ASSOCIATION OF AMLA RASA IN KUSHTHA VYADHI (SKIN DISORDERS).

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ABSTRACT

Prevalence of skin problems in India is on high number. And it is increasing day by day. About 12% of individuals of India have skin problems. So, it is necessary to find and evaluate the various causes of Skin diseases. It is also important to analyse the role of Amla Rasa as a hetu in Kushta Vyadhi. Study has been started after the clearance from Institutional Ethics Committee. 106 Ayurveda Under graduate healthy volunteers were participants for this study. Study was based on Questionnaire based survey. Out of 120, 100 participants are taking Amla Rasa in their diet. Out of that 73 participants are having Kushta (Skin diseases). However, it is observed that some participants are having skin problems according to seasonal variations. By above results it is inferred that eating Amla Rasa in excess causes Kushta vyadhi. More percentage of Skin problems is observed in female as compared to males. However more percentage of Kushta vyadhi observed in participants from urban habitat than Rural.

Keywords: Amla, Rasa, Kushta, Skin diseases, Ayurveda.

1. INTRODUCTION

Ayurveda considers Ahara (food) as one of the three supporting pillars. Mind and body affected by diet. It is not only during life but also even before birth and continues till death. It is affecting our body due to its long and continuous use. Therefore, our ancient Acharyas have given a lot importance to it. And they have been mentioned that unwholesome diet is the cause of disease. At the end of digestion, ingested food transformed into ahara rasa. This ahara rasa nourishes body, mind and sensory organs. Therefore, not only physical health but also mental well-being and spiritual progress all are depend on food. Health as well as the disease is caused by the Ahara. This can be understood in the terms of Nidana. Aharaja Nidana (dietary causative factors) has been given a prime importance in majority of the diseases. It is clearly mentioned in different parts of Samhita that the specific ahara as causative factor for each diseases.1 Disagreeable Ahara is considered as samanya Nidana of srotodushti and in the manifestation of the disease.2 Shadarasatmak ahara exerts direct effect on Tridosha in Sharira.3 Charaka has mentioned the importance of shadarasa as if all the six rasas used jointly or severally in proper way and quantity brings happiness to all living beings. Otherwise they are equally harmful to all.4 He had described Shadarasaskandha (Group of drugs having six different tastes) signified the importance of shadarasa in chikitsa also.5

While reviewing the ancient classical Ayurveda literature, as well as recent scientific evaluations of researches it is comprehensible that the effect of overuse of any taste has been shown to have serious negative outcomes. So that regularized

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timely meals are advised and instructed to avoid any food in between. In fact measurement of food is of two types i.e. food as a whole and of its different ingredients having different tastes like sweet, sour, etc. According to the prescribed measurement food is taken as a whole, but its ingredients having different tastes. And these tastes are not in prescribed ratio. Hence the equilibrium of dhatus and doshas gets definitely disturbed due to imbalance in the ratio of the composing Rasas (tastes). For example, uses of excessively or daily sour (Amla) items in diet is causes Rak-tavata (blood & vascular diseases), skin and eye disorders.

2. MATERIALS AND METHODS

The Questionnaires based Survey study was planned with sample size of 100 healthy volunteers of age group 19-26 years in MGACH and RC. After the clearance from Institutional Ethics Committee we started the project. IEC clearance Letter No. DMIMS(DU)/IEC/2018-19/7567 dated 15.10.2018. An interview-based interaction was done on the basis of questionnaires with maximum 5 volunteers/ day. And their respective answers have been noted and evaluated.

3. OBSERVATION AND RESULTS

Present study was conducted at MGACHRC by taking 120 Participants (BAMS graduates). 20 participants were exempted from study because they don’t have Amla rasa in their diet regularly. The age group for participants was 19-26 Years. As per the gender 71% females and 29% males are facing skin problems (graph-1). On the basis of habitat 71.54% participants are residing in urban areas while 28.46% are from rural areas (graph-2). As per religion 91.20% of participants are belonging to Hindu community while 7.54% of participants belonging to Muslim and 1.26% from other community (graph-3). In present study 19 years, 20 years, 21 years, 22 years, 23 years age group participants are having Kustha (skin diseases) 54.79%, 36.98%, 5.47%, 1.36%, 2.73% respectively (graph-4). 100% participants are taking Amla Rasa in their diet in different frequencies as 27.3%- daily, 58.5%-Weekly and 14.2%-Monthly (graph-5).

