

## Concept of Viruddha Aahara - As per Ayurveda perspective.

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### ABSTRACT-

The most important requirement for maintaining life is ahara, or food. Trividha Upastambha (the body's sub-pillars) and Ahara (food) are two of the key pillars for a healthy lifestyle, according to Ayurveda. Ayurveda places a strong emphasis on eating a balanced diet that promotes health and nourishment. Viruddha Ahara (incompatible diet) is the term for a diet that throws off the equilibrium between the body's components. Combining two foods or following a certain diet can be hazardous; this is known as an incompatible diet. Gara Visha (artificial poison) is comparable to even an unsuitable diet. Viruddha (incompatible diet) refers to foods that, when ingested, aggravate the Doshas but do not eliminate them from the body, resulting in anomalies in Dhatus.

If consumed concurrently and consistently, the incompatible diet might be compared to poison and manufactured poisoning. The western way of life exposes people to poisons on a large scale. In the context of Viruddha Aaharjanit Vyadhis (incompatible food-induced diseases) and their prevention in Brihatrayi, the current article reviews Viruddha Ahara (incompatible diet).

**KEYWORDS-**Viruddhya Aahar, Dhātu, Dhoshas, Gara visha, Trividha Upastambha, Aaharjanya Vyadhis.

### I. INTRODUCTION-

Ahara (food) Nidra (sleep) and Brahmacharya (controlled sex) are three basic pillars of Shareera (body). Ahara (food) is the prime need for sustaining of life. It has its own importance in concept of Trividha Upastambha (sub-pillars of body). Without Ahara (food), life would not continue for very long, so its development of tissue are called Viruddha Ahara (incompatible food). Ahara is very much essential for the sustainment of life of all living beings.[1] It is stated to be responsible for both Arogya (health) and Vyadhi (disease). Hita Ahara (wholesome food) if consumed according to rules, they provide fuel to the fire of digestion; they promote mental as well as physical strength and

complexion.[2] Acharya Vagbhatta described Viruddha Ahara (Incompatible food) in the text Ashtanga Sangraha. Viruddha Ahara means substances which when consumed cause aggravations of Doshas but do not expel them out of the body and bring about abnormalities in Dhatus (tissues of the body). In Ayurvedic classics various types of Viruddha Aharahave been described. Acharya Sushruta has explained Viruddha Ahara in Sutrasthana .

### Definition of Viruddha Ahara

According to Acharya Charaka 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 Viruddha.[3] 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. So these food articles become unwholesome. According to Acharya Sushruta Viruddha Aahara not only provokes the doshas but that also aggravate the Dhatus.[4]

### AIMS & OBJECTIVE

1. To study the concept of Viruddha Aahar with special reference to incompatibility of food
2. To study the concept of Viruddha Aahar
3. To study the incompatibility of food

### II. MATERIALS AND METHODS

The whole article is based on literary review collected from classical Ayurvedic texts, modern books and journals. The text from Brihatrayee i.e., Charaka Samhita, Sushruta Samhita, Ashtanga Samgraha and Ashtanga Hridaya and their respective commentaries in Sanskrit as well as Hindi has been referred for this literary work.

### Types of Viruddha Ahara (incompatible diet)

mentioned in Charaka Samhita

1. Desha Viruddha - Opposite to place
2. Kala Viruddha - Opposite to time

3. Agni Viruddha - Opposite to digestion power of individual
4. Matra Viruddha - Opposite to Quantity
5. Satmya Viruddha - Opposite to compatibility
6. Doshha Viruddha - Opposite to Doshas
7. Sanskar Viruddha - Opposite to mode of preparation
8. Veerya Viruddha - Opposite to Potency
9. Koshtha Viruddha - Opposite to Koshtha
10. Avastha Viruddha - Opposite to state of individual
11. Kram Viruddha - Opposite to actions
12. Parihar Viruddha - Opposite to precautions or rules.
13. Upachar Viruddha - Opposite to treatment
14. Paak Viruddha - Opposite to cooking
15. Samyoga Viruddha - Opposite to combinations
16. Hriday Viruddha - Opposite to one's liking.
17. Sampad Viruddha - Opposite to richness of quality
18. Vidhi Viruddha - Opposite to rules of eating

#### Mode of Action-

Charakacharya has expressed that standard utilization of certain food things and medications disturbs Sharirastha Prakruta Doshas however doesn't dispose of them from the body, as per Chakrapani this is the exceptional attribute of Viruddha Anna. As these vitiated Doshas stay in the body, they connect with Sharirastha Viguna Dhatus and lead to numerous diseases.

#### Diseases due to Viruddha Ahara

From the above show, it tends to be perceived that any method blends, portion, the measure of food, inverse properties of food whenever devoured in a standard design can prompt some problems. Charaka has referenced that such kinds of wrong blends can prompt even death.[5]

If the above said rules for the eating routine are not followed, the illnesses happening because of Viruddha Aahara can happen, which are referenced underneath. Impotency, Visarpa (erysipelas), visual deficiency, ascitis, bullus, madness, fistula in ano, trance state or swooning, inebriation, stomach extension, solidness in the neck, assortments of frailty, acid refluxes, different skin sicknesses, illnesses of digestion tracts, enlarging, gastritis, fever, rhinitis, and fruitlessness. It very well may be seen from the above list that Viruddha Anna can prompt problems up to impotency and barrenness, consequently it affects on to Shukra Dhatu Dushti. If the above rundown of illnesses is delegated per the body

framework, one might say that resistant framework, endocrine framework, stomach related framework, sensory system, and circulatory frameworks are influenced by persistent utilization of Viruddha Ahara. [6]

#### 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.[7]

#### 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.[8]

#### 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.[9]

### III. 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.

#### IV. CONCLUSION

From the above conversation, obviously Viruddha Ahara is a 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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