EXPOSITION OF VIRUDDHA AHARA – A REVIEW ARTICLE

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ABSTRACT

21st century is an era of competition. Competition in all ways results into many Psycho- physiological disorders. In this era of Lifestyle Disorders, in order to improve the quality of life one should know about his diet suitable for his body constitution. Pathye Sati Gadaartasya Kimaushadhinisheve | Pathyeasati Gadaartasya Kimaushadhinisheve

Viruddha Ahara (Unwholesome food) means substances which when consumed causes diseases that’s why it is called as “Mahabhaishaju”. Viruddha Ahara is an unique and important concept described in Ayurveda.[2] Viruddhahara (Unwholesome food) means substances which when consumed causes provocations of doshas but do not expel them out of the body and disturbs the balance among the Dosha and Dhatus. Due to the speedy life there is an gigantic exposure to Viruddha Ahara which leads to Viruddha Ahara Janita Vyadhi. The present article deals with the review of Viruddha Ahara, its Samprapti and Viruddha Ahara Janita Vyadhis and its management.

KEYWORDS: Viruddha ahara, Viruddha Ahara Janita Vyadhis, Incompatible Diet.

INTRODUCTION

Ayurveda deals with various aspects of life, it is not only the system of treatment but is an “Ideal way of life”. It believes in prevention than cure therefore, in this regards it has mentioned some pillars of life for healthy well being and Ahara is one of them. A proper and healthy diet is a much discussed topic now - a – days. The food consumed properly considering all aspects helps to balance Dosha, Dhatu, and Agni etc.

Changing lifestyles, busy life schedules and the partiality to junk food and fast food over home cooked meals, more often disrupt the entire Dosha balance in the body leading to diseases. Over – eating, skipping meals, eating over cooked, stale or frozen food can adversely affect the body constitution. It is important to understand the mechanism of how Viruddha ahara is a cause of many metabolic disorders. It is one such term which has been neglected by all of us.

An interaction in between food items of meal is a serious issue. Most of these interactions are harmless but it is always better to know about some of them. According to modern parlance, the concept of food incompatibility, food intolerance and hypersensitivity reactions to certain foods etc., can be matched with the concept of Viruddha Ahara.

- **Aim:** To study the fundamental concepts of Viruddha Ahara.
- **Objectives:** To spread awareness to avoid intake of Viruddha Ahara, this will be one of the measures to prevent diseases.
- **Material:** Material related to Viruddha ahara was collected from Charak Samhita, Sushrut Samhita, Ashtang Sangraha and Ashtang Hrudaya and its commentaries. Various articles, websites on the salient topics were referred.

- **Glimpse on Viruddha – Ahara**
  Viruddha - ahara is one such term which has been toned in Ayurveda in terms of Ahara. Acharya Sushruta has also quoted in Su.Su. 20/20 and Dalhana has pointed out that the Incompatible food not only provokes the doshas but they also aggravates the Dhatus.[3] Acharya Vagbhata has dedicated a separate adhyaya on Viruddha Ahara in Sutrasthan.[4]
According to Acharya Charaka all the diet (ahara) that is noxious to the body elements and tends to disagree with the system (Body) is known as Viruddha Ahara. Those food articles, which demount the Doshas, but do not expel them out of the body, are to be regarded as incompatible food.\(^5\)

**Viruddham- Deshakaalaparkers Samyoga Vipareete** \(^6\) (V.S.S)

Act in contrary to the place, time, nature and combination is termed as Viruddha, mentioned in Vaidyaka Shabda Sindhu.

**Etymology**

\(Vi + Rudh+ Kta - Virodha Vishishta\) \(^6\)

The term Viruddha is formed from the root “Rudhir Avarane” added with a Prefix “Vi” and suffix “Kta” which means “Virodha Vishesha” i.e contrast or opposite in particular. This has been stated in Ayurveda also.

Various food combinations of opposite Rasa, Veerya, Vipaka create an harmful impact on body. Sometimes some food items (Ahara) having same Rasa, Veerya, Vipaka turns to be harmful.

**Types of Viruddha ahara according to Different Acharyas.**

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<td>Swabhava Viruddha</td>
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**Examples of Viruddha Ahara**\(^7\)

1. Desha Viruddha  
   Eating Spicy food in hot city
2. Koshtha Viruddha  
   Consumption of sprouted pulses by laborious worker and Echabhediras in soft bowel person
3. Avastha Viruddha  
   Consumption of Vata Vitiating Foods & drinks like dry, cold food who does heavy manual work
4. Satmya Viruddha  
   Vegetarian person consuming eggs etc.
5. Upachaar Viruddha  
   Drinking cold water after taking ghee
6. Dosh Viruddha  
   Kapha prakruti person eating ice –cream etc…
7. Vidhi Viruddha  
   Eating food while watching mobile or T.V
8. Sampat Viruddha  
   Eating over – ripen fruits
9. Hridya Viruddha  
   Eating food not liked by person
10. Paak Viruddha  
   Eating half cooked, burnt food etc.
11. Samyog Viruddha  
   Fruit Salad, Milk along with banana, Cheese fruit cake etc..
12. Parihaar Viruddha  
   Drinking cold water after having hot tea
13. Krama Viruddha  
   Consuming food before the earlier food gets digested etc…
14. Kaal Viruddha  
   Ice – cream in winter season
15. Agni Viruddha  
   Person having mandgani consumes heavy melas and vice versa
16. **Matra Viruddha**
   - Ghee & honey in equal quantity

