

Concept of Virrudha Ahara - An Ayurved Perspective

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ABSTRACT

Virrudha anna or incompitable diet is very important issue discussed by ayurveda Samhita, Charak, Sushruta, Vagghat, Madhavnidan, Yogratanak, Bhavprakash, Vangsen. The diet which disturbs the balance among the body elements is called Viruddha Ahara (Incompatible diet). Consuming two food items together or a particular type of diet may tend to toxicity; it is termed as incompatible diet. Viruddha (Incompatible diet) means substances which when consumed cause for aggravations of Doshas but do not expel them out of the body and bring about abnormalities in Dhatus and produces Vyadhi.

Keywords-Ayurveda, Viruddhahara, Incompatible Diet, Dosh

INTRODUCTION

In Ayurveda Acharya described Trividha upastambha Ahara, Nidra and Bramhacharya are three parts of sharira in which ahara is the prime need without Ahara life would not continue very long.¹ The Ahara is again differentiating into two types Hita and Ahita Ahara. In present era, due to less time and excessive work load people moving towards fast life style and consuming *Viruddhahara*, which lead to manifestation of various diseases. According to *Charak Acharya*, *Viruddhahara* is described as foods (incompatible diet) and remedies (medicines) that disrupt the *doshas* from its regular seat but do not evict it from the body.² *Viruddhahara* may result from consuming the improper combination of foods that have undergone that have undergone the wrong processing, are being ingested in the wrong dose, at the wrong time of day, or during the wrong season.³ *Viruddhahara* (incompatible diet) classification according to the *Ayurvedic* literature, the following 18 categories of foods are considered contradictory⁴

Caraka Caturanana” Cakrapani explained here that, the food articles by which the dosas are going to be provoked and spread or diffused from their place but these dosas are not eliminated from the body. So these food articles become unwholesome.

Susruta has also quoted in Su. Su. 20/20 and Dalhana has pointed out that the food articles (*Viruddhahara*) not only provoke the dosas (humors) but they also aggravate the body elements (Dhatus). Indu, commentator of A.S. has mentioned here that these type of dravyas

(*Viruddhahara*) are localized in dhatus inspite of its antagonist nature to dhatus.

It is very important to correlate the mechanism as to know how *virrudh Ahara* as a combination interacts with each other and creates a diseases, combinations which interrupt the metabolism tissue which inhibits the process of the formation of tissue is called as '*virrudha anna*'. The food which is wrong in combination has undergone wrong processing consumed in incorrect dose or consumed in incorrect time of the day and in wrong season can be termed *virrudha Ahara*. With the help of modern technology and biochemistry aspects it becomes easy to elaborate the effect of *virrudha Ahara* food-food interactions are harmless but is always better to know about some of them opposite properties, opposite activities on the tissue may extent undesirable effect when combined in certain proportion.

MATERIALS AND METHODS

Definition of Viruddha Ahara (Incompatible diet)

Acharya Vagbhatta described *Viruddha Ahara* (Incompatible food) in the text *Ashtanga Sangraha*. *Viruddha Ahara* means substances which when consumed cause aggravations of *Doshas* but do not expel them out of the body and bring about abnormalities in *Dhatus* (tissues of the body). In *Ayurvedic* classics various types of *Viruddha Ahara* have been described. Acharya Sushruta has explained *Viruddha Ahara* in *Sutrasthana* 20th chapter - *Hitahitiyam Adhyaya*.

- Karma *Viruddha* (Functionally incompatible) - The Pigeon fried in mustard oil.
- Mana *Viruddha* (Quantitative incompatible) - Honey and Ghrita in equal quantity.
- Samyoga *Viruddha* (Unsalutary Combinations) - Meat of Anupa animals along with new germinated paddy.
- Rasa *Viruddha* (Incompatibilities amongst two tastes) – Sweet and Saltish tastes

“मिथ्याहार विहाराभ्यां दोषाहयामाशयाश्रयः मा. नि. २
रोगस्तु दोषवैषम्यं दोषसाम्यं अरोगता वा.सु. ११/२०

गुरुभोजनं दुर्विपाककराणां, अनशन आयुषी हासकराणां, अजीर्ण
अध्यशनं ग्रहणीदूषणानां, विषमाशनं विषम्यकराणां मिथ्यायोगो
व्याधीकराणां, विषादौरोगवर्धनानां, एकरसाभ्यास दौर्बल्यकराणां,
अतिमात्राशन आमदोषप्रदोष हेतुनां, वेगसंधारणमनारोग्यकराणां,
आमोविषमचिकीत्स्यानां (च. सु. २६)”

Due to Mithya ahara & vihara doshas get viatiated in amashaya resulting in Rogas Rogastu doshavishaymam. out of all etiologial factors of disease Ama Is the most Obnozoious & Overpoweringly devastating impurity capable of playing havoc Blocking the free, easy & natural flow of prana in strotas. Ayurveda literature has described 18 types of virrudha Ahara as Desha (place), kala, Agni, Matra, Satmya, Dosha, Sanskar, Veerya, Kostha Avastha (State of Health) krama (seauence) parihar, upchar (treatment) PAAK(cooking) sanyog (combimation), Hriday, Sanpad (Richness of quality,) vidhi (Rules of eating).

