

A CONCISE REVIEW ON VIRUDDHA AHARA AS A CAUSE OF LIFESTYLE DISORDERS

A. C. Tumram^{1*} and Usha Haridas Ukey²

¹Assistant Professor, Department of Agadtantra, Government Ayurved College, Nagpur.

²PG Scholar, Department of Agadtantra, Government Ayurved College, Nagpur.

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*Corresponding Author

Dr. A. C. Tumram

Assistant Professor,
Department of Agadtantra,
Government Ayurved
College, Nagpur.

ABSTRACT

With increased urbanization and rapid development in the past few years, the lifestyle of people is changed. The modern world is facing a problem of lifestyle disorders. The prevalence of these disorders (like diabetes, hypertension, cardiovascular diseases, cancer etc.) is continuously rising. Food is one of the basic necessities of life. It plays an important role in the maintenance of life. In today's modern era, incompatible diet is an important aspect of wrong dietary habits. Consumption of such diet continuously, can lead to many hazardous effects on health unknowingly to the patient. *Viruddha Ahara* is one of the root causes of these disorders. It should be considered similar to

Garavisha (Artificial poisoning). The toxic combination of poisonous or non-poisonous substances which exerts toxic effect on health after interval of sometime comes under the concept of *Garavisha*. Following a proper diet, maintaining a healthy weight, exercising regularly and not smoking seem to be associated with reduction in the risk of developing the most common lifestyle disorders.

KEYWORDS: Lifestyle disorders, Food, *Viruddha Ahara*, *Garavisha*.

INTRODUCTION

In India, there is increasing per capita income steadily since 1980 and also the life expectancy is increasing. A key feature of the period of growth has been the change in the nature of the Indian diet. Good health for all populations has become an accepted international goal and we can state that there have been broad gains in life expectancy over the past century. Our lifestyle and habits affect directly our physical, mental and emotional health. In the current, 'nutrition transition', consumption of high-calorie, nutrient-poor foods high in fats and

sweeteners are increasing throughout the developing world. The nutrition transition, implicated in the rapid rise of obesity & diet-related chronic diseases worldwide, is rooted in the process of globalization. Life style is considered a personal issue. In today's era, our daily routine and food habits have changed. Change in lifestyle is an important factor in the emergence of chronic diseases. Because of new lifestyle and eating habits, these chronic diet-related diseases are on rise around the world. Accelerated economic development and increasing westernization of lifestyle in past few decades has increased the stress of living against the natural cycles in the universe which co-ordinate with the biological clocks in the body and thus, prevalence of lifestyle disorders has reached alarming proportions all over the world.

Lifestyle disorders: Lifestyle disorders are very common in present era. These are the disorders associated with the way a person or group of people lives. The prevalence of lifestyle disorders in India are continuously rising. Hypertension, diabetes, cardiovascular diseases, respiratory diseases as well as cancer are on rise. Reports on state level disease burden mapping the pattern of disease burden during 1996 to 2016 published by ICMR along with Public Health Foundation of India (PHF) showed the rising burden due to non-communicable diseases. In 2017, India witnessed 61.8 percent deaths due to these diseases.^[1]

These disorders begin in early phase of life and continue to progress if not intervened appropriately leading to sickness and untimely death. As per *Ayurveda* health is a state of equilibrium of *Dosha*, *Agni* and *Dhatu* & waste products are excreted well & the sense organs, mind and the soul are in a state of bliss.^[2] For healthy life, *Ayurveda* has given 3 sub pillars- *Ahara*, *Nidra* and *Brahmacharya*. The outcome of *Ahara* is nothing but the healthy life as well as disease also. Out of the healthy factors for maintenance of healthy life *Ahara* occupies the more importance. Because it is the basic medicament other than any other substance. Food articles are supposed to maintain a state of equilibrium of *Dosha*, *Dhatu*, and *Mala*. Food taken in incorrect form or doses leads to formation of state of non-equilibrium giving risk to lifestyle disorders.^[3]

