

ROLE OF *TRAYUPSTAMBHA* AND *AYURVEDA* DIETARY GUIDELINES IN PREVENTION AND MANAGEMENT OF SKIN DISORDERS

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ABSTRACT

Objective: To evaluate basic principles of *Ayurveda* for healthy life, to evaluate *Ayurvedic* management of lifestyle disorders. **Introduction:** *Ayurveda* has defined life as a manifestation of union of soul, body & mind these are integral & interdependent components of life. The disease of skin is inequilibrium of *Dosha* in body. *Ahara*, *Nidra* & *Brahmacharya* plays important role in maintenance of health. Along with this Diet, *Ritucharya*, *Dincharya* also plays important role in positive or negative manner. **Conclusion:** The main cause of any disease is *Aam* formation, *Agnimandya* & *Ayurveda* has described diet & Regimen as main cause for most of skin diseases. By adopting

proper lifestyle we can avoid occurrence of disease as well as it also helps to cure already occurred disease.

KEYWORDS: *Ayurveda*, Diet, Regimen, Three pillars.

INTRODUCTION

In Sanskrit, *Ayurveda* means “The Science Of Life”. *Ayurveda prayojnam* is “*Swasthasya Swasthya Rakshanam*” i.e. Prevention & “*Aturasya Vikar Prashanam*” i.e. Manage the disorder for a healthy life. *Ayurveda* gives great emphasis on prevention & encourages the maintenance of health by giving close attention to balance in one’s life, diet & lifestyle. Many factors both internal as well as external act upon us & balance get’s disturbed. Balance is natural order, imbalance is disorder. To maintain balance & health it is important to pay

attention to our decisions. Diet & lifestyle appropriate to one's individual constitution strengthen the body, mind & consciousness.

Ayurveda has considered all skin diseases under "*Kushtha Roga*". *Twak* being an *Updhatu* of "*Rasa Dhatu*" & has been categorized to 7 layers taking in account of different types of skin diseases involved in different layers of skin. *Twak* is the body organ which derives all nutrients from "*Rasa Dhatu*" for healthy skin. *Charak* had described in any skin disease three *Dosha* & four *Dhatus* are involved i.e. *Vata*, *Pitta*, *Kapha* & *Twak*, *Rakta*, *Mamsa* & *Lasika*.

Need to Follow the *Dinacharya*, *Ritucharya*, *Sadvrata* etc. – In present Era modern lifestyle, over stress, lack of exercise, heavy workload, *Virudha Ahara-Vihara*, consumption of unhealthy & preserved food, impaired digestion & metabolism, dysfunctioning of body affects human life & it causes various skin diseases.

Dosha Dushya Vaishamyata creates disorders, So *Ayurveda* play important role in promoting health by establishing homeostasis between *Dosha-Dhatu-Mala* with the help of three pillars *Ahara*, *Nidra* & *Brahmacharya* & follow proper lifestyle advices, dietary management etc. These three pillars are major contributors of number of diseases & health issues.

In present Era every person is running in competitive race & not following any rules of life, no perfect time to eat food & sleep with modern lifestyle, over stress that affects to body as well as *Prakriti* resulting *Dosha Vaishamyata*. If unhealthy lifestyle continues it leads to *Dosha*, *Dhatu Vaishamyata*, *Agni bala Vaishamyata* which causes various skin disorders.

In classical *Ayurveda* texts good information is given about prevention & management of *Dosha*, *Dushya Vaishamyata* by doing dietary management, *Sanshodhan upkram*, *Sanshaman upkram* by *Dinacharya*, *Ritucharya*, *Sadvrata* etc.

Skin and *Ayurveda* – According to *Ayurveda*, *Ahara*, *Nidra* & *Brahmacharya* are three pillars of life & healthy skin is the result of strength of these pillars. Crash diet, junk food, drinks, eating timings etc. hamper the first pillar. Altered lifestyle, too much use of computer, mobile, T.V., excessive stress are responsible for breakdown of others. It leads to dull, dry skin, hairfall, weakness & various skin disorders.

Acharya *Susruta* has explained development of skin with example of cream. It means as the best part of milk constitutes cream similarly premium *Shukra* & *Shonita* are responsible for

healthy skin. *Sushruta* and *Bhavamishra*^[1] explained 7 layers of skin whereas *Charaka* and *Vagbhata* described 6 layers of skin.

Aim: To guide people for adopting right lifestyle to avoid skin disorders.

MATERIAL AND METHOD

Etiology

In *Ayurveda*, basically the three causes of any type of disease are mentioned i.e. *Asatmendriyarth Sanyoga*, *Pragyapradha* & *Parinam*. In which *Pragyapradha* is main causative factor of lifestyle disorders, eating unhealthy food, preserved food, fast food, energy drinks, sedentary living, stress, poor sleeping it causes *Vata*, *Pitta*, *Kapha* imbalance, *Khavaigunya* & generate skin disorders due to *Dhatu Dushti*.

