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## Review of *Viruddha Ahara* and its Effect on Healthy Life

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### ABSTRACT:

*Ayurveda* is a vast and ancient medical science. Unlike other medical sciences, instead of focusing on treatment of any particular disease, *Ayurveda* focuses more on the healthy living and wellbeing of the patient. For healthy living, *Ayurveda* emphasizes on consuming right kind of diet which is healthy and nutritious. In *Ayurvedic* classics, *Ahara* (food) is mentioned as one among the three *Upasthambas* (Sub-pillars of body). *Ahara* is considered to be vital for a human body as it provides the basic nutrients, which are very essential to carry out the basic activities of digestion and metabolism. *Ayurveda* clearly defines that certain diet and its combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue are called as *Viruddha Ahara* or incompatible diet. The concept of *Viruddha Ahar* is a unique to *Ayurveda* system. The food that has improper combinations or is wrongly processed is called *Viruddha Ahar*. Also, a time, season and quantity have their impact. Certain foods not consumed at a right time of a day (*kaala*), season (*ritu*) and proper quantities (*matra*) can also be classified as *Viruddha ahar*. The food which is incompatible in respect to climate, quantity, method of preparation, combination etc. are described as potent cause of both physical and psychological illnesses.

**Keywords:** - *Ayurveda*, *Ahara*, food interactions, *Mandagni*, incompatible diet, *Viruddha Ahar*, *Upasthambas*, Unbalanced diet.

## INTRODUCTION

*Ayurveda*, a traditional medical science of healing, places more of an emphasis on a person's wellbeing and healthy lifestyle. *Ahara* has both good and bad qualities, according to *Ayurveda*. Since, *Ayurveda* deals with a holistic approach to cure; it covers the *Ahara* factor in depth. *Ayurveda* clearly mentioned regarding the wholesome diet and the benefits of such food. For healthy living, *Ayurveda* emphasizes on consuming right kind of diet which is healthy and nutritious. *Viruddha Ahara* or incompatible

diet is very important issue discussed by ancient *Ayurveda* workers. It is said to be the cause of many systemic disorders as per *Ayurveda* literature. Persons who consume *Viruddha Ahara* are prone to many disorders. It is very important to correlate the mechanism as to how *Viruddha Ahara* is a cause of many metabolic disorders. It is also essential to know how certain food combinations interact with each other and create a disease. *Viruddha Ahara* is defined by Charaka<sup>1</sup>

The literal meaning of word *Viruddha* is opposite. It sounds



that the food combination of certain type of food may have

1. Opposite properties Opposite activities on the tissues.
2. May exert some unwanted effect on the body when processed in a particular form.
3. May exert undesirable effects, when combined in certain proportion.
4. May have unwanted effect if consumed at wrong time.

## MATERIALS AND METHODS

### Material-

*Ayurvedic samhita- 1. charaka Samhita*

*2.Sushruta Samhita*

*3. Ashtanga Hridaya Samhita*

Internet – Research Article

Modern Text Books

**Method-** All of the references to *viruddha ahara* from the *Ayurvedic Samhita* are taken into account and compare in order to assess and clarify the notion of *viruddha ahara* with contemporary medical literature.

### Types Of *Viruddha Ahara*

*Ayurvedic* literature has described various types of *Viruddha Ahara* which can be summarized as follows:

**1. Desha Viruddha** - Consumption of those substances which are against place or land region.<sup>2</sup> For example-

a. To have *Ruksha* (Dry) and *Tikshna* (Acute) substances in arid region (*Maru desha*)

b. *Snigdha* (Unctuous) and *Sheet* (Cold) substances in Marshy land or *Anoopa desha*.

**2. Kala Viruddha** - Consumption of those substances which are against time or season.<sup>3</sup>

For example-

a. Intake of *Katu* and *Ushna* substances in *Ushna kala* (*Grishma, Sharada Ritus*).

b. *Sheeta* (cold) and *Ruksha* (dry) substances in *Sheeta Kala* (*Hemanta, Shishira & Vasanta Ritus*).

c. *Sushruta* mentioned that. substances having opposite *Rasa* and *Guna* are beneficial in that respective season. Therefore, similar qualities of food substances are harmful to respective season and it may be cause for disease after a long period.

**3. Agni Viruddha** - Consumption of those substances which are against digestive power.<sup>4</sup>

For example -

a. Intake of *Guru Ahar* (foods which are heavy to digest) when there is *Mandagni* (low digestion power)

b. Intake of *Laghu* (light) food when the power of digestion is *Tikshnaqni* (sharp) and intake of food at variance with irregular and normal power of digestion.

**4. Matra Viruddha** - Consumption of those substances which are against quantity.<sup>5</sup>

For example: -

a. Intake of *Madhu* (Honey) and *Ghrita* (*Ghee*) in equal quantity.

b. Intake of *Madhu* (Honey) and Rain water in equal quantity.

