



The Study on Viruddha Ahara as a causative factor of Metabolic Disorder w.s.r. to Hypothyroidism


Jadhav R^{1*}, Jain S², Jain T³, Khandhdiya A⁴

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- ^{1*} Rohit Jadhav, Post Graduate Scholar, Dept of Samhita Siddhant, Pt Khushilal Sharma Govt Ayurveda College and Institute, Bhopal, Madhya Pradesh, India.
- ² Salil Jain, Assistant Professor, Dept of Samhita Siddhant, Pt Khushilal Sharma Govt Ayurveda College and Institute, Bhopal, Madhya Pradesh, India.
- ³ Trupti Jain, Assistant Professor, Dept of Swasthavrutta, Pt Khushilal Sharma Govt Ayurveda College and Institute, Bhopal, Madhya Pradesh, India.
- ⁴ Ankit Khandhdiya, Post Graduate Scholar, Dept of Samhita Siddhant, Pt Khushilal Sharma Govt Ayurveda College and Institute, Bhopal, Madhya Pradesh, India.

Viruddha Ahara, a fundamental concept in Ayurveda, refers to the harmful effects of consuming incompatible food combinations. This ancient wisdom emphasizes that certain food pairings can disrupt digestion, lead to toxin accumulation (Ama), and cause various health issues like metabolic disorder, which is a multifaceted condition characterized by disruptions in the body's metabolic processes the main causes are disturb dietary patterns, macronutrient imbalance, and micronutrient deficiencies Hormonal dysregulation like insulin resistance, leptin resistance, and cortisol imbalance and Environmental contributors such as sedentary lifestyle, stress, and exposure to endocrine disruptors. One of the Metabolic disorder is Hypothyroidism which is a common endocrine disorder characterized by inadequate production of thyroid hormones. It is estimated to have affected 2-5% of global population. Thus, In this modern world where society evolving very rapidly it is necessary to understand how much dietary habits and diets are important for an individual to keep itself healthy. Also consuming such kind food combinations which has zero nutritional value causes the deficiencies in the body of various sites. On reviewing this Literature study from different sources it is found that the major/main cause of Metabolic disorders like Hypothyroidism Is through consuming different types of Viruddha which cause Agni Mandya (Jatharagni, Dhatwagni and Bhutagni) and formation of Ama takes place through which the improper nourished Dhatu formed which lead Oja Vikruti and this Oja Vikruti depleted Vyadhi Kshamatva so the aggravated Dosha attack on thyroid gland as result Endocrine disease like Hypothyroidism occurs.

Keywords: Viruddha Ahara, Ama, Metabolic Disorder, Hypothyroidism

Corresponding Author	How to Cite this Article	To Browse
Rohit Jadhav, Post Graduate Scholar, Dept of Samhita Siddhant, Pt Khushilal Sharma Govt Ayurveda College and Institute, Bhopal, Madhya Pradesh, India. Email: jadhav.rohit76@gmail.com	Jadhav R, Jain S, Jain T, Khandhdiya A, The Study on Viruddha Ahara as a causative factor of Metabolic Disorder w.s.r. to Hypothyroidism . J Ayu Int Med Sci. 2025;10(6):244-249. Available From https://jaims.in/jaims/article/view/4420/	

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Introduction

Ayurveda is a comprehensive, multidisciplinary system of medicine that elucidates intricate relationships between human body's biological processes, environmental factors, and lifestyle choices. Human body is sustained by three pillars, known as *Trayopstambha* (*Ahara*, *Nidra* & *Brahmacharya*).^[1] These three essential components are responsible for maintaining delicate balance of our physical & mental health. Among all three pillars first & foremost pillar is *Ahara* which is not just source of energy but powerful tool that can either balance or imbalance our body's delicate *Dosha* equilibrium. Now days Modernization & industrial revolution are on its peak so it influences lifestyle & diet habit of an individual such type of culinary culprit that disrupts delicate balance of body *Dosha*. Literally meaning "*Viruddha Ahara*" which encompasses erroneous food combinations, Inappropriate cooking method & detrimental eating habits that silently sabotage our Health. "Metabolic disorders, such as metabolic syndrome, insulin resistance, and hypothyroidism, are increasingly prevalent in today's society. Ayurveda recognizes that key contributor to these disorders is *Viruddha Ahara*, or incompatible diet. When we consume foods that are inappropriate for our individual constitution (*Prakriti*), season (*Ritu*), and lifestyle (*Vihara*), it disrupts our digestive fire (*Agni*) & leads to an accumulation of toxins (*Ama*). This toxic build-up hampers our body's ability to efficiently metabolize nutrients, leading to metabolic imbalances & diseases like Hypothyroidism. Hypothyroidism, condition characterized by thyroid gland's inability to produce sufficient hormones. Hypothyroidism is seen as an imbalance of *Vata-Pitta-Kapha Dosha*, which governs metabolism & energy. This imbalance can lead to symptoms like fatigue, weight gain, and cold intolerance etc.

