

CONCEPT OF VIRUDDHA AHARA AND ITS ROLE IN ORIGINATION OF  
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**ABSTRACT**

*Ayurveda* emphasis mainly on role *Ahara* and believes that healthy nutrition nourishes the mind, body, and soul. Mind is directly influenced by the quality of food eaten, food preparation, appearance, aroma and freshness of the food. According to *Charak samhita*, complexion, good voice, long life, understanding, happiness, satisfaction, growth, strength and intelligence are all established through food. Wholesome diet is a main cause for the growth and development of the body and mind. On the other hand, when person indulged in unwholesome diet (*Viruddha Ahara*), produces various diseases like *unmad*(insanity), *mada*(narcosis) etc. *Viruddha Ahara* (unwholesome diet) is a unique concept mentioned in *Ayurveda* resulting from unsuitable combination, contradictory qualities, faulty processing method, time, place, dose, faulty consumption method. Frequent intake of unwholesome diet creates *Ama* which vitiates the *doshas* and obstruct the *shrotas*(channels) of the body. This *Ama visha* spread over *hridaya* and *manovaha shrotas* leading to the malfunctioning of mental activities, so as resulting in damaged mind and unstable intellect. Therefore, for a good health, person should always eat wholesome food and avoid *Viruddha Ahara* (incompatible diet) as in *Kashyap Samhita* also, it is mentioned that food plays an important role to treat illness and maintain health and that's why he called food as *Mahabhaishajya*.

**KEYWORDS:** *Ahara, Ama, Hridaya, Viruddha Ahara, Manas vikara.***INTRODUCTION**

*Ayurveda* focuses more to remain healthy and prevent diseases.<sup>[1]</sup> *Ayurveda* has defined the health as a combined state of Sharira (body), Indriya (senses), Mana (psyche) and Atma (soul). Balanced *vata*, *pitta* and *kapha* govern proper functioning of *mana*. *Manasa* is necessary to understand about nature of life and health. Psyche is an absolute term of the subjective aspects of the mind as of the individuals. The pathological conditions of *Mana* are considered as *Manasika vikaras* or Psychological disorders. WHO has been recognized that mind is not possible without the remarkable physic that helps to build the brain. Whatever we eat it affects our body as well as mind. So we should eat both delicious and wholesome food which will provide nourishment to both the body and the sense organs.<sup>[2]</sup> The food, drink and medicine which does aggravation and dislodgement of Dosha from its site i.e. Doshoklesha but does not eliminate or expel it from the body, is known as *Viruddha ahar* or incompatible diet.<sup>[3]</sup> Frequent intake of unwholesome diet creates *Ama* which vitiates the *doshas* and obstruct the *shrotas*(channels) of the body. This *Ama visha* spread over *hridaya* and *manovaha shrotas* leading to the malfunctioning of mental activities, so as resulting in damaged mind and

unstable intellect. The pathophysiology of diseases begins with our improper food & living habits. In today's modern era, due to lack of knowledge about correct food combination, we blindly follow the wrong dietary habits and suffer from various disorders of unknown etiology. Before consumption, one must consider whether the food combination is safe and is according to the rules and conditions for intake of food in order to remain healthy.

**AIMS AND OBJECTIVES**

- 1) To study the fundamental concepts of *Viruddha Ahara*
- 2) To spread awareness of intake of *Viruddha Ahara* which will be one of the measures to prevent diseases.
- 3) Study of *viruddha ahara* as a causative factor in origination of *manovikar*.

**MATERIAL AND METHODS**

*Ayurveda* literature has described 18 types of *Viruddha Ahara*. The basic meaning of word *Viruddha* is opposite which means the food combination of certain type possessing –

- 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

**Table 1: Types of Viruddha Ahar.**<sup>[4]</sup>

S.No.	Types of Viruddha Ahar	Examples
1)	Virya viruddha (Potency incompatibility)	Eating ice-creams with hot chocolate fudge
2)	Samskara viruddha (Process incompatibility)	potato chips, pickles, fish dahi bhata
3)	Matra viruddha (Dose incompatibility)	ghee and honey in equal amount
4)	Agni viruddha (Digestion incompatibility)	large heavy meal at night, <i>Tikshnagni</i> (strong appetite), food gets digested very easily within time, whereas in <i>Mandagni</i> food is slowly digested & takes long time
5)	Kala viruddha (Time incompatibility)	ice-cream in winter season
6)	Krama viruddha (Order incompatibility)	consume food before the earlier food is digested or in absence of proper appetite and even late meals after deep hunger, are incompatible to rules.
7)	Samyog viruddha (Combination incompatibility)	fruit salad, cheese fruit, milk along with banana
8)	Parihar viruddha (Regimen incompatibility)	cold water after hot tea
9)	Paka viruddha (Cooking incompatibility)	half cooked, burnt food
10)	Hridya viruddha (Mental incompatibility)	eating food not liked by person
11)	Sampat viruddha (Maturity incompatibility)	over ripen mangoes, banana
12)	Vidhi viruddha (Regulation incompatibility)	eating food while watching T.V or talking
13)	Dosha viruddha (Humor incompatibility)	kapha prakriti person eating ice-cream, <i>Vata</i> aggravating substances like dry, cold, light foods should not be given to the person occupied in heavy manual work or excessive exercise.
14)	Kostha viruddha (Bowel incompatibility)	consumption of sprouted pulses by laborious worker, <i>Echabhediras</i> given in soft bowel person is contradictory medicines according to bowel
15)	Awastha viruddha (Condition incompatibility)	<i>Vata</i> vitiating foods and drinks like dry, cold food by the person who is occupied in heavy manual work, exercise
16)	Desha viruddha (Place incompatibility)	eating spicy food in hot city
17)	Satmya viruddha (Habit incompatibility)	vegetarian person consuming egg containing cake
18)	Upchar viruddha (Exemption incompatibility)	drinking cold water after taking ghee

