

EFFECTS OF VIRUDDHA AAHAR (FAST FOOD) ON TWACHA (SKIN) - A SURVEY STUDY

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ABSTRACT

Acharya Sushruta has stated about *Panchdnyandriya's* (sensory organ) in *Shaarirsthana*. Out of these *Twacha* (Skin) is the largest sense organ, constituting 15-20% of total body mass. According to *Acharya Sushruta*, *Twacha* (Skin) is formed by seven layers and each of them accommodates some specific *Vyadhi* (disease). Skin reflects health of human body. The diet with well nutritional value (*Samyak Aahar*) keeps the inner homeostasis healthy as well as the appearance of body also. Thus, consumption of diet with low nutritional value will reflect upon the *Twacha* (Skin). According to *Ayurveda* consumption of *Viruddha Aahar* (Fast Food) causes vitiation of *Rasa-Raktadi dhatu* which leads to many disease conditions. *Twacha* (Skin) diseases like *Mukhadushika* (Acne), *Shitapitta* (Urticaria), Allergy, Rashes etc. are also manifested by consumption of *Viruddha Aahar*. The purpose of the current study was to explore consumption of the *Viruddha Aahar* (Fast Food) and its effects on skin.

Keywords: *Twacha, Viruddha Aahar, Twacha layers, Twak rog.*

INTRODUCTION

The skin is the largest sense organ in the body and has a surface area of about 1.5 to 2cm².¹By covering the whole body it protects, regulate heat, reflect the colour, serves a barrier against infection, UV rays, trauma and helps in

immune defense, vitamin production, absorption, excretion, wound healing and sensation. According to Acharya, Twacha is formed during sixth month of intrauterine life. Acharya explained any Dushti in Rasa-Raktadi Dhatu (Qualitative abnormality in Lymph & Blood) leads to Twak rog (skin disease). Amongst all reasons of vitiation of dhatu Viruddha Aahar (Fast Food) is the most important reason. Viruddha Aahar (Fast Food) means the food articles which are opposite to body elements (Dhatu). Acharya explained the Twak (skin) layers with its Rogadhishtana (diseases). Occurrence of skin diseases in this era is increased in many proportions. The young age is more prone to these skin diseases because consumption of Viruddha Aahar more frequently. Hence, this current survey study is carried out on undergraduate students of our institute to observe the effects of Viruddha Aahar (Fast Food) on skin.

Aim –To explore the Viruddha Aahar (Fast Food) consumption in students and its effects on skin.

Objectives -

1. Literary study of Twacha & skin.

2. Concept of Viruddha Aahar.
3. Effect of Viruddha Aahar on Twacha by all Acharya's.
4. Survey study of effects of Viruddha Aahar on skin.

1. Literary study of Twacha & skin –

In Ayurveda, Twacha is included in Panchdnyanendriya (sensory organ), which covers the entire body since birth. Twacha is specialized sense organ having perception of pain, touch, pressure, heat and cold.

Acharya Sushruta explained, in Sharirsthana, the seven layers of Twacha is formed during the embryonic period by many transformations and formation, when the life induced by the combination of Shukra, Shonita and Jiva (soul) in the mother's womb. In the same manner as the layers of cream formed on the surface of the boiled milk when allowed to cooled down the thick layer is formed which is explained as Twacha.² According to Acharya Charak, period of development of skin is in sixth month of intrauterine life.³ As per modern science all layers of skin is formed in fourth month of intrauterine life.⁴

Table 1: different opinion about the numbers of layers of Twacha (skin)