Hence it is necessary to understand disease in view of Ayurveda & this review carried out with an aim to understand *Viruddha Ahara* as Causative factor of Metabolic Disorder especially Hypothyroidism.

18 types of *Viruddha Ahara*

SN	Viruddha Ahara	Example
1.	Desh Viruddha[3]	Uses of Snigdha, Shita Dravyas in Anup Place
2.	Kaal Viruddha[4]	Ushna, Katu Ahara in Grishma Ritu
3.	Agni Viruddha[5]	Uses of Guru Ahara in Mandagni
4.	Matra Viruddha[6]	Honey and Ghrita in equal proportion
5.	Satmya Viruddha[7]	Madhur Shita Dravyas in habitual of Katu, Ushna

Need of Study

Hypothyroidism is a common Metabolic Disorder condition, Incompatible foods can disrupt thyroid function, leading to hypothyroidism. Identifying specific food combinations and habits that contribute to this condition and studying hypothyroidism through the lens of Ayurveda offers a unique perspective on the interplay between diet, digestion, and thyroid function, providing insights into the intricate relationships between food, gut health, and hormone regulation. Investigating the effects of incompatible food on hypothyroidism encourages a holistic understanding of health, acknowledging the interconnectedness of diet, lifestyle, and physiology. By recognizing the impact of specific foods and dietary patterns on thyroid function, healthcare providers can develop tailored dietary recommendations for individuals with hypothyroidism, enhancing treatment outcomes.

Aim and Objectives

1. To validate *Viruddha Ahara* as a Causative factor of Metabolic Disorder
2. To understand the aspect of Hypothyroidism in view of Ayurveda

Review of Literature

All the literatures related to "*Viruddha Ahara*, Metabolic Disorder and Hypothyroidism" will be collected from *Brihatrayi*, *Laghutrayi* & other classical text of Ayurveda. And the modern literature including recent advances in this field will also be review.

Viruddha Ahara

"*Viruddha Ahara* refers to the ingestion of discordant or conflicting foods, substances, or culinary combinations that disrupt the body's natural digestive harmony, leading to a toxic accumulation of undigested residues, agitation of the doshas, and ultimately, the manifestation of various physical and mental afflictions."^[2]

SN	Viruddha Ahara	Example
6.	Dosha Viruddha[8]	Vataj food induced in Vata Prakriti person
7.	Sanskar Viruddha[9]	The peacock's flesh roasted on a castor wood
8.	Virya Viruddha[10]	Fish and milk
9.	Koshtha Viruddha[11]	Mild Laxative for Krura Koshtha
10.	Avastha Viruddha[12]	Vayu vitalizing Ahara during Exercise
11.	Krama Viruddha[13]	Taking Food Without Hunger
12.	Parihar Viruddha[14]	Uses of Shita Ahara following Ghrita
13.	Paka Viruddha[15]	Partiality Cooked food
14.	Samyog Viruddha[16]	Milk with Sour Food
15.	Hridaya Viruddha[17]	Distasteful food
16.	Sampad Viruddha[18]	Ahara in which Rasa is not arrived or lost
17.	Vidhi Viruddha[19]	Ahara without privacy
18.	Upchar Viruddha[20]	Drinking of water following Snehpan

Metabolic Disorder

Metabolic disorder refers to a complex imbalance in the body's intricate energy production and utilization processes, leading to a disruption in the harmonious interplay between nutrient ingestion, cellular respiration, and waste elimination, ultimately resulting in a cascade of systemic consequences that can impact overall health and wellbeing.[21]

Thyroid Gland

The thyroid gland is a small, butterfly-shaped endocrine gland located in the neck, just below the Adam's apple. It plays a vital role in regulating metabolism, growth, and development by producing thyroid hormones.

