



GENERAL INTRODUCTION OF VIRUDDHAHAR IN AYURVEDA- A REVIEW

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ABSTRACT

Ahara (Food) is the prime need for the sustaining of life. Ayurveda has given prime importance to Ahara (Diet), amongst three sub pillars (Upastambha) of life. Ahara is considered to be vital for a human body as it provides the basic nutrients, which are very essential to carry out the basic activities of digestion and metabolism. Ayurveda emphasizes on consuming healthy and nutritious diet. Viruddha Ahara is a unique concept described in ayurveda. The difference of proper health and disease is based on the difference between wholesome and unwholesome diet (Ahara). The diet which disturbs the balance among the body elements is called Viruddha ahara. Acharya Charaka explained in detail and said that person who consume Viruddha Ahara is prone to disbalance of dosha leading to many disorders. Ancient literature makes it quite clear that some diets and their combinations are referred to as Viruddha anna, or incompatible diets. In today's era, the daily routine, food habits are extremely changed. Due to these drastic changes in life style and food habits our body gets exposed to various toxins.

KEYWORDS: Ahara, Nutrients, Metabolism, Ayurveda, Consume, Viruddha Ahara, Drastic, Habits.

INTRODUCTION

Viruddhahar, or the incompatible foods or antagonist foods like wrong combinations or food processing interactions or incorrect dosage etc of the food have been described in Brihatrayi. Acharyashad enlisted a number of examples of non ingestible food materials along with their generalized after-effects and their management. Aahar-satmayata has also been described by these scholars. Ayurveda shares the maximum knowledge of Viruddhahar and should be studied well. Knowing these incompatible foods can only, help us to avoid ingesting these wrong combinations.

Detailed study

Definition

The foods which provoke the doshas in our body on one hand and are unable to eliminate the imbalance of these doshas on the other hand are called Viruddhahar. These food articles work as antagonists (Pratyanik to dhatus) in our body.^[1] The foods which increase doshas in our body, disturbs tissue metabolism and are unable to be eliminated from the body can cause a lot of diseases in our body.^[2] The foods which have properties opposite to the properties of our body tissues cause disturbances in our body tissues. Foods are incompatible due to their opposite properties, the wrong combinations, their wrong

processings, regional interactions, seasonal interactions, their incorrect dosages or might be naturally incompatible.^[3]

Any foods or medicines that liquefy the doshas but don't eliminate them out of the body are said to be ahitkar.^[4]

Types

There are 18 types of Ahitkar or Viruddhahar

1. Desh-Viruddha (Regional interactions)- egdry, hot, pungent foods consumed in tropical regions or oily, cool foods consumed in marshy regions
2. Kaal-Viruddha (Seasonal interactions)-Cold stuffs like cold-drinks, ice-creams etc in winters and vice versa
3. Agni-Viruddha (Digestive interactions)-Foods not to be taken according to one's digestive powers.
4. Matra-Viruddha (Dose interactions)-Eghoney+ghee in equal quantity are hazardous to health.
5. Satmaya-Viruddha (Habitual interactions)-Eghot, pungent foods consumed by a person habitual of taking cool, sweet foods
6. Dosha-Viruddha (Bodily interactions)-The foods which have properties similar to our doshas to be taken regularly are said to be doshaviruddha such

like as green leafy vegetables, green grams, puran shali etc.

7. Samskar-Viruddha (Processing interactions)-They act as toxins in our body eg roasting Peacock in Castor wood.
8. Veerya-Viruddha (Potency Interactions)-Eg combining hot-cold, fresh-old, ripe-unripe foods.
9. Koshtha-Viruddha (Bowel Interactions)-Foods having low potency & with properties to cause constipation, if given to a person having hard stool is koshthaviruddha for that person. Similarly heavy, oily, laxative foods to a person having soft bowel is koshthaviruddha for that person.
10. Avastha-Viruddha (Life standard interactions)-Egvaatvardhakaahar to a labor class individual and kaphvardhakaahar to a lazy, sleepy individual
11. Krama-Viruddha (Orderly interactions)-eg food ingested before elimination of body wastes (Urine, feces) etc.
12. Parihar –Viruddha (Contraindicated interactions)-eg hot foods (Tea, coffee) after consuming pork meat.
13. Upchar-Viruddha (Remedial interactions)-eg cold water just after consuming ghee or oily foods.
14. Paak-Viruddha (Cooking interactions)-eg uncooked or overcooked foods.
15. Samyoga-Viruddha (Wrong combinations)-eg milk with sour foods like lemon, oranges etc.
16. Ahridya (Unpleasant)-foods which are not pleasant to our heart or are unpalatable are also considered as Viruddhahar.
17. Sampad-Viruddha (Impotent)-foods which don't have their full potency or are expired
18. Vidhi-Viruddha (Rule interactions)-foods, if not taken according to the 10 rules(Aahar Vidhi Vidhan as food should be consumed warm,unctuous,in proper quantity,at proper place etc.) described in Ayurveda, are called Vidhi Viruddhahar.^[5]

