



## A REVIEW STUDY OF EFFECT OF VIRUDDHA AHARA ON HEALTH – IN TODAY'S ERA

### Ayurveda

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### ABSTRACT

Food is one of the most essential pillar for growth of the body and maintaining good health. Ancient *Ayurveda* texts explain a very unique concept of diet regimen in there classic. Contradictory food is the sub-topic of this chapter. *Ayurveda* explains that, combination of certain incompatible food items in terms of taste, potencies, time, state of health, place, condition of *Doshas*, digestive fire, cooking methods, processing quantities, order of intake rules, is unsafe and that is called *Viruddha Ahara*, that leads to obstruction of channels and produces acute and chronic diseases. *Ayurveda* science clearly explained this important concept and its types, and illustrated some examples and solutions. In today's modern era, due to lack of knowledge about correct eating habits, we blindly follow the wrong dietary habits and suffer from immunologic, skin allergic disorder, unknown etiological disorders as well as mental disorders. With the help of this article we can understand the disorders and hazardous effects of consumption of incompatible diets. Before consumption, one must consider whether the food combination is safe and is according to the rules and conditions for intake of food. The present article deals with the review of *Viruddha Ahara* referred in terms of food-food interactions, food processing interactions. There is a serious need for research and deep study for analysis on contradictory diets for disseminating the facts and findings to the people for betterment of the society.

### KEYWORDS

*Ayurveda, Viruddha ahara, Incompatible food, Food-food interactions, Disease.*

### INTRODUCTION -

For healthy living, Ayurveda emphasizes on consuming right kind of diet which is healthy and nutritious. Diet is considered to be vital for a human body as it provides the basic nutrients, which are necessary to carry out the basic activities of digestion and metabolism. Ahara i.e. diet is the first and the most important pillar of our healthy life. The pathophysiology of diseases begins with our improper food & living habits.

Viruddha ahara is very important issue discussed by Ayurveda. It is said to be the cause of many systemic disorders. Persons who consume Viruddha Ahara are prone to many disorders. It is also essential to know how certain food combinations interact with each other and create a disease.

### DEFINITION –<sup>[1,2,3]</sup>

The food, drink and medicine which does aggravation and dislodgement of Dasha from its site i.e. Doshoklesha but does not eliminate or expel it from the body.

It also vitiate the Rasadi dhatus and it does not help in nourishment of Dhatus.

Because of vitiation of Dhatus & Doshas, they produce many disorders or diseases, which are considered as Viruddha (opposite) ahara.

The food which is wrong in combination, has undergone wrong processing, consumed in incorrect dose, and/or consumed in incorrect time of the day and in wrong season can lead to Viruddha Ahara.

The literal meaning of word Viruddha is opposite. It sounds that the food combination of certain type of food may have –

- Opposite properties.
- Opposite activities on the tissues.
- May exert some unwanted effect on the body when processed in a particular form.
- May exert undesirable effects, when combined in certain proportion.
- May have unwanted effect if consumed at wrong time.

### VIRUDDHA AHARA TYPES –<sup>[4]</sup>

Ayurveda literature has described various types of Viruddha Ahara, which can be summarized as follows:

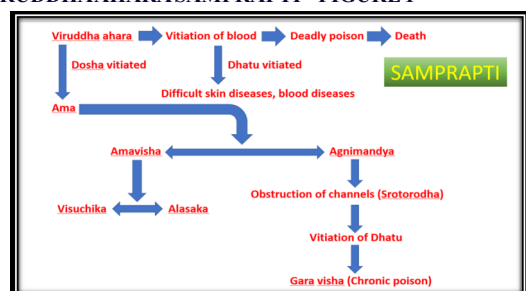
1. Desha (place) Viruddha
2. Kala Viruddha