| S.N | Sushrut (Saptatwacha) | Charak (Shattwacha) | Gananath Sen | Pramana (inVrihi) | Modern | | Adhishtana for Diseases |
|-----|-----------------------|---|--------------|--------------------|---------------------|------------|---|
| 1. | Avabhasini | Udakadhara | Shangini | 1/18 th | Stratum Corneum | Epidermis | Sidhma, Padmakantak |
| 2. | Lohita | Asrukdhara | Shabdhini | 1/16 th | Stratum Lucidium | Epidermis | Tilakal, Nyacha, Vyanga |
| 3. | Shweta | Tritiya (Sidhma-kilas-sambhavadhishthana) | Kanini | 1/12 th | Stratum Granulosm | Epidermis | Charmadala, Ajagalli, Mashaqka |
| 4. | Tamra | Chaturthi (Dadru-kushtha-sambhava) | Ankurini | 1/8 th | Stratum Malphighi | Epidermis | Kilas, Kushtha |
| 5. | Vedini | Panchami (Alaji-vidradhi-sambhava) | Jalni | 1/5 th | Papillary layer | Dermis | Kushtha, Visarpa |
| 6. | Rohini | Shashthi (Arunshi) | ---- | 1 | Reticular Layer | Dermis | Granthi, Apachi, Arbud, Shlipad, Galganda |
| 7. | Manadhara | ---- | ---- | 2 | Subcutaneous tissue | Hypodermis | Bhangara, Arsha, Vidradhi |

According to Acharya Bhavaprakash, Twacha is formed by Pachan that is metabolization of Shukra and Rasa Dhatu.⁵ Acharya Charak in Vimansthana, mentioned the Twaksara Purush lakshana instead of Purush.⁶ Sushrut has stated the same.⁷ Also while describing the Rogamarga's, he replaces Rasa Dhatu by Twacha. It means whenever there is variation in

Rasa Dhatu, effects are observed in Twacha such as in Rasa Kshaya, Rukshata lakshana is observed on skin.⁸ According to Indu, Twacha is formed by the Sara bhaag (Prasad) of Rakta Dhatu. Twacha has shiny and lustrous appearance due to Rakta Dhatu.⁹ Acharya Sushruta mentioned the functions of Rakta Dhatu such as Varna Prasad, Mansa Pushti etc. are responsible for

healthy appearance of *Twacha*.¹⁰ Therefore, whenever there is vitiation of *Rakta Dhatu* it leads to *Twakroga*'s (skin diseases) like *Mukhadushika* (Acne), *Shitpitta* (Urticaria), Allergy, Rashes, etc.¹¹ *Acharya Charak* stated the *Twacha* as the *Updhatu* of *Mansa Dhatu* and also the *Moolsthana* of *Mansavaha srotas*.¹²

2. Concept of Viruddha Aahar –

Viruddha Aahar means that the amalgamation of certain type of food are opposite in properties like wrong in combination, undergone inaccurate process of cooking, consumed in incorrect order of eating and dose, ingested in unsuitable place, time of the day, season etc. can lead to *Viruddha Aahar* (Fast Food/Incompatible food).¹³ Since last few decades,

proportion of consumption of *Viruddha Aahar* increased significantly by young generation.

Acharya Charak mentioned *Apathyakara/Ahitkara* and *Pathyakara/Hitkara* food i.e. unwholesome and wholesome food. The unwholesome food means, those which causes vitiation of the bodily *Dhatu*s (tissue). The food articles which helps in growth of living being is wholesome and unwholesome food is one of the causes for growth of disease.¹⁴ The wholesome food articles which maintain the equilibrium of bodily *Dhatu*s and help in the eliminating the disturbance of their equilibrium and otherwise the food is unwholesome.¹⁵

Table 2:¹⁶ According to *Acharya Charak*, types of *Viruddha Aahar* are as follows –

| | |
|--|--|
| 1. <i>Desha Viruddha</i> (Place) | 10. <i>Avastha Viruddha</i> (Health) |
| 2. <i>Kaala Viruddha</i> (Time) | 11. <i>Karma</i> (Order) |
| 3. <i>Agni Viruddha</i> (Power of digestion) | 12. <i>Parihaara</i> (Proscriptions) |
| 4. <i>Maatra Viruddha</i> (Dosage) | 13. <i>Upachaara</i> (Prescriptions) |
| 5. <i>Saatmya Viruddha</i> (Habit) | 14. <i>Paaka</i> (Cooking) |
| 6. <i>Dosh Viruddha</i> (Body Humor) | 15. <i>Samyoga</i> (Combination) |
| 7. <i>Samakaara</i> (Mode of Preparation) | 16. <i>Hrudya</i> (Palatability) |
| 8. <i>Virya Viruddha</i> (Potancy) | 17. <i>Sampada</i> (Richness of quality) |
| 9. <i>Kostha Viruddha</i> (Bowel) | 18. <i>Vidhi</i> (Rules of eating) |