**WRONG EATING HABITS IN PRESENT ERA**<sup>[5]</sup>

- Eating when not hungry
- Eating soon after meal
- Eating at the wrong time of the day
- Eating incompatible food combinations like Green tea or black tea and milk, milk and yoghurt interaction, tea and garlic, pomegranate juice and grapefruit juice, unripe (green) tomatoes or potatoes and alcohol, intake of market honey, refrigerated foods
- Overeating
- Eating too much heavy too little light food
- Eating hurriedly
- Emotional eating
- Eating food one cannot digest
- Eating when constipated
- Drinking cold or chilled water, especially during meal
- Too much water or no water at all during a meal
- Preserved and stale food
- Frozen food
- Too spicy, sour, salty food

According to Sushrutacharya, Achokshyam (dirty), Dushta (affected by poison etc.), Utsrutam (left over), Pashana-truna-lashtavata (containing stone, grass and dust), Dwishta (disliked), vyushitam (stale), Aswadu (unpalatable) and Puti (putrified food) should be discarded. Chirsiddham (Food which is cooked long before), Sthira (hard), Sheetam (cold), ushnikrutam puna (reheated), Ashantam (incompletely strained) and Upadagdhama (over burned) is not palatable (loses its natural taste) and as such should be discarded.<sup>[6]</sup>

### Role of viruddha ahar in causing manovikar

1. *Charaka* has mentioned that such types of wrong combinations can lead to even death. If above said wrong combinations diets are followed then the diseases occurring due to *Viruddha Aahara* can occur like insanity (*unmad*).<sup>[7]</sup> In the causative factors of *Unmad* also, the ingestion of mutually incompatible food, spoiled and contaminated food are told as one of the cause of *Manoabhighata* (mental trauma). The *Sharira Doshas* of the weak-minded (*Alpasatwa*) becoming impaired vitiates the *Hridaya* which is the seat of intelligence, get localized in the *Manovaha-shrotas* and soon disturb the functions of *Mana* and causing *Manovikar*.<sup>[8]</sup> Also the filthy, impure and incompatible food aggravates *Rajas* and *Tamas Doshas* which moves towards the upper regions of the body, involving the *Manovaha Srotas*, and produces a distracting state of the *Manas*.<sup>[9,10]</sup> According to *Acharya Susruta*, use of *Svadu Ahara* (tasty food) causes *Bala Vriddhi* (strengthen the power) and *Sukha-prapti* (pleasant) etc, while *Asvadu* (bad taste food) shows opposite *guna* (property). Here by term *Hridya sampat* indicates the same. Hence in *Hridya Viruddha* there is *Mano-Aghata* which leads to *Manovikar* (emotional disturbance). *Acharya Charaka* in *Vimanasthana* chapter 2 has told that the wholesome food when afflicted with grief, fear, anger, do not get properly digested leading to *Agni Dusti*, creating *ama* which spread over *hridaya* and *manovaha shrotas* hence is *Hridya Viruddha* and causing *Mano-Aghata*.<sup>[11]</sup> Therefore it is clear that *viruddha ahar* plays an important role in origination of *manasvikar*.

### Mode of Action of Viruddha ahara<sup>[12]</sup>



### Mode of action of Viruddha Ahara<sup>[13]</sup>

*Viruddha Ahara* taken regularly could induce inflammation at a molecular level, disturbing the eicosanoid pathway creating more arachidonic acid leading to increased prostaglandin-2 and thromboxane. This inflammatory effect is an important effect. As these are all the basic pathologies that create *Agni Mandya*, *Ama*, and a number of metabolic disorders.

#### 1. Concept of HNE<sup>[14]</sup>

It has been clearly mentioned in *Ayurveda* text that oil and food must not be reheated. Reheating of oil creates more oxidation and if consumed may create more oxidative stress, creating more free radicals. Recent study found that a toxin called 4-hydroxy-trans-2-nonenal (HNE) forms when such oils as corn, soyabean, and sunflower oils are reheated. Consumption of foods containing HNE from cooking oils has been associated with increased risks of cardiovascular disease, stroke, Parkinson's disease, Alzheimer's disease, Huntington's disease, various liver disorders, and cancer.

