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Review article on *Viruddha Ahara*

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ABSTRACT

Ahara (food) is the prime need for the sustaining of life. *Ayurveda* explained about *Trividha Upasthambha* (sub-pillars of body) and *Ahara* (food) is one of the important pillars for healthy living being. For healthy living *Ayurveda* emphasizes on consuming right kind of diet which provide health and nutrition. The diet which disturbs the balance among the body elements is called *Viruddha Ahara* (Incompatible diet). Consuming two food items together or a particular type of diet may tend to toxicity; it is termed as incompatible diet. Even incompatible diet should be considered similar to *Gara Visha* (Artificial poison). *Viruddha* (Incompatible diet) means substances which when consumed cause for aggravations of *Doshas* but do not expel them out of the body and bring about abnormalities in *Dhatu* (tissues of the body). The incompatible diet could be considered similar to poison and artificial poisoning if taken simultaneously and continuously. Due to western lifestyle there is extensive exposure to toxins. The present article deals with the review of *Viruddha Ahara* (Incompatible diet) referred in context of *Viruddha Aaharajanit Vyadhis* (Incompatible food induced diseases) and its prevention in *Brihatrayi*.

Key words: *Viruddha, Incompatible, Gara Visha.*

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 Upasthambha* (sub-pillars of body). Without *Ahara* (food), life would not continue for very long, so it is

considered under *Upasthambha* (sub-pillars of body). For sustainment of life, for all living beings *Ahara* (food) is very much essential. *Ahara* (food) is responsible for both *Arogya* (health) and *Vyadhi* (diseases). According *Vidhi* (Dietary regimen) if *Hita Ahara* (compatible diet) is consumed it provides *Bala* (promotion of strength), *Varna* (complexion) and *Indriyaprasadna* (nourishment of the senses). *Ahara* (food) does not benefit the body, if it is not prepared as per the *Asta Ahara Vidhi Visheshayatana* (factors for wholesomeness). The substances which when consumed cause for aggravations of *Doshas* but do not expel them out of the body and bring about abnormalities in the *Rasa* etc. *Dhatu*s (tissues of the body) give rise to diseases are considered to be incompatible food and named as *Viruddha Aahara* (incompatible diet).

As per *Ayurvedic* literature *Viruddha Ahara* (Incompatible food) is said to be a cause of many systemic disorders. According to *Acharya Charka* the certain diet and its combinations, which interferes the metabolism of tissue, which obstructs the process of

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development of tissue are called *Viruddha Ahara* (incompatible food).

Definition of *Viruddha Ahara* (Incompatible diet)

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 Ahara* have been described. *Acharya Sushruta* has explained *Viruddha Ahara* in *Sutrasthana* 20th chapter - *Hitahitiam Adhyaya*.

- *Karma Viruddha* (Functionally incompatible) - The Pigeon fried in mustard oil.
- *Mana Viruddha* (Quantitative incompatible) - Honey and Ghrta in equal quantity.
- *Samyoga Viruddha* (Unsalutary Combinations) - Meat of *Anupa* animals along with new germinated paddy.
- *Rasa Viruddha* (Incompatibilities amongst two tastes) – Sweet and Saltish tastes

Acharya Charaka has described 18 types of *Viruddha Ahara* in *Sutrasthana* 26th chapter - *Atreya Bhadrakapyiam Adhaya*. Awareness of *Viruddha Ahara* may avoid certain diseases. In *Ayurveda*, *Acharya Charka* also stated that, diet is the life of an individual, but when it is taken with *Yukti* (proper planning). Diet becomes effect like *Rasayana* (Rejuvenation) if taken with *Yukti* but without *Yukti*, it can be like *Visha* (Poison).

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. *Dosha 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

Examples of *Viruddha Ahara* (Incompatible diet)

1. *Desha Viruddha* - consumption of alcohol at *Ushna Pradesh* (hot areas)
2. *Kala Viruddha* - consumption of curd during night time.
3. *Agni Viruddha* - consumption of meat, black gram etc in the state of food indigestion.
4. *Matra Viruddha* - honey & ghee mixed in equal proportion
5. *Satmya Viruddha* - advice of milk to lactose intolerance individual.

