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Review Article

CLASSICAL REVIEW ON VIRUDHAAHARA FOR HEALTHY LIFE

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ABSTRACT

The main aim of *Ayurveda* is maintaining health and preventing diseases. *Ayurveda* elaborate "Ahara" as the main factor for maintaining "swasthya". Specifically, some dietary combinations or *Viruddhaaahar* has been mentioned in the *Ayurveda* texts, which causes diseases. Now a days, people are concern for their health however, they are taking *Viruddhaahara* unknowingly. Therefore, this paper aims to make awareness of *Viruddhaahara* among the common people. The data was collected and compiled from the *Ayurveda* classical text. Acharya Charaka has mentioned mainly 18 types of *viruddhaaahara* in charaka sutrasthan 26 Adhaya. Acharya susrut and Acharya vaghbhatta gives many example of *virudhaahara*. The results of this paper will be helpful in achieving the primary aim of *Ayurveda* "swasthsy swasthsyrkshnm" by prevention of *viruddhaaaharajanyavyadhi*.

Key Words- Ahara, Swasthya, Virudhaahara, Ayurveda

INTRODUCTION

Aahara plays an important role for maintaining healthy life. It is essential for entire body development, strength, energy and luster. Now a day, people are concern for their health however; they are taking antagonist food unknowingly. In *Ayurveda* text some specific dietary combinations have been described which leads to various disorders, is called “*Viruddhaahara*”.

देहधातुप्रत्यनीकभूतानि द्रव्याणि देहधातुभिर्विरोधमापद्यन्ते;

The substances which are contrary to *Dehadatus* behave with *Virodha* (antagonism) to them.¹

उत्क्लेश्य दोषान्न हरेत् द्रव्यं यत्तत्समासतः । विरुद्धं तद्धि धातूनां प्रत्यनीकतया स्थितम् ॥

In brief and total, the substance which increase and displaced the *dosas*, but donot eliminate them out are *viruddha* (antagonistic and incompatible) to the body elements or tissues; they are always opposite to them (*dhatu*).²

In the context of *virudhha* we can also consider *apathya*, *asatmya*, *ahittam* etc.

Aim and objectives-

1. To make awareness of *Viruddhaahara* among the common people.
2. To discuss the harmful effect and treatment plan of *Viruddhahara*.

Material And Methods - This article is based on personal experiences and textual review. Material was compiled from the *Caraka Samhita*, *Sushrut samhita*, *Astanga samgarh*, *Astanga hrdaya*, its hindi and english commentaries and various websites. The relevant topics were referred.

Concept Of *Virudhha Aahara*

यत् किञ्चिद्दोषामास्राव्य न निर्हरति कायतः । आहारजातं तत् सर्वमहितायोपपद्यते ॥

The entire drug or diet, which excites the various *dosas* but does not eliminate it out of the body, become harmful.³ The food which is wrong in combination, undergone wrong processing, consumed in incorrect dose, in incorrect time of day, in wrong season and not in natural composition can lead to *Viruddha Ahara*.

Discussion-

Aacharya Carak has mentioned mainly 18 type of *Viruddha aahar*⁴.

1. **Desh viruddha (Places):** According to *Ayurveda*, there are three types of *desh jangala*, *anupa* and *sadharan*. *Jangala*. In *Jangala* desh dry and sharp food substances medicines, in *anupa* land unctuous, oily, cold food & medicines are quoted as *desh viruddha*.

2. **Kala viruddha (Time):** Excessive intake of dry and cold food in winter and excessive intake of hot & pungent food in summer season are quoted as *kala viruddha*.

3. Agni viruddha (Digestive Fire): Every individual has their own specific “ agnibala” which converts aahara into dhatus. *laghu ahara* in *tikshnagni* and *guru ahara* in *mandagi* are *agni viruddha*,

4. Matra viruddha (Quantity); specific food combinations in certain proportion are not good for the body. Taking ghee and honey in equal proportion, honey & water in equal quantity acts as *matra viruddha*.

5. Satmya viruddha (Conduciveness): when food is opposite to habitual tolerance like taking sweet and cold food by a person who is accustomed by always taking pungent and hot food.

