

VIRUDDHA AHARA AND MANOVIKARA – A REVIEW ARTICLE

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ABSTRACT

Ayurveda emphasizes mainly on the role of *Ahara* and believes that the healthy nutrition nourishes the mind, the body, and the soul. Mind is directly influenced by the quality, the preparation, the appearance, the aroma and the freshness of the food. Wholesome diet is a main cause for the growth and development of the body and the mind. When a person indulges in unwholesome diet, he/she becomes a victim of various diseases like *Unmada* (insanity), *Mada* (narcosis) etc. The nutrition plays a central role in the Ayurvedic lifestyle. Acharya Charak also stated that the *Ahara* is a life of an individual, when it is taken with *Yukti* (proper planning). The *Ahara* which is taken without *Yukti* i.e. improper quantity disturbs the balance among the body

elements. It is called *Viruddha Ahara*. In this post-covid, post-pandemic era, we see that people forgot to follow proper dietary habits and the instructions due to which various disorders are occurring. The increased amount of the consumption of the so-called "junk food" is causing side effects on the body as well as on the mind. Our mind plays a very important role in eating and the digestion of the food. The present article narrates the modern perspective on the *Viruddha Aharaviz. Samskara-viruddha, Veerya-viruddha, Samyoga-viruddha Ahara* and how it is proving to be one of the causative factors of *Manovikara* (psychological disorders/diseases).

KEYWORDS: *Viruddha Ahara, Yukti, Manovikara*, incompatibility.**INTRODUCTION**

The Vedas gave birth to the Ayurveda, a holistic system of natural health care. It is not just a therapeutic method, but also a science of an "ideal way of life", because it deals with

numerous facets of the existence. Ayurveda focuses on the variety of rules and regulations in order to live a healthy life. The *Aharavidhi* is also among them (c.f. *Aharavidhivisheshayatane* from the Charak Samhita). If the *Aharavidhi* is followed properly, it helps in increasing the health and in enhancing the life span.^[1] The purification of inner self and thus of the mind and the intellect, accelerates the elimination of illusions and ignorance.^[2] The mental state of a man reflects the food that he eats. The Bhagavadgeeta lists three types of food viz. *Sattvika*, *Rajasika* and *Tamasika*. The *Sattvika* food enhances the *Ayu* (lifespan), *Sattva* (purity of mind), *Bala* (strength), *Sukha* (happiness) and *Priti* (delight). On the contrary, the *Rajasika* type of food leads to the mental sickness like *Dukha* (sadness), *Shoka* (sorrow), *Kama* (desire), *Krodha* (anger). While, the *Tamasika* food leads to *Alasya* (laziness) and *Moha* (delusion). The *Ahara* pleases all the six *Indriya*-s viz. five sense organs and the mind. So, we should eat both the delicious and the wholesome food which will provide the nourishment to both the body and the sense organs.

Ayurveda clearly defines that a certain diet and its combination, which interrupts the metabolism and the process of the formation of tissues and which have the opposite property with tissues. It is called *Viruddha Ahara* (the incompatible food). Frequent intake of unwholesome diet creates 'Ama' which vitiates the *Dosha*-s and obstruct the *Strotas* (channels) of the body thus leading to the creation of *Amavisha* (toxin). This *Amavisha* spreads in the heart (*Hridaya*) and in *Manovaha Strotas* (mind-carrying channels) leading to the malfunctioning of the mental activities, resulting in the damaged mind and the unstable intellect. The beginning point of such pathophysiology of diseases is the improper food & the improper lifestyle. In today's modern era, due to lack of the knowledge about the correct food combination, we blindly follow the wrong dietary habits and suffer from various disorders of unknown etiology. Before the consumption, one must consider whether the food combination is safe and is according to the rules and conditions for the intake of food in order to remain healthy.

PREVIOUS RESEARCH REVIEW

- 1) Junk food contains excess amount of sugar and fats that can cause certain chemical reactions in the brain which affects its functioning. It also causes the loss of essential nutrients and amino acids. These symptoms eventually lead to the inability of brain to deal with stress and can leave you feeling depressed.^[3]

- 2) Honey digests slowly when cooked and the molecules become non-homogenized glue which adheres to mucous membranes and clogs subtle channels, producing toxins. This affects brain functioning and causes *Manasaroga-s*.^[4]
- 3) Deep frying of potatoes can develop toxic substances, such as acrylamide, which can prove to be carcinogenic.^[5]

MATERIAL AND METHODS

Ayurvedic classical texts, the research articles are reviewed to collect the data.

