

CONCEPT OF VIRUDDHA AHARA AND ITS RELEVANCE TO PRESENT ERA

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ABSTRACT

Ayurveda is an ancient Science of life which deals with various concepts in holistic approach. One of them is *Viruddha ahar* that is food incompatibility. *Aharis* one of the three *upsthambha* described in *Ayurveda*. *Ayurveda* gives importance to consume healthy and nutritious Diet. Diet and its combinations, which disturbs the metabolism of tissue and having the opposite property to the tissue are called as *Viruddha Ahar* or incompatible diet. There are various types of incompatible food which is consumed. This food is responsible for various diseases and *acharya* have explained treatment for this. In present era, there are more unhealthy changes are done related to diet which becomes incompatible food and causes various diseases. Food taken in proper method keeps the person physically and mentally healthy. Food taken in improper (Unbalanced) methods cause various types of diseases. Therefore *Ayurveda* have given most importance to

concept of *ahara*. Now a days intake of incompatible food (*Viruddha ahar*) is much increased which causes hazardous effect on health. So this article enlighten the concept of *Viruddha ahar* and its relevance to present Era.

KEYWORDS: *Viruddha Ahara, upsthambha, food incompatibility, metabolism.*

INTRODUCTION

Ayurveda, one among the traditional health care system originated and developed in India with huge scope. *Ayurveda* strongly believe in preventive aspects of health by giving importance to

Ahara. In *Sushruta Samhita*, it is mentioned that original source of living beings, and their strength, complexion and *ojas* is diet.^[1] *Ahar* is one of the three upstambha described in *Ayurveda*. Other two are *Nidra* (sleep) and *Brahmacharya* (controlled sex).^[2] The most distinctive concept related to *Ahara* in *Ayurveda* is *Viruddha ahara*.

Definition of *Viruddha Ahara*

According to *Acharya Charaka*

All types of *Ahara* which increase the *doshas* but do not expel them out of the body and all of them become unhealthy for body is called as *Viruddha*.^[3]

According to *Acharya Sushruta*

Viruddha Aahara not only contaminate the *doshas* but that also aggravate the *Dhatus*.^[4]

Types of incompatible diet^[5] *Viruddha Ahara*

1. *Desh Viruddha* (Place incompatibility): Presently a day transportation offices are improved to the next level such a lot of that food things conveyed starting with one spot then onto the next quicker than expected. Such food things may prompt a few perilous illnesses unwillingly.

Ex.- Yogurt, cheese, unnecessary rice or sea food in marshy places, alcohol or avoiding ghee and oil in dessert places.

2. *Kala Viruddha* (Time inconsistency): Because of changing way of life and expanding urbanization no has the opportunity to figure what to eat and when to eat. Additionally every food thing can be preserved for each season. Because of utilization of such time incongruent food *Tridosha* imbalance happens in body and individuals are turning out to be more inclined to sicknesses.

Ex.- Frozen yogurt, milkshake, cold beverages, frozen food sources in winter. Unnecessary tea, coffee, flavors, alcohol in summer.

3. *Agni Viruddha* (Digestive incompatibility): Accessibility of different food things, expanding number of food outlets, individuals eat generally in cafés, Individuals overeat and disregard their Digestive capacity because of which acidity indigestion, flatulence become the common issues in the public.

Ex.- Ingestion of heavy food when digestive power is low, ingestion of light food when the digestive power is sharp and ingestion of food at difference with unpredictable and typical digestive power.

4. *Matra Viruddha* (Portion contrariness): Some food things become harmful when taken together. We should know about such food varieties.

Ex - Honey + cow's ghee blended in equivalent portion.

5. *Krama Viruddha* (Grouping Contrariness): In *ayurveda* arrangement of human routine is referenced to remain healthy. Yet, presently, because of quicker way of life we can't follow that schedule become more inclined to persistent unsafe impacts on body and our personal satisfaction is likewise diminishing step by step.

Ex.- Taking pastry toward the finish of feast, utilization of heated water after honey.

6. *Satmya Viruddha* (Propensity Contradiction): In this cutting edge period, everyone needed to attempt different food, however those food things are destructive to our body assuming they are against our habit, long term utilization can prompt perilous infections.

Ex.- Ingestion of sweet and cold substance by individual acquainted with pungent and hot substance.

7. *Dosh Viruddha*: Customary usage of medication, diet and routine having similar characteristics to the overwhelming *dosha* of body prompts sicknesses connected with that specific *dosha*.

Ex.- *Vata Prakruti* individual - dry, roasted food

Pitta Prakruti individual - Tea, coffee, oily and spicy food

Kapha Prakruti individual - Yogurt, dark gram.

8. *Sanskar Viruddha* (Against method of planning): Conventional readiness techniques are presently out of pattern. Everyone is enamored with fresher strategies for various taste. Medication and diet, which, when ready with a certain method produces harmful outcome.

