

**VIRUDDHA AAHARA W.S.R. FOOD POISONING**Dr. Vibha Sen<sup>\*1</sup> and Dr. Akhilesh Kumar Singh<sup>2</sup><sup>1</sup>P.G. Scholar, <sup>2</sup>Professor & HOD, P.G. Department of Agadtantra evam Vidhi Ayurveda,  
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**ABSTRACT**

*Agad Tantra* is one of the *ashtang* of Ayurveda. It is a branch in which treatment of various poisons are described with signs and symptoms and treatment food poisoning comes from eating food that contain germ like Pathogenic bacteria or toxins which are poison as substances. The subject of food poisoning has been receiving more alternations and more case are reporting to the hospitals due to modern way of life, different types of food combinations and test makers used in cooking lead to food allergy and food poisoning frequently. Ayurveda has described the Pathogenic micro-organism indirectly in the form of invisible *Krimi* responsible for producing many diseases. *Virudha aahar* can be interpreted as food allergy. It is need to take the fresh foods always in dinner, lunch or breakfast.

**KEYWORDS:** *Agadtantra*, Ayurveda, Food poisoning, *Virudha aahar* etc.**INTRODUCTION**

Food poisoning is common problem now a days usually mild but sometimes deadly illness. Several factors could contribute to food poisoning. Food poisoning comes from eating foods that contain germs like Pathogenic bacteria or toxins, which are poisonous substances. Due to the modern way of life, different types of food combinations and taste- makers used in cooking lead to food allergy and food poisoning frequently. Ayurveda also describes the concept of food poisoning. Regarding the wholesome food, Charak says that both the body and diseases are products of food and the wholesomeness of food it is the special cause of health and disease respectively. According to the Sushruta *Krimidosha* is one of cause of *Atisara*, which means micro-organism affect on the human being cause many infectious diseases. Yajurveda also mention the food poisoning caused due to eating in unhygienic utensils.

Acharya Charak has describes role of *Vayu*, *Udak*, *Desha*, *Kala* responsible for *Janpadodhwansha* most of the infectious diseases and contaminaton of Physical, Chemical and Biological factors in occurrence of disease. Many times these organism cause massive effects of community.

**According to Ayurveda**

The drugs and diets which are unwholesome for normal *doshas* and *dhatu*s of the body are in fact not conducive to the proper growth of the tissue elements and *doshas* are considered as *Ahara Vishas*.

Ayurveda considered these kinds of foods as *Viruddha Ahara*.

**Viruddhahara**

According to Astanga Sangrha *Viruddhaahara* can be defined precisely as the nature of causing “*UTKLESATA*” i.e. agitating, enraging and moving *doshas* from their native place without expelling them from the body. It is also defined as the property of possessing contradictory Qualities of the bodily humors and *dhatu*s.

According to Sushruta Anything, which on being taken enrages, agitates *doshas* without causing their evacuation of un-assimilated food and vitiates the *Rasadi dhatu*s of the body is considered as *Viruddha Ahara*.

According to Charaka all the drugs and diets which dislodge the various *doshas*, but do not expel them out of the body are to be regarded as unwholesome.

Summing up the above three definition the substances which have the opposite or contradictory *Guna* of the bodily *dhatu*s and vitate *dhatu*s, causing *utklesata* without expelling them out of the body and without pacifying them are regarded as *Vishas Ahara*, *viruddha ahara* or *Ahita ahara*.

**Classification****According to Astanga Sangraha**

Astanga Sangraha has classified *Viruddhata* into 5 categories as under basing on the cause of incompatibility.

**1. VISHAMATWA:(Asadrusya)**

Combination of substances with opposite qualities and properties

E.g: Milk (*Madhura Vipaka, Shita Veerya*) + Horse-Shoe gram (*Amlavipaka, Ushna Virya*)

**2. SAMATWA:(Sadrusya)**

Combination of food with similar properties.

E.g: Milk (*Madhura Rasa, Madhura Vipaka, Sita Virya*) + Jack fruit (*Madhura Rasa, Madhura Vipaka, Ushna Virya*)

**3. UBHAYA**

Combination foods and substances with certain similar and certain dissimilar qualities and properties.

E.g.: Milk (*Madhura Rasa, Madhura Vipaka, Shita Virya*) + Jack fruit (*Madhura Rasa, Madhura Vipaka, Ushna Virya*)

**4. SAMSKARA: (Modification/Processing)**

Hot curds should not be taken.

