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## A review on Concept of *Viruddha Ahara* and its Pathological Consequences on health.

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**Abstract:**

The physical and mental wellbeing of person merely depends upon his/her Ahara-Vihara (dietary and life style conduct). The quantity and quality of Ahara affects health status of individual. Ahara if consumed in proper manner then it provides several health benefits but improper Ahara and Ahara-Vidhi may lead many health issues. Awful dietary conduction termed as Viruddha Ahara in Ayurveda. The concept of Viruddha Ahara includes consumption of wrong foods or/and consumption of food in wrong ways or/and consuming food opposite to the constitution and physical state, etc. Adaptation of inappropriate Ahara-Vidhi can also leads many health ailments. The ancient philosopher of Ayurveda suggested that every person should aware about the concept of Viruddha Ahara to avoid diseases associated with incompatible foods. There are many diseases which can occur as a resultant of incompatible foods such as; digestive problems, metabolic abnormalities, mental problems and skin diseases, etc. Present article explores Ayurveda view on Viruddha Ahara and its pathological consequences inside the body.

**Keywords:** *Incompatible Food. Diseases. Viruddha Ahara. Ahara-Vidhi.*

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## Introduction:

Ayurveda presented concept of *Trayostambh* means theory of three pillars; *Ahara* is one pillar amongst three pillars of life. The good physical and mental health status is representation of good conduction of dietary habits. The appropriate *Ahara-Vidhi* helps to form vital nutrients which support body for physiological activities and prevents pathogenesis of common diseases. The food should be consumed at proper time in optimum quantity made with good quality of ingredients in proper manner. Avoidance of these conducts leads pathological manifestations of incompatible foods.[1,2,3]

The Ayurveda terminology of “*Viruddha Ahara*” can be correlated with modern concept of “incompatible food”. *Viruddha Ahara* includes all conduct of inappropriate food consumption including improper methods of food preparation. *Viruddha Ahara* triggers pathogenesis of diseases and also hampers over all process of growth and development. Therefore it is important to consider concept of *Viruddha Ahara* for avoiding health problems associated with incompatible food consumptions.[3,4,5] *Viruddha Ahara*

induces formation of *Ama* thus obstruct *Srotas* which involves in the circulatory and detoxification process due to which overall nutrient supply get affected along with accumulation of biological waste which ultimately results pathological events including deterioration of *Dhatu*s, vitiation of *Dosha*, diminishes state of *Agni*, disturbances in hormonal regulation, impairment in circulatory process, reduces immunity, loss of physical & mental strength and symptoms of early aging, etc.

As per modern science the various types of food incompatibility are wrong combinations of ingredients, inappropriate quantity of food, wrong processing, inappropriate time to consume meal, meal unfit to the particular season and consumption of meal not suitable for specific physical and mental status, etc.[6-7]

## Objectives:

To review the concept of *Viruddha Ahara* and its effect on human health.

## Methodology:

Literary review was done on *Viruddha Ahara* from the *Brihatrayees*, *Laghutrayees*, and other classical books including journals, presented papers, previous work done and

co-related, analysed with the knowledge of contemporary science on the subject.

### Descriptions of *Viruddh Ahara*:

There are some types of *Viruddhaara* viz. *Kram Virudhha*, *Samyoga Virudhha*, *Sanskar and Vidhi Virudhha*.

- ❖ *Desha Viruddhai* means food incompatible to demographic region.
- ❖ *Kala Viruddha* means food incompatible to the climatic conditions
- ❖ *Matra Viruddha* means inappropriate quantity of food
- ❖ *Satmya Viruddha* means unwholesome dietary conduction
- ❖ *Veerya Viruddha* means food incompatible to the potency
- ❖ *Kram Viruddha* means food possesses opposite action
- ❖ *Samyoga Viruddha* means food posses incompatible combinations of ingredients
- ❖ *Sampad Viruddha* means food posses deprived quality or putrefied food
- ❖ *Sanskar Viruddha* means food prepared by inappropriate methods
- ❖ *Vidhi Viruddha* means consuming meals disobeying rules of *Ahara-Vidhi*

- ❖ *Dosha Viruddha* means food incompatible to the *Doshas*.
- ❖ *Paka Viruddha* means undercooked foods.
- ❖ *Kostha Viruddha* means food opposite to the digestive strength of person.
- ❖ *Avastha Viruddha* means food which possess adverse effects to the specific age of person and not suitable for particular age.

