

Vidahi Ahara as a Hetu in Twak-Rog w. s. r. to Hematological Investigation

Sonali R Patil*¹, Ranjeetsinh B Patil²

1. Assistant Professor, Rognidan Dept.,
2. Professor, Shalyatantra Dept., Email: drran23@gmail.com

HSPM's Ayurvedic Medical College, Peth Vadgaon, Kolhapur, Maharashtra

*Corresponding author: Email: dr.Sonalipatil2801@gmail.com

ABSTRACT

Our life expectancy and health depend on three pillars i.e. *Ahara*, *Nidra* and *Brahmacharya*. When these three pillars are taken care of properly, the person is well endowed with strength; complexion and development throughout full life span. But now a day due to modernization of life style and busy schedule people are unable to follow the principles mentioned in granth's while consuming food and are exposed to various *Hetu* among which *Vidahi Ahara Sevan* leads to the manifestation of various *TwakRoga*. *Vidahi Ahara* which is Guru in nature and is difficult to get digested thus leading to the aggravation of *Pitta dosha*, which leads to *Amlodgara* and *Urodaha*. *Vidahi Ahara* is unhealthy. *Vidahi Ahara* is one of the important *Hetu* of *Raktavaha Srotas Dushti*, which produces various types of *Raktapradoshaja Vikara* in which the *Twakavikara* are the most common.

KEY WORDS: *Vidahi ahara, Twaka roga, Hetu.*

INTRODUCTION

The science of Ayurved originated with the need to understand and cure diseases and to maintain health for human being. Acharya *Kashyapa* in *khilasthana* has mentioned that nothing is better than *Ahara* and there is no *Bheshajyam*, which is equivalent to proper *Ahara*. Even the *aushadhi* can help in curing the disease only when it is administered along with *Pathyakara Ahara*. Hence, *Ahara* is to be considered as the *Mahabheshajyam* by the Physicians while treating disease. 1

Acharya *Charaka* has elaborated *Ashta Ahara Vidhi Vishesha Aayatan* and they are *Prakriti, Karana, Samyoga, Rashi, Desha, Kala, Upayogasamstha* and *Upayokta*. 2

Food is the lifeline of all living creatures. The quality of food consumed is

of foremost importance in the formation of body 'Dhatus' and various physical characters viz. *Varna, Prasad, Souswarya, Jeevit, Pratibha and Sukha.*

These factors help in sustaining a healthy life when followed properly. But now a day due to modernization of life style and busy schedule people are unable to follow the principles mentioned above while consuming food and are exposed to various *Hetu* among which *Vidahi Ahara Sevan* leads to the manifestation of various *Twak Roga.*

Vidahi Ahara which is *Guru* in nature and is difficult to get digested thus leading to the aggravation of *Pitta dosha*, which leads to *Amlodgara* and *Urodaha.* *Vidahi Ahara* is unhealthy. Nowadays *Vidahi Ahara* consumed by people includes spicy chats and Chinese food, which are prepared improperly.³

Vidahi Ahara produces irritation in the *Amashaya* and produces *Pitta Prakopa* thus leading to the manifestation of various types of *Vyadhi.*

Vidahi Ahara is one of the important *Hetu* of *Raktavaha Srotas Dushti*, which produces various types of *Raktapradoshaja Vikara* including *Twakvikara.*¹

In the above quote, Acharya Charak has mentioned various types of *Raktapradoshaja Vikara*, which includes various *Twakavikara.*¹

MATERIALS AND METHODS

Study Design:

1) Special case paper along with a questionnaire has been prepared based on Ayurvedic Principles, and written consent has been obtained from the volunteers before examination and Hematological Investigations.

2) 61 volunteers have been examined through Ayurvedic methodology.

3) Study was carried out at Bharati Vidyapeeth Medical Foundation's Ayurved Hospital, Pune.

INCLUSION CRITERIA:-

Volunteers:

1. Consuming *Vidahi Ahara* 2 - 5 times in a week since past 1Yrs.
2. Age group above 16 years and Irrespective of sex, marital status and socio-economic status has been included in the study.

EXCLUSION CRITERIA:-

Pregnant women and the volunteers consuming *Vidahi Ahara* occasionally have been excluded from the study.

Methodology:

Gradation Criteria

These types of *Vidahi Ahara* included in the study & graded according to their quantity per week.