**5. SAHAJA: (Natural)**

Some substances are in compatible or unwholesome by their very nature.

E.g.: *Yavakalu*.

In addition to the above 5 categories, Astanga Sangraha also described some other incompatibilities.

**1. MATRA: (Dose/Proportion)**

Honey and ghee should not be taken in equal quantities.

**2. DESA: (Place):** *Tusharodaka* should not be taken.

**3. KALA: (Time):** *Saktuka* should not be taken in the night.

**4. SAMYOGA: (Combination).**

Water should not be taken in the middle of the *saktuka*.

1) **SAMYOGA:** Milk + Radish.

2) **SAMSKARA:** Pigeon flesh fried in Mustard oil.

3) **MANA:** Honey + Ghee in equal quantities.

4) **RASA:** Sweet + Sour tastes.

**According to Charaka Samhita**

Describing the incompatibilities of food substances, Charaka has also classified them into four categories.

**I. PARASPARA GUNA VIRUDDHA**

Charaka has further classified this category into four sub-groups as under.

a) **RASA – VIRUDDHA**

Combination of food substances with opposite *rasa* or tastes

Milk + Sour fruits

b) **GUNA – VIRUDDHA**

Combination of substances with opposite properties like *Gurvadi gunas*.

c) **VEERYA- VIRUDDHA**

Milk + Fish

d) **VIPAKA- VIRUDDHA**

Milk + Horse-shoe gram

**II. SAMYOGA VIRUDDHA**

The drugs become incompatible and unwholesome by more

Combination irrespective of their properties

E.g. : *Ripe Nikucha* + Soap of *Masha*

Water in between *saktulu*.

**III. SAMSKARA VIRUDDHA**

Some drugs become unwholesome by the process of *Samskara*

E.g. : 1) Pigeon flesh fried in Mustard oil

2) Peacocks flesh fried in Castor oil brings about instant death.

**IV. Sahaja**

Certain foods are incompatible by their very nature.

E.g.: *Yavakulu*

Apart from the above four categories, Charaka has also.

**According to Sushruta Samhita**

Sushruta has classified the incompatibility into four varieties.

**Table no.01: Described and classified *Viruddhata* of foods and drugs in Accordance with the following variance.**

<b>MATRA</b>	<b>Honey, Oil, Water etc. with Ghee in equal quantity</b>
<b>KALA</b>	Cold and dry substances in winter
<b>DESA</b>	Dry and sharp foods in deserts
<b>AGNI</b>	Heavy diet in impaired digestion
<b>SATMYA</b>	Sweet and cold substances to person who are addicted to hot and pungent foods.
<b>DOSHA</b>	Drugs and diets that are similar in properties with that of <i>Doshas</i>
<b>KOSTA</b>	Drastic purgatives to the persons with <i>Mridu Koshta</i> .
<b>STITHI</b>	Vatic and dry foods after exhaustion, Sexual act etc.
<b>KRAMA</b>	Intake of food before clearing bowels and bladders
<b>PARIHARA</b>	Intake of cold things after <i>Ghee</i> and hot things after pork
<b>PAKA</b>	Intake of under cooked, over burnt foods, foods prepared with rotten fuel.
<b>l) RUCHI</b>	Intake of food with unpleasant taste

M) AVASTHA	<i>Kapha vardhaka</i> food to excessively sleeping persons.
n) SAMPAT	Intake of unripe, immature foods.
o) SAMYOGA	Milk with acidic fruits.
p) HRIDAYA	Meat etc., for strict vegetarian
q) BHOJYA/VIDHI	Eating without privacy

### Diseases caused by Intake of *Viruddha Ahara*

Regular intake of incompatible food substances will result in the production of following symptoms and diseases according to Astanga Sangraha.

1. Boils.
2. Swelling.
3. Toxicity.
4. Abscess.
5. Tumours.
6. Tuberculosis.
7. Loss of Vigor strength, memory, perception of senses.
8. Memory loss.
9. Fever.
10. Haemorrhagic diseases.
11. The eight mahagadas.
12. Even death in some cases just like poison.

