

## CRITICAL STUDY ON VIRUDDHA AAHARA (INCOMPATIBLE FOOD) – LITERARY REVIEW

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### ABSTRACT

Ayurveda is a very vast and ancient medical science. Ayurveda focuses more to remain healthy and prevent diseases. For healthy living it emphasizes on consuming right kind of diet which is healthy and nutritious. Equally Ayurveda focuses on incompatible food which produces the vitiation of all *doshas*. Whatever we eat that affects on our body as well as mind also. So we should eat healthy food which will enhance our health. And avoid eating incompatible food as preventive measures of the diseases. Avoidance of intake of incompatible food play key role in the prevention of diseases.

**Key Words:** *Viruddha Aahara, Viruddha Anna, Viruddha Ashana, Mithya Aahara, Aapathya Aahara, Ahita Aahara*

### INTRODUCTION

In Ayurveda, food, sleep and controlled sex are regarded as the three pillars or tripods of healthy living.<sup>1</sup> It is important for our body to be adjusted to timely intake of good quality and proper food, regular sleeping habits and controlled sex. This study is proposed to explain pathogenesis of acute and chronic effect of the intake of incompatible food and its treatment.

### BALANCED DIET IN AYURVEDA

Ayurveda gives importance to the intake of *Ishta* (proper) diet.<sup>2</sup> The term *Ishta anna* means delicious and wholesome diet associated with pleasing and wholesome smell (including taste, colour, touch and sound) nourishes separately. If the food is only delicious but not wholesome, then this

does not contribute to the sustain the body and nourishment of the sense organs and their objects, namely smell, taste, colour, touch and sound in the body. Similarly if the food is only wholesome, but does not provide nourishment to the senses and their objects in the body instantly. Therefore the food should be both delicious and wholesome.<sup>3</sup>

The diet, which disturbs the balance among the body elements, is called unbalanced diet.<sup>4</sup> Many times a physically balanced diet can also disturb the homeostasis. Unbalanced diet causes diseases on continued indulgence.<sup>5</sup>

### AIMS AND OBJECTIVES

1) To study the fundamental concepts of *Viruddha Aahara* from *Brihat trayee*.

2) To spread awareness of intake of *Viruddha Aahara* which will be one of the measures to prevent diseases.

## MATERIALS AND METHODS

For this study only Ayurvedic text would be used to evaluate the concept. The text from *Brihatrayee i.e. Charaka Samhita, Sushruta Samhita, Ashtang Sangraha, and Ashtang Hridaya* and their respective commentaries in Sanskrit as well as Hindi which is easily available. And also various related websites have been searched.

## CONCEPTUAL STUDY

Incompatible food is also considered as *Visha* (Poison) or *Gara*.<sup>6</sup> One who has habituated to consume unwholesome food, food is taken when previous food is not digested will decrease digestive power which in turn leads to *Ama*. And recurrent intake of this unhealthy food will develop *Aamavisha* (toxins) which is a very critical condition. This toxins then spreads through small channels in the form of *Dushit Aahararasa* (contaminated digestive juice). *Aamavisha* (Toxins) is an incurable disease because it is *Aashukari* (spreading quickly all over the body) and requires treatment procedures which are *Viruddhopkrama* (contradictory to each other).<sup>7</sup> All drugs and diets which dislodge the various *doshas* but do not expel them out of the body are to be considered as unwholesome.<sup>8</sup> Food substances which provoke *doshas*, but does not expel them out of the body are known as *Viruddha* (incompatible).<sup>9</sup>

This is again emphasized in etiology of various diseases like Sterility, Blindness,

Erysipelas and Herpes, Ascites, Eruptions, Insanity, Anal fissure/fistula, Fainting, Intoxication, Tympanitis, Gaseous distension, Spasmodic obstruction in throat, Anemia, Poisoning due to *Ama*, types of skin disease, Sprue Syndrome, Oedema, Hyper acidity, Fever, Rhinitis, Congenital anomalies and even death.<sup>10</sup> Among this list Erysipelas and Herpes, Eruptions, Fainting, intoxication, Gaseous Distension, Spasmodic Obstruction in throat, Poisoning due to *Ama* are *Aashukari* (diseases which are acute). And Anemia types of skin disease, Sprue Syndrome, Oedema, Hyper acidity, Fever, Rhinitis, Congenital anomalies and Death are to be considered as *Chirkari* (Chronic diseases).

