



CONCEPT OF VIRUDHAAHARA-A REVIEW ARTICLE

Dr. Sonal T. Rameteke*¹, Dr. Kalpana R. Chavhan² and Dr. Shama S. Suryavanshi³

¹PG Scho. Department of Agadatantra.

²Assistant Professor, Department of Agadatantra.

³Professor & HOD, Department of Agadatantra.
Government Ayurved Collage, Nagpur, Maharashtra.

***Corresponding Author: Dr. Sonal T. Rameteke**

PG Scho. Department of Agadatantra, Government Ayurved Collage, Nagpur, Maharashtra.

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ABSTRACT

Virudha ahara is a unique concept of Ayurveda. Charaka explains the virudha ahara as the food which is wrong in combination, which has undergone wrong processing, which is consumed in incorrect time of day and in wrong season can lead to virudha ahara. It can be sanskar virudha, veerya virudha, samyog virudha, etc. This article highlights the changing in lifestyle and its ill effects on the health and the need for educational program to raise the awareness of the health.

KEYWORDS: Virudha ahara, Food Interactions, Ayurvedic treatment etc.

INTRODUCTION

Virudhaahara is a unique concept of Ayurveda. It affects the body by causing the effects similar to visha and garavisha, dooshivisha. Incompatibility is the result of unsuitable combination, contradictory qualities and faulty processes.

Charaka explains the virudha ahara as the food which is wrong in combination, which has undergone wrong processing, which is consumed in incorrect time of day and in wrong season can lead to virudha ahara. It can be sanskar virudha, veerya virudha, samyog virudha, etc. In the definition of virudhaahara charaka says, The Substances which are contrary to dehadhatus behave with virodha (antagonism) to them. This antagonism may be in terms of properties, combinations, processing, place, time, dose etc. or natural composition.^[1]

Ahara vidhi vidhan explained by charaka in vimansthan. It is the prescribed method of meal. we should eat warm food, In proper quantity, after the previous food is digested, Non-antagonistic, In favourable place, with all favourable accessories, Not too fast, Not too slow, with full concentration, Consideration to self.^[2]

AIM AND OBJECTIVES

1. To explain the detail mode of action of virudha ahara in causing the diseases.
2. To explain the need of virudha ahara in present days.

MATERIALS AND METHODS

What is Virudha ahara?

Ayurveda says that food has the power to nourish us but it also has the power to poison us it depends on how and when we eat it. Ayurveda clearly defines that certain diet and its combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue are called as viruddhaahara.

Importance of Dietic rules in Ayurveda

Milk, honey, ghee are some of the substances used in diet since ancient times. Certain precautionary measures that are emphasized for the intake of these foods are not followed in present scenario. Hence the proper knowledge regarding such incompatible foods is necessary to maintain the health of an individual.

While explaining the importance of Diet Charaka had said that, food and drinks with desirable smell, taste and touch and having been taken according to prescribed method is said as vital strength by the experts on the basis of observing their results directly; because the condition of internal fire depends on their fuel. They produce energy in mind. constitution of dhatus, strength, complexion and clarity of sense organs, if properly taken, otherwise they become harmful.^[3] Food is like vital breath for the living beings but the same becomes fatal due to improper ingestion. On other hand, Poison is fatal but the same becomes health-promoting if administered properly.^[4]

In Ayurveda- Importance of aahara explains as,

- Trayopstambh^[5]
- Ashta vidha visheshayatana^[6]
- Ahar vidhi vidhana^[7]

Aahara

There are 2 types of ahara^[8]

1) Hita ahara

It is healthy diet for our body, helps in nourishment of body.

2) Ahita ahara

Affects the equilibrium of body and mind, resulting in ill health.

Ayurveda literature has described various types of Viruddhata which can be summarized as follows.^[9]

Desha	Kaal	Upachaar
Kala	Veerya	Paak
Agni	Kostha	Sanyoga
Matra	Awastha	Hriday
Satmya	Krama	Sampata
Dosha	Parihaar	Vidhi

Sushruta View^[10]

- Ekantha hitani: Jala, Ghruta, Ksheera.
 - Ekantha ahitani: Agni, Kshara, Visha.
- Hitaahitani: Vishatulyani bhavanthi

Sushruta has given detailed explanation about rasaviruddha^[11]

- Madhura + Amla/Lavana= rasa & veerya viruddha.
- Madhura + Katu = rasa, veerya, vipaka viruddha.
- Madhura + Tikta /Kashaya= vipaka viruddha.
- Amla + Lavana =rasa viruddha.
- Amla + Katu = vipaka viruddha
- Amla + Tikta /Kashaya =viruddha in all aspects

Common viruddhahara in day to day life

- Milk shake and fruit salad (Rasa & Veerya viruddha).
- Intake of Juice/Ice-cream/Alcohol after hot & spicy meal (Upchara viruddha)
- Taking bath after eating food (Vidhi viruddha).
- Taking milk, tea, coffee after consuming fish (guna viruddha).
- Consuming curd at night (karma viruddha).
- Honey with hot water (samyoga viruddha).
- Cooked food –refrigeration-again heating. (sanskara viruddha).
- Preservatives/coloring agents.
- Food can be poison or it can be medicine-it depends on what we eat and when you eat it.
- Foods may be incompatible because they create a negative reaction in the body, generate additional water in the body (called kleda) that can lead to skin conditions, block the body channels, contribute to heart disease or simply lead to indigestion.

