

Concept of VIRUDHHA AHARA W.S.R. to Cause of Various Diseases

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Abstract: Ayurveda is an Indian system of medicine serving the mankind since ancient times. The importance of Ahara has been described in the Ayurveda Samhita for better health and prevention of diseases. Among Triupasthambha (Ahara-Nidra-Brhamchrya) of body, Ahara is one of the important Upasthambha for healthy living being. Ayurveda describes various concepts regarding healthy living such as: Dincharya, Ritucharya, Virudhha Ahara, Ahara Vidhi Vidha, etc.

For healthy living Ayurveda focus on consuming proper diet. Acharya Charaka also stated that, Ahara is life of an individual, when it is taken with Yukati (proper planning) but the Ahara which is taken without Yukati i.e. improper quantity, improper time, and improper combination disturbs the balance among the body elements, called as Virudhha Ahara.

Nowadays food habits & lifestyle have been modified according to the profession of individual. Everyone is frequently consuming incompatible food or junk food. As per Ayurveda incompatible diet i.e. Virudhha Ahara is one of the root causes of various health problems. Both junk food and Virudhha Ahara has major role in exploration of skin disorder, GIT disorder, Diabetes, obesity, etc so to avoid diseases and live a healthy life Virudhha Ahara & junk food should be avoided. Present study is taken which deals with junk food & Virudhha Ahara i.e. cause of various diseases.

Keywords: - Upasthambha, Virudhha Ahara, Yukati, Junk food.

AIMS

- To study the role of Virudhha Ahara & junk food as a cause of various diseases

TYPES OF VIRUDHHA AHARA^{iv}:

According to Ayurveda, there are various types of Virudhha Ahara, which can be as follows^v:

S. No.	Type	Definition	Example
1.	Desha Virudhha	Consumption of diet that is incompatible with the climate conditions	a. Use of Ruksha (dry) and Tikshna (acute) drugs in an arid region (Marudesh)

OBJECTIVE

- To study the concept of Virudhha Ahara.
- To describe Virudhha Ahara as cause of various diseases

INTRODUCTION

According to Acharya Charakaⁱ all kinds of foods which aggravate (Increase) the doshas but do not expel them out of the body and all of them become unsuitable or unhealthy for body is called as Virudhha.ⁱⁱ The food articles by which the doshas are going to be provoked and spread or diffused from their place but these doshas are not eliminated from the body results as cause of many diseases.

यत् किञ्चिदोषमासाव्य न निर्हरति कायतः।

आहारजातं तत् सर्वमहितायोपपद्यते ||८५|| (Ch. Su. 26)

According to Acharya Sushruta, the diets and drugs which dislodge the Doshas from their original site, but do not expel them out of the body and vitiate the Rasadi dhatus, also do not help in nourishment of Dhatus. However, because of vitiation of Dhatus & Doshas, they produce many diseases, which are considered as Virudhha (opposite) Ahara. It had specifically written a chapter named Hita-Ahitiya Aadhyay in Sutra Sthan. Virudhha Ahara not only provokes the doshas but that also aggravate the Dhatus.ⁱⁱⁱ

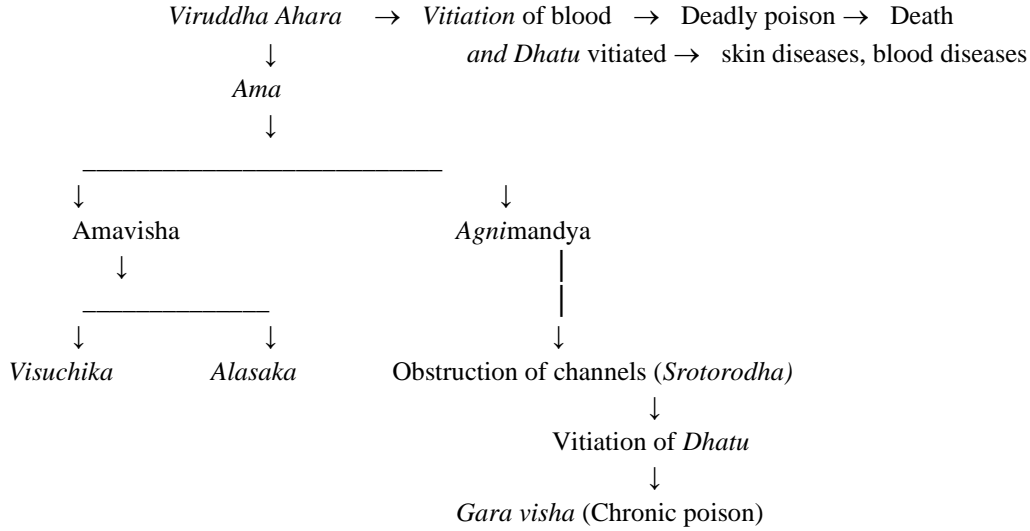
यत्किञ्चिदोषमुत्क्लेश्य भुक्तं कायान्न निर्हरत्।

