

**Contribution of my faculty in food protein allergy****Nikita R, More*¹, Nilakshi S. Pradhan²**

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An allergy is a hypersensitive reaction of the body when it comes into contact with a substance that is in fact harmless. An allergy is certain cause occurs suddenly and is predictable. The hypersensitive response comes from the natural immune system and ranges from a slightly uncomfortable feeling to a fatal anaphylaxis. Light allergies are part everyday life. Allergic rhinitis, hay fever characterized by runny nose, red eyes and itchiness. Food allergy causes vomiting, watery stools, rashes, substances that causes allergy often are proteins in food such as milk, wheat, beef, eggs, and so on the allergy, such as blood tests, skin tests etc. Ocular allergy includes several clinically different conditions that can be considered as hypersensitivity disorders of ocular surface. Ocular allergy symptoms are often but not always associated with other allergic manifestation mostly rhinitis. Sometimes the eyes can react to other allergens that don't necessarily come in direct contact with the eye, such as specific type of food material.

KEYWORD: Allergy, Hypersensitivity, runny nose

INTRODUCTION:

Ayurveda considers allergic reaction as the malfunctioning of the physical moods (*Dosha*), within particular the *vata*. A weakened *Vata* disrupts the other moods. This leads to a number of systemic and local symptoms. *Vata* and *Pitta* weakened causes rashes, burning, aqueous on lasting and fever. A weakened *Vata* and *kapha* causing blockages in the bronchi excessive secretions and asthma attacks. The main cause of the disturbances in this are our diet and lifestyle. According to *Ayurveda* each person has a unique physical frame. It is *Prakriti* said. Because we are all very different in this, suits each person a certain type of food and lifestyle. *Ayurveda* describes how certain diets, living patterns and risk factors associated with different types of *Prakriti*. *Vata* types of allergies are often experienced in the digestive tract with symptoms such as burning, digestive discomfort, gas, abdominal pain. They can also include symptoms of constriction such as wheezing or headache, as well as sneezing, ringing in the ears, joint pain, insomnia. *Vata* imbalances can cause food sensitivities to raw foods, many beans, and certain animal protein, like pork. These foods can also aggravate *vata* types of allergies. When *vata* is aggravated, it is important to slow down, keep warm, stay hydrated, and eat a *vata* pacifying diet. *Vata* types of allergies are often soothed by ginger or licorice tea with an added drop of ghee to counteract *vata's* dry quality. Healthy *vata* and *vata* digest can also be supportive. *Pitta* types of allergies usually occur when the hot sharp qualities of allergen come in contact with the skin. *Pitta* types of allergies are therefore often skin based reaction such as rashes allergic

dermatitis, may also involve bloodshot eyes. High *Pitta* can cause food sensitivities or allergies to hot, spicy dishes, citrus fruits, sour fruits, tomatoes, potatoes, and fermented foods. These foods can also aggravate *Pitta* types of allergies. When *Pitta* is high, it is best to keep cool, to avoid to eat a *Pitta* pacifying diet. Healthy *S* can also be supportive. Because *Pitta* has such an affinity for the blood, purifying the blood is often tremendously helpful. Herbal formulas that specifically support the blood can also be very effective mixture of *Manjistha* and *Neem*. *Kapha* type allergy symptoms include irritation of the mucus membranes, hay fever, cold, congestion, cough, sinus infection, even sleeping disorders. Elevated *kapha* can cause food sensitivities or allergies to dairy products like milk, cheese and also to wheat, cucumber or watermelon. These foods are also likely to aggravate *kapha* types of allergies. Drinking lightening and clarifying teas such as ginger, cinnamon, cardamom, or clove can also help to liquefy, dry and eliminate excess *kapha*.

Discussion :

Moreover *Ayurveda* also gives advice regarding the seasonal and daily regimen and lifestyle by following the correct precepts avoiding an unhealthy diet one can avoid allergies learn and learn well to deal.