3. Agni Viruddha
4. Matra (quantity) Viruddha
5. Satmya (wholesome) Viruddha
6. Dosha Viruddha
7. Sanskar (mode of preparation) Viruddha
8. Veerya (potency) Viruddha
9. Koshtha Viruddha
10. Avastha (state of health) Viruddha
11. Krama (sequence) Viruddha
12. Parihara Viruddha
13. Upachara (treatment) Viruddha
14. Paak (cooking) Viruddha
15. Samyoga (combination) Viruddha
16. Hriday Viruddha
17. Sampad (richness of quality) Viruddha
18. Vidhi (rules for eating) Viruddha

### EXAMPLES OF INCOMPATIBILITY/ANTAGONISTI (VIRUDDHA-AAHARA)

1. Veerya Viruddha – fish + milk.
2. Sanskar Viruddha – heated honey.
3. Matra Viruddha – honey + cow's ghee mixed in equal proportion.
4. Krama Viruddha – hot water after taking honey.
5. Kala Viruddha - pungent substance in summer and cold substances in winter.
6. Krama Viruddh – consuming curd at night or Taking Madhura Rasa food or Dravya at the end of meals and Tikta and Katu Rasa Dravyas (food substances) at the starting of meals.
7. Samyoga Viruddha – fruit salad or milk+banana.
8. Parihar Viruddha – consuming cold water immediately after having hot tea or coffee.

### VIRUDDHA AHARA SAMPRAPTI – FIGURE 1



**DISEASES DUE TO VIRUDDHA AHARA –<sup>151</sup>**

- Impotency
- Visarpa (Erysipelas)
- Blindness
- Ascitis
- Bullus
- Insanity
- Fistula In Ano
- Coma or Fainting
- Intoxication
- Abdominal Distention
- Stiffness In Neck
- Varieties of Anemia
- Indigestions
- Various Skin Diseases
- Diseases of Intestines
- Swelling, Gastritis
- Fever
- Rhinitis
- Infertility
- Mental illness

It can be observed from the list that Viruddha Anna can lead to disorders up to impotency and infertility, thus it has an impact up to Shukra Dhatu Dushti.

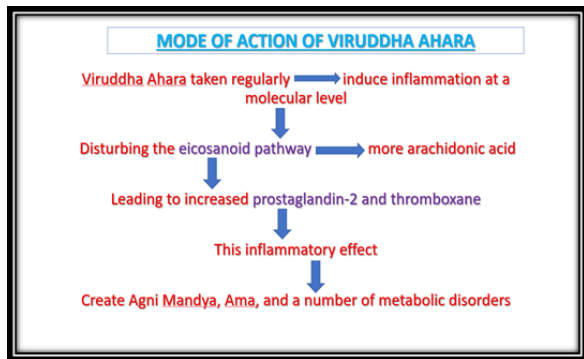
**FOOD INCOMPATIBILITIES IN TODAY’S PERSPECTIVE –**

Viruddha Ahara can lead to inflammation at a molecular level. Number of food incompatibilities are mentioned in old Ayurved literature, such as Charaka and Sushruta Samhitas. These type of food combinations are not in use in today’s era.

We have to identify new food incompatibilities, which are used today in day to day life as per Ayurvedic perspective.

A new branch called topography (a science related to combination of food) is emerging, which tells about the combination of basic categories of the food.

**MODE OF ACTION OF VIRUDDHA AHARA – FIGURE 2**



**VARIOUS EXAMPLES OF VIRUDDHA AHARA IN TODAY’S ERA –**

**1) BLACK /GREEN TEA BOILING OR HEATED WITH MILK -** Decrease Catechins & Decrease production of Hb. (FIGURE 3)



**2) MILK WITH BANANA -** Milk (Lactogen) & Banana (Allergens) Aggravate Asthmatic Attack & Bad impact on immune System. (FIGURE 4)



**3) FISH & MILK COMBINATION -** Fish is hot & milk is cold in potency. It is Abhishyandi and causes Rakta Dushti (Obstruction of channel and Blood Diseases).(FIGURE 5)



