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A Concept of *Viruddha Ahara* in Today's Perspective

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ABSTRACT:

Ayurveda is a science of healthy & peaceful life. *Ahara* (food) is one of the three *Upastambas* (Sub-pillars of the body), which sustain the three main *Sthambas* (Pillars) of the body. *Ahara* is very much essential for the sustainment of life of all living beings. According to *Ayurveda*, it is dangerous to combine certain food items that are incompatible in terms of taste, potencies, time, state of health, place, condition of the *doshas*, digestive fire, cooking methods, processing quantities, and order of intake rules. According to Ayurvedic text, *Viruddha* or an incompatible diet refers to meals (diets) and medications that eject the *doshas* from their regular location but do not remove them from the body. This is known as *Viruddha ahara*, which causes channel obstruction and results in acute and chronic illnesses. We mindlessly follow the inappropriate food habits in the present age and get skin allergy disorders with unknown etiologies. Consumption of *Viruddha Ahara* has significantly increased in the modern period. This article discusses the various *Viruddha Ahara* that are consumed as part of modern living and describes their harmful consequences on health.

Keywords: *Ayurveda*, Health, Diet, *Viruddha Ahara*, Contradictory diet, incompatible

INTRODUCTION

Ayurveda emphasizes on consuming right kind of diet which is healthy and nutritious. *Ahara* (food) is one of the important factors supporting this life.¹ According to classical Ayurvedic texts, *Ahara* is regarded as being vital for a human body since it offers the essential nutrients that are required for the basic functions of digestion and metabolism. Ancient practitioners of *Ayurveda* emphasized the crucial topic of *Viruddha Ahara* or an

unbalanced diet. Ayurvedic literature claims that it is the root of a number of systemic diseases. *Viruddha Ahara* users are at risk for a wide range of illnesses. The method by which *Viruddha Ahara* causes so many metabolic problems must be linked and this is crucial. Understanding the interactions between particular food combinations and the development of disease is also crucial. Certain diet and their combinations are referred to as *Viruddha Anna* or incompatible diets, because they interfere with the metabolism of tissues, impede the process of tissue



creation, and have properties that are the opposite of those of tissues. ² *Viruddha Ahara* can be brought on by consuming food that has been improperly combined, processed, dosed, timed or seasonally. Consuming such foods on a regular basis leads to the development of numerous physical and mental illnesses. Additionally, pregnant woman's unsuitable eating habits may result in birth abnormalities. ³

MATERIALS AND METHODS

Materials -

Ayurvedic Grantha–

A) 1. *Charaka Samhita*-

2. *Sushruta Samhita*

3. *Ashtanga Hridaya Samhita*

B) Internet -Wikipedia

C) **Modern Medical Literature**

Method –All the references of *Viruddha Aahara* from *Ayurvedic Samhita* are considered and compared to evaluate and enlighten the concept of *Viruddha Aahara* with modern medical literature.

Literature Review:

According to *Astanghridaya* –

The food, drink, and medicine that aggravates and expels *Dosha* from its location, *Viruddha ahar* is the word used to describe *Doshotklesha* that does not remove or expel it from the body. ⁴

According to *Acharya Charaka*-

Viruddha or an incompatible diet refers to meals (diets) and medications that eject the *Doshas* from their regular location but do not remove them from the body. ⁵

According to *Acharya Sushruta* –

foods and medicines that just move the *doshas* from their native environment without expelling them from the body and vitiating the *rasadi dhatus* do not aid in the nourishing of the *dhatus*.

However, the vitiation of *Dhatus* & *Doshas* results in a variety of ailments & diseases, which are regarded as *Viruddha ahara*.⁶

Mode of Action of *Viruddha ahara* (Flow chart 1)

Type Of Virrudha:

There are 18 types of *viruddha* mentioned in our Text.

Food incompatibilities in today's perspective

At the molecular level, *Viruddha Ahara* can trigger

inflammation. Many food intolerances are mentioned in classical Ayurvedic texts, including the *Charaka* and *Sushruta Samhitas*. In the modern period, these kinds of dietary combinations are hardly common.(Table 1)

Green tea or black tea and milk (*Sanyoga Viruddha*)

Tea contains 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 reduce the concentration of catechins. So, avoid tea and milk together.

Milk and yoghurt (*Sanyoga and virya Viruddha*)

As you know consuming both together can precipitate milk inside the stomach that may irritate and induce vomiting. So, avoid milk and yoghurt together.

Tea and garlic(*Sanyoga Viruddha*)

Tea contains 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.