The etio pathogenesis involves the *Sapta Dravya Vata*, *Pitta*, *Kapha*, *Twak*, *Rakta*, *Mamsa* & *Lasika* which are responsible for manifestation of dermatological disorders.

The etiological factors of skin disorders may be related to food, lifestyle & psychological factors.

Pathogenesis

Skin diseases often present & get triggered by multiple factors which primarily causes *Agni Vaishamyata* & *Raktadushti* which paves the way for deeper *Dhatu* involvement.

Nidana Sevana > *Tridosha Prakopa* > *Twak*, *Rakta*, *Mamsa* & *Lasika Shaithilyata* > Further vitiation of *Dosha* occurs > *Doshas* get accumulated at place of *Dhatu Shaithilya* > *Dosha* & *Dushya Samurchana* takes place > *Twak Vikara*

Concept of Ahara

Ahara is considered one among the three sub-pillars of *Ayurveda* & *Ahara* is the best of all medicines. The preventive & curative aspects of *Ayurveda* revolves around *Pathya Ahara* & *Vihara*. *Ayurveda* gives more importance to *Ashtavidha Ahara Vidhi Vishesh Ayatana*. To get the full benefit of *Ahara* “*Ashta Ahara Vidhi Vishesh Ayatana*” should be followed i.e. Food should be consumed by keeping some points in mind like quantity of food, combination of food, nature of food etc.

Some of *Ayurvedic* dietary guidelines are: Intake of food which is easy to digest, Proper hygiene is maintained, Eat food with six taste components etc. *Ayurveda* emphasises on basic

dietary guidelines like proper combination of food, method of cooking etc. which is known as *Ashtavidha Ahara Vidhi Vishesha Ayatana*.^[2]

Time for taking food: Two *Ahara Kala* morning & evening are recommended for basic principal meals & food in between is not recommended. Food should not be taken within 3 hours after the previous meal because during this period *Rasa Dhatu* is still in the process of development.

Dietary guidelines of Ayurveda^[3]

1. Food should be taken on time
2. Warm food should be taken
3. Unctuous food should be taken
4. Food should be taken after bath
5. Food should be taken silently
6. Food should not be disgraced
7. Food should be taken when there is sufficient hunger

Quantity of food

Sushruta and *Vagbhata* suggested when stomach is empty it should be divided into four parts 2 parts of solid food, 1 part for liquid food and 1 part should be kept empty for movement of *Vata Dosha*.^[4]

Sequence of food intake: *Guru, Madhura, Snigdha* food should be taken initially followed by *Amla, Lavana Ahara* & the last *Katu, Tikta, Ruksha & Kashaya* food should be taken this helps in activation of *Agni*, Proper absorption & assimilation of food takes place. After taking food 48 minutes rest should be taken for proper digestion.^[5]

Virudha Ahara

Virudha Ahara plays important role in pathogenesis of disease. Due to this metabolism gets interrupted which inhibits the tissue formation. Due to *Virudha Ahara* many complications can occur which ranges from skin disease to death.^[6]

Concept of Nidra

One among *Trayaupstambha* as important as food & one of the *Adharneeya Vega*. Sleep is temporary loss of contact with *jnanendriya* & *Karmendriya*.

Effects of less sleep on body

Unhappiness, weakness, impotent, impaired knowledge, destroys the life

Indications for day sleep

The one which is tired due to - Singing, studying, weightlifting, injured, old aged.

In *Grishma Ritu* day sleep is advised because it is time of *Adana Kala* there is predominance of *Rookshata & Vata Dosha* & night is short in this season.

Diseases caused by *Divaswapa*

Itching, rashes, *Kotha, Shopha, Agninasha, Angamarda*

Benefits of sleep

A good restful sleep has many benefits i.e. feeling happy, strength, nourished & longevity.

Sleep inducing factors

Abhyanga, Snan, Akshi Tarpan, Dadhi, Kshira, Madya.

Sleep reducing factors

Bhaya, Chinta, Fasting, Krodha, Vata Prakopa, Vikar.

Treatment for *Nidra Nasha*

Abhyanga, Moordhni Taila, food prepared with Ikshu, Kshira, Sita.

Treatment for excess sleep

Langhana, Samshodhana therapy.

Concept of *Brahmacharya*

Beside *Ahara & Nidra*, *Brahmacharya* is the third component of *Traya upstambha*. The practice of *Brahmacharya* promotes life & preserves health & as such is an important practice. *Ayurveda* has never been in favour of suppressing this urge but much emphasis is given on controlled indulgence of sex. For this *Pranayam* can be helpful to keep the mind cool, calm & concentrated.