रसादिष्वयथार्थं वा तद्विकाराय कल्पते ||२०|| (Sh. Su. 20/20)

			b. Use of <i>Snigdha</i> (unctuous) and <i>Sheeta</i> (cold) substances in Marshy Land (<i>Anoopadesha</i>)
2.	<i>Kala Virudhha</i>	Consumption of those substances those are incompatible with time or season	a. Consumption of <i>Katu</i> (pungent) and <i>Ushna</i> (hot) things in <i>Ushna kala</i> (<i>Grishma, Sharada Ritus</i>). b. Consumption of <i>Sheeta</i> (cold) and <i>Ruksha</i> (dry) things in <i>Sheeta Kala</i> (<i>Hemanta, Shishira, and Vasanta Ritus</i>)
3.	<i>Agni Virudhha</i>	Consumption of food that is not accordance with the given type of any of the four types of the gastric fires results in disturbance of the digestive power	a. Intake of <i>Guru dravya</i> (foods that are heavy to digest) when there is <i>MandAgni</i> (low digestion power). b. Intake of <i>Laghu dravya</i> (light) food when the power of digestion is <i>TikshnAgni</i> (sharp).
4.	<i>Matra Virudhha</i>	Consumption of two or more substances in that quantity those become incompatible with reference to measures. Or poisonous after mixing (food poisoning).	a. Intake of combination of <i>Madhu</i> (Honey) and <i>Ghrita</i> (Ghee) in equal quantity b. Intake of <i>Madhu</i> (Honey) and Rainwater in equal quantity c. Consumption of Honey and cow's ghee are mixed in equal quantity
5.	<i>Satmya Virudhha</i>	Consumption of things by a person to whom only the opposite things are homologous is referring to incompatibility of diet with homologation	a. Intake of <i>Madhur</i> (sweet) and <i>Sheeta</i> (cold) things by a person to whom only the <i>Katu</i> (pungent) <i>Rasa</i> and <i>Ushna</i> (hot) substance are homologous
6.	<i>Dosha Virudhha</i>	The use of articles of diet, drugs and procedures which are similar in quality to that of the susceptible body humors constitutes humoral incompatibility	a. Utilization of medicines, diets, and regimens with qualities similar to <i>Dosha</i> but at variance with the habits of the individual
7.	<i>Samskar Virudhha</i>	If food gets transformed into poison while being prepared, this is an example of incompatibility in preparation	a. Heated <i>Madhu</i> (Honey) b. The flesh of the peacock roasted on a castor spit c. Flesh of parrot placed inside a faggot of <i>Eranda</i> (<i>Ricinis communis</i>) and then cooked d. Flesh of sparrows roasted on castor spit
8.	<i>Veerya Virudhha</i>	Consumption of compounds those are inadequate in Potency. Combination of <i>Sheeta</i> (cold) potency substances with those that have <i>Ushna</i> (hot) potency	a. Fish with Milk
9.	<i>Koshtha Virudhha</i>	Consumption of substances that are incompatible of bowel tendency	a. Administration of low dose of a mild potency purgative drug to a person who has <i>Krura koshta</i> (hard bowelled). b. Administration of a high dose of a heavy purgative drug to a person having <i>Mriddu koshta</i> or soft bowelled
10.	<i>Avastha Virudhha</i>	Consumption of substances those are incompatible to the states or conditions of a patient	a. Intake of <i>Vata</i> provoking food by a person who is exhausted due to exercise, sexual act, or physical exertion. b. Intake of <i>Kapha</i> aggravating food by a person who is lethargic or woke up after sleep or drowsiness or who has low physical activities
11.	<i>Karma Virudhha</i>	Consumption of those substances that are against rules of intake of food	a. Consumption of curd at night. b. Hot water after taking honey. c. Intake of food without clearance of the bowel and urination d. Intake of food without hunger. e. Not consuming food when severe hungry
12.	<i>Parihar Virudhha</i>	Consumption of those substances that are prohibited after intake of a particular meal	a. Intake of hot potency food after taking flesh of a boar, etc. b. Consuming cold water immediately after having hot tea or coffee
13.	<i>Upachar Virudhha</i>	Consumption of substances that are against treatment.	a. Intake of <i>Sheeta</i> (cold) <i>Veerya</i> things or cold water after taking ghee. b. Intake of hot water after taking <i>Madhu</i> (Honey)
14.	<i>Paaka Virudhha</i>	consumption of those substances that are cooked with bad or rotten fuel or are undercooked or overcooked or burnt	
15.	<i>Sanyoga Virudhha</i>	consumption of those substances those are incompatible for combination or intake of two such	a. Intake of sour substances with milk b. Fruit Salad, Milk, and Banana