Viruddha ahara: *Viruddha Ahara* is one of the root causes of lifestyle disorders. Those substances which cause the increase of *Doshas* (*Vata*, *Pitta* and *Kapha*) in the body but do not expel them out of the body are known as *Viruddha*, they remain antagonistic to the *Dhatus* and such diet may be called as *Viruddha Ahara*.^[4] It means which is wrong in combination (e.g. milk+ fruit) or undergone wrong processing (e.g. Curd is heated while

making food recipes) and so on. Consistent intake of *Viruddha Ahara* leads to formation of *Visha*. *Acharya Vagbhatta* has specifically described it as *Garavisha* which is collection of toxin due to consistent intake of *Viruddha Ahara* over a long period of time.^[5] *Viruddha Ahara* disturbs the function of *Agni* and *Strotas*. The vitiated *Jatharagni* does not digest even the *Laghu Ahara* resulting in state of indigestion. The *Viruddha Ahara*, *Adhyasana* and *Ajeerna* together leads to formation of *Aamavisha*. It acts as a *Garavisha* and produces disorders due to *Dosha-Dushya Sammurchhana*.

AIM AND OBJECTIVES

- 1) To explore the role of *Viruddha Ahara* as a cause of lifestyle disorders
- 2) To develop awareness regarding *Viruddha Ahara* to prevent various lifestyle disorders.

Types of *viruddha ahara* mentioned in *charaka samhita*^[6]

1.	<i>Desha Viruddha</i>	Against place or land region	<i>Ruksha</i> and <i>Tikshna</i> substances in <i>Maru Desha</i> (Arid region)
2.	<i>Kala Viruddha</i>	Against time or season	<i>Katu</i> and <i>Ushna</i> substances in <i>Ushna Kala</i>
3.	<i>Agni Viruddha</i>	Against digestive power	Intake of <i>Guru Dravya</i> when there is <i>Mandagni</i>
4.	<i>Matra Viruddha</i>	Against quantity	<i>Madhu</i> and <i>Ghrita</i> in equal quantity
5.	<i>Satmya Viruddha</i>	Consumption of those substances which are Unwholesome	<i>Madhur</i> and <i>Sheet</i> substances by person accustomed to <i>Katu</i> and <i>Ushna</i> substances
6.	<i>Dosha Viruddha</i>	Drugs, diet, regimen having similar properties with <i>Dosha</i>	<i>Katu</i> and <i>Ushna</i> substances in <i>Ushna Kala</i>
7.	<i>Sanskar Viruddha</i>	Against mode of preparation	Heated <i>Madhu</i>
8.	<i>Veerya Viruddha</i>	Against potency	Fish + Milk
9.	<i>Koshtha Viruddha</i>	Against nature of bowel	Administration of less quantity with mild potency purgative drug to a person of <i>Krura Koshtha</i>
10.	<i>Avastha Viruddha</i>	Against states or condition	<i>Kapha</i> aggravating food by a person after sleep or drowsiness
11.	<i>Krama Viruddha</i>	Against sequence	Consuming curd at night Hot water after taking honey
12.	<i>Parihar Viruddha</i>	Against things which relieve symptoms	Cold water immediately after having hot tea or coffee
13.	<i>Upachar Viruddha</i>	Against treatment	Cold things after taking ghee
14.	<i>Paaka</i>	Against cooking	Under cooking, over cooking or

	<i>Viruddha</i>		burning
15.	<i>Sanyog Viruddha</i>	Against combination	Sour substances with milk Milk + Banana
16.	<i>Hriday Viruddha</i>	Substances not liked by a person	Unpleasant food
17.	<i>Sampad Viruddha</i>	Substances not having their properties	Intake of not matured, over matured or putrefied substances
18.	<i>Vidhi Viruddha</i>	Not according with the rules of eating	Eating food in public place or open place

Acharya Sushruta has described *viruddha ahara* in *sutrasthana*^[7]

- 1) *Karma viruddha* (Functionally incompatible)
- 2) *Mana viruddha* (Quantitative incompatible)
- 3) *Samyog viruddha* (Unsalutary combination)
- 4) *Rasa viruddha* (Incompatibilities amongst two tastes)

