

## “ETIOPATHOLOGICAL ROLE OF *VIRUDDHA ĀHĀRA* IN DISEASES”: A REVIEW

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### ABSTRACT

*h ra* (food) is the prime need of every individual & human-beings are the reflection of a sort of food which has been ingested by them. Today the food & food habits are changing according to changing life-style of present inhabitants. *Viruddha h ra* is a unique concept described in *ayurveda*. According to *ayurveda*, there are positive and negative attributes of diet. Food taken in proper method nourishes the person physically and mentally both and it is the food through which person attains positive health and growth of body. Food taken in improper (unbalanced) methods can cause various types of diseases. In *ayurveda*, food is considered not only as mixture of the basic ingredients like protein, vitamins, fats and carbohydrates, but it directs to avoid those food articles which are having opposite attributes to be used at same time as per *ayurveda*. These sort of food may induce the accumulation of toxins in the body which may end up in many diseases.

**Keywords:** *viruddha hara; h ravidhi; ma vi a; sroto-avarodha.*

### INTRODUCTION

*h ra* is the prime need for the sustaining of life. In the concept of *Trividha Upasta abha*, *h ra* has its own importance, without *h ra*, life would not continue for very long. *h ra* can be broadly divided in two types i.e. *Hita* and *Ahita h ra*. *Hita h ra* which is responsible for the normal growth and development of the *ar ra* (body) and *Ahita h ra* also called as *Viruddha h ra*, interferes with normal body function and their by causes many diseases or ill health. The word *Viruddha* is originated from the root word “*Rudhir varni*” by applying the prefix “*VI*”. *Viruddha h ra* in simple words means the incompatibility of foods / food substances. In *Caraka’s* wording “Those articles of food, which dislodge the morbid humors (*Utkle a* (aggravation or excitation) of *Do a’s*), but do not eliminate them

from the body are to be regarded as unwholesome. *Su ruta*, *V gbha a* has also mentioned same *Lak a a* of *Viruddha h ra*. *Caraka Sa hit* has described 18 types of *Viruddha h ra* which mostly related to *h ra* and in sequence responsible for so many diseases like *hya* (impotency), *Andha* (blindness), *Ku ha* (skin diseases), *P ndu*, *mavi a*, *Graha Roga*, *Jvara* (fever), Genetic disorder & even death etc<sup>1</sup> from these disease list as mentioned in classics, it is clear that, *Viruddha h ra* has an impact on immune system, endocrine system, digestive system, nervous system, and circulatory systems. This fact clearly indicates how far reaching effects can be produced by *Viruddha h ra*. So, the development of pathogenesis of diseases due to *Viruddha*

*h ra* is necessary to prevent and manage the various diseases.

### MATERIALS AND METHODS:-

This article is based on a review of *yurvedic* texts. Materials related to *Viruddha h ra* concept, and other relevant topics have been collected. The main *yurvedic* texts used in this study are *Caraka Sa hit*, *Su ruta Sa hit*, and available commentaries on these. We have also referred to the modern texts and searched various websites & reports to collect information on the relevant topics.

### “Viruddha h ra”: concept of *yurveda*

In *yurvedika* classics there are so many terms which are related to *Viruddha h ra*. i.e. *Mithy h ra*, *Adhya ana*, *Vi am ana*, *Atya ana*, *Aj r ana*, etc. According to *Vijayarak ta* the diet opposite to “*A a h ra vidhi Vi e yatan ni*” is to be designated as “*Mithy h ra*”. Taking food just after completing a previous meal is called *Adhya ana*. While taking food at irregular time is called *Vi am ana*. Intake of wholesome and unwholesome diet at same time in one meal is called *Sama ana*. *Atya ana* is intake of excessive diet. Not eating anything is termed as *Ana ana*. Thus all the abnormal usage of foods can be put under the paradigm of *Viruddha*.

### Classification of *Viruddh h ra*:

*yurvedic* literature has described various types of *Viruddha h ra*<sup>2</sup> which can be summarized as follows:

1. *De a* (place) *Viruddha*
2. *K la* *Viruddha*
3. *Agni* *Viruddha*
4. *M tr* (quantity) *Viruddha*
5. *S tmya* (wholesome) *Viruddha*
6. *Do a* *Viruddha*
7. *Sa sk ra* (mode of preparation) *Viruddha*
8. *Viryā* (potency) *Viruddha*
9. *Ko ha* *Viruddha*

10. *Avasth* (state of health) *Viruddha*
11. *Krama* (sequence) *Viruddha*
12. *Parih ra* *Viruddha*
13. *Upac ra* (treatment) *Viruddha*
14. *P ka* (cooking) *Viruddha*
15. *Sa yoga* (combination) *Viruddha*
16. *H dya* *Viruddha*
17. *Sa pada* (richness of quality) *Viruddha*
18. *Vidhi* (rules for eating) *Viruddha*

### *Viruddha h ra*: Destroyer of health

Though *Viruddha h ra* is *Nimitta Kara a* for disease, yet it is very potent causative factor for several diseases, because now a day’s most of people are taking such type of *h ra* without consideration of dietetics rules. According to *Gang dhara* and *Cakrap i*, *Viruddha h ra* is misuse of the sense of taste. *Viruddha h ra* can vitiate *Agni*, *Do a*, *Dh tu* & *Strotas* concurrently or separately.

