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A Conceptual Study On Viruddha Ahara

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ABSTRACT:

The most important requirement for maintaining life is *Ahara*, or food. According to *Ayurveda*, one of the key pillars for a good existence is *Ahara*, or food, which is one of the *Trividha Upasthambha*¹ (sub-pillars of the body). *Ayurveda* places a strong emphasis on eating a food that is both nutritious and healthful for a healthy lifestyle. An incompatible diet, or *Viruddha Ahara*, is one that throws off the body's natural equilibrium. When two foods are consumed together or when a certain diet is followed, it can lead to toxicity; this is known as an incompatible diet. *Gara Visha*² (artificial poison) is comparable to even an unsuitable diet. *Viruddha* (incompatible diet) refers to foods that, when ingested, aggravate the *Doshas* but do not eliminate them from the body, resulting in irregularities in the *Dhatu* (body tissues). If consumed simultaneously and constantly, the incompatible diet may be compared to poison and produced poisoning. The western way of life exposes people to poisons on a large scale. In the context of *Viruddha Aaharajanit Vyadhis* (incompatible food-induced diseases) and their prevention in *Brihatrayi*, the current article reviews *Viruddha Ahara* (incompatible diet).

Key words: *Viruddha*, Incompatible, *Gara Visha*.

INTRODUCTION

The three fundamental principles of *Shareera* (body) are *Ahara* (meal) *Nidra* (sleep) and *Brahmacharya* (restricted sex). The most important requirement for maintaining life is *Ahara*, or food. It is significant in and of itself in relation to the *Trividha Upasthambha*³ (sub-pillars of body) idea. Life would not last very long without *Ahara* (food), which is why it is categorized under *Upasthambha* (the body's sub-pillars). For all living things, *Ahara* (food) is vital to the continuation of life. Both *Arogya* (health) and *Vyadhi* (diseases) are caused by *Ahara* (food). *Indriyaprasadna* (the nutrient of the senses), *Varna* (complexion), and *Bala* (enhancement of strength) are all provided by a suitable diet, or *Hita Ahara*, according to *Vidhi* (dietary regimen). If food is not prepared according to the *Asta Ahara Vidhi Visheshayatana*⁴ (factors for wholesomeness), it does not benefit the body. substances that, when ingested, aggravate the doshas but do not eliminate them from the body, resulting in anomalies in the Rasa, etc.

Dhatus (tissues of the body) give rise to diseases are considered to be incompatible food and named as *Viruddha Ahara* (incompatible diet). Incompatible food considered equivalent to poison⁵. Many systemic illnesses are considered to be caused by *Viruddha Ahara*, or incompatible food, according to *Ayurvedic* literature. According to *Acharya Charka*, certain diets and their combinations that disrupt tissue metabolism and impede tissue development are referred to as *Viruddha Ahara* (incompatible food).

Definition of *Viruddha Ahara* (Incompatible diet)

In the *Ashtanga Sangraha*, *Acharya Vagbhatta* explained *Viruddha Ahara*, or incompatible food. *Viruddha Ahara*⁶ refers to chemicals that, when ingested, aggravate *Doshas* without causing them to be expelled from the body and result in deviations in *Dhatus* (body tissues). Several varieties of *Viruddha Ahara* have been documented in *Ayurvedic* literature. The 20th chapter of *Sutrasthana*, *Hitahitiyam Adhyaya*, contains an explanation of *Viruddha Ahara*⁷ by *Acharya Sushurta*.

1. *Karma Viruddha* (Functionally incompatible): The Pigeon Fried in Mustard Oil.
2. *Mana Viruddha* (Quantitatively incompatible): Equal parts of Ghrita and Honey.
3. *Samyoga Viruddha* (Unsalutary Combinations): Anupa animal meat combined with freshly sprouted rice.
4. *Rasa Viruddha* Sweet and salty tastes are examples of, or incompatibilities between two tastes.

In the 26th chapter of *Sutrasthana*, *Atreya Bhadrakapyiam Adhaya*, *Acharya Charaka* lists 18 different types⁸ of *Viruddha Ahara*. Being aware of *Viruddha Ahara* can help prevent some illnesses. *Acharya Charka* also said in *Ayurveda* that a person's diet determines their life, but only if it is consumed with *Yukti* (careful preparation). When taken with *Yukti*, the diet has the effect of *Rasayana* (Rejuvenation); when taken without *Yukti*, it might have the impact of *Visha* (Poison).

MATERIALS AND METHODS

The whole article is based on a review of literature gathered from contemporary books and periodicals as well as traditional *Ayurvedic* writings. For this literary endeavor, the *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Samgraha*, and *Ashtanga Hridaya* texts from *Brihatrayee* as well as their corresponding Sanskrit and Hindi commentaries have been consulted.

Types with examples⁹ of *Viruddha Ahara* (incompatible diet) mentioned in *Charaka Samhita*

1. *Desha Viruddha* - Opposite to place

Ex.consumption of alcohol at *Ushna Pradesh* (hot areas)

2. *Kala Viruddha* - Opposite to time

Ex.consumption of curd during night time.

3. *Agni Viruddha* - Opposite to digestion power of individual

Ex.consumption of curd during night time.