**5. Satmya Viruddha** - Consumption of those substances which are unwholesome.<sup>6</sup>

For example: -

a. Intake of *madhur* (sweet) and *sheet* (cold) substances by Person accustomed to *Katu* (Pungent) and *Ushna* (hot) substance.

**6. Dosha Viruddha**

example: - Utilization of drugs, diets and regimen having similar qualities with *Dosha*, but at variance with the habit of the individual.<sup>7</sup>

**7. Sanskar Viruddha** - Consumption of those substances which are against mode of

preparation. Drugs and diets which when prepared in a particular way produced poisonous effects.<sup>8</sup>

For example -

a Heated *Madhu* (Honey).

b. Meat of sparrow and peacock roasted on castor spit.

**8. Veerya Viruddha** - Consumption of those substances which are against Potency Substances having *Ushna* (hot) potency in combination with those of *Sheet* (cold) potency substances.<sup>9</sup>

For example -Fish-Milk

**9. Koshtha Viruddha** - Consumption of those substances which are against nature of bowels.<sup>10</sup>

For example-

a. Administration of less quantity with mild potency purgative drug to a person of *Krura koshta* (Constipated bowel).

b. Administration of more quantity heavy purgative drug to a person having soft Bowel.

**10. Avastha Viruddha** - Consumption of those substances which are against States or condition.<sup>11</sup>

For example -

a. Intake of *Vata* aggravating food by a person after exertion, sexual act or physical exertion.

b. Intake of *Kapha* aggravating food by a person after sleep or drowsiness.

**11. Kram Viruddha** - Consumption of those substances

which are against sequence.<sup>12</sup>

For example: -

- a. Consuming curd at night.
- b. Hot water after taking honey
- c. Intake of food without clearance of his bowel and urination.
- d. Intake of food when he doesn't have appetite.
- e. Not consuming food when he is hungry.

**12. Parihar Viruddha** - Consumption of those substances which are against things which relieve the symptoms.<sup>13</sup>

For example-

- a. Intake of hot potency food after taking meat of boar etc.
- b. Consuming cold water immediately after having hot tea or Coffee.

**13. Upachar Viruddha** - Consumption of those substances which are against treatment.<sup>14</sup>

For example-

- a. Intake of cold things after taking *ghee*.
- b. Intake of hot water after taking *Madhu* (Honey)

**14. Paaka Viruddha** - Consumption of those substances which are against cooking. Preparation of food with bad or rotten fuel and under cooking, over cooking or burning during the process of preparation.<sup>15</sup>

**15. Sanyoga Viruddha** - Consumption of those substances which are against combination. Or take of two such substances which on combination have poisonous effects.<sup>16</sup>

For example: -

- a. Intake of sour substances with milk.
- b. Fruit Salad/Milk + Banana,

**16. Hriday Viruddha** - Consumption of those substances which are not liked by the person. In short intake of unpleasant food.<sup>17</sup>

**17. Sampad Viruddha** - Consumption of those substances which are not having their proper qualities.<sup>18</sup>

For example- Intake of substance those are mature, over mature or putrefied.

**18. Vidhi Viruddha** - This type includes the diet which is not according with the rules of eating.<sup>19</sup>

For example - Eating food in public place or open place.

### Diseases Due To Food Incompatibility

Numerous illnesses are caused by *Viruddha Ahara* (an unbalanced diet). A further lyric from *Charaka*, who is in favour of the idea, specifically addresses *Ahara* and the maladies it can cause. *Maharshi charaka* mentions that such types of unwholesome diet can lead to diseases like abdominal distension, stiffness in neck, varieties of anemia, indigestions, insanity, various skin diseases, diseases of intestines, fever, rhinitis, and infertility etc. It

can be observed from the above list that *Viruddha Ahara* can lead to disorder up to impotency, infertility, and defects in pregnancy, thus it has an impact up to *Shukra Dhatu Dushti*.<sup>20</sup>

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 system are affected by continuous consumption of *Viruddha Ahara*. According to *Vagbhata* diseases occurs due to *Viruddha ahara* are *atisara* , *ajeerna*, *krimi*, *vishaphota* , *shopa* , *mada* ,*vidradhi*, *gulma*, *rajayakshma* , *jwara*, *raktapitta* ,*ahtomahagada*.<sup>21</sup>*Madhava* has included *viruddha ahara* is one among the etiological factor of the following conditions -*Atisara*, *krimi*, *Unmada*, *Vatarakta*, *Shoola*, *Kushta*, *Amlapitta*, *Ashrughdara*, *Masurika*.<sup>22</sup>

### Beware Of Food Combination

Many food combinations are given in the lexis as incompatible with proper explanation for e.g: -