3. Effect of Viruddha Aahar on Twacha by all Acharya's –

Viruddha Aahar is one of the important causes for the growth of disease. *Acharya Sushruta* stated that *Viruddha Aahar sevana* (consumption) causes *Rasa-Raktadi dhatu dushti* which leads to many diseases.¹⁷ *Acharya Charak* also mentioned that, intake of unwholesome food produces obstinate skin diseases like *Kushtha* (Leprosy) and *Kshitra* (Leucoderma).¹⁸ Intake of food having mutually contradictory properties produces *Amavisha* in the body due to improper digestion as well as metabolism is responsible for the causation of miserable diseases including *Mukhadushika* (Acne), *Shitpitta* (Urticaria), rashes, allergy, *Kushtha* (leprosy), *Kilas* (Vitiligo), *Shotha* (Edema)... etc.¹⁹ Fast foods are heavy for digestion hence, they are *Agni Viruddha*, while with cold drinks

is *Samayoga Viruddha*, it's methods of preparation is *Vidhi Viruddha*, raw materials used in it is *Sampada Viruddha*, way of consumption of it without following rules makes it *Dosha Viruddha*. All kind of fast or junk foods affects all systems of human body hence we can consider it as incompatible i.e. *Viruddha Aahar*.

4. Survey study of effects of Viruddha Aahar on skin-

We have conducted survey on 100 students of age group 18-28years of R. T. Ayurved College, Akola, about consumption of fast food & occurrence of *Twacha rog* (skin disease), and following observations are seen.

Materials and Methods

For survey study of effects of *Viruddha Aahar* (fast food) consumption on skin we developed a questionnaire.

Table 3: Effects of *Viruddha Aahar* consumption on skin Questionnaire –

| SN | Questions | Answers | | | |
|----|--|--------------------------------|--------------------------|-------------------------------|--|
| 1. | How frequent do you have Fast food in an average month? | Everyday | Once a Week | Once a Fortnight | Once a Month |
| 2. | Frequency of replacing Breakfast/Lunch/Dinner/Snacks by Fast food? | Frequently (3 to 5 times/week) | Sometimes (<2times/week) | Regularly (4 to 6 times/week) | Rarely (Once in a month or less than that) |
| 3. | Have you experienced any skin disease due to consumption of Fast food? | Acne | Rash | Urticaria | Allergy |
| 4. | Since how many years you are taking Fast food? | 1-2 years | 3-4 years | 5-6 years | >7years |

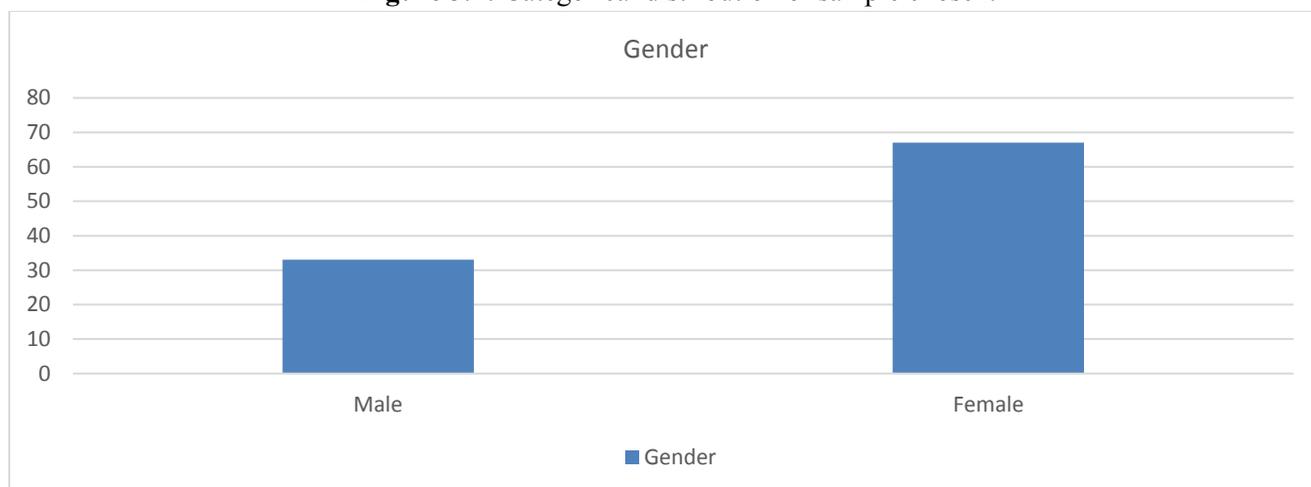
Table 4: The survey study envisaged the following questions and their objectives listed below