Types of Viruddha Ahara (incompatible diet) mentioned in Charaka Samhita

1. Desha Viruddha - Opposite to place . To have dry and sharp substances in dry region, unctuous substances in marshy land.⁵
2. Kala Viruddha - Opposite to time .)- Intake of cold and dry substances in winter, pungent and hot substances in summer⁶.
3. Agni Viruddha - Opposite to digestion power of individual. Intake of heavy food when the power of digestion is low, intake of light food when the power of digestion is sharp and intake of food at variance with irregular and normal power of digestion.
4. Matra Viruddha - Opposite to Quantity . Intake of honey and ghee in equal quantity. In Trividh kukshiya chapter, *Acharya Charak* clearly mentions that one should eat food only upto one third part of stomach. Overeating leads to *Agnivaishamy* and several diseases.⁷
5. Satmya Viruddha - Opposite to compatibility . Intake of sweet and cold substance by person accustomed to pungent substance. In such situations body is in defensive mode, leads to indigestion and considers the food item as a foreign material and try to expel it from the body.
6. Dosha Viruddha - Opposite to Doshas . Utilization of drugs, diets and regimen having similar qualities with *dosha*, but at variance with the habit of the individual.⁸
7. Sanskar Viruddha - Opposite to mode of preparation . Drugs and diets which, when prepared in particular way produced poisonous effects.Eg. Meat of peacock roasted on a castor spit.⁹
8. Veerya Viruddha - Opposite to Potency . Substance having cold potency in combination with those of hot potency.¹⁰
9. Koshta Viruddha - Opposite to Koshta.)- To give less quantity with less potency and

less forming food to a person of costive bowel. Administration of more quantity heavy and more stool forming food to a person having lax bowel.¹¹

10. Avastha Viruddha - Opposite to state of individual . Intake of *Vata* aggravating food by a person after exertion physical exertion or after sleep or drowsiness.¹²
11. Kram Viruddha - Opposite to actions . If a person takes food before his bowel and urination or when he doesnot have appetite or after his hunger have been aggravating.¹³ There is specific sequence of intake of food explained in *Aharvidhividhana*. *Madhura amla lavana katu tikta kashaya* is the krama of *Rasa* to be taken while eating.
12. Parihar Viruddha - Opposite to precautions or rules. Intake of hot things after taking pork.
13. Upachar Viruddha - Opposite to treatment cold things after taking ghee.
14. Paak Viruddha - Opposite to cooking .Preparation of food with bad or rooten fuel and under cooking, over cooking or burning.
15. Samyoga Viruddha - Opposite to combinations . Intake of sour substance with milk.
16. Hriday Viruddha - Opposite to one's liking. Intake of unpleasant food.¹⁵
17. Sampad Viruddha - Opposite to richness of quality Intake of substances that are not mature, over matured or purified.¹⁶
18. Vidhi Viruddha - Opposite to rules of eating. Taking meals in public place¹⁷.

Examples of Viruddha Ahara (Incompatible diet):-

1. Desha Viruddha - consumption of alcohol at Ushna Pradesh (hot areas)
2. Kala Viruddha - consumption of curd during night time.
3. Agni Viruddha - consumption of meat, black gram etc in the state of food indigestion.
4. Matra Viruddha - honey & ghee mixed in equal proportion
5. Satmya Viruddha - advice of milk to lactose intolerance individual.
6. Dosha Viruddha - Vataja Prakriti individual is advice for Vatavardhak Aharaa.
7. Sanskar Viruddha - eating curd in copper vessel.
8. Veerya Viruddha - consumption of milk with salty food. July 2023 gastritis, rhinitis. If the above list of diseases is classified as per the body system, it can be said that, immune system, endocrine system, digestive system, nervous system, and circulatory systems are affected by continuous consumption of