CONCEPT OF THE VIRUDDHAAHARA

Viruddha literary means ‘contrasting’ or ‘opposite’. *Charaka* has defined *Viruddha Ahara* as a certain food product or its combination, which interrupts the metabolism of tissues i.e. *Shariradhatu-s*, which inhibits the process of the formation of tissue and which have the opposite property to the tissue. The concept of *Viruddha Ahara* is unique to Ayurveda system. Certain food if not consumed at right time of day (*Kala*), season (*Ritu*), improper quantity (*Matra*) is classified as *Viruddha Ahara*.^[6] Those substances which aggravate *Dosha-s* but cannot eliminate them or cannot pacify them to their normal status, also contradict with *Dosha-s*, *Dhatu-s*; yet remain inside the body are termed as *Viruddha Dravya*.

It sounds that the food combinations of certain type of food may have –

- Opposite properties.
- Opposite activities on the *Dhatu-s*.
- Produces some unwanted effect on the body when processed in a particular form.
- May cause undesirable effects, when combined in a certain proportion.
- May exhibit unwanted effect if consumed at the wrong time.
- May show effects like food poisoning (*Gara-visha*).

Types of *Viruddha Ahara* and its effects

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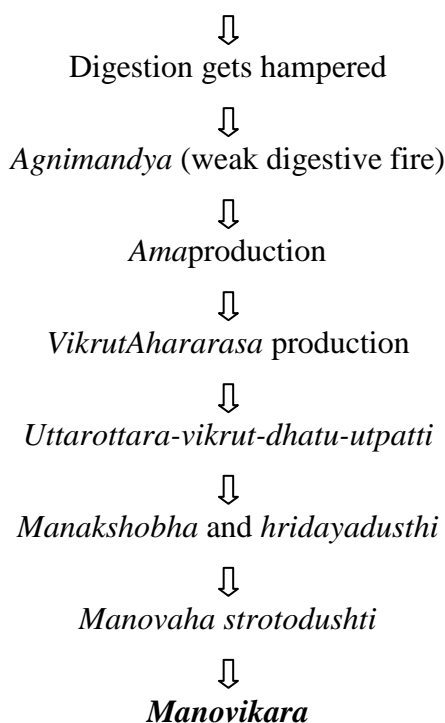
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Sr no	Types of <i>Viruddha Ahara</i>	Examples	Effects
1.	<i>Virya-viruddha</i> (potency incompatibility)	Fish and milk	Obstruction in <i>Strotas</i> , <i>Raktapradoshajanyavikara</i> (Hematological disorders)
2.	<i>Samskara-viruddha</i> (processing incompatibility)	Heated honey	Loss of intelligence, death
3.	<i>Matra-viruddha</i> (dose incompatibility)	Ghee and honey in equal amount	<i>Amavisha</i>
4.	<i>Agni-viruddha</i> (digestive power incompatibility)	Intake of <i>Guru Ahara</i> (heavy food) when <i>Agni</i> is <i>manda</i> (power of digestion is poor.)	<i>Grahani</i> (IBS), the malnutrition, <i>Amavata</i> , blockage of <i>Strotas</i> .
5.	<i>Kala-viruddha</i> (time incompatibility)	<i>Pittakara Ahara in Sharad Ritu</i>	<i>Dhatukshaya</i>
6.	<i>Krama-viruddha</i> (order incompatibility)	<i>Adhyashana</i> (Consumption of the food before the digestion of previously consumed food)	Psychological disturbances, <i>Alasaka</i> , <i>Visuchika</i> , <i>Pandu</i> (anemia)
7.	<i>Samyoga-viruddha</i> (combination incompatibility)	<i>Dugdha+Phala</i> (milk with fruits)	Improper digestion
8.	<i>Parihara-viruddha</i> (contraindication incompatibility)	<i>Sheeta Anna Sevana Paschat Ushna Ahara Sevana</i> (Cold water after hot tea)	<i>Dhatukshaya</i>
9.	<i>Paka-viruddha</i> (cooking incompatibility)	Overcooked food or half cook food	Skin disorders, <i>Amlapitta</i>
10.	<i>Hridya-viruddha</i>	Eating food not liked by person	Psychosomatic disorders
11.	<i>Sampat-viruddha</i>	Over ripen mango	Poor development of brain
12.	<i>Vidhi-viruddha</i> (rule incompatibility)	<i>Ahara-sevana-samayihasya</i> (Eating food while laughing, talking, watching TV)	Psychological imbalance
13.	<i>Dosha-viruddha</i>	<i>Vata Prakruti</i> person eating dry, cold food	Skin diseases
14.	<i>Koshtha-viruddha</i>	<i>Ichhabhedirasa</i> in <i>Mrudu koshta</i> person	Weakness, <i>Dhatukshaya</i>
15.	<i>Awastha-viruddha</i> (state of health)	<i>Vata</i> vitiating <i>Ahara</i> during exercise	<i>Dhatudushti</i> . Fatigue
16.	<i>Desh-viruddha</i> (place incompatibility)	<i>Rukshahara-sevanain jangala-pradesha</i> (Eating spicy /dried food in hot city or atmosphere)	<i>Visarpa</i> (hives), <i>Prameha</i> (diabetes), <i>Kushta</i> (skin disease)
17.	<i>Satmya-viruddha</i> (wholesome incompatibility)	<i>Mansahara in Shakahara Satmya</i> (Vegetarian person)	<i>Grahani</i> (IBS), <i>chardi</i> .