1. Fish (Specially Chilchim fish) should not take along with milk because both substances are *Madhura* (sweet) in taste and after digestion. This combination is *Abhishyandi* (produce more moisture in the tissue and causes obstruction of various channels). Second reason is that both have opposite (incompatible) in potency. Fish being hot in potency and milk is of cold potency. This opposite potency causes great vitiations of three *doshas* i.e., *Vata*, *Pitta* and *Kapha doshas*.
2. *Dadhi* (Curd) should not be consumed in the night. Because curd is acidic in nature. It aggravates *Pitta* and *Kapha* doshas which later on produces a lot of heat in the stomach. A curd is heavy. slow to digest and produces constipation. It can be best digested at lunch time when the digestive abilities are the strongest.
3. Warm honey should not be consumed by person suffering from heat exhaustion or sun stroke. Because after heated honey becomes poison and this can cause death.
4. Avoid consuming cold water immediately during or after a meal hot tea or coffee, because it diminishes the *Agni* and causes various digestive problems.<sup>23</sup>
5. Avoid eating madhu (honey) with ghee in equal quantity. Because it can diminish *Agni*, change the intestinal flora producing excess toxins in the body.<sup>24</sup>
6. Sweet and sour fruits should never be Individual combined as in a fruit chat. Individual fruits should be eaten as such and as a different meal.<sup>25</sup>
7. Avoid eating raw and cooked foods together. One can have the salad first and then proceed for dinner after a short gap.

8. On hot days, drink hot water.<sup>26</sup>

### Mode Of Action Of *Viruddha Ahara*

Association between dietary pattern and diseases has always been a field of interest among the health professionals. frequent intake of combination of incompatible food leads in to production of toxin. then in the alimentary tract these toxins provoke all doshas and which get mixed with digestive juice and then *rasa dhatu* and so on it spread from one *dhatu* to next *dhatu*. thus, this doshas spread from *koshta* to *shakha*. while travelling through all over the body where ever there is *khavaigunya* (inherent deformity) it gets lodged and shows the symptoms of the diseases.

Effects of incompatible food can be classified in to *Aashukari* (acute) and *Chirakari*(chronic) which may be modified in the form of symptoms or diseases.

### Chikitsa- Sidhant Of *Viruddha Ahara*<sup>27</sup>

The treatment desirable for trouble arising from consuming of incompatible foods is either purifying therapies (emesis, purgation, etc.) or palliative therapies, opposite of nature.

1. *Shodhana* therapies, including *vamana* and *virechana* helps to eliminate toxin accumulated after consumption of *viruddha ahara*.
2. *Shamana* therapy help to pacify *doshic* imbalanced associated with consumption of *viruddha ahara*.
3. Drugs possess *deepana* and *pachana* properties boost *agni* and offer improvement in disease symptoms arises after consumption of *viruddha ahara*.
4. *Haritaki*, *amalaki*, *pippali*, *triphala* and *laghu ahara* recommended in chronic adversity of *viruddha ahara*.
5. The drugs such as; *shunthi*, *musta*, *trikatu* and *haritaki* act as *amapachana* thus remove toxins from body.
6. *Vata* vitiation association with *viruddha ahara* may be treated using *haritaki* and *shunthi* together.
7. *Marich*, *pippali*, *chitraka* recommended for *sroto shodhana* thus help to clears ama from body which may be accumulated due to the consumption of *viruddha ahara*.
8. Drugs which are qualitatively possesses opposite property to *viruddha ahar* help to combat habitual consequences of *viruddha ahara*.
9. Gradual shift from unwholesome diet to wholesome diet help to reduces consequences of *viruddha ahara*.

### DISCUSSION

As per ayurvedic text certain food product or their

combinations act as *Viruddha Ahara* which deteriorate *Sharirastha Dhatus*. There is total 18 types of *Viruddha Ahara* explained by *Charaka* and their commentators *Chakrapani* and *Gangadhara*. Consumption of *Viruddha Ahara* leads to several diseases by aggravating *Sharirastha Prakruta* Doshas and deteriorating *Prakruta Dhatus*. So, one should have proper understanding of all the types of *Viruddha Ahara* to avoid consumption of Incompatible dietary articles of today's fast-food era. Mode of Action of *Viruddha Ahara* can be explained in terms of modern concept of Agonist. Certain food item after consumption gets attached to the receptors of *Doshas* and aggravates *Doshas* just like Agonist substances which cause hormonal secretions in body by stimulating receptors.

### CONCLUSION

*Ayurveda* provides a complete and systemic understanding about the effect of food on our physical and mental functioning. Food taken in proper manner helps in the proper growth of the body on contrary if taken in improper manner leads to various diseases. Thus, *Ahara* plays a significant role in causation and curing of the disease. Balanced diet provides natural disease prevention, weight control and proper sleep. A balanced diet is also important because it enables you to meet your daily nutritional needs and enjoy a higher overall quality of life. A balanced diet also enables you to live longer. Regarding the importance of food, *Ayurveda* quotes various references in each and every step. *Acharya Charaka* mentioned food is the root cause of both body as well as disease. *Ahara* is not only meant for maintenance of health but is also very important in the curative aspect while treating various diseases. The need of the day is to increase awareness and consciousness among the general public about hazards of Incompatible Food. From above discussion we can say that incompatible foods should be considers Similar to poison and artificial poisoning.

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