A lot of other examples of Viruddhahar have been enlisted in Brihatrayi. Acharya Sushruta mentioned them under samyoga-viruddha, karma (parihar)viruddha, maan-viruddha, ras-veerya-vipaakviruddha, & tar-tam yoga viruddha.^[6]

Examples

- Wrong combinations with Milk
 - All Sour items with milk
 - Green leafy vegetables (Egmustard,spinach),radish, garlic, basil, kulath, pinyak, curd, vegetable oils, sprouts, pishta (Tandul-pishta), wines with milk. They may cause leprosy or skin diseases. It is a type of chemical incompatibility equivalent to poisoning
 - Salt with milk.
 - Wine and khichdi with payas (Milk pudding).
 - Mango, jambufal, lakuchfal (A type of jackfruit with small size) with milk.
 - Banana with taalfal (Palm fruit), milk, curd or takra.
 - Mango, dry mango (Aamra), matulunga (A type of lemon), nikuch (Badhal), karaunda, jambu, walnuts,

tamarind, panas, coconut, pomegranate, Amla with milk.

- Sheep or goat meat, fish, mainly chilchim fish, meat of iguana (Goha), pork meat with milk. They may cause leprosy or skin diseases.
- Fish mainly chilchim with milk. Both are abhishyandior obstructive and also opposite in veerya(milk is sheetveeryaand fish is ushnaveerya) This combination produces aamvisha

➤ Non vegetarian incompatibilities

- Meat with honey, jaggery, sesame-milk, urad, radish, bis and germinated grains. It causes deafness, dumbness, blindness, tremors, stiffness or even death
- Pigeon roasted in mustard oil; with milk & honey. Not only pigeon, but also some green leafy vegetables like paushkar, rohinishaakfried in mustard oil; with milk &honey are incompatible. This may cause obstruction or dilatatiin in blood vessels, Epilepsy, Acute pain in temporal region, Goiter& even Death
- Chicken with curd
- Frying Pippali in same oil in which fish has already been roasted

➤ Honey incompatibilities

- Honey & Ghee in equal quantity.
- Honey, ghee, vasa (Fat), tail, water in combination of two, three or all are incompatible.
- Even unequal quantity of honey and ghee with rainwater is incompatible
- Equal quantity of honey and water, equal quantity of honey and any snehare contraindicated.
- Honey should not be heated or should not be consumed with hot foods.
- Honey with radish.
- Honey with pork.
- Jaatushak or Nikuchfal (Badhal) with milk and honey. It may lead to loss of strength, complexion, glow, vigour and even death.
- Honey wittPushkar beej (Kamal-gatta)
- Honey with jaggery.
- Hot water after consumption of honey leads to death.
- Honey kept for 10 days in bronze vessel is contraindicated

➤ Doshavardhak incompatibilities

- Wine prepared from sugars or wine prepared from dates, if consumed with honey leads to vaatvridhhi.
- Haaridrak roasted in mustard oil causes pittavridhhi.
- Paayas (Milk puddings) with manth (kneaded flour+sugar) leads to kaphavridhhi.

➤ Miscellaneous incompatibilities

- Ghee, wine, curd, honey kept for 10 days in bronze vessel
- Hot curd, hot wines, hot takra, hot Bhallatak.