| Survey Study Questions | Objectives |
|--|---|
| How frequent do you have Fast food in an average month? | To understand consumption rate and frequency of the Fast food into the regular food habits of students. |
| Frequency of replacing Breakfast/Lunch/Dinner/Snacks by Fast food? | |
| Since how many years you are taking Fast food? | |
| Have you experienced any skin disease due to consumption of Fast food? | To evaluate the incidence of skin problems due to consumption of <i>Viruddha Aahar</i> (Fast food). |

Result- In above survey the result is as follows –

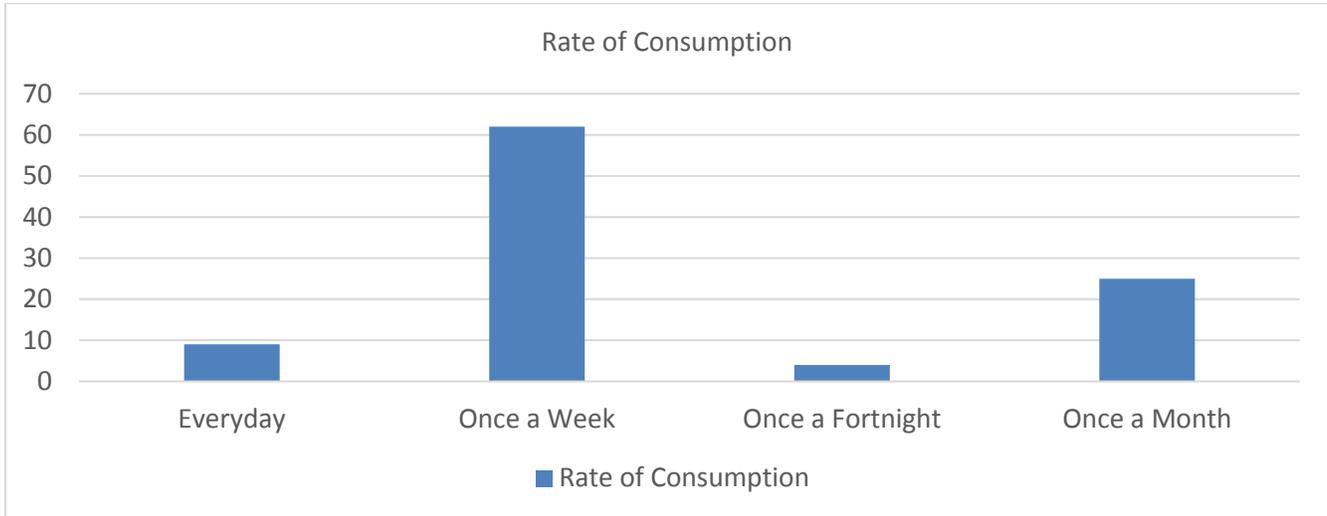
A total of 100 college students participated in the study. Participants were 33 of male and 67 of the female students.

Figure 3.1: Categorical distribution of sample chosen.