Hypothyroidism

Hypothyroidism is a metabolic metamorphosis, wherein the thyroid gland's harmonious hum of hormone production falters, leading to a symphony of systemic slowdowns, as the body's cellular canvas is painted with the pale hues of decreased energy, dulled cognition, and diminished vitality, beckoning a return to balance through gentle whispers of wellness.[22]

Discussion

Action of mechanism of Viruddha Ahara

Repeated consumption of *Viruddha Ahara*

↓

Disturb normal functioning of *Jatharagni*

↓

Food not get properly digested

↓

Yields immature *Rasa Dhatu* in *Amashaya*

↓

Dhatu undergoes fermentation or putrefaction

↓

Formed *Ama*

↓

Vitiated and aggravated *Vayu Dosha*

↓

Circulating in the body

↓

Aggravated *Pitta* and *Kapha Dosha*

↓

Formed *Dushit Amaras*

↓

Enters into *Dhatu* and formed immature further *Dhatu*. [23]

Samprati of Hypothyroidism[24]

Dhatu Kshaya Janya Samprati	Avaran Janya Samprati
Intake of Viruddha Ahara Sevana	Intake if Kapha dominant Viruddha Ahara
↓	↓
Vata-Kapha dominant Tridosha	↓
Dushti	Causes Agnimandya
↓	↓
Depletion of Jatharagni	Increased Dhatugata Mala Sanchay
↓	↓
Depletion of Dhatwagni	Causes Strotorodha
↓	↓
Further Dhatu Vikruti	Compromised Dhatu Sara's
↓	↓
Oja Vikruti	Leading to both physical and mental features of Hypothyroidism
↓	↓
Affects Vyadhi Kshamatva	↓
↓	Vata act as Yogvahi aggravating Kapha Dosha Drushti
Effect on Thyroid Gland	↓
↓	↓
Hormone disbalance	Causes Vata-Kapha Samsarga
Autoimmune condition develops	Hypothyroidism
Causes Kapha-Pitta Samsarga	
Hypothyroidism	

Correlation of Thyroxine Hormone and Agni[25,26,27]

- Thyroxine (an iodine-containing hormone) iodine can be contemplated as *Tejomahabhutamsha*. So, these hormones are part of *Agni*.
- The function of *Agni* and thyroid gland are identical to function of Thyroid gland such as *Dahana*, *Pachana* and *Satmiksrana* which can be correlated with metabolic activities in the body. Thyroid hormones control all metabolic activities of the body.
- Without thyroid hormones from thyroid gland, almost all the chemical reactions of the body would become slow. So, they can be considered as part of *Kayagni* on which the entire metabolic activities depend on. Every cell in the body has receptors T3. Thus, Poor gut health can surpass thyroid function.

The Symptoms of Hypothyroidism due to dosha are tabulated below[28-31]

Dosha	Symptoms
Vata	Dry Skin, Hair loss, coarse, brittle, straw like hair, muscle pain, joint pain, Dullness, vision impairment, Menstrual disturbance, Constipation
Kapha	Lethargy, Sleepiness, weight gain, Decreased Appetite, Slowed Movements, periorbital puffiness, Goitre (Simple or Nodular), Bradycardia, Non pitting Oedema, Pericardial effusion, abdominal distension
Vata-Kapha	Fatigue, Loss of Energy, Cold Intolerance, Hoarseness of voice

Conclusion

Viruddha Ahara is a *Nidan* (causes) which key causative factor for metabolic disorder like Hypothyroidism, To overcome with this one individual must avoid the causes i.e., *Nidan Parivarjan*, Avoidance of *Viruddha Ahara* and all other activities that influence metabolic disorder and rest of the treatment should be done through *Shaman* and *Samshodhan Chikitsa*. *Viruddha Ahara*, or incompatible food combinations, is an ancient Ayurvedic concept that highlights the importance of proper food pairing for optimal digestion, nutrient absorption, and overall well-being. *Agni* is the most important for an individual all the metabolic process depends only on *Agni* and such type of *Viruddha Ahara* directly Imbalances the *Agni*. It is necessary to keep *Agni* in *Samya Awastha*. By understanding the principles of *Viruddha Ahara*,

Individuals can make informed dietary choices to avoid harmful food combinations that can lead to Impaired digestion, Nutrient deficiencies, Toxin accumulation, Disrupted gut health, Various health issues, including metabolic disorders like Hypothyroidism, skin problems, and immune system imbalances.

To overcome or to prevent these metabolic disorders an individual can adopting a mindful approach to food pairing, individuals such as enhance nutrient absorption, Support digestive health, Boost immune function, Promote overall wellness By embracing the wisdom of *Viruddha Ahara*, individuals can take a proactive approach to maintaining their health, preventing disease, and cultivating a deeper understanding of the intricate relationships between food, body, and mind.

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