

Conceptual Study of Visarpa w.s.r. Viruddhaahar

Dr Anjum M. Shaikh

Assistant Professor, Department of Agadtantra
Government Ayurved College, Baramati, Pune.

Date of Submission: 12-07-2026

Date of Acceptance: 22-07-2026

ABSTRACT

Skin is the largest and most important organ of the body. Skin always tolerates many environmental factors like chemical, physical, biological etc. *Visarpa* is *Raktapradoshaj Vyadhi* and one of the *Pittaj Vyadhi* manifesting in skin. *Visarpa* is characterised by rapidly spreading inflammation of the skin¹. *Visarpa* is a disorder afflicting like Cobra Venom spreading various parts of the body very quickly. In day-to-day life number of patients are suffering from many skin diseases. Among them *Visarpa* is one. In *Ayurveda*, it is mentioned that *Viruddhaahar* is one of the causative factors of *Visarpa*². To treat patients of *Visarpa*, we have to take a consideration of causative factor i.e.; *Viruddhaahar*. As *Nidanparivarjan* is first treatment. This article suggests the study of *Visarpa* with special reference to *Viruddhaahar*.^[1]

Keywords - *Viruddhaahar*, *Visarpa*, *Nidanparivarjan*.

I. INTRODUCTION

Agadtantra is the branch of *Ashtang Ayurveda* which deals with the study of poison, their action, symptoms and treatment. *Agadtantra* also explained the concept of *Viruddhaahar*. *Viruddhaahar* is incompatibility of food like intake of *Sheet Virya* and *Ushna Virya* diet at a time or one by one. *Acharya Charak* has explained 18 types of *Viruddha Ahar*. Long term and continuous consumption of *Viruddha Ahar* causes number of *Vyadhi*. In *Ayurveda* *Visarpa* has explained by *Acharya Charak*. According to *Acharya Charak*, *Viruddhaahar* is one of the causative factors for *Visarpa*.^[2]

Definition of *Viruddhaahar*- Consuming such a food item in combinations which are contrary to physiological tissue (*Deh, Dhatus*) or behave with antagonism to them are called as *Viruddhaahar*.^[3] According to *Acharya Vagbhat*, *Viruddhaahar* means substances which when consumed causes aggravations of *Doshas*, but do not expel them out of the body and brings out abnormalities in *Dhatus*

(tissues of the body). It slowly produces toxic effects in the body by disrupting the *Dhatus*.^[4]

Types of *Viruddhaahar*-

- 1) *Desh Viruddha* - Contradictory to given region.
- 2) *Kaal Viruddha* - Consumption of diet contradictory to time and season.
- 3) *Agni Viruddha* - Consumption of diet not according to digestion power.
- 4) *Matra Viruddha* - Diet incompatible in terms of quantity required.
- 5) *Satmya Viruddha* - Diet not in homology with someone's eating habits.
- 6) *Dosha Viruddha*-Diet having similar qualities with *Dosha*
- 7) *Sanskar Viruddha*-Consuming such preparations of food items which becomes poisonous when prepared in particular way.
- 8) *Virya Viruddha* -Such food items which have potency opposite to each other.
- 9) *Koshtha Viruddha* - Diet which is contradictory to one's *Koshtha*.
- 10) *Avastha Viruddha* - Diet in contrast to one's state of health.
- 11) *Krama Viruddha* - intake of food contradictory to order.
- 12) *Parihar Viruddha*- Diet against the prescription. It is contraindication incompatibility.
- 13) *Upachar Viruddha* - Diet not as per prescription. It is treatment incompatibility.
- 14) *Paak Viruddha* - Consumption of improperly cooked diet.
- 15) *Samyoga Viruddha* - Food items incompatible in terms of combinations.
- 16) *Hridya Viruddha* - Diet which is unpleasant and unpalatable to one's taste.
- 17) *Sampad Viruddha*- Consuming such food items which are poor in quality.
- 18) *Vidhi Viruddha* - Consuming food items that are against the rules of eating.^[5]

Prevention

Ayurvedic literature mentioned the concept of *Nidanparivarjan*. It means to avoid *Nidan* (cause) of *Vyadhi*.

Nidanparivarjan-

Avoid consumption of *Viruddhaahar*.

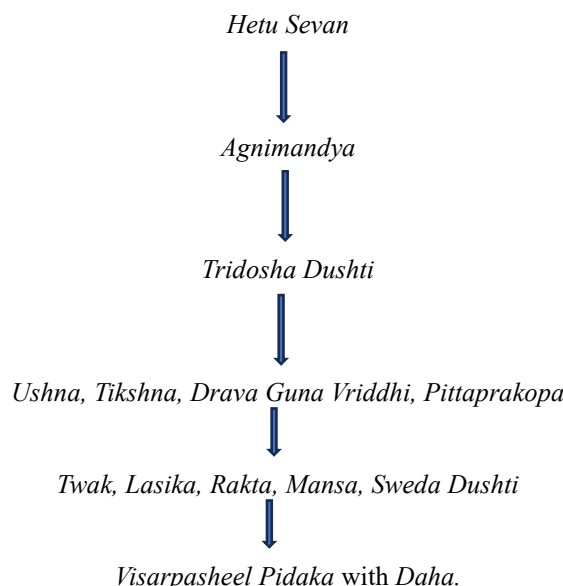
Pitta Prakruti person should avoid intake of *Ushna* (Hot), *Tikshna*, *Vidahi Ahar*.

