara prakopee visham* ', which means that the poison which gets aggravated after a long time¹⁰, the *lakshanas* may not be appeared in the early stage. *Acharya charaka* has explained 18 types of *virudhas*¹¹ and the diseases like *kushta* (skin diseases), *pandu* (anemia), *shanty* (sterility) etc that occurs due to *Virudha ahara sevana* are mentioned¹². *Kushta nidana* itself starts with *Virodhi Anna Paanani*....¹³ As *Virudha Ahara* is said to be one of the *nidana* for *dooshi visha*¹⁴ a survey has been conducted to find the

involvement of *dooshivisha* in *twakvikara* patients due to *virudha ahara sevana*.

MATERIALS AND METHODS

A total of 60 participants suffering from various skin diseases were considered. The patients were selected from two groups of rural area and urban area of Dakshina Kannada and Udupi Districts, each group having 30 participants each. All the volunteers had completely answered the questionnaire given to them for the purpose of the study. The questionnaire is drafted in the format justifying the *lakshana* in the classical literature. The questions are framed including 18 types of *virudha* and symptoms of *dooshivisha* mentioned in the classical texts.

Inclusion Criteria:

- Individuals irrespective of sex, religion, socio-economic status are taken for the study.
- Patients who are suffering from skin diseases due to food allergy analyzed based on the questionnaire are included.

Exclusion Criteria:

- Individuals suffering from skin problems due to cosmetics, allergy due to intake of some medicines or any other contact poisoning.
- Individuals who is living in a polluted area

OBSERVATION AND RESULT:

In majority of the patients i.e. 32 patients (53.33%) the symptoms of skin diseases started abruptly and had a slow progression. In 16 patients (26.67%) the onset of symptoms were gradual with a slow progression. In 7 patients (11.67%) the symptoms manifested abruptly with a fast progression and in the remaining 3 patients (8.33%) the onset was gradual with fast progression. Almost all the 18 *virudhas* under

consideration were followed by all the patients among which *samyoga virudha* constituted the major *virudha* followed with 21.98% of all

virudhas in the urban areas and 24.43% in the rural areas.

Table 1: Distribution According To *Virudha Ahara*

Virudha	Percentage in Urban Area	Percentage in Rural Area
<i>Desha Virudha</i>	3.30	3.63
<i>Kaala Virudha</i>	10.66	11.37
<i>Agni Virudha</i>	10.88	11.25
<i>Maatra Virudha</i>	0.00	0.12
<i>Saatmya Virudha</i>	0.00	0.00
<i>Dosha Virudha</i>	10.88	11.12
<i>Samskaara Virudha</i>	13.96	14.51
<i>Veerya Virudha</i>	1.54	0.73
<i>Koshta Virudha</i>	0.00	0.00
<i>Avastha Virudha</i>	0.33	0.24
<i>Krama Virudha</i>	1.21	1.21
<i>Parihaara Virudha</i>	2.97	3.02
<i>Upachara Virudha</i>	1.21	1.57
<i>Paaka Virudha</i>	6.70	3.99
<i>Samyoga Virudha</i>	21.98	24.43
<i>Hridaya virudha</i>	2.53	2.18
<i>Sampad Virudha</i>	5.16	3.87
<i>Vidhi Virudha</i>	6.70	6.77

Table 2: Subjects exposed to *Dooshivisha Lakshana*

Lakshana	Rural	Urban	Total	Percentage
<i>Annamada</i>	2	0	2	3.33
<i>Avipaka</i>	0	0	0	0.00
<i>Arochaka</i>	15	11	26	43.33
<i>Mandala</i>	19	25	44	73.33
<i>Kota</i>	17	23	40	66.67
<i>Kandu</i>	25	23	48	80.00
<i>Moha</i>	4	0	4	6.67
<i>Dathu Kshaya</i>	4	3	7	11.67
<i>Shopha</i>	2	4	6	10.00
<i>Chardi</i>	0	0	0	0.00
<i>Atisara</i>	0	5	5	8.33
<i>Vaivarnya</i>	25	19	44	73.33
<i>Moorcha</i>	1	2	3	5.00
<i>Vishamajwara</i>	9	8	17	28.33
<i>Trishna</i>	13	11	24	40.00
<i>Unmada</i>	0	0	0	0.00
<i>Anaha</i>	9	14	23	38.33
<i>Sukra Kshaya</i>	0	0	0	0.00

Vigandamukha	12	10	22	36.67
Vairasya	9	13	22	36.67
Vishada	0	1	1	1.67
Sleep Disorders	22	22	44	73.33
Gurutwa	13	9	22	36.67
Jhrimba	6	9	15	25.00
Romaharsha	5	7	12	20.00
Angamarda	13	16	29	48.33
Gadgada	1	3	4	6.67
Sandivisham	2	6	8	13.33
Impaired Vision	4	7	11	18.33
Swelling In Face	1	3	4	6.67

In 9 patients (15%) the *dooshivisha* symptoms was noticed to be increased on intake of non vegetarian food items. In 5 patients, (8.33%) were with sea food and 4 patients (6.67%) with egg. Milk and Pineapple aggravated the symptoms in 2 patients each (3.33% each). There was no specific food factors noticed that aggravated the symptoms in the remaining 37 patients (61.67%).

The data was recorded based on the patients response to the questionnaire and it was noted that

in most of the patients the symptoms shown had a clear relation to the amount of *virudha* followed by that person.