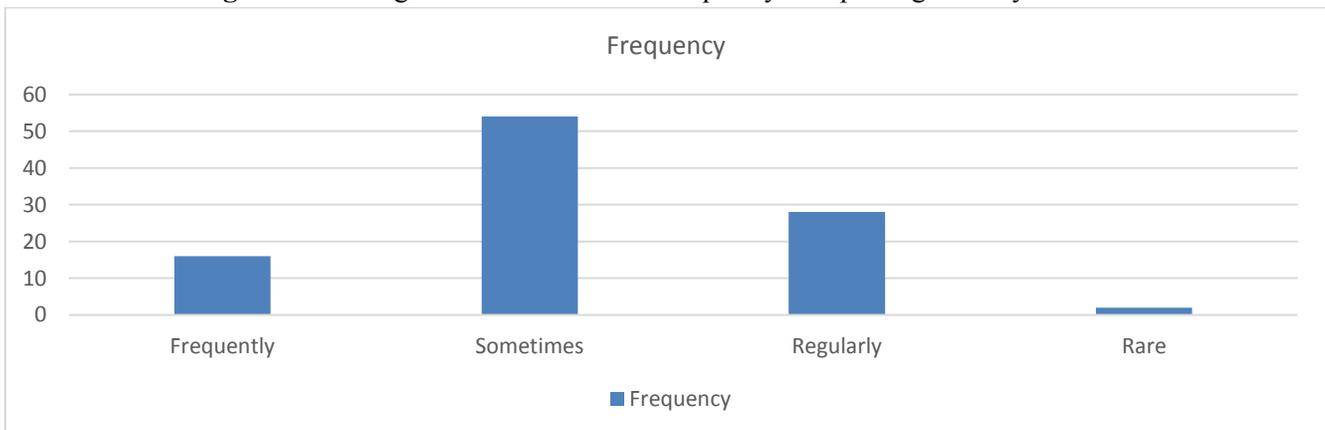
Consumption rate of fast food amongst students - 62% students were found to be consuming fast food once in a week, while 25% students were consuming once a month, 9% were every day and 4% were consuming once a fortnight.

Figure 3.2: Categorical distribution of rate of consumption of fast food.



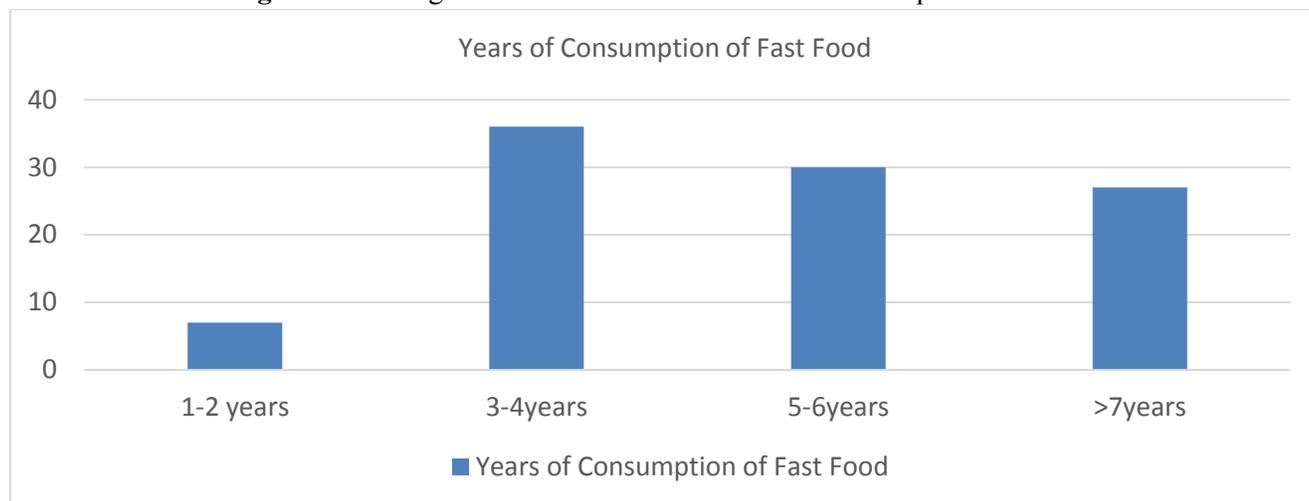
Frequency of replacing meal by fast food – 54% students were found to be replacing meal by fast food sometimes, 28% were replacing regularly, while 16% were replacing frequently and 2% were replacing rarely.

Figure 3.3: Categorical distribution of Frequency of replacing meal by Fast food.