6. Dosha viruddha: Consumption of food, drugs and behaviour which are having similar properties to aggravated *dosha*, are quoted dosha viruddha.

7. Sanskara Viruddha (processing): Some of the drugs and diets when prepared in particular way produce toxic effects like honey that has been boiled or cooked at high temperature.

8. Veerya viruddha (Potency): Mixing of cold and hot potency substances like taking fish with milk.

9. Koshtha viruddha (Bowel): Administration of mild purgative in a small dose in *krura koshtha* and administration of strong purgative in a large dose in *mridu koshtha* are *koshta viruddha*, e.g. giving *haritaki* to the person having *krura koshtha* and *Echhabhedi ras* given in *mridu koshtha*.

10. Avastha viruddha (Condition of health): Taking *vata* vitiating foods and drinks like dry, cold food by the person after heavy exercise and Intake of *kapha* vitiating food by a person whose *kapha* is aggravated due to excess of sleep and laziness, are *avastha viruddha*.

11. Krama viruddha (Sequence): Taking food before the urge of elimination of faeces or consume food before the earlier food is digested or in absence of proper appetite or before bath or Taking *Madhura Rasa Dravya* at the end of meals.

12. Parihar viruddha (Practice): Intake of hot things after taking pork meat and intake of cold things after taking ghee is *parihar viruddha*.

13. Upachara viruddha (Treatment): Intake of cold things after taking ghee is *upachara viruddha*.

14. Paak viruddha (Preparation): Preparation of food with bad or rotten odour or fuel, undercooking, burning or overcooking is known as incompatible because of cooking process.

15. Samayoga viruddha (Combination): Sour substances with milk will be considered as *samayoga viruddha*.

16. Hriday viruddha (Contradictory to Mind): food taken even in proper quantity do not get properly digested when the individual is afflicted with grief, fear, anger, sorrow, excessive sleep and excessive vigil.[6] Hence in *hriday viruddha* there is *Mano-Aghata* which leads to *agnidusti*.

17. Sampat viruddha (Quality): Intake of substances such as food, fruits when immature, over matured or putrefied are lack of quality.

18. Vidhi viruddha (Codes): Food consumed against the rules of diet as mentioned in *ayurveda* are called *vidhi viruddha*, e.g. Taking meal in public.

Acharya Sushurta has explained various types of *viruddhahara* in *Sutrasthana* 20th chapter - *Hitahitiyam Adhaya* like *Karma viruddha*, *Maana viruddha*, *Samyoga viruddha*, *Rasa viruddha*.⁵

Acharya vagbhata also mentioned various type of *virudh aahara* in *Astang haridya* sutra sthan and *Astang samgraha* sutra sthan .^{6,7}

Mode of action

Frequent intake of combination of incompatible food leads to *Amavisha*. Then in the *alimentary tract* *Amavisha* provoke all *doshas* and which get mixed with digestive juice and then *rasa dhatu* and so on it spread from one *dhatu* to next *dhatu*. Thus this *doshas* spread from *Koshtha* to *Shaksha*. While travelling through all over the body wherever there is *Sthaanavaigunya* or *khavaigunya* (Deformity in location) it gets lodged and it produces the diseases. Early refinement of the body with such (qualitatively opposite) drugs is also recommended⁸.

Diseases due to Viruddha Aahar- Impotency, blindness, *Visarpa* (erysipelas), ascitis, bullus, insanity, fistula in ano, coma or fainting, intoxication, abdominal distension, stiffness in neck, varieties of anaemia, indigestions, various skin diseases, diseases of intestines, swelling, gastritis, fever, rhinitis, and infertility and even death.⁹ It can be said that *viruddha aahar* viciated all *dhatu*s, *indriyas* and *srotas*has.

Management Of Virudhaahara – Purgation, emesis, antidotes and prophylaxis these four cure the diseases to be caused by the intake of unwholesome drugs and diets¹⁰.

CONCLUSION

It is clear that *Virudhdha Aahar* is an important aspect of today's improper dietary habits. This can lead to several hazardous diseases unknowingly to the peoples. Therefore it is important to enlist the causative incompatible dietary -factors and make awareness among the peoples to avoid such etiological factors. So we can prevent those hazardous effect by *Nidanparivarjanam* mainly.

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