4. *Matra Viruddha* - Opposite to Quantity

Ex.honey & ghee mixed in equal proportion

5. *Satmya Viruddha* - Opposite to compatibility

Ex.advice of milk to lactose intolerance individual

6. *Dosha Viruddha* - Opposite to Doshas

Ex.*Vataja Prakriti* individual is advice for *Vatavardhak Aharaa*.

7. *Sanskar Viruddha* - Opposite to mode of preparation

Ex.eating curd in copper vessel.

8. *Veerya Viruddha* - Opposite to Potency

Ex consumption of milk with salty food.

9. *Koshtha Viruddha* - Opposite to *Koshtha*

Ex.consumption of dry, rough fried food articles like Jwar, Bajara etc by *Kruru Koshtha* individual.

10. *Avastha Viruddha* - Opposite to state of individual

Ex.consumption of dry, rough fried food articles like Jwar, Bajara etc immediately after heavy physical exercise.

11. *Kram Viruddha* - Opposite to actions

Ex. taking a bath after a meal.

12. *Parihar Viruddha* - Opposite to precautions or rules.

Ex. consumption of hot water with pork meat.

13. *Upachar Viruddha* - Opposite to treatment

Ex. intake of wheat during typhoid infection

14. *Paak Viruddha* - Opposite to cooking

Ex. consumption of barbecued meat over fire.

15. *Samyoga Viruddha* - Opposite to combinations

Ex. combination of fish with milk.

16. *Hriday Viruddha* - Opposite to one's liking.

Ex. - consumption of food not according to will

17. *Sampad Viruddha* - Opposite to richness of quality

Ex. consumption of improperly ripe (chemically processed fruit) / rotten fruit.

18. *Vidhi Viruddha* - Opposite to rules of eating

Ex. consumption of food without following rules of *Ahara Vidhi Vidhan* (these are the rules laid by *Aacharyas* to maximize the benefits by the food).

Diseases caused by *Viruddha Ahara*¹⁰

According to *Charaka* numerous illnesses can be attributed to *Viruddha Ahara*. Infertility, *Bhagandara* (fistula), *Moorcha* (fainting), *Pandu* (anemia), *Amavisha* (acid eructation), *Grahani Roga* (malabsorption syndrome), *Jvara* (fever), *Santana Dosha* (genetic disturbances), *Visarpa* (erysipelas), blindness, ascites, bullous, insanity, intoxication, abdominal distention, stiffness in the neck, indigestions, various skin diseases, swelling, gastritis, and rhinitis. The immune system, endocrine system, digestive system, neurological system, and circulatory system are all impacted by regular ingestion of *Viruddha Ahara*, if the disorders in the above list are categorized by bodily system.

***Viruddha Ahara* in today's perspective¹¹⁻¹²**

Today's food incompatibilities include oxytocin-induced milk, food product preservatives, pesticides on fruits and vegetables, genetically modified fruits and vegetables, refrigerated food storage items, stale food (such as bread or buns), Warm honey, Mutton or chicken with curd or milk, hot water with honey, combining raw and cooked food, In *Anoopa Desha* (a marshy area) and *Shita Ritu* (winter), there is ice cream, cold beverages,

chilled water, etc. Adding radish to milk, Khichari served with milk, butter toast, Fish with milk, curd at night, Today's incompatible diet includes improper eating habits, among other things.

Bread, potatoes, bananas, and other carbs should never be eaten with lemons, limes, oranges, tomatoes, or other sour fruits. Fruit acids favour the fermentation of carbohydrates while also preventing their digestion.

- Protein and carbohydrates should never be consumed together since they can impede one other's digestion in the stomach. For example, avoid eating nuts, meat, cheese, and other foods with bread, cereal, cakes, and other foods.
- Avoid consuming two concentrated proteins at the same meal, such as milk and meat, eggs and milk, etc.
- Avoid consuming fat and protein together, such as cream, butter, oil, etc., with eggs, cheese, etc.

Treatment on *Virudh Ahara*¹³

The primary course of treatment is *Nidana Parivarjna*, or preventative measures. In addition to the prior use of helpful ingredients, diseases induced by *Viruddha Ahara* (incompatible food) can be treated with *Vamana* (emesis), *Virechana* (purgation), and *Shamana Chikitsa* (palliative therapy).

DISCUSSION

Consuming unsuitable foods on a regular basis might aggravate all Doshas by acting as poison. *Shodhana Chikitsa* (Eliminative therapy), *Shamana Chikitsa* (Palliative therapy), and avoiding incompatible foods are the suggested treatments for illnesses brought on by incompatible foods. According to *Charaka*, one of the ways that diseases are transferred from the alimentary canal to the peripheral systems is through an incompatible diet. One of the most important aspects of disease prevention is avoiding incompatible foods. Integrating Ayurvedic dietary wisdom can promote better digestion, energy, and overall health.

CONCLUSION

An unsuitable diet, or *Viruddha Ahara*, is a key idea in Ayurveda. Ignoring it can lead to the emergence of a number of ailments, and as prevention is always preferable to treatment, it is crucial to abide by the advice of Ayurvedic *Acharyas* in order to live a healthy life¹⁴. It is our first responsibility to raise awareness of the serious health risks associated with *Viruddha Ahara* (incompatible food). In the twenty-first century, more research using contemporary analytical methods is not only necessary but also necessary to establish the traditional idea of *Viruddha Aahara* (incompatible diet) from a contemporary standpoint.

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