



**ADVERSE HEALTH EFFECT OF CONDUCTION OF AWFUL AHARA-VIHARA; AN  
AYURVEDA PERSPECTIVE**

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**ABSTRACT**

Ayurveda the one of the important stream of medical science focuses on health and well being, in this regards Ayurveda described many principles and approaches for the treatment and prevention of various diseases. Ayurveda not only confined to management of disease but it also described general rule to remain healthy and free from diseased conditions. The concepts of *Ahara* and *Vihara* described by Ayurveda as principle approach of health and well being. The person who follows good conduct of *Ahara* and *Vihara* acquire good health status while awful conduction of *Ahara* and *Vihara* can lead many adverse health effects. The *Ahara* and *Vihara* can acts as nectar or as poison, considering the importance of this aspect present article explored adverse effects related to the misconduct of concepts of *Ahara* and *Vihara*.

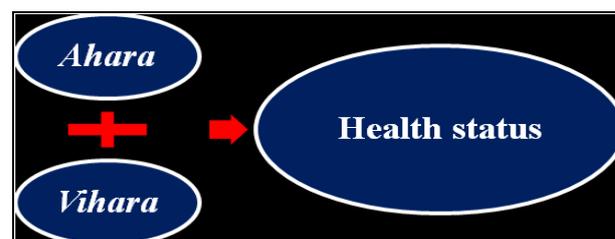
**KEY-WORDS:** *Ayurveda, Ahara, Vihara, Adverse Health Effects.*

**INTRODUCTION**

Ayurveda emphasizes importance of *Ahara* and *Vihara* towards the health aspect of an individual. Ayurveda described types of foods, time of meal, way to consume meal, combinations of food stuffs and methods of food preparations so to achieve all beneficial effects of *Ahara*. Avoidance of any one of above aspect can affect quality of food and imparts health issues related to incompatible *Ahara*. With regards to *Ahara* there are some factors that can affect quality of foods such as; *Kaala, Matra* and *Avastha*. Similarly the concept of *Vihara* also described by Ayurveda that involves considerations of other aspects such as; *Dinacharya, Ritucharya, Sadvritta* and *Nidra*, etc. The good conduction of rules of *Dinacharya, Ritucharya, Sadvritta* and *Nidra* help to maintain normal physical and mental status.

*Vihara* such as; alcoholism, day time sleeping, stress, excessive exercise, lack of exercise, grief, greed, fear and anger, etc. are some activities that may cause health ailments. The conduction of such types of awful *Vihara* can resulted impairment of *Dhatus* along with *Ojokshaya*. The place *Desa* also imparts specific characteristics i.e; *Jangala Desa* offers *Vata Dosa, Kapha Dosa* predominant in *Anoopa Desa* while *Sadharana Desa* keeps equilibrium of all *Doosas*. Therefore one should follow daily regimen on the basis of his/her environmental/climatic conditions. The person who follows suggested daily and dietary regimen

acquires good complexion, longevity, happiness, physical strength, immunity and intellect. **Figure 1** also depicted that health status depended upon *Ahara-Vihara*.



**Figure 1: Health status is combined effects of *Ahara-Vihara*.**

**Awful *Ahara-Vihara***

The conduct of improper dietary and daily regimen can cause vitiation of *Dosas* and *Dhatus* that further leads *Mamsa Shaiithilya* due to the loosening of muscle strength. This condition further leads acidosis, bone marrow suppression, diminished sexual strength, decreased *Ojas* and *Bala*. The symptoms of fatigued, weakness, anorexia and anxiety persisted due to the lack of nutritional supply and disturbed biological clock. The diminished immunity can affect infection susceptibility; lose of memory, intellect and physical ability.

***Apathya/Virudha Ahara* and adverse health effects**

Ayurveda mentioned that factors such as; *Hita Ahara*, quality of food, timing of food and *Ahara vidhivishesha*

*ayatana* etc. play vital role towards the beneficial effects of ingested food, avoidance of any such factors (*Apathya* & *Virudha Ahara*) can cause illness especially obesity, diabetic and metabolic disorders, etc.

Following dietary pattern can cause adverse health effects:

- Excessive *Amla*, *Lavana* and *Katu Rasa Ahara*.
- Intake of food before digestion of previous meal.
- Irregular or excessive intake of food.
- Germinated cereals & pulses.
- Sesame seeds, pastries and junk foods.
- Contradictory food and ununctuous food.
- Excessively cold, hot and sour food.
- Consumption of improperly cooked food stuffs.