Ex.- Warmed honey (market honey is unequivocally warmed prior to packaging).

9. Veerya Viruddha (strength contrariness): Substance having cold power in blend with those of hot intensity.

Ex.- fish + milk.

10. Kostha Viruddha: To give less strength and less stool framing food to an individual of krur kostha. Regulatory of additional amount, heavy and more stool shaping food to an individual having mrudu kostha.

Ex.- Admission of Bread, biscuit by krur kostha ividual.

11. Awastha Viruddha: Admission of *vata* exaggerating food by an individual after effort, sexual act, actual effort or admission of kapha aggravating food by an individual after rest or sleepiness.

Ex.- utilization of Chana, Poha following brisk walking or work out.

12. Parihar Viruddha (Treatment Against): While treating a patient with medication of ghee, we should need to enlighten patient regarding its *anupan*. Admission of cold thing subsequent to taking ghee ought to be completely contraindicated, In any case heaviness or indigestion like issues will furthermore start in the patient.

Ex.- Cold water consumption after taking ghee.

13. Pak Viruddha (Cooking Contradiction): Readiness of food with terrible or spoiled fuel and undercooking, cooking or utilizing used oil for the preparing majority of food things is exceptionally normal thing in hotels. Many individuals such food day to day as breakfast. Long day to day admission of such food straightforwardly influences in bringing down resistance, individuals become more powerless against sicknesses Such food ought to be completely kept away.

14. Hriday Viruddha (Against Interest): Admission of terrible food affect person's mental state which in turn results in weak power of digestion. It ought to be kept away.

15. Vidhi Viruddha (Contrary to rule for eating): Assuming dinner in public place, strolling while eating isn't great for health. In this way, it ought to be stayed away.

Ex.- buffet style.

16. Sampad Viruddha (Extravagance of Value against): Because of heavy utilization of chemical fertilizers we devour exceptionally low quality food, which meaningfully affects our body. Rather than that we should need to utilize natural vegetables and organic products, Admission of substance that are, over mature ought to likewise kept.

17. Samyoga Viruddha (mix inconsistency): Presently we are accepting western culture and food. Thus, food blend which are not really great for wellbeing are for the most part utilized by the individuals.

Ex. – natural product salad or milk + banana.

18. Parihar Viruddha (contraindication contradiction): Drinking cold water right away subsequent to having hot tea or coffee.

Diseases Because of Viruddha ahara

From the above explanation very well perceived that any procedure, mixes, portion, measure of food, inverse properties of food ingested in an ordinary design can prompt number of disorders. In the event that above expressed rules for the eating routine are not kept then the illnesses happening due to *Viruddha ahara* can happen, which are referenced underneath.

Infections Because of Viruddha ahara As per Acharya Charaka

Viruddha Ahara is responsible for the occurrence of numerous infections. As indicated by *Acharya Charaka* an entire number of illness happens because of *Viruddha Ahara* and they are Infertility, *Bhagandara* (fistula), *Moorcha* (fainting), *Pandu* (Anaemia), *Amavisha*, *Grahaniroga* (malabsorption disorder), *Jwara* (fever), *Santana dosha* (hereditary disorders) and even *Mrityu* (death).^[6]

As indicated by Acharya Vagbhata

Acharya Vagbhata in *Ashtanga Samgraha* has referenced that ingestion of *Viruddha Ahara* brings the disorders like *Visphotha* (blisters), *Shofa* (swelling), *Yakshma* (Tuberculosis) and loss of body heat, memory and consciousness, *Jwara* (fever), *Raktipitta* (Bleeding disorders) *Astha Mahagada* (eight *Maharogas*) and *Mrityu* (death).^[7]

Today's perspective

Viruddha Ahara can prompt irritation at a sub-atomic level. Number of food contrary qualities are referenced in old *Ayurved* writing, like *Charaka* and *Sushruta Samhitas*. These sort of food mixes are not being used in the present time. We have to recognize new food incongruencies, which are utilized today in day-to-day life according to *Ayurvedic* point of view. These food contrary qualities can likewise be ordered into *Karma Viruddha*, *Krama Viruddha*, *Veerya Viruddha*, etc. Such food blends can demonstrate destructive, which might be giving its inappropriate impacts on immune system, cellular metabolism, growth hormone, and Dehydroepiandrosterone sulfate (DHEAS).