- Banana with curd or takra
- Kaakmachith pippali, maricha, honey and jaggery.
- Soups of pulses with curd.
- Pulse soup with radish.
- Kanji (Sauveerak) with tilshashkuli.
- Green leafy vegetables with butter
- Ras-veerya-vipakviruddhahar
- Tar-tam yoga viruddhahar- Too dry, too unctuous, too hot, too cold foods eg cow's milk is compatible to samagnipurush but not the Buffalo milk; because it is too abhishyandi (Unctuous) and is compatible only to a person who has teekshagni (Strong digestive powers).
- Equal quantity of water and any sneha.^{[7][8][9]}

➤ Activity related interactions

- One should not immerse oneself in cold water immediately after prolonged exposure to sunlight. It may cause skin diseases, eye problems, thirst etc.
- Drinking milk soon after long exposure to sunlight may lead to Raktapitta or bleeding conditions.
- Consuming food immediately after physical exertion may cause vomiting, gulma (Bloating)
- Consuming food immediately after getting tired of speaking loudly for long times. It may cause hoarseness of voice.^[10]

Effects

Generally Viruddhahar leads to many diseases, weakness in senses, and even death. It may cause sterility, blindness, Erysepals, ascites, eruptions, insanity, fistula, fainting or unconsciousness, intoxication, goiter, anemia, indigestion, poisoning, leprosy, leukoderma, swelling, acidity, fever, running nose, diarrhea, impotency, sterility, genetic disorders and even death. Abscess, boils, tuberculosis, loss of vigor, strength, memory, sense perception, intellect, 8 mnahagad and even death as in poisoning. These effects are not seen in individuals who have strong digestive powers and are in young stage, who are accustomed to vyayam and snehaie who practice exercise and oleation regularly, who are well built and strong. Moreover incompatible foods, if taken in small quantity and which have become habituated will not cause any harm to a person. To a surprise, sometimes these incompatible foods may even cure a disease by affecting dosha fluctuations eg the consumption of incompatible combinations of curd and of milk described earlier may not become incompatible always.^{[11][12][13]}

Treatment

Diseases due to consumption of incompatible foods can be managed by Samshodhan karma (Detoxification & Purification) like vaman, virechan; & Shaman Chikitsa.

Poorvam Hit Sevanam (Always Consume Compatible Foods) is the main Key.^{[14][15][16]}

Unhealthy foods which have become habituated to the body should be tapered off gradually by decreasing ¼th

of the accustomed quantity and in similar way, good foodstuffs should be increased gradually in the place of bad stuff. The method of tapering of bad things gradually makes the doshas to get rid of the bad effects; acquire their normal quantities; cease to produce diseases and attain their equipoise status. So, both discontinuance of bad foods and continuance of good stuff should be gradual.^[17]

RESULTS AND DISCUSSION

Knowledge of Viruddhahar given in ancient texts have significant role in the maintenance of health. Scientifically, the disorders caused by different types of Viruddhahar, have very logical explanation. Incompatible foods or antagonist foods may cause skin eruptions, inflammations, indigestion, intoxication, impotency or genetic disorders etc. Certain processing incompatibilities may lead to production of toxic chemicals, or may deteriorate the nutrient values of the foods. Sometimes processing incompatibilities may convert a good food into a receptor for advanced glycosylated end product (AGE). Production of AGEs is not good for health. They may lead to neurodegenerative diseases and cancers. They also produce progressively, during normal ageing. Certain type of food combinations may have hazardous effects on our immune system, nervous system, genetic system etc. Gene expressions if have errors, may lead to genetic disorders. Certain food combinations can cause epigenetic modifications (changes made to the genome without changing the nucleotide sequence). Addition of methyl group to DNA is a very common type of epigenetic modification, which alters the structure of DNA and hence can affect the gene expressions. This leads to fetal genetic disorders (Santandoshaby acharyas).^[18]

Many combinations may cause skin diseases as leprosy, leukoderma, vitiligo, eruptions etc. Actually these wrong combinations cause an imbalance in the body, weaken our immune system and affect our digestive system by increasing workload of our digestive system. This leads to bloating and some bacterial infections. Weakened immune system may lead to vitiligo as vitiligo is an autoimmune disease. Citrus fruits, mango, meat which are rich in phenols, if consumed with milk, have negative impact on skin. Some wrong combinations may act as allergens also, si, may cause boils, eruptions or allergic reactions.

Detoxification and purification of the body is the main line of treatment. Individuals with good digestive powers and who practice exercise and oleation are not prone to ill effects of incompatible foods.

CONCLUSION

It has been concluded that detailed explanation of Viruddhaharis given in Ayurvedic Samhitas. Acharyas had given great emphasis on Aahar, specially Viruddhahar, which leads to many diseases. Moreover

how to get rid of these diseases or habits, have also been instructed in detail.

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