



Review Article

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TYPE-REVIEW ARTICLE TITLE-“CONCEPTUAL REVIEW OF VIRUDDHAHAR AND ITS EFFECT ON LIFESTYLE IN THE CONTEMPOPRORY ERA”

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ABSTRACT

In Ayurvedic classics, *Tryopstambh* i.e the three prime principles of ideal living are *Aahaar*(Food), *Nidra*(Sleep), and *Bramhacharya*(Celebacy) plays a significant role in the physical, social and mental wellbeing of humans. *Aahaar* is considered to be vital for the human body as it provides the basic nutrients, which are very essential to carry out the basic activities of digestion and metabolism. The wellbeing of an individual chiefly depends upon the kind of food he consumes. Food taken in the proper method nourishes the person physically and mentally and it is the food through which a person attains positive health and growth of the body. The food antagonistic to *Dhatu* and *Dosha* is called *Viruddha Aahar*. Ayurveda described a total of 18 types of *Viruddha Aahar* with a proper example of food products and food - food interaction. These *Viruddha Aahaar* act as slow poison vitiating all *Sapta Dhatu* and *Tri-Dosha* leading to many lifestyles disorder like *Shandhya* (sterility), *Kushta* (skin disorders), *Grahani* (gastro-intestinal disorders), *Unmaada* (neurological disorder), autoimmune and genetic changes and *Mrityu* (death). So, there is a need to understand the basic importance of *Viruddha Aahaar* its role in lifestyle disorders, and the line of treatment in the current era.

Keywords: *Viruddha Ahaar*; Incompatible diet; Food interactions; Unbalancing diet.

INTRODUCTION

The twenty-first century is the century of globalization, Industrialization, Communication, Modernization, and Technological Upgradation. This advancement has led to a drastic increase in the incidence of lifestyle-related diseases at an alarming rate in our society due to changes in the concept of diet and lifestyle patterns. As a result of such an impact of western culture and civilization on society, people are suffering from various health hazards and diseases like Obesity, Diabetes Mellitus, Hypertension, Varicosity, Osteoarthritis, Hyperlipidemia, etc. which can be termed lifestyle disorders or even called as disseises which are caused due to the malfunctioning of the ideal behaviour of humans. As per Ayurveda principles, Tri -Upstambha [1] i.e Aahar, Nidra, Bramhacharya plays a significant role in the physical, mental and social well-being of a human being. Ayurveda has given prime importance to Aahar (diet) among three sub- pillars of life. The right diet and regimen are essential components of our right lifestyle. In Ayurveda food is considered the fuel for the maintenance of Agni. If used in the right manner it helps to increase the *Bala, Varna & Oja* of an individual. If not used properly according to Ayurveda principles my lead to short-term and long-term poisonous effects. Nowadays, we are neglecting the digestive capacity, the nutritional value of food products, and the time sense of food intake and are more interested in eating tasty, ready-to-eat food, fusion food.

It is not a surprise that Ayurveda has quite sophisticated knowledge to offer in the realm of herbal approaches to lifestyle care. Firstly, due to faulty lifestyle and indulging faulty food habits, the body and its organs are exposed to a harmful environment (*Agantuja Hetu*), and secondly, due to the neoplastic or degenerative changes occurring within the various tissues and cells, which can be termed as *Neeja Hetus*. The former reason is limited these days due to various provisions and programmes of the medical fraternity, however, the latter one is grabbing every one's attention and is streaming worldwide. It is generally observed that

most lifestyle disorders are due to incorrect and improper dietary habits and faulty lifestyles. (*Apathyakar Aahaar Vihaar*). No Age or sex is exceptional in case of faulty and incompatible food items having a dangerous effect on their diet. This incompatibility of food is exceptionally mentioned in Ayurveda as *Viruddhahara*.