Mode of action of *viruddha ahara* as per ayurveda

Frequent intake of *viruddha ahara*



Toxins



Provoke all doshas



Mixed with digestive juice



Spread from one *dhatu* to next *dhatu*



Doshas spread from *koshtha* to *shakha*

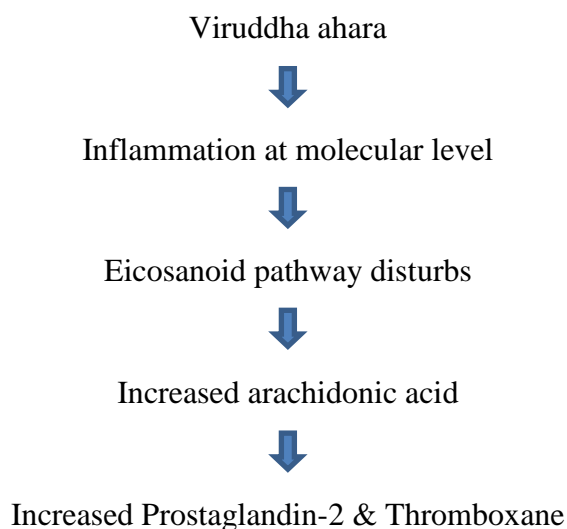


Lodged in *Kha-vaigunya*



Symptoms of diseases

- Following molecular level inflammatory effect is an important effect as these all basic pathologies lead to *Agnimandya*, *Ama* and no. of metabolic disorders.



Diseases due to viruddha ahara^[8]

Infertility	Pandu	Jwara
<i>Bhagna</i>	<i>Aamvisha</i>	<i>Santan dosha</i> (Genetic disturbances)
<i>Moorchha</i>	<i>Grahani roga</i>	<i>Mrityu</i>

- A toxin 4-hydroxy-trans-2-nonenal (HNE) forms when corn, soyabean and sunflower oils are reheated. Consumption of foods containing HNE from cooking oil has been associated with increased risk of cardiovascular diseases, stroke, Parkinson's disease, Alzheimer's disease, Huntington's disease, various liver disorders and cancer.^[9]
- Milk which contains lactogen and some fruits like bananas which also contain common allergen may aggravate an asthmatic attack. Milk with eggs, reheated cow's milk, consuming more sugar along with saturated fats lead to number of immunologic disorders. Rheumatoid arthritis patients who consume curds at night, sour foods at night complain of more morning stiffness.^[10]
- Fast food is high in density and low in essential micronutrient density specially zinc on which anti-oxidant processes are dependent. Because of frequent consumption of these fast food, children are becoming obese with nutritional deficiencies.^[11]

Food incompatibility from modern point of view

- Topography: A branch of science related to combination of food
- As per this science proteins must not get combined with starch & carbohydrates and must be consumed differently.
- Consumption of proteins and starches together will result in absorption of one being delayed by the other.^[10]

- Eating sugar and acid fruits hinder the action of ptyalin and pepsin, reducing the secretion of saliva and delaying digestion.
- Tea contains coumarins- anticoagulant compounds when combined with garlic (that also has anti clotting properties), they may increased the risk of bleeding.
- Consuming milk and yoghurt together can precipitate milk inside the stomach that may irritate and induce vomiting.
- The unwanted effect of wrong combinations of food is not limited up to gastro-intestinal tract only but may hamper the major systems of body.

DISCUSSION

Viruddha Ahara is an important concept described in *Ayurveda*. As per *Charakacharya*, there are total 18 types of *Viruddha Ahara* while as per *Sushruta* there are 4 categories of *Viruddha Ahara*. Frequent intake of *Viruddha Ahara* i.e. Incompatible food act as poison which causes aggravation of all *Dosha* and causes several lifestyle disorders. Due to continuous use of these incompatible foods many diseases occur. As per *Ayurved*, *Hetu* plays an important role in pathogenesis (*Samprapti*) of disease and no treatment is complete without *Nidanparivarjana* which is said to be *Ardhachikitsa* (partial treatment) for any disease. We can prevent lifestyle disorders by avoiding *Hetus* or by adopting *Nidanparivarjana chikitsa*. Diseases caused by *Viruddha Ahara*, *Garavisha* and *Dooshivisha* have same principle of management i.e. *Shodhana Chikitsa*.

CONCLUSION

From this discussion, it is clear that there is co-relation between *Viruddha Ahara* and lifestyle disorders. Incompatible food like *Garavisha* may be one of the reasons of several lifestyle disorders. Therefore it is important to create public awareness about incompatible diet which can lead to several lifestyle disorders. There is a great need of time of globalization of principles of our ancient *Acharyas* in the reference to prevent and cure the lifestyle disorders. Now it's time to explore and use the principles of *Agadtantra* and *Antitoxic* formulations not only to poisoning conditions but also in various diseases including lifestyle disorders to improve health status and longevity of human being.

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