		substances that, in combination, have poisonous effects	
16.	<i>Hridaya Virudhha</i>	Consumption of substances those are incompatible for palatability or not liked by the person. In short, the intake of unpleasant food	
17.	<i>Sampada Virudhha</i>	consumption of substances those do not have their proper qualities	Intake of substances those are not ripe, over ripe, or putrefied.
18.	<i>Vidhi Virudhha</i>	This type includes a diet that is not according to the rules of eating.	Eating food in a public place or open place instead of solitary place.

ETIO PATHOGENESIS OF VIRUDHHA AHARA^{vi}



SYMPTOMS OF VIRUDHHA AHARA^{vii, viii}

षण्द्व्यान्धवीसर्पदकोदराणां विस्फोटकोन्मादभगन्दराणाम्
मूर्च्छामिदामधानगलग्रहाणां पाण्ड्वामयस्यामविषस्य चैव॥१०२॥
किलासकुष्ठग्रहणीगदानां शोथाम्लपित्तज्वरपीनसानाम्।
सन्तानदोषस्य तथैव मृत्योर्विरुद्धमत्रं प्रवदन्ति हेतुम्॥१०३॥ (Ch. Su. 26)

व्याधिमिन्द्रियदौर्बल्यं मरणं चाधिगच्छति।
विरुद्धरसवीर्याणि भुञ्जानोऽनात्मवान्नरः॥११॥(Sh. Su. 20)

- | | |
|---|---|
| 1. Impotency (<i>Sandya</i>) | 12. Anameia (<i>Pandu</i>) |
| 2. Blindness (<i>Andhya</i>) | 13. Food poisoning (<i>Aamvish</i>) |
| 3. Ascitis (<i>Dakodar</i>) | 14. Vitiligo (<i>Kilash</i>) |
| 4. Erysipelas (<i>Vishrap</i>) | 15. Leprosy (<i>Kustha</i>) |
| 5. Blisters (<i>Vishphot</i>) | 16. Spure (<i>Garhani</i>) |
| 6. Mania (<i>Unmad</i>) | 17. Swelling (<i>Sotha</i>) |
| 7. Fistula in ano (<i>Bhagndra</i>) | 18. Acidity (<i>Amlpitta</i>) |
| 8. Fainting (<i>Murcha</i>) | 19. Fever (<i>Jawar</i>) |
| 9. Sedative phase (<i>Mad</i>) | 20. Sinusitis (<i>Pinas</i>) |
| 10. Abdominal distension (<i>Aadhman</i>) | 21. Infertility (<i>Santan dosha</i>) |
| 11. Pharyngitis (<i>Galgrah</i>) | 22. Death (mrituya) |

