

**Research Article****Critical appraisal of Asatmya with special reference to food allergy**Agrawal M.^{1*}, Dwibedy BK.²¹Department of Siddhant Darshan, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University Varanasi -221005; drmonikagrwl@gmail.com²Department of Siddhant Darshan, Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University Varanasi -221005; drbkdwibedi@gmail.com**ARTICLE INFO:****Article history:**

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dhatus**ABSTRACT**

An object which is not familiar to body cells and tissues is regarded as Asatmya or unwholesome. It may be also called Anupashaya or Ahita or Apathya. The word Anupashaya is contradictory to Upashaya, which is not appropriate to the body or not give happiness to the body; this is also called Vyadhi Asatmya. In other word it can be said that the factor or particles which disrupt the normal physiological functions or damage the dhatus is known as Asatmya. This concept may be correlated to food allergy mentioned in modern medicine. Allergies, also known as allergic diseases, are a number of conditions triggered by hypersensitivity of the immune system to something in the atmosphere that usually causes slight problem. Allergic diseases like hay fever, food allergies, atopic dermatitis, allergic asthma, and anaphylaxis. Symptoms may include red eyes, an itchy rash, runny nose, shortness of breath, or swelling. Food intolerances and food poisoning are separate conditions.

1. Introduction

The words “considering one’s own self” means that the person who eats should know which is Satmya (accustomed food) to him and which is Asatmya (not accustomed food). Here ‘Satmya’ is defined by some as “that which becomes one with the body from the habit of using it for a long time and so gives comfort to the body. The opposite of Satmya and that causing discomfort to the body is Asatmya”. Some others say that Satmya is of many kinds, as related to constitution of the body, age, habitat, season, dosa, disease etc. They consider “giving comfort” only as the accepted criteria and include even those of the opposite qualities under satmya categorically. They say that sometimes even those of identical qualities are Asatmya as they cause discomfort to the body[1]. Asatmya has great clinical and therapeutics value as Acharya Charaka has stated in Viman Sthana, “Gudhlingam Vyadhi Upshayaanupshayabhyam Parikshete”[2]. Anupshaya is also one of the tools or techniques which are used for diagnosis of diseases. Diseases having latent symptoms from the administration of such therapies as would alleviate or aggravate the condition. And after well manifested symptoms, disease is easily diagnosed. The term *atopic allergy* implies a familial tendency to manifest such conditions as asthma, rhinitis, urticaria, and eczematous dermatitis (atopic dermatitis) alone or in combination, and in association with the presence of IgE. However, individuals without an atopic

background may also develop hypersensitivity reactions, particularly urticaria and anaphylaxis, associated with the presence of IgE. Inasmuch as the mast cell is the key effector cell of the biologic response in allergic rhinitis, urticaria, anaphylaxis, and systemic mastocytosis, its developmental biology, activation pathway, product profile, and target tissues will be considered in the introduction to these clinical disorders. Food allergies are immunologically intermediated antagonistic reactions to foods. Any food protein can trigger an allergic response, and allergic reactions to a large number of foods have been recognized; however, only a small group of foods account for most of these reactions. Eggs, milk, peanuts, soy, fish, shellfish, tree nuts, and wheat are the foods most frequently involved.

1.1 Signs and symptoms

Characteristic Signs and symptoms of food-induced anaphylaxis are Oropharyngeal pruritus, angioedema (eg, laryngeal edema), stridor, dysphonia, cough, dyspnea, wheezing, nausea, vomiting, diarrhea, flushing, urticarial, angioedema, ocular injection, ocular pruritus, conjunctival edema, periocular swelling, nasal congestion, nasal pruritus, rhinorrhea, and sneezing, abdominal pain, feeling of impending doom, cardiovascular collapse[3].

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A thorough medical history which hints about food allergy[3]

1. Complete list of all foods which induced discomfort after its intake
2. Method in which the food was prepared (cooked, raw, added ingredients)
3. Slightest quantity of food contact essential to origin the symptoms
4. Reproducibility of symptoms on contact to the food
5. Peculiar or family history of other allergic disease
6. Factors that can aggravate the food-allergic reaction (eg, exercise, nonsteroidal anti-inflammatory drugs [NSAIDs], or alcohol)

In addition, obtain a thorough description of each reaction, includes the route of contact (ingestion, skin contact, inhalation) and dose, effectiveness of symptom onset in relation to food contact, all detected symptoms and each one's severity, period of the reaction, treatment provided and clinical response to treatment[3].