#### 2. Concept of AGEs<sup>[15]</sup>

High-temperature cooking must also be called as *Sanskara Viruddha*. AGEs Advanced Glycosylated End Products are formed by cooking combination of proteins and sugar in absence of water at high temperatures, like meats which is a kind of *Viruddha*. accumulation of AGEs leads to various neurodegenerative diseases.

#### 3. Concept of Zn and Antioxidant properties<sup>[16]</sup>

Fast food is high in energy density and low in essential micronutrient density, especially zinc (Zn), of which antioxidant processes are dependent. Nowadays eating pizzas, noodles are the perfect examples that are why children are becoming obese with nutritional deficiencies inducing oxidative damage associated with inflammation.

#### 4. Concept of effect on Genes

Certain food combinations are capable of switching on or off little epigenetic tags on genes that tell other genes what to do to be healthy, repair, reproduce, and fix anything that goes wrong with the gene's ability to do the healthy thing to make sure the person is healthy, doesn't age too rapidly, and stays energetic. A number of dietary components exert their beneficial effects on human health by modulating the expression of genes involved in the pathogenesis and/or in the protective mechanisms relative to epidemiologically relevant diseases (e.g., cancer, cardiovascular diseases).

### Modern Correlation

Allergy & Intolerance can be correlated with *Viruddha*. Mechanism of action is such that, B cells (lymphocytes) produce IgE, these attach to mast cells in the body tissue. Chemical histamine is produced as a response to this smooth muscles contract. Antigens are the molecules, which provoke body to reproduce antibodies. Heptanes are the small molecules of antigen, which combine with

proteins in the body & produce eosinophils. Eosinophils are predominant in allergic conditions.<sup>[17]</sup> Food Allergy is appropriate & harmful response of immune system to normally harmless substance.

### Food intolerance

**Table 2: Showing systemic symptoms of food intolerance.**<sup>[18]</sup>

System	Immediate	Late	Immune complex delayed hypersensitivity
GIT	Nausea	Stomach ulcer	Enterocolitis
	Vomiting	Duodenal ulcer	
	Hyperacidity	Crohn's disease	Gluten sensitivity
	Constipation	IBS	Enteropathy
	Diarrhea		
Respiratory	Asthma	Eosinophilia	
	Rhinitis		
	laryngeal odema		
Cutaneous	Urticaria		
	Dermatitis		
	Angio oedema		
Neurological	Migraine		
	Anxiety		
	Depression		
	Headache		

### DISCUSSION

*Ayurveda* mentions that, person is said to be healthy (*swasthya*), when they enjoy balance between *sharirika* and *manasika dosha*, of energies produced in the body (*samaganischa*), tissues in the organs (*samadhatu*) combined with proper elimination of mala from our body (*malakriya*), a happy *atma* (*prasannatma*), happy of functioning mind (*prasanna manaha*) and proper functioning of five senses (*sama indriyas*). WHO also states the definition of health, that it is a state of complete physical, mental and social well being and not merely the absence of disease. So, both the science says that physical health as well as mental health should be considered, then only person can have healthy life. The current population suffers from many psychological disorders due to the disturb life style. Hence getting famaliarize with Viruddha Ahara (incompatible diet) and avoiding consumption of it can act as a preventive measures from getting rid of the psychic diseases. Diseases caused by incompatible food can be cured by emesis (*vamana*), purgation (*virechana*), pacifying methods (*shaman*) and prophylaxis (*hita sevana*). Since the doshas are not removed from the body, it is very essential to remove the doshas by proper (purification) *shodana*. After *Shodana*, *Shamana* oushadies to the respective diseases should be given. One should be advised to give up the habit of consuming incompatible food and adopting hitakara ahara & intake of *rasayana* at regular basis.

### CONCLUSION

Anything that affects the physiology of *Mana* can lead to its psychopathology i.e. abnormal state of mind. These pathological conditions of *Mana* are considered as

*Manasika vikaras* or Psychological disorders. Vitiation of *Manovaha Srotasa* and *Manodhisthana* i.e. *Hridaya* leads to *Manasika vikaras*. *Ahara* plays an important role in nourishment of body as well as mind both. Various treatments are described detail in *Ayurveda* for healthy person to maintain his health and disease person to be cured, as *Rasayana* therapy specially *Acharya Rasayana* (follow up all the code and conduct of living, *Sadvritta* (good conduct-based on personal cleanness of the mind and body, *Swasthavritta* (follow up code of the hygiene), *Medhya Rasayana* (mental health promoting drugs). *Manasika bhavas* are closely interconnected with *Raja*, *Tama* (*Manas Doshas*) and *Vata*, *Pitta*, *Kapha* (*Sharir Doshas*) as well. Therefore, for a good health, person should always eat wholesome food and avoid *Viruddha Ahara* (incompatible diet) because food itself is termed as *Mahabhaisajya* and plays an important role to treat illness and maintain health.

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