

## EXPOSITION OF VIRUDDHA AHARA – A REVIEW ARTICLE

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### ABSTRACT

21<sup>st</sup> 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 Kimaushadhinishevane* | *Pathyeasati Gadaartasya Kimaushadhinishevane* ||<sup>[1]</sup> (*Vaidyajeewan*) *Ahara* plays an important role in maintaining health and to cure diseases that's why it is called as "Mahabhaishajya". Viruddha Ahara is a unique and important concept described in Ayurveda.<sup>[2]</sup> *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 *Dhatu*.<sup>[3,4,5]</sup> Due to the speedy life there is a 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 regard 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 mentioned 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 *Dhatu*.<sup>[3]</sup> Acharya Vagbhata has dedicated a separate *adhyaya* on *Viruddha Ahara* in *Sutrasthan*.<sup>[4]</sup>

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.<sup>[5]</sup>

#### **Viruddham- Deshakaalaprakruti Samyoga Vipareete / (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** <sup>[6]</sup>

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*, *Vipaak* create an harmful impact on body. Sometimes some food items (*Ahara*) having same *Rasa*, *Veerya*, *Vipaak* turns to be harmful.

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

Sr.no.	Types	S.S <sup>[3]</sup>	A.S <sup>[4]</sup>	C.S <sup>[7]</sup>	A.H <sup>[8]</sup>
1.	Agni Viruddha	-	-	+	-
2.	Sampat Viruddha	-	-	+	-
3.	Satmya Viruddha	-	-	+	-
4.	Desha Viruddha	-	+	+	-
5.	Dosha Viruddha	-	-	+	-
6.	Matra Viruddha	+	+	+	+
7.	Veerya Viruddha	+	-	+	+
8.	Paak Viruddha	-	-	+	-
9.	Avastha Viruddha	-	-	+	-
10.	Koshtha Viruddha	-	-	+	-
11.	Kaal Viruddha	-	+	+	-
12.	Parihaar Viruddha	-	-	+	+
13.	Upchaar Viruddha	-	-	+	-
14.	Samyog Viruddha	+	+	+	+
15.	Sanskar Viruddha	+	+	+	+
16.	Rasa Viruddha	+	-	-	-
17.	Vipaka Viruddha	+	-	-	-
18.	Sadashurt Viruddha	-	+	-	-
19.	Asadashrut Viruddha	-	+	-	-
20.	Ubahaya Viruddha	-	+	-	-
21.	Hrudaya Viruddha	-	-	+	-
22.	Krama Viruddha	-	-	+	-
23.	Swabhava Viruddha	-	+	+	-

#### **❖ Examples of Viruddha Ahara<sup>[7]</sup>**

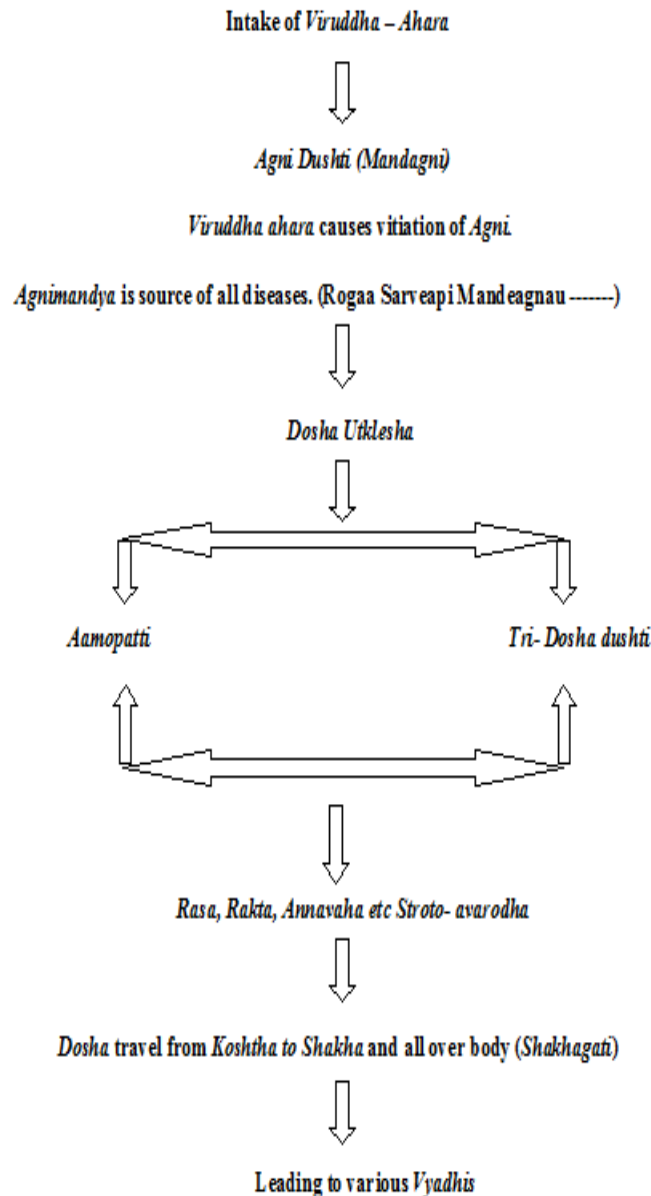
1.	<b>Desha Viruddha</b>	Eating Spicy food in hot city
2.	<b>Koshtha Viruddha</b>	Consumption of sprouted pulses by laborious worker and Echabhediras in soft bowel person
3.	<b>Avastha Viruddha</b>	Consumption of Vata Vitiating Foods & drinks like dry, cold food who does heavy manual work
4.	<b>Satmya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

16.	<b>Matra Viruddha</b>	Ghee & honey in equal quantity
17.	<b>Samskara Viruddha</b>	Potato chips, Non – Veg marinated in Curd And cooked, Dahi Bhata
18.	<b>Veerya Viruddha</b>	Eating Chilichim Fish with Milk

**Samprapti (Mode of Action)**

Intake of *Viruddha – Ahara* reveals the vitiation and aggravation of *Dosha, Dhatus, Agni & Strotas* level

which affects the different body systems like Digestive, Circulatory, Reproductive, Endocrine and Immune system.

**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

Sr.no	Diseases	A.S <sup>4</sup>	C.S <sup>9</sup>
1	Shandi	-	+
2	Visarpa	-	+
3	Dakodar	-	+
4	Visphota	+	+
5	Unmaad	-	+
6	Bhagandar	-	+
7	Murcha	-	+
8	Aadhmaan	-	+
9	Galgraha	-	+
10	Pandu	-	+
11	Aamvisha	-	+
12	Kilaas	-	+
13	Kushtha	-	+
14	Grahani	-	+
15	Shotha	+	+
16	Amlapitta	-	+
17	Jwara	-	+
18	Pinas	-	+
19	Vidradhi	+	-
20	Gulma	+	-
21	Andhatva	-	+
22	Shandhya		+
23	Mada	+	+
24	Yakshma	+	-
25	Mrutyu	+	+

Acharya Vaghabata has listed few diseases occurring due to its consumption.<sup>[4]</sup> Acharya Charak has mentioned various diseases occurring due to consumption of *Viruddha Ahara*.<sup>[9]</sup> 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.<sup>[10,11,12,17]</sup>
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*.<sup>[10,11,12,17]</sup>
3. **Nidan- parivarjanam** - Avoiding *Viruddha Ahara* is the first step towards the treatment of diseases caused by *Viruddha Ahara*.<sup>[10,11,12,17]</sup>

#### 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 *Dosha Utklesha* resulting into *Aamopatti* and *Stroto- avarodha*, atleast 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 *Doshik* 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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