



Critical analysis of life style modification (Diet & Behavioral) in the pathogenesis of Psoriasis

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Abstract

In Ayurveda, all skin diseases have been described under kushtha & "Ekkushta" has been described under the disease "KshudraKushtha"(A type of *Kushtha*).*Ekkushthais* due to vitiation of *Vata* & *Kapha*.In Ayurveda psoriasis can be correlated with *Ekakushta* due to very much similarity in their symptoms. Psoriasis is one of the most common skin disease affecting about 2% of the US population. Males & females of all age groups are equally affected. Psoriasis is a non infectious chronic relapsing inflammatory skin disease having unknown etiology characterised by well defined dry scaly erythematous patches and covered with adherent silvery white scales.Winter aggravation is frequent.The prevalence of disease has been increased in the present era due to faulty lifestyle and food habits thus it is a big challenge for ayurveda to check its occurrence by making people aware about the role of *ahar-vihar* because it play important role in the pathogenesis of psoriasis.

Keywords: *lifestyle, behavioural, Psoriasis, analysis*

Introduction

Psoriasis is a chronic dermatosis characterized by an unpredictable course of remission & relapses and presence at typical sites of papules and plaques .The eruption is usually symmetrical and most commonly affect extensor surface of elbow, knee, scalp ,nails and sacral regions.

AcharyaCharak has described the causative factor for the disease as follows:

1. Aharaj Nidan (diet and dietetic pattern): *Viruddhaahar* (incompatible food) ,*Mithyaahar-vihar* (Faulty food habits), *Atyashana* (Taking excessive amount of heavy diet), *Vishamaashana* (Taking food at irregular time).

2. Viharaj Nidan (Faulty lifestyle): *Divaswapna*

3. Miscellaneous

Ahar in *Ekakushta* should be *laghu*, *Ruksha*, *Tiktaraspradhan*.This means avoidance of *apathyaahar* like *mithyaahar-vihar* & *viruddhaahar* check the disease. *Pathyaahar* eliminate the cause of disease and set up a routine & other circumstance favourable for proper cure.

Importance Of Ahar

The healthy body as well as the disease due to nothing but the outcome of *ahar*. Out of all the factors for the maintenance of positive health ,properly food taking occupies the most important position because diet (*Ahar*) is basic medicament other than any substance,though one is not able to sustain life without *Ahar*.

Ayurveda has given 3 subpillars

1.Ahar(Food)

2.Nidra(Sleep)

3.Brahmacharya

Which comes under social medicine. Here *Ahar* has been enumerated first which shows its importance . Ayurveda give more importance to diet than medicine. One must take the diet according to his *Agni*, *Desh*, *Kal*, *Kriya*, *Vay* etc.

Pathya & Apathya Ahar Vivechana

Due to use of *Apathya Ahar* & *Vihar* the 3 doshas namely *Vata* , *Pitta*, *Kapha* get vitiated and inturn contaminate the skin ,blood ,flesh and fluid of the body causing psoriasis.

Endogenous factors like diet, state of digestion, nutrition, metabolism etc. are most important than exogenous factors like irritant or sensitizer in manifestation of psoriasis.

Apathya Ahar: Following diet should be avoided in case of *Ekakushta* -

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Anna varga: Masha(Urad),Navaanna.

Mamsa varga: Anoop Mamsa(matsya etc.)

Jala varga: Dahi, Kshira (Dudh) Dushita jala, Tila taila

Anyas: Viruddha Ahara, Vishamashana Asatmya Bhojana, Guru, Shit Snigdha ahar.

1. Viruddha ahar (Mutual incompatible food):Viruddhaahar vitiate Agni in general food substances and activities which are similar in quality to body and deleterious to the body element vitiate the body channels.

Fish with milk: it is example of *Samyoga & Virya viruddha*. Both milk and fish are *Madhur*, have *Madhur Vipak* and are *Mahaabhishtyandi* which leads to obstruction of *Srotas*. However milk is *Shita Virya* while fish is *Ushna Virya*. Due to incompatibility at the level of *Virya* when taken together it causes *Rakta dushti*.

2.Excessive consumption of food which are cold & hot out of proportions or fasting excessively and out of proportion and necessity.

3.excessive consumption of diet which is predominantly liquid,unctuous (oily,fatty) & heavy.

4.Taking food frequently even as the previously taken food has not yet been digested or in condition of chronic indigestion.this cause disturbed digestion of protein, folic acid and other essential substances. Incomplete protein digestion and bowel toxemia disturb the formation of cAMP and therefore increasing the rate of cell proliferation.

These factors are root cause of several disease which are produced due to different permutation and combination of *Dosha* and *Dushya* involvement.