		consuming egg.)	
18.	<i>Upchara-viruddha</i> (treatment incompatibility)	<i>Ghrita-sevana-paschat-sheeta-jalasevana</i> (Drinking cold water after taking ghee)	Skin disorders, <i>amlapitta</i> , obstruction in <i>strotas</i> .

SAMPRAPTI

Frequent consumption of *VirudhhaAhara*



DISCUSSION

According to Ayurveda, a person is said to be healthy (*Swastha*) if they have a balance of *Sharirika* and *Manasika dosha*, of energies produced in the body (*Samagnischa*), tissues in the organs (*Samadhātu*), proper elimination of mala from our body (*Malakriya*), a happy soul (*Prasannatma*), happy mind (*Prasannamanah*) and proper condition of senses (*Samendriya-s*). The World Health Organization (WHO) also defines health as a condition of complete physical, mental, and social well-being, rather than simply the absence of sickness. So, the science says that physical health as well as mental health should be considered, then only person can have healthy life. In this covid pandemic, people are suffering from many psychological disorders due to the disturbed life style. If we observe these 18 types of *Viruddha* carefully; most of the types have psychological and mental effects. Hence getting familiarize with *ViruddhaAhara* (incompatible diet) and avoiding the consumption of it can act as a preventive measure from getting rid of the psychic diseases. Diseases caused by

incompatible food can be cured by emesis (*Vamana*), purgation (*Virechana*), pacifying methods (*Shamana*) and prophylaxis (*Hitakara Ahara sevana*). Since the *Dosha*-s are not removed from the body, it is very essential to remove the doshas by proper *Shodhana*(purification). After *Shodhana*, shaman *Aushadhi* to the respective diseases should be given. One should be advised to give up the habit of consuming incompatible food and adopting *HitakaraAhara*& intake of *Rasayana* at regular basis.

CONCLUSION

Anything that affects the physiology of *Manas* can lead to its psychopathology i.e. abnormal state of mind. These pathological conditions of *Manas* are considered as *Manasika vikara*-s or the psychological disorders. Vitiating of *Manovaha Srotas* and *Manodhithana* i.e. *Hridaya* leads to *Manasika vikara*-s. *Ahara* plays an important role in nourishment of body as well as mind both. Various treatments are described detail in Ayurveda for healthy person to maintain his health and disease person to be cured, as *Rasayana* therapy specially *AcharaRasayana* (follow up all the code and conduct of living, *Sadvritta* (good conduct-based on personal cleanness of the mind and body, *Swasthavritta* (follow up code of the hygiene), *MedhyaRasayana* (mental health promoting drugs). *Manasikabhava*-s are closely interconnected with *Raja, Tama* (*ManasaDosha*-s) and *Vata, Pitta, Kapha* (*Sharira Dosha*-s) as well. Therefore, for a good health, person should always eat wholesome food and avoid *ViruddhaAhara* (incompatible diet) because the food itself is termed as *Mahabhaishajya* and plays an important role to treat illness and maintain health.

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