SOME DISEASES CAUSED BY *VIRUDHHA AHARA*

1. OBESITY

Viruddha Ahara (incompatible food combinations) contributes to obesity through various mechanisms. According to *Ayurveda*, it disrupts the *Agni* (digestive fire), leading to improper digestion and the accumulation of toxins (*Ama*), aggravating *Kapha dosha* imbalance. Modern medical perspectives highlight imbalanced macronutrients, erratic insulin responses, gut dysbiosis, and chronic inflammation as key factors. Incompatible food combinations often result in excessive calorie intake, insulin resistance, and dysregulation of gut microbiota, all of which promote weight gain. Both traditions stress the importance of balanced, nutrient-rich diets in preventing obesity. Avoiding incompatible food combinations and prioritizing harmonious dietary choices can support metabolic health and weight management. Integrating insights from *Ayurveda* and modern medicine offers a comprehensive approach to understanding and addressing the etiopathogenesis of obesity related to *Viruddha Ahara*.

2. DIABETES

While *Ayurveda* does not directly connect *Viruddha Ahara* with diabetes, the underlying principle is that improper digestion leads to the buildup of toxins, which in turn can affect metabolic processes. Diabetes, primarily seen as a metabolic disorder characterized by high blood sugar levels over a prolonged period, could theoretically be influenced by chronic dietary indiscretions and poor digestive health. This aligns with the *Ayurveda* perspective of disease development where diet plays a crucial role in maintaining or disrupting physiological balance.

From a more conventional medical viewpoint, while the concept of incompatible foods as defined in *Ayurveda* is not directly recognized, the importance of a balanced diet is acknowledged as critical in diabetes management. Modern nutrition advice often focuses on the importance of combining foods in a way that stabilizes blood sugar levels and prevents insulin spikes. For instance, combining high carbohydrate foods with proteins or healthy fats can help in slower digestion and better blood sugar control, which indirectly supports the *Ayurveda* principle of maintaining balance and preventing disease through proper diet.

3. HYPERTENSION

The etiopathogenesis of *Viruddha Ahara* (incompatible foods) in hypertension stems from *Ayurveda* principles of *Agni* imbalance, *Ama* formation, and *Dosha* disruption. Consuming incompatible foods disturbs *Agni*, leading to improper digestion and the accumulation of *Ama* toxins. This imbalance affects *dosha* equilibrium, particularly *Pitta* and *Kapha*, exacerbating hypertension. Certain food combinations, like high salt or saturated fats, directly impact circulation, raising blood pressure. Chronic consumption weakens the body's defenses, heightening vulnerability to hypertension. *Ayurveda* emphasizes a balanced diet to support digestion, prevent toxin accumulation, and promote overall health, underlining the importance of compatible food choices to mitigate hypertension risk.

4. MENTAL HEALTH

The *Ayurveda* concept of "*Viruddha Ahara*" suggests that consuming incompatible food combinations disrupts the body's balance, potentially contributing to mental health issues like depression. It is believed to aggravate *dosha* imbalances, impair digestion, cause nutritional deficiencies, and impact gut health. While not directly supported by scientific evidence, modern research acknowledges the influence of diet on mental health. Nutrient-rich diets may mitigate depression risk. Understanding how incompatible foods affect mental health requires further investigation. Overall, *Ayurveda* emphasizes the importance of diet in maintaining physical and mental well-being, proposing a holistic approach to health management.

5. LOSS OF MEMORY AND LEARNING PROBLEMS

Viruddha Ahara, an *Ayurveda* concept, suggests that incompatible food combinations can disrupt the body's balance, potentially leading to health issues like memory loss and learning difficulties. According to *Ayurveda*, these combinations weaken the digestive fire (*Agni*), causing the accumulation of toxins (*Ama*) that may affect brain function. In addition, such diets may impair the absorption of essential nutrients crucial for brain health and exacerbate inflammation, which is linked to cognitive decline. Modern perspectives align with *Ayurveda*, emphasizing the significance of balanced nutrition and digestive health for cognitive function. Emerging research underscores

the gut-brain axis, highlighting how dietary choices impacting gut health can influence cognitive processes. While *Ayurveda* principles guide individuals towards compatible food combinations to support overall health, further scientific investigation is necessary to fully elucidate the intricate relationship between diet and cognitive well-being. Adhering to a balanced diet and mindful eating practices may offer potential benefits in preserving memory and learning capabilities.