Milk

- Milk and melons (or any other fruit for that matter) should not to be consumed together because milk is a laxative and melon is diuretic. but also because fruit is digested very quickly and milk takes longer for the body to process. During that processing time, the melon curdles the milk creating a sour stomach and lots of acidity.
- Milk and fish, milk is cold & fish is heating. combining two vitiates blood & causes obstruction of the body channels (srotas). Salt & milk together also having antagonistic qualities.

Banana

- Banana should not eat with milk, curds or buttermilk because the combination can diminished digestion & produce toxins in the body. Eating this can lead to cold, cough & allergies.

Curds

- When you eat curds, enjoy them at lunch when your digestion is strongest. Curds can cause swelling & aggravate rakta, pitta & kapha. Cheese can take longer time to digest & can cause constipation. People with weak digestion should avoid cheese & yogurt consumption. (takra is an good alternative for them.)

Cold Drinks, Ice Creams

- Avoid cold drinks during or directly after a meal. The cold diminishes digestive power (called agni) & causes a host of digestive problems, allergies & colds.

Honey

- Always use raw, uncooked honey. Baking with honey or heating it in general turns it into a sticky glue that clogs the body channels & produces toxins. This includes having honey in your tea or drinking something hot after eating honey.

These are some very common incompatible food examples from granthas in our day to day life. After eating bhallataka if we drink ushnodaka it will result in daah, paak, srav.it is an best example of upchaar virudha.

1) Milk and Fish - According to Ayurveda milk and fish are madhura rasa, madhura vipaka, mahaabhishtyandi by combining both it will become virudhaveerya, vitiates blood & because of mahaabhishtyandi it will creates obstruction of dosha, dhatu, & mala. In our term its nothing but srotoawrodha.

2) Bhallataka and Ushnodaka- After eating bhallataka if we drink ushnodaka it will result in daaha, paaka, srava. It is an best example of upchaar virudha.

3) Snehapaan and sheetjala- Can be considered as parihar & upchaar viruddha.

It causes agnimandya & ajirna.

4) Ushnasanskar of Madhu-

When it is heated it turns into sticky glue which is very much harmful.

5) Madhu and Ghrut Same Quantity -It is very common example of matravirudha as we take madhu and ghrita in same quantity it produces HMF (i.e. the hydromethyl furfuraldehyde) which is having deleterious effects on body. Many research study already prove it.

6) Kansyapatra + Dahi- Curd is acidic in nature contains lactic acid. Acid reacts with metal to give H₂ (hydrogen gas) & respective salts when curd placed in copper container it reacts with Cu to form poisonous metal compounds, thereby causing food poisoning & corrosion of the vessels.

7) Milk & Lemon - Any sour substance or fruits combines with milk it will cause curdling of milk in digestive tract which makes harder to digest.

Diseases Due to Virudhhaahara^[12]

Impotency	Spasm in throat Intoxication
Blindness	Anaemia
Erysipelus	Ama Visha
Ascites	Leucoderma
Pustules	Leprosy
Insanity	Grahaniroga
Fistula in -ano	Oedema
Fainting	Acid Gastritis
Narcosis	Fever infertility
Tympanitis	Rhinitis
Genetic disorders	Even death

It can be observed from above list that viruddha ahar can lead to disorders up to impotency and infertility thus it has an impact up to shukra dhatu dushti. If the above list is classified as per the body system, it can be said that immune, endocrine, digestive, nervous, circulatory systems are affected by continues consumption of virudhha ahara.

The antagonism becomes inert due to suitability, small quantity, strong digestive power, in young age and persons having physical exercise & strength.

Treatment

1. Emesis (*Vaman*)
2. Purgation (*Virechan*)
3. Pacifying methods (*Shamana*)
4. Prophylaxis (*Purvam wa hitasevanam*)

After completing the *shodhana* process we can shift patient to *shaman* treatment.

DISCUSSION

Older people consumes healthy food as compared to what people consumes today. Diet of people has changed a lot from natural ingredients to artificial ingredients.

Many people have an idea that junk food or incompatible combinations which are unhealthy but lack of specific knowledge about the ingredients, preservatives & various other aspects people are not trying to avoid.

The main thing of observation is the children, teenagers are most involving ageing group of eating junk foods. This is very serious matter because they are the future.

CONCLUSION

Motive of this topic is to aware about the virudha ahara. Incompatible food in form of fast & junk food is the main source of allergic conditions & hypersensitivity. In many diseases there is no remedy after sufferings, hence better to be careful and combinations of such food must be avoided.

As the todays lifestyle changing day by day dietary habits also changing, this can lead to several hazardous diseases unknowingly to patients. Therefore, it is of todays need to teach and train patient about the side effects caused by taking incompatible combinations.

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