- *Viruddha h ra* leads to *Do a* aggravation & *Dh tu* aggravation<sup>3</sup> because *Viruddha h ra* are nothing but those articles of food, which dislodge the morbid humors (*Utkle a* (aggravation or excitation) of *Do a*’s), but do not eliminate them from the body.<sup>4</sup>
- So continuous intake of *Viruddha h ra* lead to vitiation of *Agni*<sup>5</sup>, which is root (main) cause of every disease. Because *Agni* is responsible for biotransformation of different materials. So vitiation of *J har gn* leads to vitiation of *Dh tv gni* and *Bhut gn*. This vitiated *J har gn* does not digest even the lightest of food substances, resulting in indigestion (*Aj r*). This undigested food material turns sour and acts like a poison, which is called *ma Vi a* in *yurvedika* terminology. ‘*ma Vi a*’ leads eventually to the breakdown of immune system.
- *Srotasa* are micro and macro channel for transformation of various body elements and they are vitiated by *Viruddh h ra*<sup>6</sup>

due to vitiated *Agni*. Therefore *Srot varodha* or *Sa ga* or obstruction in channels is occurs which leads to several diseases of acute to severe nature.

- *Viruddha h ra* is cause of *Rakta Dushta*. *Dushta* can affect in two ways – by producing different skin diseases and also by affecting the proper nourishment of body and its tissue.

Thus by *Viruddh h ra*, all responsible factors of disease get vitiated, due to which body becomes vulnerable to diseases.

If *Viruddha h ra* is strong or intensity of *Viruddha h ra* is high or it is in heavy quantity. Then one will get such diseases, which occurs in system of alimentary tract (*Ko rita Vy dh*). E.g. *Sa sk ra Viruddha* - Indian Spinach prepared with *Tila* paste cause diarrhoea.<sup>8</sup> The taking of honey, which is heated result in death.<sup>9</sup>

If *Viruddha h ra* is weak in quality and quantity, but it is taken for a long period then it cannot produce disease suddenly but the slightly vitiated *Do a* gets accumulated and in spite of accumulation, if one continue intake unwholesome food substance, then as *Caraka* states the morbid humors (*Do a*'s) spread from the alimentary tract to the peripheral system of diseases and then person get diseases of peripheral system (*kh rita vy dh*) which are chronic in nature.<sup>10</sup>

e.g. *Sa yoga Viruddha* - Eating milk with radish, garlic, moringa, large basil, *Surasa* result in *Ku ha* which is chronic disease.<sup>11</sup>

Apart from the above view, *Charaka* has also stated that due to some factors dietetic incompatibility becomes neutralized viz. homologation and slight quantity of *Viruddh h ra*, strong digestive power, young age, taking of unctuous elements, daily exercise etc.<sup>12</sup> These all improves the immunity of individual. So

spreading *Do a* by *Viruddha h ra* becomes neutralized.

## DISCUSSION

It may be hypothesized that *Viruddh h ra* cause imbalance among the various bodily humours, body channels & body tissues leading to the manifestation of various diseases and also causing death. When we mix certain types of protein together, digestion becomes difficult in some people. This leads to the deposition of toxic residue called *ma*, which can block channels and thus lead to skin infections and other diseases. Various researches have been done on *Viruddh h ra*. Regular consumption of incompatible food can lead to inflammation at a molecular level; ending in creation of arachidonic acid which will finally results in to increased level of prostaglandin-2 and thromboxane. This inflammatory consequence lies behind basic pathologies that create *Agni-m ndya*, *ma*, and a number of metabolic disorders.<sup>13</sup>

The result of one of the experimental study showed that, in chronic inflammation *Viruddha h ra* promotes free radical generation through enhanced lipid peroxidation and diminished glutathione content, also *Viruddha h ra* promotes the formation of aggressive factors causing gastric ulceration and diminishes the activity of defensive factors involved in gastric protection<sup>14</sup> In this way *Viruddha h ra* is a very important concept of *yurveda* resulting in the manifestation of various diseases.

## CONCLUSION

From the above discussion, it is clear that *Viruddha h ra* is an important aspect of today's improper dietary habits. This can lead to several hazardous diseases unknowingly to the patients. Therefore, need

of the day is to increase awareness and consciousness among the general public about hazards of incompatible Food.

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