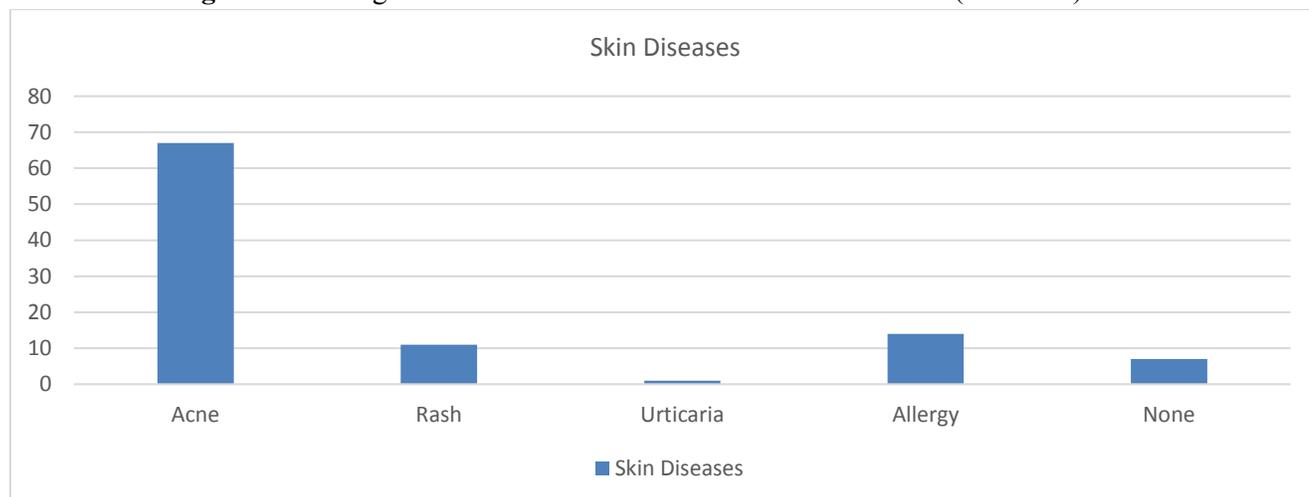
Duration of consumption of fast food – 36% students were found to be consuming fast food since 3-4 years, while 30% students were found to be consuming from 5-6 years, 27% were consuming from more than seven years and 7% were consuming from 1-2 years.

Figure 3.4: Categorical distribution of duration of consumption of fast food.



Effect of eating fast foods on health – After consuming fast food 67% students were suffering from acne, 14% were suffering from allergy, while 11% were suffering from rash on skin, 7% students were having no skin problem and 1% were have urticaria.

Figure 3.5: Categorical distribution of Effects of *Viruddha Aahar* (Fast food) on skin.



DISCUSSION

This survey study reveals that total 100 college students participated in the study, out of that 33% were male and 67% of the female students. The study signifies that all of the participants of the age group of 18-28 years eat fast food. Out of that majority of the participants consume fast food once in a week, whereas the least percentage of participants eats once a fore night. The

study observations indicate that most of the participants consuming fast food from almost 3-4 years and least number of participants from 1-2 years. Regarding the opinion of the participants on frequency of consumption of fast food, it was found that majority of them were consuming sometimes i.e. less than two times per week whereas least consuming fast food rarely. Out of 100 fast food consumers 93 have

occurrence of *Twacha Rog* (skin disease). More frequent consumers are more likely to have *Twacha Rog* (skin disease). Less frequent consumers are less likely to have *Twacha Rog* (skin disease). In young age fast food consumers have occurred superficial *Twacha Rog* (skin disease), due to good strength of *Agni*. When the survey was furthermore evaluated for the subject responses over the statement that consuming fast food causes harmful effects on skin it was found that majority of the participants agreed to it. Majority of them were suffering from skin diseases. Where very least of them disagreed to this, may be because they are consuming it rarely.

CONCLUSION

Viruddha Aahar is most dominant reason for *Twacha*, its *Varna Vikruti* (Abnormalities in color). In above survey it is cleared that consumption of *Viruddha Aahar* is reason behind skin disease, only due to good strength of *Agni*, and age there is occurrence of superficial *Twacha Vikruti*, but if this continues for long time duration it will affect deep layers of skin as stated by *Acharya*.

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