

CONCEPT OF VIRUDDHAHARA - FOR LONGIVITY

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ABSTRACT

Viruddhahara means Incompatible food combinations some foods are harmful by nature while there are some foods that are very beneficial and health-enhancing alone, when taken with other foods, they harm health rather than benefits, these are called *VIRUDDAHARA*. There is a risk of many diseases due to taking diet against it. Observations on antagonistic food is a unique contribution from Ayurveda in order to prevent internal diseases and synergize action of drugs in the management of disorders. Charaka explained in detail and said that person who consume *Viruddhahara* is prone to imbalance of *doshas* leading to many disorders. 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 *Viruddhahara* or incompatible diet. The food which is wrong in combination, which has undergone wrong processing, which is consumed in incorrect dose, which is consumed in incorrect time of day and in wrong season can be describes as *Viruddhahara*., The present article deals with the review of *Viruddhahara* in terms of food–food interactions, food processing interactions. The article narrates the modern perspective of Samskar *Viruddha*, *Veerya Viruddha*, *Samyoga Viruddha*, and so on. It also enlists a variety of incompatible dietary articles consumed in day-to-day life and its hazardous effects on health.

KEYWORDS: Ayurveda, food–food interactions, incompatible diet, processing, *Viruddhahara*.

INTRODUCTION

यत्किञ्चिदोषमुत्प्लेश्य भुक्तं कायान्न निहरेत् । रसादिष्वयथार्थं वा तद्विकाराय कल्पते ।। (सु.सू. 20/20)

Ayurveda has given a novel concept of *Viruddhahara*. According to Ayurvedic definition, the incompatible foods *Viruddhahara* are those which cause derangement in equilibrium of the Doshas and remain antagonistic to the tissues. *Viruddhahar* or incompatible diet is very important contribution discussed by ancient Ayurveda Acharyas, which is known to be the cause of many systemic disorders. In present era, modern scientists are still working on this aspect which was already dealt in our Samhita centuries ago. It is important to understand the mechanism of how *Viruddhahara* is a cause of many metabolic disorders. It is essential to know certain food combinations which interact with each other and create many of systemic disorders.

AIMS AND OBJECTIVES

1. To explicate in detail the mode of action of *virudhahara* in causing the diseases.
2. To maintain the need for prevention of intake of *virudhahara* in present days.

MATERIALS AND METHODS

Charaka defined *virudhaahara* 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. The food which is wrong in combination, has undergone wrong processing, consumed in incorrect dose and consumed in incorrect time of the day and in wrong season can lead to *Viruddhahara*. With the help of modern technology and biochemistry aspects, it becomes easy to elaborate the effect of *Viruddhahara* mechanism of action. The basic meaning of word *Viruddha* is opposite which means that, food combination of certain type of food may have – □ Opposite properties

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

Ayurveda literature has described 18 types of *Viruddhahara*. which can be summarized as follows:

यच्चापि देशकालाग्निमात्रासात्म्यानिनादिभिः ।

संस्कारतो वीर्यतश्च कोष्ठावस्थाक्रमैरपि ॥

परिहारोपचाराभ्यां पाकात् संयोगतोऽपि च ।

विरुद्धं तच्च न हितं हृत्संपद्धिभिश्च यत् ॥ (च.सू. 26/86-87)

1. *Desha* (place) *Viruddha*
2. *Kala* *Viruddha*
3. *Agni* *Viruddha*
4. *Matra* (quantity) *Viruddha*
5. *Satmya* (wholesome) *Viruddha*
6. *Dosha* *Viruddha*
7. *Sanskar* (mode of preparation) *Viruddha*
8. *Veerya* (potency) *Viruddha*
9. *Koshtha* *Viruddha*
10. *Avastha* (state of health) *Viruddha*
11. *Krama* (sequence) *Viruddha*
12. *Parihar* *Viruddha*
13. *Upachar* (treatment) *Viruddhas*
14. *Paak* (cooking) *Viruddha*
15. *Samyoga* (combination) *Viruddha*
16. *Hridaya* *Viruddha*
17. *Sampad* (richness of quality) *Viruddha*
18. *Vidhi* (rules for eating) *Viruddha* (*Viruddha-Aahara*)
 - a) *Veerya* *Viruddha* (potency incompatibility) — fish + milk.
 - b) *Sanskar* *Viruddha* (processing incompatibility) — heated honey.
 - c) *Matra* *Viruddha* (dose incompatibility) — honey + cow's ghee mixed in equal proportion.
 - d) *Krama* *Viruddha* — hot water after taking honey
 - e) *Kala* *Viruddha* — (time incompatibility) pungent substance in summer and cold substances in winter.
 - f) *Krama* *Viruddha* (order incompatibility) — consuming curd at night. Taking *Madhura Rasa* food or *Dravya* at the end of meals and *Tikta* and *Katu Rasa Dravyas* (food substances) at the starting of meals.
 - g) *Samyoga* *Viruddha* (combination incompatibility) — fruit salad or milk + banana.
 - h) *Parihar* *Viruddha* (contraindication incompatibility) — consuming cold water

immediately after having hot tea or coffee. From the above list, it can be understood that any procedure, combinations, dose, amount of food, opposite properties of food if consumed in a regular fashion can lead to number of disorders.

Sushruta has specialize 5 types of *Viruddhahara*.

1. *Samyoga Viruddha*
2. *Karma Viruddha (Samskara Viruddha)*
3. *Mana Viruddha (Matra Viruddha)*
4. *Rasa Virya, Vipaka Viruddha*
5. *Tartamayogayukta Viruddha*

Diseases caused by *Viruddhahara*: *Viruddhahara* is one potent causative factor for several diseases. As everybody knows the *Viruddhahara* is harmful to once body but in what manner it generate diseases is not yet emphasised to that extend. Hence here the attempt is made to enlighten the mode of actions of different types of *Viruddhahara*.