Viruddha Ahara. Viruddha Ahara in today's perspective

9. Koshtha Viruddha - consumption of dry, rough fried food articles like Jwar, Bajara etc by Krure Kostha individual.
10. Avastha Viruddha - consumption of dry, rough fried food articles like Jwar, Bajara etc immediately after heavy physical exercise.
11. Kram Viruddha - taking a bath after a meal.
12. Parihar Viruddha - consumption of hot water with pork meat.
13. Upachar Viruddha - intake of wheat during typhoid infection.
14. Paak Viruddha - consumption of barbecued meat over fire.
15. Samyoga Viruddha - combination of fish with milk.
16. Hriday Viruddha - consumption of food not according to will
17. Sampad Viruddha - consumption of improperly ripe (chemically processed fruit) / rotten fruit.
18. Vidhi Viruddha - consumption of food without following rules of Ahara Vidhi Vidhan (these are the rules laid by Aacharyas to maximize the benefits by the food).

Viruddha Ahara in today's perspective:

1. 12 months Running ICE-Cream parlours in India is example of Desh and kaal virrudha.
2. Pungent substance in summer and cold substance in winter is kaal (times) virrudha
3. Taking Heavy meal without hunger before going to office and on Hungry stomach working up to late and lunch on 3pm are Aqnivirrudh.
4. Honey + cows ghee mixed in equal quantity is Matra Virrudha.
5. Fish +milk is veerya virrdha.
6. Fried ice-cream in five-star hotel is aslo veerya virrudha.
7. Hot oil becomes cold & after heated & used for frying food is pak virrudha. High temperature cooking release HNE toxin.
8. heated Honey, deep frying of potato is sanskar virrudha.
9. krama virrudha-consuming curd at night, Taking madhur Rasa food or dravya at the end of meals and stale food stored in freeze is also 'Pak virrudha'.
10. Tikta katu ras dravys (food substance) at the starting of meals scales Bed tea, emptying Bawl & bladder after Breakfasts, Taking bath after Meal are eg. of am virrudha.
11. parihar - consuming cold water immediately before or after having hot tea or coffee.
12. Some of examples of virrudha ahara are taken regularly in today's diet pattern/ fashion diet are Milk+fish, Milk+ fruits, Honey +Hot water, Pakwa+ Apakwa ahar, chicken + Panneer, curd +Hot eatables Curd+ Banana, Curd + Chicken,

South Indian Dishes + Milk, Excess intake pickles in diet.

Diseases due to Viruddha Ahara according to Acharya Charaka:-

Viruddha Ahara is responsible for the causation of many diseases. According to Acharya Charaka a whole number of disease occurs as a result of Viruddha Ahara and they are infertility, Bhagandara (fistula), Moorcha (fainting), Pandu (anaemia), Amavisha (acid eructation), Grahani Roga (malabsorption syndrome), Jvara (fever), Santana Dosha (genetic disturbances) Visarpa (erysipelas), blindness, ascites, bullous, insanity, intoxication, abdominal distention, stiffness in neck, indigestions, various skin diseases, swelling, gastritis, rhinitis. If the above list of diseases is classified as per the body system, it can be said that, immune system, endocrine system, digestive system, nervous system, and circulatory systems are affected by continuous consumption of Viruddha Ahara.

Treatment:-

Nidana Parivarjna (prophylactic measures) is the main line of treatment. Diseases caused by Viruddha Ahara (incompatible diet) can be treated by Vamana (Emesis), Virechana (purgation) and Shamana Chikitsa (palliative therapy) and by the prior use of beneficial substances.

DISCUSSION

Frequent intake of incompatible food act as poison which leads to aggravation of all Doshas. The recommended therapy for diseases caused by incompatible food is Shodhana Chikitsa (Eliminative therapy), Shamana Chikitsa (Palliative therapy) and avoidance of incompatible of incompatible food. Charaka, who mentioned that incompatible diet, is one of the causes for spreading the morbid humours from the alimentary tract to the peripheral systems and causes diseases. Avoidance of intake of incompatible diet plays key role in the prevention of disease.

CONCLUSION

In present era, due to less time and excessive work load people moving towards fast life style and consuming *Viruddhahara*, which lead to manifestation of various diseases. Viruddha Ahara (incompatible diet) is a very important concept of Ayurveda, ignoring it results in the manifestation of various diseases and as we know prevention is better than cure, it is very essential to follow guidelines given by Ayurvedic Acharyas to lead a healthy life. As an Ayurvedic physician it's our prime duty to spread alarming health hazards of Viruddha Ahara (incompatible diet). Further research with the help of modern analytical techniques is not only essential but need of today's 21st century to establish the classical concept of Viruddha Aahara (incompatible diet) in present perspective.

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