Viruddha Anna (Incompatible diet) is said to be one of the causes of many systemic disorders including Lifestyle disorders as per the Ayurvedic Granthas (Literature). Ayurveda clearly defines that certain diet and their combinations, which interrupts the metabolism of tissue, inhibits the proper formation of tissue, and results in Altered/damaged tissues termed *Virudhahara* (Incompatible diet). The description of *Viruddh Ahara* (incompatible food), is a unique contribution from Ayurveda. A substance that increases doshas (*Vata, Pitta, Kapha*) without expelling them out of the body is known as *Viruddha*, these substances remain antagonistic to the Dhatus, and such diet may be called *viruddha Aahar*. *Viruddha Aahara* is prone to dis-balance of dosha leading to many disorders that mainly include lifestyle disorders the incidence of lifestyle diseases like hypertension, diabetes mellitus, dyslipidemia, and obesity associated with cardiovascular disorders is high on the rise. Many NCDs occurs due to unhealthy food habit and contamination of food by chemical and biological agents. These agents change the *Veerya, Guna, Rasa, and Swabhava* of that food item which in turn leads to incompatibility i.e (*Viruddha Aahara*). Therefore, there is a need to explore the concept of *Viruddha Aahara* with a proper understanding of their types, their role in disease pathogenesis, and their line of treatment in the present era.

AIM & OBJECTIVES :

1. To study the effect of *Viruddha Aahaar* (incompatible food) in the development of lifestyle disorders.
2. To study literature regarding *Viruddha Aahaar* and its harmful effect on the metabolic system of our body so as to prevent lifestyle disorders and their related complications.

MATERIALS & METHODS :

Ayurvedic Grantha-

- A) 1. Charaka Samhita- 2. Sushruta Samhita 3. Ast-tanga Hridaya Samhita
- B) Internet -Wikipedia
- C) Modern Medical Literature

AYURVEDIC PERSPECTIVE OF VIRUDDHA AHAAR

Viruddha literary means contrast or opposition in particular. *Charaka* has defined *Viruddha Aahara* as a certain food product or its combination, which interrupts the metabolism of tissues i.e. *Sharira Dhatus*, which inhibits the process of formation of tissue and which has the opposite property to the tissue is called *Viruddha Aahara*.¹ The food which is wrong in combination, has undergone the wrong processing, consumed in the incorrect dose and /or consumed at the incorrect time of the day and in the wrong season can be termed as *Viruddha Aahara*. *Viruddha Anna* or incompatible diet is a very important issue discussed by ancient Ayurveda workers. *Viruddha Ahara* is prone to many disorders. It is very important to correlate the mechanism to how *Viruddha Ahara* is a cause of many metabolic disorders. It is also essential to know how certain food combinations interact with each other and create disease. *Viruddha Ahara* is defined by *Charaka*. *Acharya* clearly says that certain diet and their combinations, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue, and have the opposite property to the tissue are called *Viruddha Anna* or incompatible diet. The food, which is wrong in combination, has undergone the wrong processing, consumed in the incorrect dose, and/or consumed at the incorrect time of the day and the wrong season can lead to *Viruddha Ahaar*.

Ayurveda literature has described various types of *Viruddha Ahaar* which can be summarized as follows:

1. ***Desha (place) Viruddha***- - Consumption of those substances which are against place or land region. For example – a. To have Ruksha (Dry) and Tik-shna (Acute) substances in arid regions (Maru desha) b. Snigdha (Unctuous) and Sheet (Cold) substances in Marshy land or Anoopa desha
2. ***Kala Viruddha***- a. Intake of Katu (Pungent) and Ushna (hot) substances in Ushna kala (Grishma,

Sharada Ritus) b. Sheeta (cold) and Ruksha (dry) substances in Sheeta Kala (Hemanta, Shishira & Vasanta Ritus). c. Sushruta mentioned that food substances having opposite Rasa and Guna are beneficial in that respective season. Therefore, similar qualities of food substances are harmful to respective seasons, and they may be cause disease after a long period