Another branch called topography (a science connected with blend of food) is arising, which tells about the blend of essential classes of the food.^[8] According this science proteins should not get joined with starch and carbohydrates, may be consumed in a different way. This is on the grounds that starches require an alkali medium and the amylase in saliva contains ptyalin, a protein that separates starch into maltose. The process goes on in the small intestine, where more amylase further separates the maltose into basic glucose, fructose, furthermore, galactose. These are ingested into the circulatory system, and taken to the liver, which administers the energy to whatever cells in the body need it. In the event that there is no quick necessity, glucose will be switched over completely to glycogen and put away in the liver, or into fat to be put away in fat tissue. Consuming proteins and starches together will result in retention of one being deferred by the other.^[9] Also, eating sugars and acid fruits obstruct the activity of ptyalin and saliva, lessening the emission of saliva, and deferring processing. In the event that deficient amylase is available in the mouth, starch won't be processed by any means in the stomach, rather stopping up the works until amylase in the small intestine can get to work on it. Fats hinder the discharge of digestive juices, and diminish the amount of pepsin and hydrochloric acid, so they ought to be kept away from or utilized sparingly with protein-rich food sources. The undesirable impact of wrong blends of food isn't restricted up to gastrointestinal track, it may hamper the significant frameworks of the body. The undesirable effects can arise inside the body when at least two kinds of food sources are consumed together. Such responses can be less significant yet on long term, it tends to be lethal after encouraging serious incidental effects.

Green tea or dark tea and milk

Tea contains flavonoids called catechins, which are beneficial for the heart. At the point when

milk is added to tea, then a gathering of proteins in milk, called caseins, mix with the tea to lessen the convergence of catechins. So keep away from tea and milk together.^[10]

Milk and yogurt connection

As you probably are aware consuming both together can precipitate milk inside the stomach that might disturb and induce vomiting. So avoid milk and yoghurt together.

Tea and garlic

Tea contains anticoagulant compounds called coumarins. When mixed with garlic (that additionally has anticlotting properties), there may be chances of risk of bleeding. Along these lines, better to keep away from tea and garlic together.^[11]

Pomegranate juice and grapefruit juice

Pomegranate juice and grapefruit juice, are both known to obstruct the cytochrome P450 3A4 compound frameworks in the digestion tracts and increase blood levels of numerous medicines you are taking. Taking these two together may synergize the above action.^[12]

Unripe (green) tomatoes or potatoes and alcohol

The unripe green tomatoes contain immense measure of solanine, which might interact with alcohol. You might feel more sedation if the ingestion is more.^[13]

Sanskara Viruddha

Profound frying of potatoes can develop poisonous substances, for example, acrylamide, which can prove to be carcinogenic.^[14] Eating potato chips routinely is *Sanskara Viruddha*. It is too referenced in *Ayurved* text that warming honey is *Sanskara Viruddha*. Honey that is accessible in the market is Agmark honey and this honey is emphatically warmed prior to packaging. It is vital to find the relevance about why we should not heat honey.

Pathogenesis

Charakacharya has expressed that regular utilization of specific food things and medications aggravate *Sharirastha Prakruta Doshas* however doesn't dispose of them from the body, agreeing to *Chakrapani* this is the special quality of *Viruddha Anna*. As these vitiated *Doshas* remain in the body, they collaborate with *Sharirastha Viguna Dhatus* and lead to numerous diseases.^[15]

Treatment

Nidana Parivarjna (prophylactic measures) is the fundamental line of treatment. Infections

brought about by *Viruddha Ahara* (inconsistent eating regimen) can be treated by *Vamana* (Emesis), *Virechana* (purgation) and *Shamana Chikitsa* (Palliative treatment) and by the earlier utilization of antidote.^[16]

Exceptional cases for consuming *Viruddha Ahara*

Food however contrary don't create illness assuming an individual is adjusted to the admission of unwholesome medications or diet or on the other hand in the event that they are taken in little amount or taken by an individual having strong digestive power or by a youngster or by the person who has gone through Oletion treatment or who has proper build because of exercise. The unwholesomeness of different eating regimens doesn't have any effect.^[17]

DISCUSSION

Successive intake of incompatible food prompts exacerbation of all *Doshas* coming about in hazardous sicknesses and diminishing personal satisfaction. The suggested treatment for illnesses brought about by incompatible food is *Shodhana Chikitsa* (Eliminative treatment), *Shamana Chikitsa* (Palliative treatment) and aversion of incompatible food. *Charaka*, who referenced that incompatible eating routine, is one of the foundations for spreading the grim humors from the alimentary tract to the peripheral systems and causes illnesses. Avoidance of ingestion of incompatible eating regimen assumes key part in the prevention of illness.

CONCLUSION

From the above conversation, obviously *Viruddha Ahara* is an significant part of the present inappropriate dietary habits. This can lead to hazardous infections unconsciously to the patients. Hence, it is vital to enroll the causative incompatible dietary factors and train the patients to stay away from such etiologic factors. The article likewise opens another research window in the field of *Ayurvedic* dietetics to explore upon incompatible variables to notice the impact.

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