Other texts have mentioned the evil effects of *Ahara Visha* or *Viruddhahara* as follows:

- 1) Sterility.
- 2) Blindness.
- 3) Erysipelas.
- 4) Ascites.
- 5) Eruptions.
- 6) Insanity.
- 7) Fistula.
- 8) Fainting.
- 9) Intoxication.
- 10) Tympanitis.
- 11) Spasmodic obstruction in throat.
- 12) Anemia.
- 13) Rheumatism.
- 14) Obstinate skin diseases including leprosy.
- 15) Sprue.
- 16) Oedema.
- 17) Acid dyspepsia.
- 18) Fever.
- 19) Rhinitis,
- 20) Fetal diseases and even death.

### Food Poisoning (As per Modern Medicine)

#### Introduction

It includes all the illness resulting from ingestion of food containing bacterial & non-bacterial products. But it is usually restricted to acute gastroenteritis due to bacterial infection of food or drink. The nonbacterial products include poisons derived from plants and animals, and chemical migrating into the food from the packing materials and/containers.

### Type of Food Poisoning

1. Bacterial food poisoning.

These can be sub-classified on the basis of cause.

- Infection Type – Ingestion of viable organism with food e.g. Salmonella typhi.
- Toxin type- Ingestion of bacterial toxin with food e.g. Staphylococcus A. & Clostridium P.
- Botulism.

Again they can be classified into sub-type on the basis of Pathology:

- a) Non-Inflammatory      b) Inflammatory      c) Penetrating
2. Non-bacterial food poisoning.
    - Toxic Plant Food.
    - Toxic Animal Food.
    - Chemical Contaminated.

All the above can be broadly classified as 1) Bacterial and 2) Non-Bacterial Food poisoning.

### BACTERIAL FOOD POISONING

The poisoning due to bacterial products is known as bacterial poisoning and is of three types

- 1) Infection type, 2) Toxin type and 3) Botulism.

#### 1. Infection Type

This type of poisoning occurs due to the ingestion of viable micro organisms that multiply in the gastro intestinal tract and produce true infection.

E.g.: Salmonella group of organisms.

The Bacteria multiply in the gastro-intestinal tract and cause gastroenteritis.

The commonest attacking group is Salmonella and occasionally Shigella.

Shigella organism is the result of contaminated food or water supplies with faeces of individuals who either have the disease or less often the asymptomatic carriers of the organism.

#### ➤ SIGNS AND SYMPTOMS

- 1) Incubation period is longer than staphylococcus and usually 12 hour or more.
- 2) Sudden onset.
- 3) Chill's are the initial symptom.
- 4) Headache.
- 5) Nausea, Vomiting.
- 6) Severe abdominal cramps.
- 7) Marked Prostration.

This condition is differentiated from staphylococcal food poisoning by the following three characteristic features of Staphylococcal infections.

➤ **Treatment**

- 1) Stomach wash
- 2) Purgative if diarrhea is not present
- 3) Chloromphenicol is the Anti-biotic of choice. Ampicillin and septran are also useful.
- 4) For Shigella infection Sulphaguinidine Ampicillin tetracycline, clotrimoxazole are helpful
- 5) Symptomatic.

➤ **Post – Mortem Appearance**

- 1) Features of Gastro –enteritis or Toxemia
- 2) Inflamed or ulcerated Mucosa
- 3) Congestion of internal organs

**Toxin Type Food Poisoning**

➤ **Favorable Criteria**

- a) Contamination of food by strain of organism that produce enterotoxin
- b) Suitable strain is needed for growth of organism
- c) Infected food must be kept at temperature suitable for bacterial growth.
- d) The infected food must also be kept for sufficient longer period so as to allow appreciable quantity of entero-toxin is formed.
- e) Most of the Toxin type poisoning are due to staphylococci which produce a heat stable enterotoxin.

➤ **Signs and Symptoms**

- 1) Symptoms develop rapidly and within on to fours
- 2) Salivation
- 3) Gastro – enteritis
- 4) Recovery is in 24 hours.

➤ **Treatment**

Treatment is mainly Symptomatic and is carried out on the lines of Salmonella food poisoning.

➤ **Post Mortem appearances**

Post mortem appearances are similar to that of Salmonella poisoning.

**Botulism**

The word botulism is derived from botulismus which means Sausage word is adopted to this condition as large out breaks of the disease were identified following ingestion of improperly cooked sausage.

The causative agent is an anaerobic sore forming bacillus, clostridium botulinum which produces exotoxin. It is commonly found in the soil.

