



AYURVEDIC CONCEPT OF ALLERGY WITH REFERENCE TO DIET AND REGIMEN.

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Ayurveda has given primary importance for diet and regimen as they are the basic and essential factors for a healthy life. Dinacharya and Ritucharya broadly explains about the diet and regimen to be followed to lead a healthy life. Modernization has altered people's lifestyles, which has contributed to the emergence of various allergies. The ahara and vihara which is ahitakara and asatmya for an individual's body may cause allergy. The term allergy is defined as hypersensitivity of body to allergen. It produces certain symptoms temporarily which gets reduced by itself. In Ayurveda certain concepts can be understood under the concept of allergy. Concepts like viruddha ahara, dushi visha, baadhana can be considered under concept of Allergy. In present times, the prevalence of allergy has been increased. Hence there is necessity of understanding the concept of allergy in ayurveda.

Key words: Allergy, hypersensitivity, viruddha ahara, dushi visha, baadana

INTRODUCTION

Allergy-

Hypersensitivity is defined as an exaggerated or inappropriate state of normal immune response with onset of adverse effects on the body. The lesions of hypersensitivity are a form of antigen-antibody reaction. These lesions are termed as hypersensitivity reactions or immunologic tissue injury¹. The prevalence of allergies has increased in the modern world as a result of modernisation.

Allergy produces certain symptoms temporarily which gets reduced by itself. Consequently, panchakarma treatments aid in the treatment of allergic disorders and provide superior alleviation. To ensure proper therapy, it is essential to comprehend the fundamental concepts of Ayurveda related to allergies.

Prevalance- Allergic diseases are a common and increasing cause of illness, affecting between 15% to 20% of the population in India. An estimated 300 million people worldwide have asthma, with 37.9 million in India, equal to 55% of the total UK Population. The phase 3 International Study of Asthma and Allergy in children (ISAAC) reported an overall prevalence of current wheeze of 7% in Indian children aged 6-7 years and aged 13-14 years with a higher prevalence of up to 10-20% in some areas. The ISAAC study reported 2-7% overall prevalence of current eczema among Indian children aged 6-7 years and 3-6% among Indian children aged 13-14 years, In contrast to the high prevalence of rhinitis, asthma and eczema, food allergy was low at 0-14% among Indian children aged 6-11 years².

In Ayurveda allergy can be correlated with utklesha avastha of doshas. Various vyadhis like Shwasa, Kasa, kshawathu, pratishyaya, peenasa are few allergic conditions which can be observed commonly. The basic factor responsible for causation of allergic disorders is allergen. Due to modernization, knowingly or unknowingly people get exposed to toxic substances which may act as allergens. Different concepts like viruddha ahara, dushi visha, Baadhana can be considered under concept of Allergy. Hence an attempt has been made to understand the concepts related to allergy in detail.

OBJECTIVES:

To understand the concepts related to allergy in Ayurveda.

MATERIALS AND METHODS:

Data is collected from Ayurvedic texts and commentaries on Brihatrayee and Data is analysed and interpreted.

REVIEW OF LITERATURE:

Allergy-The term 'allergy' is defined as hypersensitivity of body to allergen. It is defined as abnormal immune response to a chemical or physical agent (allergen). Subsequent exposure to the allergen causes variety of inflammatory responses ranging from itching, hives and diarrhoea to

acute anaphylaxis accompanied by drop in blood pressure and airway constriction. Such responses are called allergic reactions or immunological hypersensitivity reactions³.

Allergies can be categorized into Common Allergic Disorders and Specific Allergic Disorders. Some common allergies which can be observed are Urticaria, Angioedema and Hereditary Angioedema, Atopic Dermatitis Allergic Conjunctivitis, Allergic Rhinitis, Allergic Asthma, Food Allergy, Drug Allergy, Anaphylaxis. Certain specific Allergies like Allergy to insect Venom, Peanut Allergy, Birch oral Allergy Syndrome can be observed. Certain factors like Altered lifestyle, Genetic Predisposition, Environmental Factors act as triggering factors for Allergic Conditions⁴.

Allergens- Any substance that produces the manifestations of allergy is called as an allergen. It may be an antigen or a protein or any other type of substance. Even physical substance can develop allergy. Allergens are introduced into body by contact, inhalation, injection, and ingestion⁵.

An Overview on Allergy in Ayurveda-

➤ **Concept of Viruddha Ahara-**

Different types of viruddha ahara causing allergic disorders are

Desha Viruddha, Kala Viruddha, Matra Viruddha, Satmya Viruddha, Samskara Viruddha, Veerya Viruddha, Parihara Viruddha, Upachara Viruddha, Samyoga Viruddha, Hridaya Viruddha and Sampad Viruddha.

Desha Viruddha - Consumption of ruksha, teekshnaadi ahara in jangala desha and consumption of snigdha and sheeta ahara in anupa desha is deshaviruddha⁶.