Benefits of following rules advised in indulgence

To save the vital powers from draining out of body, To avoid physical over exertion

Indulgence is advised in: Winter & spring season

Indulgence is less advised during: Summer, Monsoon

Concept of Vihara

Dinacharya, *Ritucharya*, *Sadvrata* plays important role in prevention & management of diseases.

Dinacharya

There are several things to be implemented in daily life for happy & healthy living. In *Ayurveda* rules are described which are to be followed in daily lifestyle after leaving bed for perfect health & body.

It is advised to wake up during *Brahma Muhurta* & drinking water in early morning helps in elimination of toxic wastes, natural urges should not be suppressed, Massage with oil should be done daily to avoid skin problems, regular exercise is important for healthy body etc. This life style helps to prevent various skin diseases.

Ritucharya

Ritu i.e. the season classified by different features expresses different effects on body & environment. Adaptation to change is key for survival. Due to lack of awareness people do not know suitable type of food, dressing & other rules to be followed in particular season which disturbs the homeostasis & causes various skin diseases. Knowledge of *Ritucharya* is important for detoxification of body according to aggravation of *Dosha* in different *Ritu*.

In summer – Due to hot climate *Pitta* aggravates hence cold, liquid, sweet diet is advised. Excessive hot, spicy, sour, salty diet should be avoided. Intake of rice, *ghee*, coconut water, milk, sugar is advised.

In spring – Bitter, hot, astringent diet is advised & salty, sour, sweet food should be avoided. Intake of wheat, barley, honey, mango is advised.

In Rainy season – *Vata* gets aggravated hence sweet, sour, salty food is advised. Food should be hot, dry, easily digestible.

In winter – *Vata* gets aggravated so *Vata Shamak* & *Pitta Vardhak* diet is advised. Hot, sweet, sour, salty food, milk is advised.

In autumn – *Pitta* aggravates so *ghee*, light diet, bitter, sweet diet is advised.

Sadvritta

In *Ayurveda* certain rules are given for maintaining healthy life & mind these principles are applicable at all places & time such as always speak truth, don't harm anyone, be patient,

avoid irregularity in daily activities etc. If we violate or ignore these guidelines we are going to face various disorders.

Pathya

Amalaki, Triphala, Khadira, Nimba Taila, Mudga, Karvellam, Laghu Anna Pana, Avoid *Virudha Ahara*, eat only in required quantity, eat only freshly prepared food

Viharaja – Abhyanga with Karanja, Regular *Snan*, avoid *Divaswapa*, Regular exercise, follow *Sadvritta*

Apathya

Aharaja – To be avoided in excess

Amla, Lavana Rasatmak food, Dadhi, Ati snigdha Anna, Virudhashana, Alcoholic preparations

Viharaja – Atiswapa, Avyayam, smoking, tobacco

General Management of Skin disorders

In *Ayurveda* skin disorders are treated with *Samshodhana & Samshamana Chikitsa*. *Samshodhana* plays important role in management of skin disorders. Treatment of various skin disorders are described below

Skin disorders dominated by *Vata Dosha* – medicated *Ghee* is given internally first

Skin disorders dominated by *Pitta Dosha* – *Raktamokshana & Virechana* is done

Skin disorders dominated by *Kapha Dosha* – *Vaman* is done

After *Samshodhana* medicated *Sneha* is given internally

Prior to *Samshodhan Snehana & Swedana* is done

Depending on the intensity of *Shodhana*, *Sansarjana krama* should be followed from 3 to 7 days

After *Shodhana Shaman Chikitsa* is done

Kwatha – Manjishthadi Kwatha, Nimbadi Kwatha, Aragwadhadi Kwatha

Asava/Arishta – Khadirarishta, Chandanasava

Gutika – Arogyavardhini vati, Gandhak Rasayan

Churna – Avipattikar Churna

CONCLUSION

It is considered that most of chronic skin disorders are occurring due to *Pragyapradh* refers to faulty lifestyle. Thus *Pathya*, *Apathya* helps to prevent & cure the disease. The three pillars play important role in balancing the homeostasis in body. *Ayurveda* has described diet & regimen as main cause for every disease. Nutritional, biochemical, metabolic aspects of diet play important role in maintaining healthy skin.

Dietary & lifestyle modifications may act as an adjuvant to nullify the adverse effects of common medicines & also may work synergetically with medicines to cure disease. Adopting strict lifestyle & diet regimen help in preventing skin diseases. Observation of specific diet or activity as a triggering factor to skin disease by avoiding that helps in prevention & relapse of disease.

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