17. **Samskara Viruddha**
   - Potato chips, Non – Veg marinated in Curd And cooked, Dahi Bhata

18. **Veerya Viruddha**
   - Eating Chilichim Fish with Milk

**Samprapti (Mode of Action)**

Intake of Viruddha – Ahara reveals the vitiation and aggravation of Dosha, Dhatus, Agni & Srotas level which affects the different body systems like Digestive, Circulatory, Reproductive, Endocrine and Immune system.

\[
\text{Intake of Viruddha – Ahara} \\
\downarrow \\
\text{Agni Dusha (Mandagni)} \\
\downarrow \\
\text{Viruddha ahara causes vitiation of Agni:} \\
\text{(Agni is source of all diseases, Rogas Sarvepi Mandaganaa) 
}\]

\[
\downarrow \\
\text{Dosh Udblesha} \\
\downarrow \\
\text{Aanepati} \\
\uparrow \\
\text{Tri-Dosha dhatu} \\
\downarrow \\
\text{Rasa, Rakta, Amaresha etc Srotos-avarodha} \\
\downarrow \\
\text{Dosh travel from Koshtha to Shaakha and all over body (Shobhagati) 
}\]

**Correlation between Mana & Viruddha – Ahara**

Mind and body are inseparable entities influencing each other throughout the life. Now – a – days, due to abnormal lifestyle, increase in pace of life, changes in food habits & behavioral pattern people become stressful which leads them towards several Psycho – Somatic disorders.

**Aharasudhau Satvashudhi | (Chhandogyopanishad)**

As per Ayurveda, Incompatible food is stated as main hetu of Mano- Vighata. The Sharir Dosha of weak minded (Alpa Satva)person gets impaired vitiating the Hrudaya which is site of intelligence, and gets localized in Manovaha Srotas causing Mano- Vikar. Viruddha ahara aggravates Rajas & Tamas Doshas causing Mano-Vikar.
Various Diseases according to different Acharyas

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Acharya Vaghabata has listed few diseases occurring due to its consumption. Acharya Charak has mentioned various diseases occurring due to consumption of Viruddha Ahara. As explained in Samprapti, Viruddha Ahara leads to numerous Psycho- Somatic disorders.

Line of Treatment
Acharya Charaka has described 3 different ways to treat the patient.

1. Shodhan – Vaman and Virechan are mostly preferred treatment for Viruddha Ahara. When Doshas are present in Amashaya, Vaman has to be done. In the same way when Doshas are in Pakvashaya, Virechan is preferably used treatment.

2. Shaman – When person is not regular consumer of Viruddha Ahara and Sharir doshas are not much aggravated; then by using drugs having exactly opposite properties to that of Viruddha Ahara can settle down the Vikrut doshas.

3. Nidan-parivarjanam - Avoiding Viruddha Ahara is the first step towards the treatment of diseases caused by Viruddha Ahara.

DISCUSSION
As said above change in lifestyle and the unhealthy dietary habits lead to “Unhealthy Body & Unhealthy Mind” causing different diseases. Number of food incompatibilities like consumption of Pizza, Burger with soft drinks or hard drinks, Consumption of curd at night, Drinking different kinds of Milk Shakes or having Milk with fruits like Banana, Mango etc, are occurring in today’s era. Such kind of Ahara (Viruddha Ahara) develops Mandagni which further leads to Dosa Utklesha resulting into Aamopatti and Stroto-avarodha, atlast leading to various Vyadhis.

Visphot, Gulma, Shotha, Vidradhi etc are the commonly occurring diseases mentioned in the Ayurvedic Classics. The person who habitually takes Viruddha ahara should be subjected to either Shodhan therapy or Shaman Therapy depending upon the Dosik vitiation. Along with drug therapy gradual shift from unwholesome diet to wholesome diet should be done with care. Sudden change of dietary pattern may not be suitable so this must be done slowly.

CONCLUSION
Regarding the Importance of food, Ayurveda quotes various references in each and every step. According to Acharya Charaka, Ahara is the source of both healthy as well as diseased body. According to different Acharyas; Samyog Viruddha, Sanskara Viruddha, Desha Viruddha, Matra Viruddha and Veerya Viruddha are some types of Viruddha ahara which are common in all Ayurvedic texts and this types are also commonly consumed in day – to - day life. Hence, this Ahara becomes reason to increase various complications like Heart diseases, Digestive disorders, Skin disorders, Kidney diseases etc.
Just by following *Nidan Parivarjana*, we can reduce the risk to half developed due to Viruddha – Ahara Sevan. Our role as an Ayurvedic Physician is to increase awareness and witfulness among the general public about hazards of Viruddha Ahara and insist them to inculcate healthy food habits in their children since birth. Acquaintance of proper *Vidhi* and proper *Ahara* should be added in the syllabus in school which will help to develop a new healthy generation.

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