1.2 Diagnosis

Laboratory studies that may be helpful include the following[3]

- Specific immunoglobulin E (IgE) antibody testing: Positive results predominantly indicate sensitization and may not confirm clinical allergy;
- Basophil histamine-release assays: These are limited mainly to research settings

Skin testing includes the following approaches[3]

- Prick testing: This is the furthestmost common screening test for food allergy.
- Intradermal testing: Generally avoided, because of the risk of prompting a systemic reaction
- Patch testing: Appears favorable, but additional studies are needed and it is not recommended for routine practice.

1.3 Management

There are currently no curative therapies for food allergy. The only proven treatment is strict dietary elimination of the offending food allergen. A properly managed, well-balanced elimination diet includes the instruction of patients and families regarding how to read food labels properly and identify common words used for indicating the presence of the food allergen of concern, prevention of cross-contact (eg, through shared utensils) of allergens with otherwise safe foods during meal preparation, lamination of only those foods that are

confirmed as aggravating allergic reactions; both obvious and hidden sources of food allergens (eg, medications and cosmetics) must be measured, consideration of potential contacts by route other than ingestion (eg, skin contact or inhalation), anticipation of prospective candidates for food allergen cross-reactivity (eg, peanut and lupine or cow milk with sheep milk), escaping of high-risk situations where unintentional or unplanned ingestion of food allergens can occur (eg, buffets or picnics)[3].

Emergency medications take in the following[3]

1. Injectable epinephrine: This is the drug of choice for initial management of a food-induced anaphylactic reaction;
2. Antihistamines may be used for the treatment of mild symptoms
3. Histamine-2 blockers as adjunctive therapy
4. Corticosteroids as adjunctive therapy
5. Intravenous fluids for hypotension
6. Glucagon for refractory anaphylaxis

3. Discussion

The waste particles accumulated in the body through Asatmya should be eliminated from the body through shodhan procedures to get rid off from asatmya effect. Therefore diseases caused by intake of unwholesome diets and drugs can be cured by emesis, purgation or administration of antidotes and by taking prophylactic measures. ⁽⁴⁾ For get rid of addiction of unwholesome substances, Ayurveda have a unique therapy known as Satmikarana, in which administration of wholesome substances in a specific way may help to avoid addictive stimulus and exhibit a healthier way to quench the thirst. Satmikarana is a procedure of adaptation by gradual and logical giving up of Asatmya substance, on the other hand slowly-slowly acceptance of Satmya substance)[5]. The regimens and diet which is Satmya for patients should be applied and a person should always tries to be Satmikarana through Shad Rasa and whatever is beneficial for an individual.

Schedule for giving up the addictions of unwholesome substances

A wise person should give up by and by unwholesome practices to which he is addicted and he should correspondingly adopt ones which are wholesome. The schedule for the same is given below. On the first day one should give up a quarter of the unwholesome practice (still maintaining 3/4 of it,) and correspondingly adopt a quarter of wholesome. On the second day half of the unwholesome practice is to be given up and half of the wholesome one is to be adopted; this is to be continued for the third day also. On the fourth day, 3/4 of the unwholesome practice is to be given up and of the wholesome one is to be adopted. This process is to be continued on the 5th

and 6th day also. The process of giving up of the unwholesome practice and adoption of the wholesome practice is completed fully on the 7th day. There is, however, difference of opinion as to the process and duration of giving up and adopting the unwholesome and wholesome practices respectively. And accordingly it may take longer time[6,8].

Importance of following the schedule

By slowly and gradually giving up the unwholesome practices and by increasing the wholesome practices correspondingly the unwholesome practices are eradicated forever and the wholesome practices- are fully adopted[7]. One should not be in a hurry to give up and to adopt the unwholesome and wholesome practices respectively. A sudden change in habits is likely to cause immense harm to the body[8]. Only a slow and steady process as indicated in the text above can absolutely eradicate the effect of unwholesome practices and stabilise the effects of wholesome ones. In food allergy diet-related diagnostic measures may be helpful i.e. diet diary, elimination diet (may be used for diagnostic as well as therapeutic purposes), food challenge confirmation of food allergy (may be open; single-blind; or double-blind, placebo-controlled).

Conclusion

Asatmyaja Ahara vis a vis food allergy concept described in both sciences. Both triggers the doshic balance and stimulates immunological reactions inside the body. Hence one should understand the asatmya diet to keep healthy status of cells and tissues. It is necessary to understand which types of diet are allergic or asatmya to the body so that one should restrain from such foods. In ancient system of medicine there is many ways to adaptation or homologation for removal of bad habits. Each individual is different in relation to reactions to various types of foods. Hence it is necessary to understand the wholesomeness and unwholesomeness of diet accordingly to maintain better health.

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