3. ***Agni Viruddha***- a. Intake of Guru food (foods which are heavy to digest) when there is Mandagni (low digestion power) and b. Intake of Laghu (light) food when the power of digestion is Tik-shnagni (sharp) and intake of food at variance with irregular and normal power of digestion.
4. ***Matra (quantity) Viruddha***- a. Intake of Madhu (Honey) and Ghrita (Ghee) in equal quantity b. Intake of Madhu (Honey) and Rainwater in equal quantities c. Honey + Cow's ghee - mixed in equal quantity
5. ***Satmya (wholesome) Viruddha***- - Consumption of those substances which are unwholesome Chinese food by Indians. Madhura and Sheeta aahar by a person who is used to Katu and Ushna aahara.
6. ***Dosha Viruddha*** Food items having similar properties to that of Doshas, which cause Dosha dushti are called Dosha Viruddha. Gangadhara has elaborated this term in 3 types 1. Dosha Viruddha according to Rasa - Kashaya Rasa for Vata.
7. ***Sanskar (mode of preparation) Viruddha*** Food prepared by the wrong method is Sanskara Viruddha. e.g.: Reheating Food items - French Fries, Reheating oil, which is used once, Heated Honey (mixing with hot water, cooking biscuits).
8. ***Veerya (potency) Viruddha*** - Consuming food items having opposite Veerya at the same time termed as Veerya Viruddha
9. ***Koshtha Viruddha*** Strong Laxatives by Mrudu Koshtha person, Barbeque food and baked food consumed by the person who is habitual to Constipation i.e., Krura Koshtha person.
10. ***Avastha (state of health) Viruddha*** Consuming food without exact knowledge of own health and bodily conditions. e.g.: Alcohol consumption by Laborers.

11. Kram (sequence) Viruddha Food Consumed by the wrong sequence is considered Krama Viruddha. e.g.: - Sweet Dishes after a meal

12. Parihar Viruddha Consuming cold food items after hot and spicy food is Parihara Viruddha. e.g.: - Cold drinks after Samosa,

13. Upachar (treatment) Viruddha Consuming food items that are not supposed to consume after a specific treatment or act is Upachara Viruddha. e.g.: - Drinking cold water after snehapana

14. Paak (cooking) Viruddha Food that is not properly cooked i.e., uncooked, partly cooked, partly burned, etc. Half-baked food is Paak Viruddha.

15. Samyoga (combination) Viruddha Consuming food items that are not supposed to combine with each other is Samyoga Viruddha. Especially Amla rasa fruits with milk.

16. Hriday Viruddha - Consuming food items that are not pleasant to the consumer is Hrut Viruddha. e.g.: - Bitter melon, Decoctions for Children.

17. Sampad (richness of quality) Viruddha Food items prepared by using unhealthy ingredients is Sampat Viruddha

18. Vidhi (rules for eating) Viruddha. In Ayurveda, there is a detail explanation of rules for food consumption under the Aahara Vidhividhan concept. Consuming food without considering those rules is Vidhi Viruddha. e.g.: - Not consuming food that is hot and fresh - food from the Lunch box

MODERN CONCEPT OF VIRUDDHA AHAAR (INCOMPATIBLE FOOD)

The branch of science that deals with the combination of food are called TROPHOLOGY. It sounds like the food combination of a certain type of food may have Opposite properties. It May exert some unwanted effect on the body when processed in a particular form. It May exert undesirable effects when combined in a certain proportion. It May have an unwanted effect if consumed at the wrong time. Trophology[12]: It is a branch of the science of food combining. following are ten incompatible food combinations that compromise the digestive system according to modern science.

1. Protein & starch - proteins are not to be taken in combination with starch and sugar, because of the different absorption processes of both.

2. Fruits and starchy vegetables – Fruits are mechanically digested in the stomach but chemically digested in the small intestine. Vegetables begin breaking down in the mouth and take longer to digest than fruit. By the time the stomach does release the food, the fruit has fermented.

3. Liquids and Eating Meals- Liquids in the stomach dilute digestive enzymes inhibiting the digestion process.

4. Multiple Proteins Together Proteins necessitate different courses of action to digest. When meat is eaten, there is an intense enzymatic response in the first hour. Milk and eggs require longer time frames to be digested

5. Pure fats and high starches - Fat, emulsified by the bile, releases fatty acids, which neutralizes the alkaline secretions in the small intestine. The undigested starches, then ferment, producing gas.

6. Melons with any other food – melon digest quickly, when combined with others, food passage through the stomach is delayed and fruits quickly ferment.

7. Protein and sugar – sugar restricts the ability of the stomach to digest protein.

8. Orange Juice with Cereal- Orange juice is an acid fruit. These fruits contain acid that breaks down enzymes that work to digest starches.