Refrigerated foods (*Agni Viruddha*)

When foods like garlic, ginger, chillies, and other ingredients are kept in the refrigerator for a prolonged period of time (more than 48 hours), the *Agni Mahabhut* principle—which is good for the gastric fire is diminished. This results in the loss of the food's own properties and potencies, which can cause maldigestion or undigestion as well as systemic disorders. Most perishable cooked food products are consumed by individuals after being refrigerated, yet according to science, such food items shouldn't be kept for longer than 24 hours. The stale meal is known as *Paryushit anna* in Ayurveda, and regular eating of it vitiates the *Ras* and *Rakta dhatus* and may result in allergy, dermatological, and gynaecological issues.

Disease associated with *Viruddha-Ahara*²⁶

Following are the diseases mentioned in *Ayurveda* texts as a result of *Viruddha Ahara*:- As per *Acharya Charaka*, *Viruddha Ahara* is responsible for the cause of many diseases. Whole number of diseases occurs as a result of *Viruddha Ahara* viz. infertility, *Bhagandara* (fistula), *Moorchha* (fainting), *Pandu* (anaemia), *Amavisha* (acid eructation), *Grahani roga* (malabsorption syndrome), *Jvara* (fever), *Santana dosha* (genetic disturbances) and even *Mrityu* (death)

Chikitsa Siddhant:

The person who habitually takes *Viruddha Aahara* should be subjected to either of

1. *Shodhana therapy* mainly
2. *Vamana* (therapeutic emesis)
3. *Virechana* (therapeutic purgation)

4. *Shamana* (pacifying) therapy ²⁷

depending upon the *Doshik* vitiation with drugs which are qualitatively opposite to such *Viruddha Ahara*. Along with drug therapy gradual shift from unwholesome diet to wholesome diet should be done with care. Sudden change of dietary pattern may not be suitable for the person so this must be done in slow manner.

DISCUSSION

The aforementioned explanation makes it clear that any inappropriate processing, mixing, or quantity, depending on one's *dosha*, frame of mind, season or bowel movements and digestive aptitude, opposing food qualities, if ingested frequently, can cause a variety of diseases. Such a conflicting diet could ultimately result in several gastrointestinal disorders according to the Ayurvedic perspective, we must discover new food intolerances that are utilized in daily life nowadays. The immune system, cellular metabolism, growth hormone and dehydroepiandrosterone sulphate may all be negatively impacted by such dietary combinations.

Topography, a new discipline of science that deals with food combinations, describes how different types of food are combined. According to this study, proteins can be ingested in numerous ways and should not be combined with starches and carbohydrates. This is so because starches require an alkaline environment, and salivary amylase contains ptyalin, an enzyme that converts starch to maltose. More amylase is added to the process in the small intestine, where it further breaks down the maltose into simple glucose, fructose, and galactose. These are taken up by the body's bloodstream and transported to the liver, which distributes the energy to the body's cells as needed. Glycogen will be created from glucose and stored in the body if it is not needed right away.

Similar to how consuming sweets and acidic fruits prevents ptyalin and pepsin from working properly, decreasing saliva flow and delaying digestion. Starch won't be broken down in the stomach in any way if there is insufficient amylase present in the mouth; instead, it will block up the digestive system until amylase in the small intestine can begin to work on it. Fats should be avoided or used sparingly with foods rich in proteins because they inhibit the release of digestive juices and decrease the amount of pepsin and hydrochloric acid. Inappropriate meal pairings can have adverse effects on other physiological systems as well as the gastrointestinal tract.

CONCLUSION

Ayurveda provides a comprehensive and systematic understanding of how diet affects our physical and mental health. Consumed food in the correct way aids in the body's proper development. If taken the wrong way, it causes a number of disorders. A balanced diet promotes healthy weight management, disease prevention and restful sleep naturally. While unwholesome eating habits are the source of many diseases, *ahara* is used in a way that promotes health. The body may experience adverse effects when two or more types of food are consumed at once. Even though such reactions might not seem significant at the time, if they have severe side effects, they could be fatal.