## TYPES OF VIRUDDHA AAHARA

Drugs and diets which are at variance with place, time, digestion power, dosage, habit, *doshas*, mode of preparation, potency, bowel, state of health, order, prescriptions and prescriptions, cooking, combination, palatability, richness of quality and rules of eating are all unwholesome.<sup>11</sup>

Some of the examples given in the text with explanation-

- One should not take fish along with milk because this combination is *Abhishyandi* (great obstrucater for channels), it vitiates blood.
- After eating radish, garlic, basil one should not take milk because of the risk of skin disorders.
- All sour liquids are incompatible to milk.
- Hot honey taken by a person induces toxicity and lead to death.

- Likewise honey and ghee in equal quantity, hot water after taking honey are incompatible.<sup>12</sup>
- *ViryaViruddha* (Potency incompatibility) – Fish + milk
- *SanskaraViruddha*(Processing incompatibility) Heated Honey
- *Matra Viruddha*(Dose incompatibility) – Honey + Cow's ghee mixed in equal proportion.
- *Krama Viruddha* – Hot water after taking honey
- *KalaViruddha* (Time incompatibility)-Pungent substance in summer & cold substances in winter
- *KramaViruddha*(Order incompatibility) - Consuming curd at night.
- *Samyoga Viruddha* (Combination incompatibility) – Fruit Salad / Banana +Milk
- *Parihara Viruddha* (contraindication incompatibility) -Consuming cold water immediately after having hot tea or coffee.<sup>13</sup>

### TREATMENT PRINCIPLE

Purgation, Emesis, Antidotes and prophylaxis- these four cure the diseases caused /to be caused by the intake of unwholesome drugs and diets.<sup>14</sup>Due to *Vruddha doshas*( further aggravation), *Vishyandana* (increase fluidity), *Paka*(suppuration),*SrotomukhaVishodhana* (removal of the obstruction at the entrance of the channel of circulation )and *Vayu Nigraha* (reduced pressure of *vayu* ), the vitiated *doshas* leave *Shakha*(periphery) and come to the central part of body *Koshtha* i.e. alimentary tract.<sup>15</sup>If an individual is ha-

bituated to the intake of unwholesome drugs and diets or if they are taken in small quantity or taken by a person having strong digestive power or by a young person or by one who has undergone oleation therapy or who has strong physique due to physical exercise, the unwholesomeness of the various drugs and diets does not have any effect.<sup>16</sup>Chutney, pickles are opposite combinations with regular food which we eat frequently but they are eaten in small quantity so they will not produce any disease however they improves the taste.<sup>17</sup>The person who takes *Viruddha Aahara* should be subjected to either of *Shodhana* therapy and *Shamana* therapy with drugs which are qualitatively opposite to such *Viruddha Aahara*. Early refinement of the body with such (qualitatively opposite) drugs is also recommended.<sup>18</sup>

### CRITICAL ANALYSIS

Frequent intake of combination of incompatible food leads in to toxins. Then in the *alimentary tract* this toxins provoke all *doshas* and which get mixed with digestive juice and then *rasa dhatu* and so on it spread from one *dhatu* to next *dhatu*. Thus this *doshas* spread from *Koshtha* to *Shakha*. While travelling through all over the body wherever there is *Sthaanavaigunya*(Deformity in location) it gets lodged and shows the symptoms of the diseases.When the vitiated *doshas* is increased, it comes to the alimentary tract , and later being situated at a lower level. Suppuration results in the separation of the *doshas* from the place of lodgment. If the entrance of channel obstructed, the vitiated

*dosha* cannot go from the *Shakha*( periphery) to the *Koshtha*(alimentary tract).It does so when the obstruction is removed. Pressure of *Vata* helps the spread of *doshas* from the alimentary tract to the periphery of the body. But when this pressure is withdrawn, *doshas* automatically come from the periphery to their normal place i.e. alimentary tract.<sup>19</sup>

## DISCUSSION & CONCLUSION

- Frequent intake of incompatible food act as a poison which leads to aggravation of all *doshas*.
- The recommended therapy for disease caused by incompatible food is *Shodhana Chikitsa* (Eliminative Therapy), *Shamana Chikitsa* (Palliative Therapy) and *Apunarbhava Chikitsa* (Avoidance of intake of incompatible food).
- Effects of incompatible food can be classified in to *Aashukari* (Acute) and *Chirakari* (Chronic) which may be modified in the form of symptoms or diseases.
- Avoidance of intake of incompatible food plays key role in the prevention of diseases.

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