The correlation coefficient ‘r’ calculated to assess the relation between the *virudhas* followed and corresponding *dooshivisha lakshana* was found to be **r = 0.426** in rural populated and **r = 0.409** in urban populated area and confirms a moderate positive correlation between *virudhas* followed and corresponding *dooshivishalakshana* in the patients from the urban population

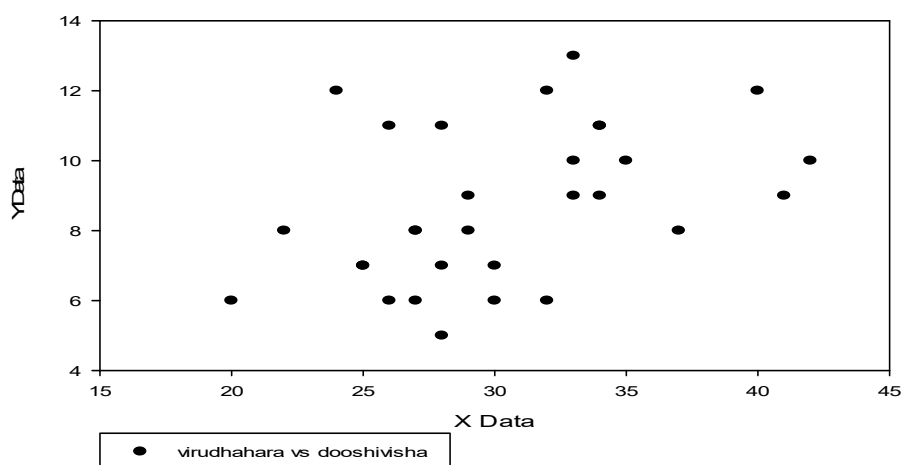


Fig 1: Scatter diagram of distribution according to number of *virudhahara* and *dooshivisha lakshana* in each patient in urban population and their correlation

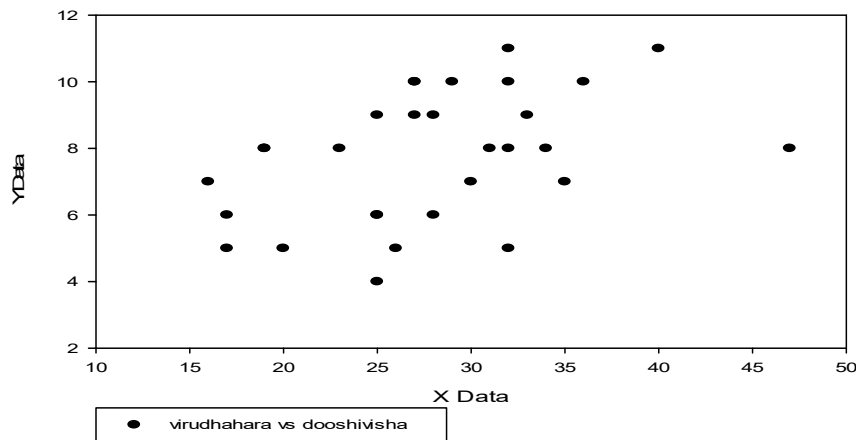


Fig 2: Scatter diagram of distribution according to number of *virudha ahara* and *dooshivisha lakshana* in each patient in rural population and their correlation

DISCUSSION

The symptoms arising due to consumption of *virudha ahara* is very much similar to *Dooshivishalakshans*. In the study conducted majority of the patients i.e.53.33% the manifestation of the symptoms were in an abrupt manner with a slow progression The main factors which are responsible for *dooshivisha* or cumulative toxicity is *Virudhaahara Sevana*, *Adhyashana* and *Ajeernavastha*. The comparative assessment of different *virudha ahara* taken in percentage was found to be practiced by the patients both in the urban area and rural area. From the data obtained it was found that almost all the 18 types of *virudha aharas* stated by Acharya Charaka which was brought under consideration in this study, were followed by all the 60 patients. Of all the *virudhaaharas*, *samyoga virudha* constituted the major percentage followed by the patients with a mark of 21.98% of all *virudhas* in the urban areas and with 24.43% in the rural areas. *Maatra virudha* was seen only in one patient in the rural area. Based on the *Dooshivisha* symptoms that has been observed

in the group of patients which was under this survey seen that 48 patients (80%) complained of *kandu*, 44 patients each (77.33%each) complained of *mandala*, *vaivarnya* and sleep disorders, 40 patients (66.67%) had *kota* followed by other symptoms. The causative toxic elements stay in small amounts for longer period due to *kaphaavarana* property and keep producing the signs and symptoms repeatedly.

CONCLUSION

Dooshi visha produces multiple manifestations along with *Raktaja Vikaras* due to *Virudha ahara sevana* causing prolonged accumulation of toxins within *Raktavaha Srotas* & produces *Kotha*, *Aru Kitibha* kind of *Twakvikaras*. Majority of patients included in the study also mentioned the above symptoms. Processed foods, junk foods, consumption of food with preservatives, coloring and flavoring agents for longer duration produces long term effects. Hence this study has been done to find out the effect of *Virudha Ahara* as *Dooshivisha* in the manifestation of *Twakvikaras* and to create an awareness

regarding the improper food habits and diseases that occurs. The study concluded that there is a Moderate Positive Correlation between *Virudha Ahara* as *Dooshvisha* in the manifestation of *Twakvikaras*.

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