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Flow Chart -Mode of Action

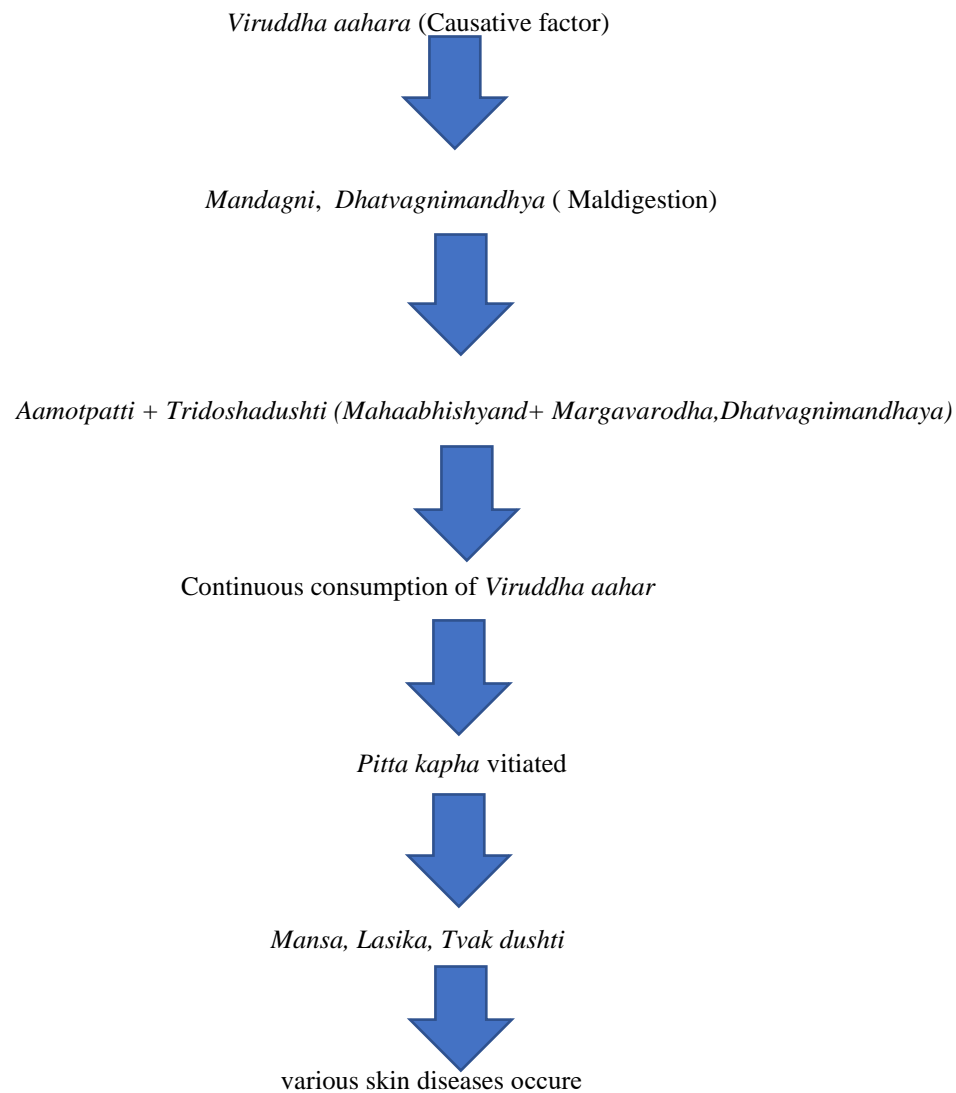


Table 1 - Virudhahara

	<i>Viruddha</i>	Meaning	Example
1.	<i>Desh Viruddha</i> ⁸	In <i>Anupa desha</i> (Marshy land) people are of <i>Kapha</i> predominance, so afflicted with <i>kapha</i> disorders. If they consume more of <i>snigdha</i> , <i>sheet</i> food(cold) & medicine, it leads to <i>Kaphaj vyadhis</i> .	1. To have <i>Ruksha</i> (Dry) and <i>Tikshna</i> substances in <i>Maru desha</i> (arid region) <i>Snigdha</i> (Unctuous) and <i>Sheet</i> (Cold) substances in <i>Anoopa desha</i> (Marshy land).