These junk food are graded as follows,

- 1) 2-5 times / Week-1Grade.
- 2) More than 6 times- 2 Grade.

OBSERVATIONS & DISCUSSION:

• Division of *Vidahi Ahara*:

| | Frequency | <i>Chaat</i> | <i>Snacks</i> | <i>Fried Food</i> | <i>Abhishyandi Ahara</i> | <i>Chinese Food</i> |
|-------------------------------------|---------------|--------------------------------------|--|---|---|-----------------------------|
| Types of <i>Vidahi Ahara</i> | | <i>Bhel, Panipuri, Shevpuri etc.</i> | <i>Pohe, MisalPav, Vadapav, Pavbhaji, UpamaVadaSambar,</i> | <i>Samos, Kachori, Bhaji, Veg-Puff, Pattice</i> | <i>Dhokala, Dahi, Edali, Dosa, Pickle</i> | <i>Noodles . Manchurian</i> |
| no. volunteers | 2-5 times/wk | 12 | 41 | 40 | 44 | 34 |
| | > 6 times/wk | 38 | 17 | 18 | 11 | 13 |
| | not consuming | 11 | 3 | 3 | 6 | 14 |
| percentage | 2-5 times/wk | 23.1 | 67.21 | 59.18 | 72.13 | 55.73 |
| | > 6 times/wk | 62.29 | 32.11 | 35.17 | 18.03 | 21.31 |
| | not consuming | 14.61 | 0.68 | 5.65 | 9.84 | 22.96 |

According to above table, chaat consuming percentage is more for > 6 times/wk than Snacks, Fried Food, Abhishyandi Ahara and Chinese Food consuming percentage.

Percentage of Effect of *Vidahi Ahara* on *Twak* according to *DoshaPrakopalakshana*:-

| <i>Vidahi Ahara</i> | | Chaat | Snacks | Fried Food | Abhishyandi Ahara | Chinese Food |
|----------------------------|---------------|--------------|-------------|--------------|-------------------|--------------|
| Vataprakopalakshan | 2-5times/wk | 41.17 | 42.8 | 41.17 | 31.1 | 40.3 |
| | > 6times/wk | 51.28 | 56.6 | 51.28 | 55.8 | 17.6 |
| | not consuming | 7.55 | 0.6 | 7.55 | 13.1 | 42.1 |
| Pittaprakopalakshan | 2-5times/wk | 61.46 | 54.2 | 60.58 | 61.7 | 51.3 |
| | > 6times/wk | 29.4 | 36 | 36.15 | 36.9 | 43.4 |
| | not consuming | 9.14 | 9.8 | 3.27 | 1.4 | 5.3 |
| Kaphaprakopalakshan | 2-5times/wk | 50.58 | 28.57 | 66.46 | 38.2 | 18.1 |
| | > 6times/wk | 46.15 | 43.11 | 29.4 | 46.4 | 45.2 |
| | not consuming | 3.27 | 28.32 | 4.14 | 15.4 | 36.7 |

According to the above observations, as the grade of severity increases in chaat consuming volunteers Pittaprakopalakshana also get increased. Similarly in snack consuming volunteers Vata prakopa

lakshan, in Fried Food consuming volunteers Kapha prakopa lakshan, in Abhishyandi Ahara consuming volunteers Pitta prakopa lakshan, And in Chinese

Food consuming volunteers *Pitta prakopa lakshan* were seen.