### Disease associated with *Viruddh Ahara*:

The health-related consequences of incompatible foods include diseases like *Visarpa*, intoxication, indigestions, anemia, skin ailments, constipation, hyperacidity, allergy, mental illness and gynecological problems, etc.

### General pathological vents associated with *Viruddh Ahara* are as follows:

- ✓ *Mandagni & Maldigestion*
- ✓ *Aamotpatti*
- ✓ *Margavarodha / Dosha apaki*
- ✓ *Tridoshadushti*
- ✓ Deprived nourishment of *Dhatu*s and *Rasadi Dhatu Dushti*

As mentioned above various pathological events arises as a resultant of *Viruddh Ahara* these pathological events are responsible for various diseases. *Viruddh Ahara* leads

*Mandagni & Maldigestion* which further initiates diseases of digestive system such as diarrhea, hyperacidity, indigestion and constipation, etc. *Margavarodha* causes diseases of respiratory tract such as allergy and breathlessness. *Tridoshadushti* associated with *Viruddh Ahara* leads skin diseases like eczema, dermatitis and urticaria, etc. *Viruddh Ahara* is responsible for *Aamotpatti* and *Rasadi Dhatu Dushti*, these pathological events may trigger pathogenesis of gynaecological disorders in female. Diseases of nervous system like depression, migraine, insomnia and loss of memory, etc. may also occur as resultant of *Viruddh Ahara*. [5-8]

#### **Viruddh Ahara & Specific Health Ailments:**

- ✚ Virya Virudhha like combination of fish and milk may leads obstruction in *Strotas* and *Raktpradoshjanya vikara*.
- ✚ *Samskara virudhha* may cause loss of intelligence.
- ✚ *Matra viruddha* like *Ghee* and honey in equal amount may cause production of *Amavisha*.
- ✚ *Kala virudhha* like *Pitta Kara ahara* in *Shishira ritu* may cause *Dhatukshaya*.
- ✚ *Krama virudhha* may causes psychological disturbances

- ✚ *Samyoga virudhha* can leads improper digestion
- ✚ *Paka virudhha* leads skin disorders and *Amlapitta*
- ✚ *Dosha virudhha* (person predominant to *Vata prakruti* and consume dry & cold food) then skin diseases and allergic conditions may arises.
- ✚ *Koshta virudhha* (eating heavy foods by *Mrudu koshta* person) may leads indigestion, diarrhea, weakness and *Dhatukshaya*.
- ✚ *Desha virudhha* can cause diseases like *Visarp, kushta* and *Prameh*, etc.

#### **Discussion:**

The health status depends upon the quality and quantity of foods (*Ahara*), if *Ahara* consumed inappropriately in awful manner then adverse health effects of incompatible food (*Viruddha Ahara*) may occur. Ayurveda concept of *Viruddha Ahara* described all means of food incompatibility, examples of common food incompatibility and their adverse effects. *Viruddha ahara* is responsible for many diseases like; obesity, diabetes mellitus, cardio-vascular problems, sterility, indigestion, hormonal imbalance, metabolic disorders, skin ailments and constipation, etc. Therefore, *Ahara* should be

prepared and consumed as per the rules of *Ahara-Vidhi* to prevent health issues related to the incompatible foods.[8-10]

### Conclusion:

Ayurveda suggested that person should consume balance diet in proper manner to maintain balances between *Doshas*, *Sama dhatu*, *Sama Agni*, *Malakriya* and *Sama indriyas*. Consideration of concept of *Viruddh Ahara* helps to avoid adverse health effects of incompatible food. Conduction of rules of *Ahara-Vidhi* and balance dietary habits are advising to restore normal physical as well as mental state.

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