5.Taking excessive *Guru, Snigdha Ahar* produces dusti of *Rasvaha srotas*. *Guru Ahar* also causes *Dusti* of *Mamsavaha Srotas*.Excessive *Drava Ahar* causes dusti of *Raktavaha srotas*.

Faulty dietary habits which leads to psoriasis

In present era man has less time to cook and eat food .Fast food has replaced the staple diet in several area of the World. These fast food generally fall under *Viruddha* and *Mithya ahar* according to Ayurveda.Fresh fruits like grapes, pomegrenade, pineapple, banana, chikoo etc. are added to boiled milk and consumed along with other food items. This is clearly *Viruddha ahar*. Improper food habits are another major causativefactors of psoriasis.

Mithya ahar deranges the digestive power of *Jatharagni* and also causes dushti of *Grahani*. Today *Mithya ahar* has become apart of life .

A few example of *Mithyaahar* done in daily life are:

a.Canned foods

b.Beverages

c.Fast food, packed food, street foods like panipuri, bhelpuri etc.

d.Sweet chewing gum, Panmasala etc.

Pathya ahar

Patient suffering from skin disease should take *Laghu-Shita ahar,Tikta Ras Pradhan Dravya(like Patol Patra etc.)*, *Munga, Arhar ,Masur etc.*

Acharya Sushrut states that the urine and milk of camel is best for *Kushta* patient.

The use of *Khadir* in *Snana & Pana* is good for patient in suffering from *kushta*.

Importance of Vihar

1.Forcibly with holding or controlling the impending natural urges/reflexs of the body especially that of vomitus.

Acharya Charak has clearly mentioned that suppression of urge of vomiting cause *Koshta*.

2.Excessive exercise or physical exertion or exposure to sunlight or fire immediately after intake of food.

3.*Divaswapna: Divaswapna* is *Snigdha&* vitiate *Kapha &Pitta* and causes *Kandu, Kotha, Pidika*. It is also *Kledkarak* and *Agnimandyakara* which ultimately produce *Kushta*.

4.Working in industries when there is large difference between outside and inside temperature.

Sudden change from cold to hot a vice-versa without judiciously following the rules of gradual change. This cause dushti in *Swedavaha Srotas*. Sudden diving cold water or drinking cold water after fear, exhaustion or sunlight causes the same effect.Abrupt change from one extreme in the internal and external environment cannot bring homeostasis inside the body. Thus the body mechanism fails and unwanted substances like histamine antibodies and toxins produces and may predispose psoriasis.

5.Behavioral misconduct, antisocial activities, sinful activities and other punishable activity bring about psychogenic stress which is importance in the pathogenesis of psoriasis.



Due to stress digestive juices are not secreted inadequate amount leading to indigestion causes *Dusti of Dhatus*

6. Smoking increases risk of chronic plaque psoriasis exist in person who smoke cigrattes
7. Alcohol also consider a risk factor for psoriasis.

Some Important Tips for the patient of psoriasis:

1. Diet: The patient suffering from *Kushta* should take the following type of diet.

- a) Light and wholesome food.
- b) Vegetable having bitter taste.
- c) Food preparation and medicated Ghee prepared by boiling with *Triphala* and *Nimb*.
- d) Old cereals
- e) Meat of animals inhabiting arid land & preparation of *Mudga*

2. Meditation : This meditation practice reduces stress .

3. Sleep: Avoiding sleeping during day time .

4. Regular *Shodhan* (Purification Process/ Removal of toxins)

Healthy individuals must undergo *Shodhan* procedures as mentioned in Ayurveda for the timely removal of the *Sanchit Doshas* .

पक्षात्पक्षाच्छर्दनान्यभ्युपेयान्मासान्मासात्संसनन्चा
प्यधस्तात् |

त्र्यहात्त्र्यहान्नस्ततश्चावपीडान्मासेश्वसंमोक्षयेत्षट्सु
षट्सु || (chakrapani)

- a) *Vaman*-given at every 15th day
- b) *Virechan*-given at every 1 month
- c) *Avapidan Nasya*: given at every 3rd day
- d) *Raktmokshan* : given at every 6 months.

Conclusion

In Ayurvedic treatment importance of *Pathya-Apathya* is highly emphasized to achieve good relief and is describe as half treatment. From this we can concluded that by avoiding use of **incompatible food, faulty lifestyle** & by use of *Pathyaahar* and *Shodhan chikitsa* especially *Vaman & Mridu Virechan* psoriasis can be managed.

“One who follows healthy diet and lifestyle doesn’t need any medicine and one who doesn’t follow, also doesn’t need any medicine”

It means if one is following healthy diet and lifestyle ,no medicine is required to tackle the disease. Controlled diet itself works like a medicine. And if one is not following such diet & lifestyle ,no medicine will work because improper diet & living style themselves are the prime cause of disease.

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