6. *Dosha Viruddha* - *Vataja Prakriti* individual is advice for *Vatavardhak Aharaa*.
7. *Sanskar Viruddha* - eating curd in copper vessel.
8. *Veerya Viruddha* - consumption of milk with salty food.
9. *Koshtha Viruddha* - consumption of dry, rough fried food articles like *Jwar*, *Bajara* etc by *Kruru Kostha* individual.
10. *Avastha Viruddha* - consumption of dry, rough fried food articles like *Jwar*, *Bajara* etc immediately after heavy physical exercise.
11. *Kram Viruddha* - taking a bath after a meal.
12. *Parihar Viruddha* - consumption of hot water with pork meat.
13. *Upachar Viruddha* - intake of wheat during typhoid infection.
14. *Paak Viruddha* - consumption of barbecued meat over fire.
15. *Samyoga Viruddha* - combination of fish with milk.
16. *Hriday Viruddha* - consumption of food not according to will
17. *Sampad Viruddha* - consumption of improperly ripe (chemically processed fruit) / rotten fruit.
18. *Vidhi Viruddha* - consumption of food without following rules of *Ahara Vidhi Vidhan* (these are the rules laid by *Acharyas* to maximize the benefits by the food).

Diseases due to Viruddha Ahara according to Acharya Charaka

Viruddha Ahara is responsible for the causation of many diseases. According to *Acharya Charaka* a whole number of disease occurs as a result of *Viruddha Ahara* and they are infertility, *Bhagandara* (fistula), *Moorcha* (fainting), *Pandu* (anaemia), *Amavisha* (acid eructation), *Grahani Roga* (malabsorption syndrome), *Jvara* (fever), *Santana Dosha* (genetic disturbances) *Visarpa* (erysipelas), blindness, ascites, bullous, insanity, intoxication, abdominal distention, stiffness in neck, indigestions, various skin diseases, swelling,

gastritis, rhinitis. If the above list of diseases is classified as per the body system, it can be said that, immune system, endocrine system, digestive system, nervous system, and circulatory systems are affected by continuous consumption of *Viruddha Ahara*.

Viruddha Ahara in today's perspective

There are number foods incompatibilities are used in present era - Oxytocin induced milk, Preservatives in food products, Pesticides on vegetables and fruits, genetically engineered fruits and vegetables, Cooled storage food products, Stale food (Bread, Bun etc.), Heated honey, Hot water with honey, Mutton or chicken with curd or milk, Raw food with cooked food, Ice cream, cold drinks, chilled water etc. in *Shita Ritu* (winter) and *Anoopa Desha* (marshy area), Use of radish with milk, Butter toast, Khichari with milk, Curd at night, Fish with milk, Improper eating habits etc. are today's Incompatible Diet

- Never consume carbohydrates like bread, potatoes, bananas etc. with lemons, limes, oranges, tomatoes, or other sour fruit. Fruit acid not only prevents carbohydrate digestion, but they also favour their fermentation.
- Never consume Protein and Carbohydrate together, because when they are mixed in the stomach they interfere with the digestion of each other i.e. do not consume nuts, meat, cheese etc. with bread, cereals, cakes etc.
- Never consume two concentrated proteins together i.e., Do not use milk and meat, eggs and milk etc. at the same meal.
- Never consume Protein and Fat together i.e., do not use cream, butter, oil etc. with eggs, cheese etc.

Treatment

Nidana Parivarjna (prophylactic measures) is the main line of treatment. Diseases caused by *Viruddha Ahara* (incompatible diet) can be treated by *Vamana* (Emesis), *Virechana* (purgation) and *Shamana Chikitsa* (palliative therapy) and by the prior use of beneficial substances.

DISCUSSION

Frequent intake of incompatible food act as poison which leads to aggravation of all *Doshas*. The recommended therapy for diseases caused by incompatible food is *Shodhana Chikitsa* (Eliminative therapy), *Shamana Chikitsa* (Palliative therapy) and avoidance of incompatible of incompatible food. *Charaka*, who mentioned that incompatible diet, is one of the causes for spreading the morbid humours from the alimentary tract to the peripheral systems and causes diseases. Avoidance of intake of incompatible diet plays key role in the prevention of disease.

CONCLUSION

Viruddha Ahara (incompatible diet) is a very important concept of *Ayurveda*, ignoring it results in the manifestation of various diseases and as we know prevention is better than cure, it is very essential to follow guidelines given by *Ayurvedic Acharyas* to lead a healthy life. As an *Ayurvedic* physician it's our prime duty to spread alarming health hazards of *Viruddha Ahara* (incompatible diet). Further research with the help of modern analytical techniques is not only essential but need of today's 21st century to establish the classical concept of *Viruddha Ahara* (incompatible diet) in present perspective.

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