Kala Viruddha- Consumption of sheeta, rukshadi ahara in sheeta kala and katu and ushnadi ahara in greeshma kala is kalaviruddha⁷.

Matra Viruddha- Intake of madhu and ghrita in equal quantity is matra viruddha⁸.

Satmya Viruddha- If the person accustomed to katu, ushnadi ahara consumes madhura, sheetala ahara it is said to be satmya viruddha⁹.

Samskara Viruddha- Ahara which when prepared in a particular processing method may produce poisonous effects¹⁰.

Ex: meat of peacock roasted on castor stick, heating of honey.

Veerya Viruddha- Combination of sheeta and ushna veerya dravyas is said to be veerya viruddha¹¹.

Parihara Viruddha- If the person consumes mamsa of varaha and consumes ushna ahara dravya it is said to be parihara viruddha¹².

Upachara Viruddha- If the person drinks sheetala jala after consuming ghrītadi snigdha dravyas it is said to be upachara viruddha¹³.

Samyoga Viruddha- Consumption of amla rasa dravyas along with milk samyoga viruddha¹⁴

Hridaya Viruddha- Consumption of ahara dravya which is not pleasant and distasteful¹⁵.

Sampad Viruddha- Consumption of ahara dravyas which are not matured, over matured or spoiled¹⁶.

➤ Concept of Dushivisha-

Dushivisha is the one which does prakopa of doshas after a lapse of time¹⁷.

Acharya Sushruta opines that Dushivisha does the dushana of dhatus and manifest diseases after a lapse of time when the body comes in contact with triggering factors like Desha, Kaala and Divaswapna¹⁸.

➤ Concept of Baadhana¹⁹ -

It is a dravya which causes temporary uneasiness in the body which is due to Alpa Apathya Sevana . It is a type of abheshaja.

➤ Allergic Disorders and their Triggering factors:

Allergic Disorder/ Symptom	Triggering Factor	Clinical presentations
Pratishyaya	Pravata, atapa Raja, ritu vaishamyā, bashpa, sheeta ambu sevana, dhuma. ²⁰	Vataja Pratishyaya- aanaddha pihitaa nasa, tanu srava pravartini, gala talu oshta shosha, shankha nistoda, swara upaghata ²¹ Pittaja Pratishyaya- ushna and peeta srava, krusha, atipandu, trishna, sadhumameeva vanhi nasaya ²²

		Kaphaja Pratishyaya- Shukla, Sheeta nasasrava, shunakshi, shiro and mukha gouravata, shiro, gala, talu , oshta atikandu ¹² Sannipataja Pratishyaya- all lakshanas mentioned in vataja, pittaja and kaphaja are seen altogether ²³
Tamaka Shwasa	Exposure to raja, dhuma, anila, atapa. Residing in sheeta sthana, dadhi sevana, unboiled ksheera sevana ²⁴	pratamayati, kasa, pramoha, dukhitaha, kapha vimokshante sukham, kantha udhwamsa, anidra, parshwa graham, aaseeno labhate soukhyam, ushna abhinandati, uchrita aksha, lalata sweda, vishushka asya, bhrisha arti, muhu shwasa, muhu avadhanam ²⁵
Kotha	Asamyak vamana ²⁶	Mandala, Kandua, raga and relapsing many times ²⁷ .
Udarda	Shishira ritu ²⁸	Utsanga, raga, kanduyukta mandala ²⁹
Shitapitta	Sheeta maruta samsparsha ³⁰	Varatidashtasamsthana, shotha, kandu toda bahula, chardi, jwara, vidaha ³¹
Shotha	Hima, anila, contact with the fumes or oil of bhallataka, samsparsha of shooka(kapikacchu), contact with danta, nakha, mala of vishaja keeta, crawling of vishaja keeta, damshtara of vishaja and avishaja keeta ³²	Brushoshma, lohitaabhaasa and pittaja shotha lakshanas like peetaraktaasitaa bhasita, tamra in colour, sheeghranussaraprashama, madhe pragjayate tanu, trut, daha, jwara, sweda, avakleda, mada, bhrama, sheetaabhilashi, vidbhedi, Gandhi, sparshasaha, mrudu ³³

DISCUSSION-

In Ayurveda ‘Allergy’ can be understood as the flare up of doshas i.e utklesha of doshas in the body when influenced by any triggering factor and causing certain symptoms. It relapses whenever

the person is exposed to triggering factors and it is an immediate reaction of the body when exposed to any allergen. Allergy is produced by a particular allergen only when it has inherent allergy producing quality. Exposure to Allergens is common for every person but reaction of body (clinical presentation) depends on vyadhikshamatva, atura desha, sara, samhanana, prakruti of an individual or vikara vighatakara bhava.

For example:

When specifically, pitta pakriti person comes in contact with Bhallataka there flaring up of doshas i.e utklesha might be manifestation of an allergic reaction.

