



AYURVEDA AND MODERN PERSPECTIVES ON AHARA AND VIRUDDHA AHARA: A LITERARY REVIEW

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ABSTRACT

The wellbeing of health status merely depends upon the quality and quantity of consumed food stuffs (*Ahara*) and Ayurveda described *Ahara* as one of the vital aspect of human life. The health benefits of *Ahara* only occurs when it is prepared and consumed in proper manner and inappropriate conduction of *Ahara-Vidhi* can leads many pathological events. In this regards Ayurveda mentioned concept of *Viruddha Ahara* which means incompatible food that can results harmful health effects. The considerations of concept of *Viruddha Ahara* are very important not only to remain healthy but also important to prevent disease pathogenesis. Considering importance of these entire aspects present article described general and pathological perspectives of *Viruddha Ahara*.

KEYWORDS: *Ayurveda, Viruddha Ahara, Incompatible Food, Disease.*

INTRODUCTION

Ayurveda explained many theories and concepts based on logical reasoning and clinical practice. The concept of *Trayostambh* (Three Pillar) also described by Ayurveda; *Ahara* is one of important one amongst these three pillars of life. The appropriate *Ahara* provide good health status physical as well as mental, but these health benefits only achieved when rules related to preparation and consuming meal followed properly. The consumption of *Ahara* inappropriately including improper preparative methods can leads several health problems including death. In this regards Ayurveda furthermore explained concept of *Viruddha Ahara* means incompatible foods which should not take to avoid any harmful effects.

The food/*Ahara* if consumed in proper manner then it offers enormous health benefits which are as follows:

- Maintain process of growth and development
- Regularizes hormonal and circulatory process of body
- Provide strength and immunity
- Boosts *Dhatu*s thus imparts physical and mental health
- Balances *Dosh*as and *Agni* thus regularizes digestive and metabolic activities
- Prevent early aging and improves appearance

As mentioned above *Ahara* is one of the vital aspects of life which support physiological functioning of body and any abnormalities in *Ahara* can be observed as pathological manifestations. The incompatible food /

Viruddha Ahara affects process of growth & development, deprived body from basic nutrients, hamper digestion & metabolism, obstruct channels, vitiates *Dosh*as and diminishes potency of *Dhatu*s, etc. The incompatibility of food are various types including wrong combination, wrong processing, incorrect quantity to be consumed, inappropriate time or season of meal and inappropriate place of meal, etc. These all incompatibilities leads pathological consequences of *Viruddhahara*. The conventional literatures of Ayurveda also mentioned various terms of food incompatibility other than *Viruddhahara* as mentioned in **Figure 1**.

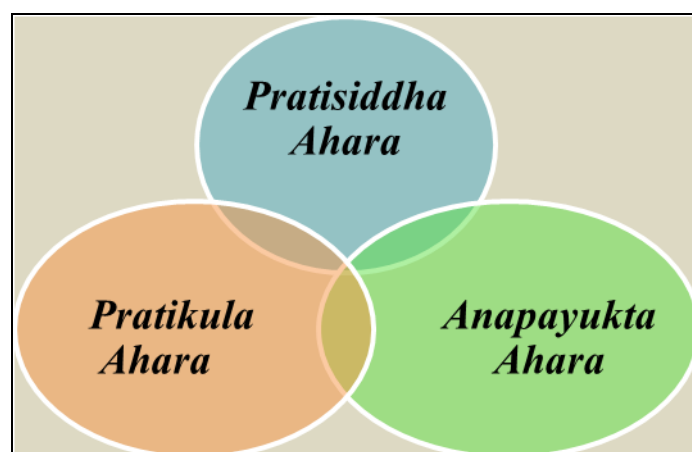


Figure 1: Various terms of food incompatibility other than *Viruddhahara*.

The some important food incompatibilities mentioned in **Table 1**.

Food Incompatibility	Descriptions	Food Incompatibility	Descriptions
<i>Desha Viruddha</i>	Food incompatible to demographic region	<i>Kram Viruddha</i>	Food possesses opposite action.
<i>Kala Viruddha</i>	Food incompatible to climatic conditions	<i>Upachar Viruddha</i>	Incompatible to specific therapeutic requirements.
<i>Matra Viruddha</i>	Inappropriate quantity of food	<i>Samyoga Viruddha</i>	Incompatible combinations of ingredients.
<i>Satmya Viruddha</i>	Unwholesome dietary conduction	<i>Sampad Viruddha</i>	Deprived quality/ putrefied
<i>Dosha Viruddha</i>	Diets similar qualities with <i>Dosha</i>	<i>Sanskar Viruddha</i>	Inappropriate methods of food preparations
<i>Veerya Viruddha</i>	Incompatible to potency	<i>Vidhi Viruddha</i>	Taking meals without following rules of Ahara-Vidhi

Disease and *Viruddh Ahara*

The avoidance of concept of *Viruddh Ahara* can leads many pathological conditions including impotency, *Visarpa*, insanity, blindness, intoxication, anemia,

indigestions, skin diseases, gastritis, hyperacidity, rhinitis, infections and mental problems, etc. The general pathogenesis of diseases occurs due to *Viruddh Ahara* depicted in **Figure 2**.



Figure 2: Pathological consequences of *Viruddh Ahara*.

The various system get affected due to the avoidance of concept of *Viruddh Ahara*, the disease of various system which may occurs due to the *Viruddh Ahara* are as follows:

Diseases of Digestive System: Vomiting, diarrhea, hyperacidity and constipation.

Diseases of Respiratory Tract: Asthma and allergy

Diseases of Skin Tissue: Urticaria, eczema and dermatitis

Diseases of Nervous System: Anxiety, depression and migraine

Modern science also described various aspects related to food incompatibility and in this regards various concepts have been presented including antagonist, allergies and poisonous foods. Antagonistic foods are those which should not be consumed together. Allergic food can cause specific allergic reactions to particular person and poisonous food can imparts poisonous effects. Therefore all such types of food should be avoided to prevent any harmful effects.

Treatment of adverse effects of *Viruddh Ahara*

- Avoidance of food incompatibilities
- Conduction of rules of *Ahara-Vidhi*
- *Vamana & Virechana Karma*
- Uses of antidotes in chronic adversity
- Uses of herbs like *Haridra* and *Neem*, etc.

CONCLUSION

The physical and mental health status of human body mainly depends upon the quality and quantity of consumed foods (*Ahara*). Ayurveda believe that if *Ahara* not consumed in proper manner then adverse health effects occurs. In this regards ayurveda mentioned concept of *Viruddha Ahara* means incompatible foods which must be avoided to prevent prevalence of adverse health effects of noxious foods. The *Viruddha ahara* can cause many health adversities including cardio-vascular problems, obesity, diabetes mellitus, sterility, hormonal imbalance, indigestion, constipation, metabolic disorders and skin ailments, etc. Finally Article concluded that *Ahara* should be prepared and consumed by following rules of *Ahara-Vidhi*.

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