#### Adverse effect of Ahara on Doshas

The dietary pattern mentioned above can cause vitiation of *Vata*, *Pitta* and *Kapha*. The excessive use of *Kshara*, *Amla*, *Lavana* and *Katu Rasas* can specifically vitiate *Pitta* thus leads digestive or abdominal problems. Excessive use of fresh and sprouted grains can leads *Vata* and *Pitta* aggravation. *Kapha* and *Pitta* increased by *Tila* while increase of *Vata* observed during use of *Ruksha Ahara*.

#### Pathological conditions related to awful Ahara:

Excessive use of *Amla Rasa* can leads *Pittaja Atisara*, *Rakta Pitta*, *Pittaja Kasa* and *Pittaja Trishna*. Excessive consumption of *Lavana Rasa* can cause *Kushta*, *Pittaja Udara*, *Pandu*, *Unmada* and *Pittaja Arshas*. *Ahara* that possess *Katu Rasa* can leads *Pittaja Kasa*, *Chardi*, *Vataja Arshas* and *Pittaja Kasa*. The *Ahara* which is *Kshara Pradhan* can trigger pathogenesis of *Atisara*, *Svayathu*, *Pandu* and *Pittaja Arshas*.

The *Klinna Ahara* causes vitiation of blood. *Abhishyandy Ahara* leads *Arshas* and *Kaphaja Kasa*. *Asatmya Ahara* can initiate pathogenesis of *Atisara*, *Visarpa*, *Pandu* and *Kshayaja Kasa*. *Guru Ahara* may be responsible for *Arshas*, *Kaphaja Atisara* and *Kaphaja Gulma*, while *Vishama Ahara* causes *Kshayaja Kasa*, *Hikka* and *Grahani*.

#### Apathya Vihara and adverse health effects

As per ayurveda following *Vihara* can cause health problems

- Excess indulgence in sex
- Irregular and excessive exercise
- Over physical exertion
- Excess intake of alcohol, smoking
- Fear, grief and greed
- Day sleep
- Lack of exercise and meditation
- Irregular sleeping and awakening pattern

#### Apathya Vihara and adverse effects on Doshas

- ✓ Disturbed sleeping pattern deteriorate function of *Vayu* and *Vata*.
- ✓ *Krodha* and anxiety affect *Pitta*.
- ✓ *Divaswapana* can aggravate *Kapha*.

- ✓ *Ativyayama* can accumulate vitiated *Vata*.

#### Apathya Vihara and pathological adversity

Excessive physical work causes exhaustion, thirst, dyspnoea and vomiting. *Madyapanam* (excess alcoholism) leads pain in body, anorexia, thirst, headache, fatigue, coughing, asthma, trembling of body and nausea.

- *Adyashanam* can cause symptoms of *Mutrakrichra*, *Vataja Atisara* and *Grahani*.
- *Ativyavaya* may leads problems such as; *Shirorogam*, *Vataja Atisaram*, *Hikka*, *Svasa* and *Svayathu*.
- *Ativyayama* causes *Hridroga*, *Svayathu* and *Rajayakshma*.
- *Madyapanam* leads *Vataja Atisara*, *Sannipata Atisara* and *Visarpa*.
- *Divaswapanam* causes *Kaphaja Unmada*, *Kaphaja Atisara* and *Shiroroga*.
- In indulgence in *Bhaya* may causes *Hridroga*, *Trishna* and *Shirorog*.
- *Shoka* can causes *Trishna*, *Gulma*, *Shoka Atisara*, *Vataja Arshas* and *Apasmara*.
- Involvement in *Krodha* may lead *Vataja Chardi* and *Hridroga*.

#### CONCLUSION

Ayurveda considered various aspects towards the healthy regimen of human being and *Ahara-Vihara* are some of them. The concept of *Ahara-Vihara* provides beneficial health effects if conducted properly but adverse health effects may also observed if proper conduction of *Ahara-Vihara* avoided. Moreover factors like; *Desha*, *Kala*, *Agni*, *Matra*, *Avastha*, *Samyoga* and *Niyama*, etc. affects quality of foods that we consume therefore these all factors should be considered primarily. Intake of food before digestion of previous meal, excessive *Amla* and *Katu Rasa Ahara*, irregular or excessive intake of food, ununctuous food and consumption of improperly cooked food stuffs are some awful conduction that can cause adverse effects on health. Similarly excess indulgence in sex, excessive exercise, excess intake of alcohol, smoking, fear, day time sleep, irregular sleeping pattern and emotional factors can causes various health ailments such as; obesity, diabetes, gastritis, constipation, hypertension, health problems and mental disorders.

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