9. Tomato Spaghetti Sauce - Tomatoes contain acid and destroy the enzyme that is responsible for the digestion of starches.

10. Starch and Sugar - Sugar stops the secretion of the alkaline enzyme responsible for starch digestion. • A toxin 4-hydroxy-trans-2-nonenal (HNE) forms when corn, soyabean, and sunflower oils are reheated. Consumption of foods containing HNE from cooking oil has been associated with an increased risk of cardiovascular diseases, stroke, Parkinson's disease, Alzheimer's disease, Huntington's disease, various liver disorders, and cancer[13].

11. Milk which contains lactogen and some fruits like bananas which also contain common allergens may

aggravate an asthmatic attack. Milk with eggs re-heated cow's milk and consuming more sugar along with saturated fats lead to a number of immunologic disorders. Rheumatoid arthritis patients who consume curds at night, sour foods at night complain of more morning stiffness

12. Fast food is high in density and low in essential micronutrient density specially zinc on which antioxidant processes are dependent. Because of frequent consumption of these fast food, children are becoming obese with nutritional deficiencies Thus, it is clear that certain diet and their combinations interrupt the metabolism of tissue, which inhibits the process of formation of tissue and have the opposite property to the tissue. Leading to many systemic metabolic, and psychological disorders.

Some topics which have similarities with incompatible food are as follows:

Agonist and Antagonist 2. Free radicle formation 3 Food Allergies 4. Food poisoning 5. Food additives (preservatives)

1. **Agonist:** A substance that acts like another substance and therefore stimulates an action. An agonist is the opposite of an Antagonist.
2. **Antagonist:** A substance that acts against and blocks an action. The antagonist is the opposite of the Agonist. Antagonists and agonists are key players in the chemistry of the human body and pharmacology.
3. **Food Allergies:** These illnesses are sometimes called individualistic adverse reactions to foods because they affect only certain individuals in the population. These individualistic reactions are also termed Food sensitivities.
4. **Food poisoning:** This type of illness arises from eating contaminated food. It may be contaminated by bacteria, viruses, environmental toxins, or toxins

DISCUSSION

Viruddha Aahaar is an important concept described in Ayurveda. As per Charakacharya, there are a total of 18 types of *Viruddha Aahaar* while as per Sushruta

there are 4 categories of *Viruddha Aahaar*. Frequent intake of *Viruddha Aahaar* i.e., Incompatible food act as poison which causes aggravation of all Dosha and causes several lifestyle disorders. Due to the continuous use of these incompatible foods many diseases occur. As per Ayurveda, Hetu plays an important role in the pathogenesis (*Samprapti*) of disease and no treatment is complete without *Nidanparivarjana* which is said to be *Ardhachikitsa* (partial treatment) for any disease. We can prevent lifestyle disorders by avoiding Hetus or by adopting *Nidanparivarjana chikitsa*. The Mode of Action of *Viruddha Aahaar* can be explained in terms of the modern concept of Agonist. Certain food item after consumption gets attached to the receptors of *Doshas* and aggravates *Doshas* just like Agonist substances which cause hormonal secretions in the body by stimulating receptors. It is very important to find out whether *Viruddha Aahaar* acts as an Agonist as well as whether the treatment given in those conditions acts like Antagonist, through research in Dietetics.

CONCLUSION

From the above discussion, it is clear that *Viruddha Aahaar* is an important aspect of today's improper dietary habits. *Viruddha Anna* can lead to several lifestyle disorders including endocrine diseases and cardiovascular diseases risk. This can also cause impotency and infertility; this unknowingly can lead to several hazardous diseases even death in the patients. Therefore, it is important to enlist the causative incompatible dietary factors and advise the patients to avoid such etiological factors (*Nidana Parivarjana*). Hence, it is of utmost importance to focus on the dietary pattern of an individual since his childhood in order to prevent them from serious dietary disorders including lifestyle diseases in the near future. This article is an attempt to highlight and focus on the dietary pattern of humans which can be the causative factor for many disorders in the near future. The article also opens a new research window in the field of Ayurvedic dietetics to research a variety of incompatible factors to observe their effects

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