Charaka has mentioned that such types of wrong combinations can lead to even death. If above-said rules for the diet are not followed then the diseases occurring due to *Viruddhaahara* can occur, which are mentioned below: Impotency, *Visarpa* (erysipelas), blindness, ascitis, bullus, insanity, fistula in ano, coma or fainting, intoxication, abdominal distention, stiffness in neck, varieties of anemia, indigestions, various skin diseases, diseases of intestines, swelling, gastritis, fever, rhinitis, and infertility.

It can be observed from the above list that *Viruddhahar* can lead to disorders up to impotency and infertility i.e. *sukradushti*. 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 *Viruddhahara*.

Food discordance in Today's Perspective *Viruddhahara* can lead to inflammation at a molecular level. Number of food incompatibilities are mentioned in old Ayurvedic literature, such as Charaka and Sushruta Samhitas and vagbhat Samhita. Along with these type of food combinations some are also in use in today's era. We have to identify that new food incompatibilities, which are used today in day- to-day life as per Ayurvedic perspective and made research on them and has to create awareness in public about its consequences.

- a) Green tea or black tea and milk Tea carry flavonoids called catechins, which have many

beneficial effects on the heart. When milk is added to tea, then a group of proteins in milk, called caseins, interact with the tea to cut the concentration of catechins. So, avoid tea and milk together.

- b) Milk and yoghurt interaction just as you know consuming both together can precipitate milk inside the stomach that may irritate and induce vomiting. So, avoid milk and yoghurt together.
- c) Tea and garlic Tea consist of anticoagulant compounds called coumarins. When combined with garlic (that also has anticlotting properties), they may increase the risk of bleeding. So, better to avoid tea and garlic together.
- d) Pomegranate juice and grapefruit juice Pomegranate juice and grape juice are both known to block the cytochrome P450 3A4 enzyme systems in the intestines and increase blood levels of many medications you are taking. Taking these two juices together may synergize the above action.
- e) Unripe (green) tomatoes or potatoes and alcohol the unripe green tomatoes contain huge amount of solanine, which may interact with alcohol. You may feel more sedation if the intake is more.

TREATMENT

Nidana Parivarjna (prophylactic measures) is the mainline 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.

4. DISCUSSION

Samskara Viruddha Deep frying of potatoes can develop toxic substances, such as acrylamide, which can prove to be carcinogenic.

- 1) Eating potato chips regularly is *Samskara viruddha*.
- 2) It is also mentioned in Ayurveda text that heating honey is *Samskar Viruddha*.

Honey that is available in the market is Agmark honey and this honey is strongly heated before packaging. It is very important to find the relevance about why we must not heat honey. According to a conducted study heated honey (>140°C) mixed with ghee produces hydroxymethyl furfuraldehyde (HMF) which may produce deleterious effects and act as a poison in due course it comes both under *samskar viruddha* and *samyoga viruddha*.

Mode of action of *Viruddhahara* -: *Viruddhahara* taken regularly could induce inflammation at a molecular level, disturbing the eicosanoid pathway creating more arachidonic acid leading to increased prostaglandin-2 and thromboxane. This inflammatory effect is an important effect. As these are all the basic pathologies that create *Agni Mandya*, *Ama*, and a number of metabolic disorders.

Concept of AGEs: High-temperature cooking must also be called as *Sanskara Viruddha*. Foods typically cooked at high temperatures, like meats, may contribute to the risk and exacerbation of chronic diseases linked with inflammation. When proteins are cooked with sugars in the absence of water, AGEs Advanced Glycosylated End Products are formed. Water, however, prevents these sugars from binding to the protein molecules. Thus, combination of proteins with sugar and cooking it in absence of water is *Viruddha*. Grains, vegetables, fruits, and all such have protein in them as well, with browning being an indication of AGEs. Certain processing deteriorates the nutrients' value of the food or convert into RAGE that is receptor for Advanced Glycosylated End Products. It is now well established that formation and accumulation of AGEs progress during normal aging, and at an extremely accelerated rate under diabetes, thus being implicated in various types of age related disorders, such as diabetic vascular complications, neurodegenerative diseases, and cancers. Certain type of food combinations and the unwanted substance released by certain incompatible food in vivo may have a bad impact on immune system.

- 1) Milk which contains lactogen and certain fruits, such as bananas, which also contain common allergen may aggravate an asthmatic attack.
- 2) Milk with eggs, reheated cow's milk, consuming too much sugar along with saturated fats, can lead to number of immunologic disorders.
- 3) It has been regularly observed in the clinics that rheumatoid arthritis patients who consume curds at night, sour food at night complain of more morning stiffness.

It must be studied that whether such type of *Kala Viruddha* diet would accelerate antigen and antibody reactions and exhibit an impact on WBCs. These types of studies would also suggest that regular consumption of *Viruddhahara* would also lead to immunosenescence.

Concept of effect on Genes: The process of creating a new protein in cells is referred to as gene expression. Gene expression is highly regulated by the body to ensure that the correct protein is produced in the correct amount, and at the appropriate time. Errors in gene expression have the potential to lead to illnesses. Experts in nutrition believe that these

epigenetic changes can affect the expression of certain genes.

CONCLUSION

Virudhahara shows its effects from *rasa dhatu* to *shukra dhatu* i.e., it affects all the *dhatu*s which shows its severity of consequences which leads to many systemic disorders and it also acts at gene level which reveals that it is cause for many diseases of unknown etiology (idiopathic) and also cause for carcinogenesis. So, in order to prevent these deadly huddle one has to take the preliminary step of preventing the intake of *virudhahara* in our day to day life.

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