• **Percentage of effect of *Vidahi Ahara* on various *srotasa*:**

| No. | <i>Srotasa</i> | <i>Chaat</i> | <i>Snacks</i> | <i>Fried food</i> | <i>Abhishyandi Ahara</i> | <i>Chinese food</i> |
|-----|---------------------------|--------------|---------------|-------------------|--------------------------|---------------------|
| 1. | <i>Annavaha srotasa</i> | 83.26% | 86.33% | 87.44% | 78.23% | 80.40% |
| 2. | <i>Pranavaha srotasa</i> | 8.16% | 13.11% | 4% | 6.98% | 11.40% |
| 3. | <i>Rasavaha srotasa</i> | 81.74% | 78.11% | 77.67% | 79.33% | 78.34% |
| 4. | <i>Raktavaha srotasa</i> | 80.22% | 93.2% | 71.6% | 83.23% | 86.76% |
| 5. | <i>Mansavaha srotasa</i> | 34.78% | 36.34% | 45% | 45.44% | 38.23% |
| 6. | <i>Medavaha srotasa</i> | 48.26% | 28.12% | 42.54% | 42.45% | 44.12% |
| 7. | <i>Asthivaha srotasa</i> | 46.55% | 7.78% | 17.33% | 9.11% | 14.12% |
| 8. | <i>Majjavaha srotasa</i> | 10.86% | 8.12% | 14.78% | 14.2% | 2.54% |
| 9. | <i>Shukravaha srotasa</i> | 2.17% | 2.70% | 1.88% | 3.25% | 1.87% |
| 10. | <i>Artavvaha srotasa</i> | 41.30% | 67.50% | 46.2% | 49.1% | 56.10% |
| 11. | <i>Purishavahasrotasa</i> | 64.34% | 4% | 86.11% | 78.89% | 4.67% |
| 12. | <i>Mutravaha srotasa</i> | 4.34% | 85.11% | 14.5% | 3.68% | 75.11% |
| 13. | <i>Swedavaha srotasa</i> | 52.17% | 28.11% | 30.2% | 16.3% | 28.54% |
| 14. | <i>Manovaha srotasa</i> | 4.67% | 3.34% | 1.45% | 2.12% | 7.22% |

Consumption of *Vidahi Ahara*, leads to *Grahani dushti* so *Agnimandya* take place. This turns into *Annavaha sroto dushti*, and causes formation of *Asara Dhatu-poshaka ansha* leads to mainly *Rasavaha, Raktavaha, Purishavaha, and Swedavaha Srotodushti*.

• **Percentage of *Agni Parikshan* in Volunteers :-**

| <i>Agni</i> | % of Volunteers |
|-------------------|-----------------|
| <i>Vishamagni</i> | 56% |
| <i>Mandagni</i> | 34% |
| <i>Tikshnagni</i> | 7% |
| <i>Samagni</i> | 3% |

It was observed that most of the volunteers having *Vishamagni* followed by *Mandagni & Tikshnagni*. Due to consumption of these food articles, continuously for a long duration, it affects the *Agni* & give rise to various types of *Vyadhi*.

• **Percentage of effects of *Vidahi Ahara* on *Mala* of Volunteers:-**

| <i>Mala</i> | % of Volunteers |
|----------------|-----------------|
| <i>Purisha</i> | 84% |
| <i>Mutra</i> | 4% |
| <i>Sweda</i> | 12% |

It was observed that *Purisha* (84%) is affected predominantly in the form of *Grathit Mala Pravrutti* &

Malavashtambha followed by *Sweda* (12%) in the form of *Ati Sweda Pravrutti* & *Sweda Dourgandhya*.

• **Observations of Heamatological investigation variation**

| No. | Vidahi Ahara | Heamoglobin | W.B.C | R.B.C. | Platelet | E.S.R |
|-----|--------------------------|---------------|--------------|--------------|--------------|--------------|
| 1. | <i>Chaat</i> | 11.76% | 5.88% | 11.76% | 0.00% | 5.88% |
| 2. | <i>Snacks</i> | 9.75% | 7.14% | 9.75% | 0.00% | 7.14% |
| 3. | <i>Fried Food</i> | 10% | 0.10% | 10% | 0.01% | 8.33% |
| 4. | <i>Abhishyandi Ahara</i> | 9% | 4.54% | 9% | 0.00% | 0.11% |
| 5. | <i>Chinese Food</i> | 8.16% | 0% | 8.16% | 0.00% | 0.1% |

It was observed that Heamoglobin (11.76%) is affected predominantly in the form of low Heamoglobin count followed by R.B.C (9.75%) in the form of low R.B.C. & followed by E.S.R (8.33%) in the form of low E.S.R.