2.	<i>Kala Viruddha</i> ⁹	Excessive consumption of <i>ruksh</i> (dry) and <i>sheet</i> (cold) food in winter and excessive intake of <i>ushana</i> (hot)& <i>katu</i> (pungent) food during summer.	<ol style="list-style-type: none"> 1. Intake of <i>Katu</i> (pungent) and <i>Ushna</i>(hot) substances in <i>Ushna kala</i> (<i>Grishma, Sharada Ritus</i>) 2. <i>Sheeta</i>(cold) and <i>Ruksha</i>(dry) substances in (<i>Sheeta Kala</i> (<i>Hemanta, Shishira & Vasanta Ritus</i>)) 3. Consuming curd at night
3.	<i>Agni Viruddha</i> ¹⁰	<i>Laghu</i> (light) food in <i>Tikshnagni</i> – when <i>Agni</i> is strong, while <i>guru</i> and <i>snigdha</i> (Unctuous) food in <i>Mandagni</i> person (having low appetite) .	<ol style="list-style-type: none"> 1. Cold water and softdrinks before hot tea. 2. Sizzling Browne ice creams with hot chocolate .
4.	<i>Matra Viruddha</i> ¹¹	Certain food combinations in certain proportion are not good for the body.	<ol style="list-style-type: none"> 1. <i>Ghee</i> and <i>honey</i> in equal quantity becomes poison to the body. 2. Popcorn with watching T.V
5.	<i>Satmya Viruddha</i> ¹²	A person's usual food tolerance must be taken into consideration when suggesting a diet to them.	Taking sweet and cold food by a person who is accustomed by always taking pungent and hot food is contradictory in conduciveness.
6.	<i>Dosha Viruddha</i> ¹³	Food, drug, and behaviour consumption that is reflective of an aggravated <i>Dosha</i> should be limited or avoided.	Foods that are <i>ruksha</i> (dry) and <i>laghu</i> (light) should not be offered to someone who is engaged in strenuous physical activity or excessive exercise because they can aggravate their <i>vata</i> .
7.	<i>Sanskara Viruddha</i> ¹⁴	Substance which are against mode of preparation.	<ol style="list-style-type: none"> 1-Cooking peacock's meat attached to castor sticks – fire. 2-Meat of peacock roasted or fried in castor oil. 3-Boiling of butter milk. 4-The pigeon's meat fried in mustard oil is also <i>Viruddha</i>.

			5-Honey that has been boiled or cooked at high temperature becomes toxic to body system.
8.	<i>Virya Viruddha</i> ¹⁵	Consuming food substances having hot and cold properties together.	<ol style="list-style-type: none"> 1. cold fruit juice together with hot milk or coffee. 2. Eating ice-creams with hot chocolate 3. Cilacima variety of fish with milk.
9.	<i>Koshtha Viruddha</i> ¹⁶	Using a weak laxative in a large dose on a person with a <i>Mridu koshtha</i> (soft bowel) and a powerful laxative in a small dose on a person with a <i>Krura koshtha</i> (Constipated bowel).	Dry figs or mild laxatives like <i>Haritaki</i> , <i>munakka</i> to the person having <i>krura koshtha</i> (Constipated bowel) , <i>Echabhediras</i> given in <i>mridu koshtha</i> . (soft bowel)
10.	<i>Avastha Viruddha</i> ¹⁷	<i>Vata</i> -vitiating foods and drinks, such as dry and cold food, should be avoided by anyone engaged in strenuous physical activity, exercise, sexual activity. intake of <i>Kapha</i> vitiating food by a person whose <i>Kapha</i> is aggravated due to excess of sleep and laziness.	<ol style="list-style-type: none"> 1. Hot water after taking honey 2. Intake of food when he doesn't have appetite 3. Not consuming food when he is hungr
11.	<i>Karma Viruddha</i> ¹⁸	Eat food before feeling the urge to urinate or defecate. Even if we eat before the previous food had a chance to digest.	Hot water after taking honey. Consuming <i>tikta</i> (bitter) and <i>katu ras</i> (pungent) food item at the starting of meals, while <i>Madhur rasa</i> (sweet) at the end of meals.
12.	<i>Parihar Viruddha</i> ¹⁹	consumption of hot foods after consuming pork meat and consumption of cold things after taking <i>Ghee</i> .	<ol style="list-style-type: none"> 1. Juice, ice creams, alcohol after hot spicy meal. 2. Drinking cold water immediately after hot tea or coffee
13.	<i>Paka Viruddha</i> ²⁰	The flesh of a peacock attached to castor wood becomes like poison.	For cooking, source of heat is used such as wood fire, gas, electricity, microwave etc
14.	<i>Upchara Viruddha</i> ²¹	Substance which are against Treatment.	<ol style="list-style-type: none"> 1. Intake of cold things after taking <i>ghee</i>. 2. cold water or food after taking <i>ghee</i>. 3. Taking of hot water after taking <i>madhu</i> (honey) .
15.	<i>Samyoga Viruddha</i> ²²	Consumption of those substances which are against combination.	1. Milk + Sour Substance/ fish / banana

			<ol style="list-style-type: none"> 2. Green tea or black tea and milk 3. Milk and yoghurt interaction 4. Tea and garlic 5. Sizzling Browne ice creams with hot chocolate
16.	<i>Hridaya Viruddha</i> ²³	Intake of unpleasant food.	healthy food turns against the heart when someone is overcome with jealousy, fear, or anger.
17.	<i>Sampada Viruddha</i> ²⁴	Substance which are not having their proper qualities.	Intake of foods those are not mature & found in all seasons like Mango etc
18.	<i>Vidhi Viruddha</i> ²⁵	Diet which is not according with the rules.	<ol style="list-style-type: none"> 1. Eating Food in public palace 2. In Wedding [buffet system)