➤ **Signs and Symptoms**

- 1) Symptoms begin to manifest within 12-36 hours
- 2) Diplopia due to ocular Muscle palsy
- 3) Difficulty in speech and swallowing
- 4) Bulbar palsy

- 5) Respiratory paralysis
- 6) Normal or subnormal temperature
- 7) Gastro intestinal symptoms are rare
- 8) Conscious level is normal
- 9) Fatal dose is less than 5 gms
- 10) Death may occur with in 24 – 48 hours
- 11) Diagnosis rests on the isolation of the bacillus from food, or patients, Vomit, faeces or Viscera.

➤ **Treatment**

- 1) Stomach Wash.
- 2) Saline purges.
- 3) Administration of anti-botulism serum.
- 4) Management of bulbar and respiratory failure.
- 5) Mortality is 60 – 70%.

➤ **Post-Mortem appearance**

- 1) Congestion and hemorrhage signs in all the organs especially in central nervous system.
- 2) Degenerative changes occur in Liver and Kidney.

**Non Bacterial Poisoning**

This category includes poisoning of food due to

- 1) Contained Toxic Principles.
- 2) Metallic Contamination.
- 3) Food allergy.

This includes poisoning of food due to Bacteria and toxins and covers all the poisonings other than Bacterial origin.

➤ **Containing Toxic Principles**

The food articles that contain toxic principles are poisonous food grains, Infected rye. Adulterated oil and Poisonous Mushrooms. The most commonly affected food grain is kesari dal (Lathyrus Sativus) and it causes Lathyrism a spastic paralysis of lower limbs. The other seeds which commonly affected are Darnel (Iolium temulentum) Maize (stigmata maides). Kodra (paspalum, Scrobiculatum).

➤ **Metallic Contamination**

It is more common than dangerous. This type of poisoning is not common in now-a-days. This usually occurs due to food adults as dyes, Colouring agents or preservative substances, anti-oxidants, sweetening agents, Thickening agents, flavouring agents.

➤ **Food Allergy**

Sensitivity to certain food or dietary articles usually proteinaceous foods is known as food allergy. The commonly implicated food articles are shell-fish, Eggs, Tomatoes, Strawberries, Mussels, etc. In all these the individual factors play an important role. The abnormality does not lie in the food but in the allergic individual.

➤ **Signs and Symptoms**

- 1) Nausea.
- 2) Vomiting.

- 3) Diarrhoea.
- 4) Fleeting pain of joints.
- 5) Urticaria.
- 6) Oedema of glottis.
- 7) Asthmatic seizures.

### Prevention of Food Poisoning

- 1) Purchase of food items especially non Vegetarian foods from hygienic outlets.
- 2) Avoid buying the certicles after the expiry date.
- 3) Hot and cooked foods must be eat eat immediately.
- 4) Clean Hands, Face and Mouth before and after food.
- 5) Do not consume roadside uncovers items.
- 6) Fresh fruits and vegetables should be washed under Running water.
- 7) Never consumed under cooked foods especially meat and sea foods.
- 8) Food with abnormal taste and smell should be discarded.
- 9) Never leave cut vegetables or meat open.

### DISCUSSION

The concept of Visha explained in Agadha Tantra and it has wite application. Today's life style is changed prolonged used of adulterated food or incompatible food and people who are following bad habits are effected Viruddha Aahara. Viruddha Aahara is mixture of various artificial substances which produce toxic effects on human body.

The toxicogenesis of food, milk and drink additive is near about similar to that of Virudha-Ahara which reduces Jatharagni (Digestion) and absorption in gastrointestinal tract .This study has illustrated the co-relation of Virudha ahara and food poisoning.

### CONCLUSION

Wonderful concept of *Viruddha Ahara* is explained by Ayurveda. The possibility of exposure of toxins due to using various chemical agent food preservatives and many more things in our changing Life Styleis nothing but *Viruddha –Ahara-Vihara*. Most of *Agantuj Vyadhis* are caused also due to *Viruddha Aahara Vihara* along with food poisoning. Food bone illnesses including food can be prevented by properly storing, cooking, cleaningand handling of etible foods . It is need to take fresh always in dinner, lunch or breakfast. Due to the changing life style people are exposed to one or other kind of poisons in their day to day life. The exposure in the foods form of food, drink drugs. If this type of toxication in food it lead to food poisoning and it can cause Serious health hazards. Such as allergy, *asthama*, Skin disorders, neurological changes etc.This article aims to understanding concept of *Virddha-Aahara-Vihara* and relation between food poisoning and *Viruddha*. Its health hazards and its *Ayurvedic* management by detoxification.

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