6. WORSENS APPETITE AND DIGESTION

Consumption of excess junk food may leave the brain in a dilemma. Excessive sugar intake can cause blood sugar levels to fluctuate and make the brain demand more food, eventually leading to overeating. This can make it difficult for the body to digest excessive junk food.

7. Other example of incompatible food

- Potato, tomato, chillies are contradictory with yogurt, milk, melons and cucumber.^{ix}
- Radish (*Muli*) with raisins is *Rasa & Veerya Viruddha*. One has pungent and other has sweet taste (raisin) and cold potency, while radish has hot potency. It may start digestive disorders.^x
- Consumption of *Pippali* – long pepper processed in the oil, already used for frying fish, is contradictory.^{xi}
- Mixed juice of grapes and pomegranate- It blocks the cytochrome P450 3A4 enzyme systems in the intestines. Drinking the mixed juice of grapes and pomegranate may synergize the above intestinal action and if person is under medication then intake of medication may have to be increased.^{xii}

TREATMENT OF DISEASES AGGRAVATED BY *VIRUDHHA AHARA* ^{xiii_xiv_xv}

Acharya Charaka mentioned that diseases caused by intake of *Virudhha Ahara* (incompatible foods and drugs) can be cured by following therapies-

तद्यथा- वमनं विरेचनं च, तद्विरोधिनां च द्रव्याणां
संशमनार्थमुपयोगः,
तथाविधैश्च द्रव्यैः पूर्वमभिसंस्कारः शरीरस्येति॥१०४॥ (CH.
SU.26/104)

विरुद्धाशनजान् रोगान् प्रतिहन्ति विरेचनम् ।
वमनं शमनं वाऽपि पूर्वं वा हितसेवनम् ॥२१॥ (SH. SU.
20/21)

- *Vaman Karma* (Medicated Emesis)
- *Virechana* (Purgation)
- Administration of antidotes (Administration of substances which are of converse qualities)
- Taking prophylactic measures

CONCLUSION

In conclusion, the concept of *Virudhha Ahara*, or incompatible food combinations, as outlined in *Ayurveda*, provides valuable insights into the etiopathogenesis of various diseases. The ingestion of foods that are incompatible in nature disrupts the body's equilibrium, leading to imbalances in *doshas*, impaired digestion, accumulation of toxins (*Ama*), and disturbances in bodily functions. This disruption can manifest as a wide range of health issues, including obesity, diabetes, hypertension, depression, memory loss, learning difficulties, and digestive problems.

Addressing diseases aggravated by *Virudhha Ahara* requires a comprehensive approach that integrates principles from *Ayurveda* and modern medicine. Treatment modalities such as *Vaman Karma*, *Virechana*, administration of antidotes, and prophylactic measures are recommended in *Ayurveda* to mitigate the effects of incompatible food intake. Additionally, adopting a balanced diet, mindful eating practices and lifestyle modifications play crucial roles in preventing and managing these diseases.

It is imperative to raise awareness about the detrimental effects of *Virudhha Ahara* and promote the consumption of compatible food combinations for overall health and well-being. By embracing harmonious dietary choices and adhering to *Ayurveda* principles of healthy living, individuals can reduce the risk of developing diseases associated with incompatible food intake and enhance their quality of life. Further research and collaboration between traditional and modern healthcare systems are warranted to explore the full potential of *Ayurveda* in addressing contemporary health challenges.

ⁱ *Charaka Samhita, Pandit Kashinath Shastri & Gorakhnath Chaturvedi, Sutra sthana, (26/85), Chaukhambha Sanskrit Sansthan, Varanasi*

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