Don'ts-

Diwaswap (sleeping during day), *Asatmya Ahar*, Excessive exposure to sun, fire, hot air.

II. MATERIAL AND METHODS

Samprapti-



Samanya Lakshana -

Samanya Lakshana of *Visarpa* include *Jwar* (Fever), *Daha* (Burning), *Araktavarnata* (Redness), *Shotha* (Swelling), *Visphot* (Blisters). It has characteristic manifestation to spread over body. food habits like junk food, fruit salad. and improper combination of food. All these things are incompatible and this causes accumulation of *Dosha* in the body in direct or indirect manner. Hence are more prone to *Viruddhaaharjanya Visarpa Vyadhi*.

Types of *Visarpa*:

According to *Charak Samhita* -7

1) *Vataj* 2) *Pittaj* 3) *Kafaj* 4) *Vatapittaj* 5) *Vatkafaj* 6) *Pittakafaj* 7) *Sannipataj*.

According to *Sushrut* - 5

1) *Vataj* 2) *Pittaj* 3) *Kafaj* 4) *Sannipataj* 5) *Kshataj*

The basic and conceptual materials were collected from Ayurvedic classics viz. *Bruhatrayi* and *Laghutrayi*, Research papers and journals.

III. LITERATURE REVIEW

In *Charak Samhita*, *Acharya Charak* has explained *Viruddhaaharjanya Vyadhi* in *Sutrasthan*. In *Charak Chikitsasthan* 21/18, it is mentioned that *Viruddhaahar* is *Hetu* of *Visarpa*.

Nidana of Visarpa - Excessive intake of *Lavan*, *Amla*, *Katu Rasa*, *Ati Ushna Ahar*, *Dadhi*, *Mastu*, *Shukta*, *Sura*, *Souvirak*. *Vidahi Ahar*, *Teel*, *Mash*, *Kuletha*, etc, *Asatmya Ahar*, *Viruddha Ahar*. *Diwaswap*, *Ajirna*, *Kshata*, etc. [6]

IV. DISCUSSION

According to references available in Ayurveda texts, frequent and long-term consumption of *Viruddhaahar* causes many *Vyadhi*, *Visarpa* is one of them. Due to changing lifestyle, people adopt faulty food habits like junk food, fruit salad. and improper combination of food. All these things are incompatible and this causes accumulation of *Dosha* in the body in direct or indirect manner. Hence are more prone to *Viruddhaaharjanya Visarpa Vyadhi*.

To maintain healthy life style, follow the rules of *Ahar* and *Vihar* which keeps body away from *Dosh Dushti* and *Dhatu Dushti*. In *Visarpa*, there is *Prakopa* of *Rakta Dhatu* and *Pitta Dosh* which vitiate *Twak*, *Lasika*, *Rakta* and *Mansa Dhatu*. Hence while treating *Visarpa*, we have to think on *Viruddhaahar* also.

V. CONCLUSION

By above discussion, we can conclude that *Viruddhaahar* may cause *Visarpa*. Therefore, while treating *Visarpa*, we have to always look for history of continuous and long-term intake of *Viruddhaahar* by patient. So that we can assess *Hetu* of *Vyadhi* by that means we will be able to reach successfully to *Upshay* of *Vyadhi*.

REFERENCES

- [1]. Joshi Y.G.; Charak Samhita Chikitsasthan, Adhyay 21/14-23, Edition 5th 2015, Vaidyamtira Prakashan, page no. 474-475.
- [2]. Joshi Y.G. Charak Samhita Sutrasthan, Adhyay 26/102, 103, Edition 2015, Vaidyamtira Prakashan, page number - 341.
- [3]. Lad V., Tattva's Herb Organics, incompatible Food Combinations (Viruddha-Ahar), Posted on December 09, 2009.
- [4]. Srikantha Murthy K. R.; Ashtang Sangraha of Vagbhat, Adhyay 9/2,3,4,5,6,7, Edition 9th 2005, Chaukhambha Prakashan, Varanasi, page number-197.
- [5]. Sharma L., Viruddhaahar (incompatible diet), Central Council for Research Ayurvedic Science Webpage <http://ccras.nic.in/content/Viruddha-Aahar-incompatible-diet>.
- [6]. Dr. Priyanka Gupta and Dr. Aradhana Kande, European Journal of pharmaceutical And Medical Research, Conceptual Study of Visarpa in Ayurveda, Posted on February 02, 2020,