➤ **Triggering Factors of Allergy in Ayurvedic Perspective-**

1. Certain agantuja karanas like Abhishanga, visha vayu etc, can be considered as triggering factor.
2. Praadhanika type of hetu can be considered as allergy triggering factor as it is an etiological factor which cause immediate aggravation of doshas and quickly cause a disease.

➤ **Concept of Allergy in Ayurveda:**

- Allergy can occur in two levels:
 - 1) At first there is accumulation of doshas.
 - 2) Doshas gets flared up when the body comes in contact with triggering factors. This flaring up of doshas can be understood as Utklesha of doshas.
- Factors responsible for producing Allergy may be categorised into:
 - a) Factors responsible for accumulation of doshas- Nidana sevana, Asatmya ahara and vihara sevana, altered lifestyle (Not following rutucharya and dinacharya), Viruddha ahara sevana, Vegadharana.
 - b) Factors responsible for utklesha of doshas-
 - 1) Dushita kala (Pravata, durdina, ati pratapa, tushara)
 - 2) Dushita Vayu (Raja, dhuma)
 - 3) Dushita Desha (highly polluted regions, Atisheeta / Atiushna pradesha)
 - 4) Asatmya Ahara (peanut, mushroom, lactose intolerance etc)
 - 5) Asatmya Aushadhi (pencillin, opiates, aspirin)
 - 6) Asamyak Shodhana

➤ **Involvement of Doshas and Dushyas in Allergic Disorders:**

Allergic Disorder	Dosha	Dushya
Shwasa	Prana Vata and Udana Vata	Rasa, Rakta
Kotha	Vata gets obstructed by kapha, pitta and anna	Rakta
Udarda	Kapha and pitta	Rakta
Shitapitta	Vata and Kapha	Rakta
Shotha	Vata	Rakta

To treat any allergy the involved doshas are to be understood specifically. By looking into samprapti and lakshanas of certain allergic conditions, it can be considered that there might be involvement of either Dushta Vayu or Rakta.

➤ **Role of Viruddha Ahara in causation of allergy can be understood through the following steps:**

- When the person consumes viruddha ahara, immediately there is no manifestation of diseases.
- When he habitually consumes viruddha ahara, it causes accumulation of Doshas.
- After a lapse of time if the person gets exposed to any triggering factor, then there is utklesha of doshas and manifestation of allergic symptoms/disorders.
- Here we can understand that habitual consumption of viruddha ahara does accumulation of doshas and when an individual gets exposed to allergen, utklesha of doshas occurs producing certain symptoms. This can be considered as allergy.

➤ **Role of Dushivisha**

Dushi visha can also be considered under the concept of allergy as it manifests symptoms by the influence of triggering factors like Desha, Kaala and Divaswapna. In dushivishartha the symptoms are seen after a lapse of time. There is accumulation of doshas for a certain period of time and when the person gets exposed to triggering factors, utklesha of doshas happens leading to manifestation of symptoms.

➤ **Role of Baadhana-**

In Baadhana, the symptoms are seen temporarily due to alpa apathya sevana. This can be correlated with allergy as allergic symptoms are seen for a certain period and gets subsided.

➤ **Genetic Predisposition of Allergy in Ayurvedic point of view-**

Allergies can be considered under Adibala and Janma bala pravritta vyadhi.

- Adibala vyadhis are caused by the defects in Sukra and Shonita. If garbha is formed by dushta shukra and dushta shonitha, the progeny becomes more susceptible to allergy.
- Janma bala vyadhis are caused due to dushta ahara and vihara sevana during pregnancy. This apachara is of two types Rasakrita and Douhrida apachara. The progeny is more susceptible to allergy if mother has done any dushta ahara and vihara sevana.

➤ **Ayurvedic Management of Allergies-**

Allergies can be treated by Nidana parivarjana, Dinacharya and Rutucharya, Undergoing samyak shodhana procedures, ritushodhana, Rasayana. Deepaniya and pachaniya dravyas can be used in treatment of Allergy.

Haridra, pippali, ela. Dushivishari agada can be used as Anti -allergic drugs.

CONCLUSION-

Allergy in Ayurveda can be correlated with the utklesha avastha of doshas. Accumulation of doshas and utklesha of doshas are the two levels of causation of allergy. It relapses whenever the person is exposed to allergen, hence shodhana procedures gives better relief in allergic conditions. Factors responsible for allergy are categorized as factors responsible for accumulation of doshas and utklesha of doshas. Dushta vayu and rakta are the doshas and dushyas involved in allergic conditions. Viruddha Ahara, Dushi visha and Baadhana are few concepts of Ayurveda which can be correlated with allergy. Allergies can be considered under Adibala and Janma bala pravritta vyadhi. Allergies can be managed in Ayurveda by nidana parivarjana, dinacharya, ritucharya and shodhana procedures. Deepaniya and pachaniya dravyas, Haridra, pippali, ela. Dushivishari agada can be used as Anti -allergic drugs.

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