“PREVENTION IS ALWAYS BETTER THAN CURE”

Always eat fresh food and avoid food that is prepared with preservatives, dyes and other chemical additives. Avoid fermented foods and late night heavy meals until your dinner should be light digestible. As

previously stated an allergic reaction to an unwarranted attack our immune . The best way deal with them is to eliminate the root cause or more precisely by calming the irritation in the *Dosha* and avoiding unhealthy lifestyles. According to *Ayurveda* are food allergies such as a lactose a gluten intolerance and intolerance to other proteins and food due to a defaulting digestion ‘*Agni*’ .

A good function of ‘*Agni*’ ensures good digestion .Because the digestive tract and immune function are so intricately linked , proper food combining can provide essential support by helping to improve digestive health , which in turn , can bolster immune health . *Ayurveda* outlines a number of foods that, while perhaps fine to eat separately,are incredibly taxing to digest in combination with one another . These includes things like meat and dairy, milk,beans and cheese.

A recommended way to prevent food allergies and heal by improving the digestion (*Agni*) with specific supplements .This can be done by way *Ayurvedic* oil pulling and cleaning of the body . This treatment is known as the ‘*Shodhana*’ therapy . In addition there are several other herbs that helps to reduce sensitivity to certain food allergens .

Furthermore ‘*Rasayana*’ therapy very beneficial and enhances general resistance . A specific focus on certain parts of the body *Rasayana* therapy can also reduce allergies hypersensitivity to substance . *Guduchi* this herb taken internally is renowned for boosting the immune system while purifying the blood, kidneys and liver .*Ashwagandha* is an adaptogen with a strong affinity for the nervous system , and helps to bolster the body’s ability to

resist stress ,which is often involved in the allergic response.*Ashwagandha* is very supportive of the lungs and the upper respiratory tract .It is balancing for both *kapha* and *vata* and can be especially helpful when *vata* and *kapha* types of imbalances are at play. *Bibhitaki* is especially supportive of the mucus membranes throughout the body and the head , It’s clearing and drying effects support clarity and health in the eyes ,ears nose,throat .(where it is especially adept at clearing the obstructing influence of excess *kapha*) *Haritaki* is wonderfully supportive of the digestive system and the lungs . It is a digestive and clears *ama* (natural toxins) while scraping accumulations from the tissue and channels of the body .In cases of *vata* type dryness and constriction as well as *kapha* type heaviness and moisture ,*Haritaki* soothes the mucous membranes , throat and respiratory tract.*Triphala* is a traditional *Ayurvedic* formula comprised of three fruits that is balancing for *vata* ,*pitta*, *kapha* . It is revered for its unique ability to gently cleanse and detoxify the digestive tract while replenishing, nourishing , and rejuvenating the tissues .As digestive strength is intricately linked to the immune response , clearing out firing up the digestive capacity can be tremendously helpful. *Sitopaladi* supports the proper function of the respiratory system by removing excess *vata* ,*pitta* and *kapha* from head n chest . Its strong affinity for the respiratory and digestive system help this formula to support natural expectoration , healthy lungs .

Talisadi includes all of the herbs in *sitopaladi* , but it packs substantially more heat because of the addition of *talisa* , black pepper and ginger to kindle stronger

digestive fire and burn *ama* (natural toxins). *Trikatu* is a traditional *Ayurvedic* formula containing three herbs black paper, long paper and ginger. This combination is renowned for its ability to kindle *agni*, digest *ama* (natural toxins), support clear breathing, rejuvenate the lungs, balance mucus production, clear the mind support proper metabolism.

Conclusion :

Thus the experience of *Ayurveda* can be utilized to accelerate our understanding and management of food allergies and related phenomenon. Prevention of food allergies by carefully selecting the foods in accordance with the individual's body constitution and seasonal alterations, is considered as the best strategy in *Ayurveda*.

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