As per food items are concerned participants are consumed more items of Amla Rasa in their diet daily. 75.5%-Pickle, 88.6%-Curd, 38.6%-Yoghurt, 73.5%-Buttermilk, 71.7% - Idli/dosa, 59.5% -Chatani, 61.3% - Bakery products (toast, bun, bread). 64.1% -Burger/Pizza, 65.1% -Chinese food, 73.5% -Fruit juices, 49% -Over ripened fruits, 63.2% - Nimbu sarbat, however 4.7%- others (Chola-batuta, Myaonise etc) are consumed by participants (graph-6). 90.5% of participants consuming Amla Rasa routinely in their diet from Childhood Whereas 9.5% of participants consuming Amla Rasa in their diet from previous 1 Year (graph-7). 68.9% of participants are having major to minor skin problems. Which are as 32.9% Pimples and Dandruff, 26% Rashes, 2.7% Urticaria, 1.8% vitiligo, whereas 5.5% of others like dermatitis, black patches, etc (graph-8). The participants suffering from various skin disorders since 38.3% -1, 17.8% - 3, 12.3% - 4 and 31.5%- 5 to10 years (graph-9). Some skin problems aroused or aggravated according to seasonal changes. 27.6%, 58.6%, 13.7% in summer, winter and rainy season respectively (graph-10). 85.8% of participants were aware about the fact that excess or regular uses of Amla rasa can lead to Skin problems.

4. DISCUSSION

From the observations more percentage of skin problems observed in female than male. Maybe it is because of female likes more Amla Rasa food items than male. Pizza, burger, Chinese food items are easily available and liked by 19-21 yrs youngsters from urban population In Chinese food items various souse, vinegar are used abundantly. Idali/ Dosa are prepared by fermented rice and black dal (Masha). Bakery products are also fermented food items. Due to fermentation they are having the amlata. That may be one of the reasons of skin problems. In Hindu religion there are several festivals are celebrated throughout year. Kadhi, various types of Chatani, Amarasa etc are the main items of festivals. On the other hand, curd and various pickles are also making in home and used regularly in diet. So, it might be the cause of Hindu having skin problems than other religion.
Pimples (mukhadushika) and dandruff common skin problems are seen in the participants of age group 19 years this may be because the sebaceous glands become more active in that particular age. 90.5% of participants consuming Amla Rasa routinely out of that 68.9% having major to minor skin problems. This data showing the excess use of amla rasa is the cause of Kushtha vyadhi. Amla rasa Rak-tam dushayati it is declared in Charak su-trasthana.⁷,⁸ In vidhishonitiya Adhyaya it is mentioned by Acharya charaka that shodhana of ashuddha rakta should be done before it leads to various raktaja vyadhi. In raktja vyadh- hi kandu, kotha, pidika, kushtha is also mentioned by him. From this reference it is clear that amla rasa causes the raktadushti and this is the main reason of skin problems.⁹

5. CONCLUSION

From this study it is concluded that regular or excess use of amla rasa in our diet causes rak-ta dushti. And this is converted in various kshudra or maha kushtha.

6. REFERENCES


7. GRAPHS

Graph 1: Participants according to sex

Graph 2: Habitat of participants
Graph 3 - shows religion of participants
Graph 4 - shows age group of participants
Graph 5 - Frequency of Amla rasa consumption
Graph 6 - Food items taken by participants
Graph 7 - Frequency of Amla rasa consumption
Graph 8 - Showing Skin disorders

Graph 9 - Showing time period of skin disorders

Graph 10 - Impact of season in skin diseases

Graph 11 - Association of *amla rasa* in skin diseases

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