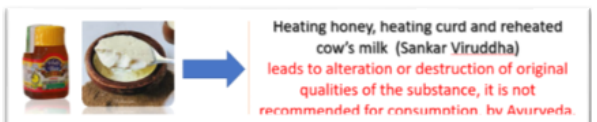
**4) DEEP FRIED POTATO CHIPS -** Develop toxic substances like acrylamide. It produces carcinogenic effects (Example of Sanskara viruddha).(FIGURE 6)



**5) MILK WITH YOGURT COMBINATION -** It can precipitate milk inside stomach and Causes irritation, nausea and vomiting (Ama - Disease Formation).(FIGURE 7)



**6) HEATING HONEY, HEATING CURD AND REHEATED COW’S MILK (SANKAR VIRUDDHA) –** It leads to alteration or destruction of original qualities of the substance, it is not recommended for consumption, by Ayurveda.(FIGURE 8)



**7) GARLIC AND TEA -** Tea contains anticoagulant compounds called coumarins and garlic has anti-clotting properties. It may induce bleeding risk. (FIGURE 9)



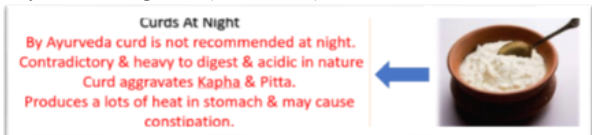
**8) ALCOHOLE WITH GREEN TOMATOES -** Tomatoes contain large amount of solanine (i.e. sedative properties). Increases Sedative property. (FIGURE 10)



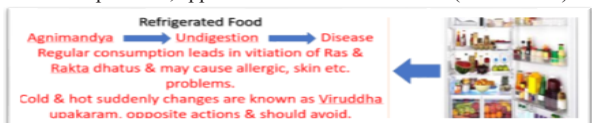
**9) MILK AND NIGHTSHADES -** Consuming nightshades vegetables (potatoes, tomatoes, eggplants) with milk products are Viruddha veerya and it results in formation of amavisha.(FIGURE 11)



**10) CURD AT NIGHT -** By Ayurveda curd is not recommended at night. It is contradictory & heavy to digest & acidic in nature. It aggravates Kapha & Pitta which produces a lot of heat in stomach & may cause constipation. (FIGURE 12)

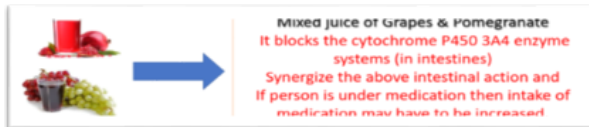


**11) REFREGERATED FOOD –** It causes Agnimandya which leads to undigestion which results in disease formation. Regular consumption leads in vitiation of Ras & Rakta dhatus & may cause allergic, skin etc. problems. Cold & hot suddenly changes are known as Viruddha upakaram, opposite actions & should avoid. (FIGURE 13)



**12) MIXED JUICE OF GRAPES & POMEGRANATE -** It blocks

the cytochrome P450 3A4 enzyme systems (in intestines). Synergize the above intestinal action and If person is under medication then intake of medication may have to be increased. (FIGURE 14)



### CONCLUSION –<sup>[6]</sup>

“अविरुद्ध अन्नभुक् स्वास्थ्यम आयु वर्ण बल सुखम् ।

प्राप्नोति, विपरीताशी तेषामेवं विपर्ययम् ॥” (का. खि. ५/१९)

Acharya Kashyapa said that Aviruddha Ahara gives you Ayu, Varna, Bala and Sukha.

Viruddha Ahara can causes Kshaya of Ayu, Varna, Bala and Sukha.

From the above discussion, it is clear that Viruddha Ahara is an important aspect of today's improper dietary habits. This improper dietary habits lead to several hazardous diseases. Therefore, it is important to enlist the causative incompatible dietary factors and train the patients to avoid such etiologic factors.

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