• **Percentage of Observed TwakRoga:-**

| TwakaRoga | Percentage | No. of Volunteers |
|------------------------|---------------|-------------------|
| <i>Dadru</i> | 4.91% | 3 |
| <i>Pama</i> | 3.27% | 2 |
| <i>Charmakushta</i> | 3.27 | 2 |
| <i>Darunaka</i> | 6.55% | 4 |
| <i>Kachhu</i> | 1.63% | 1 |
| <i>Kitibha</i> | 4.91% | 3 |
| <i>Mukhadushika</i> | 21.33% | 13 |
| <i>Pittaja Granthi</i> | 4.91 | 3 |
| <i>Pittaja Kushta</i> | 1.63% | 1 |
| <i>Prameha Pitika</i> | 1.63% | 1 |
| <i>Shataru</i> | 1.63% | 1 |
| <i>Sheetpitta</i> | 1.63% | 1 |
| <i>Shivtra</i> | 4.91% | 3 |
| <i>Sidhma</i> | 8.19% | 5 |
| <i>Tilakalaka</i> | 13.11% | 8 |
| <i>Vicharchika</i> | 3.27% | 2 |
| <i>Visarpa</i> | 1.63% | 1 |
| <i>Visphota</i> | 3.27% | 2 |
| <i>Vyanga</i> | 8.19% | 5 |

According to my observations, Most common *Twakaroga* observed were *Mukhadushika*(13), *Tilakalaka*(8), *Vyanga*(5), *Sidhma*(5), *Darunaka* (4)

Due to *vidahi Ahara*, *Pitta* & *Rakta dushti* takes place, due to which above various types of *Vyadhi* were observed.

Guna, Rasa, & Karma of Vidahi Ahara

From above observations of the effects of *Vidahi Ahara* on *Dosha*, *Srotasa*, *Mala*, *Agni* & *Twak*, it can be summarized *Guna*, *Rasa* & *Karma* of *Vidahi Ahara*.

| VidahiAhara | Guna | Rasa | Karma |
|--------------------------|--|-----------------------------------|-----------------------------------|
| <i>Chaat</i> | <i>Ushna, Tikshna, Guru</i> | <i>Katu, Amla, Lavan, Madhur.</i> | <i>Pitta, Kaphaprapakopak</i> |
| <i>Snacks</i> | <i>Ushna, Guru</i> | <i>Katu, Lavan</i> | <i>Vata, Pittaprapakopak</i> |
| <i>Fried Food</i> | <i>Snigdha, Ushna, Guru</i> | <i>Katu, Lavan</i> | <i>Kapha & Pitta prakopak</i> |
| <i>Abhishyandi Ahara</i> | <i>Guru, Snigdha, Ushna, Abhishyandi</i> | <i>Amla, katu, Lavan</i> | <i>Kapha&PittaPrakopak</i> |
| <i>Chinese Food</i> | <i>Ushna, Tikshna, Guru</i> | <i>Katu, Amla</i> | <i>Pitta prakopak</i> |

CONCLUSION:-

- *Vidahi Ahara* is one of the main etiological factors of *Twak Dushti*.
- *Chaat* has a *Ushna, Tikshna, Guru, Ruksha Guna* and *Katu, Amla, Lavan Rasa* and is prominently *Pitta Prakopaka*.
- *Snacks* are *Guru, Ushna, Abhishyandi*, and *Katu, Lavan Rasatmaka* and *Pitta, Vata Prakopaka*.
- *Fried Food* are *Snigdha, Ushna, Guru* in *Guna*, and *Katu Rasatamak* and *Kapha, Pitta Prakopak*.
- *Abhishyandi Ahara* is *Abhishyandi, Guru, Ushna* and *Amla, Katu Rasatmaka* and *Pitta, Kapha Prakopak*.
- *Chinese Food* is *Guru, Ushna, Tikshna Gunatmak, Katu* and *Amla Rasatmaka* and *Pitta Prakopaka*.
- Due to consumption of *Vidahi Ahara* mainly *Pitta Dosha Dushti* is seen.
- *Rasa, Rakta* and *Twacha* are mainly affected by *Vidahi Ahara*.
- *Annavaha Srotasa, Rasavaha Srotasa, Raktavaha Srotasa* and *Purishavaha srotasa* are mainly affected by *Vidahi Ahara*.

- In *Mala, Malavashtambha* and *Atisweda Pravrutti* is seen due to consumption of *Vidahi Ahara*.
- *Vaivarnya, Pradaha, Ushnasparsha, Pitika, Mruduta, Kandu, Shotha, Gaurav, Toda, Twakasphutan & Kharatva Lakshana* observed prominently in *Twak dushti*.
- Most commonly seen *Twakaroga* are *Mukhadushika, Tilakalaka, Vyanga, Sidhma, Darunaka*.
- In the Hemoglobin & R.B.C Morphology, mild variation is seen i.e. Low Hb % & Hypo chromic R.B.C.
- There are no major changes.

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