

## VIRUDDHAAHARA AS A CAUSE FOR TWAK VIKARAS - A CRITICAL REVIEW

Sumanth Shenoy H<sup>1</sup>, Sreedevi Anil Kumar<sup>2</sup>

<sup>1</sup>Associate Professor; <sup>2</sup>PG Scholar;

Dept. of PG studies in Agada Tantra, Alva's Ayurveda Medical College, Moodbidri, Karnataka, India

Email: [shenoysumanth@gmail.com](mailto:shenoysumanth@gmail.com)

### ABSTRACT

In the present era of urbanization, fascination of western culture has produced vast change in the life style and increased number of fast foods and restaurants along with the food habits and life style of an individual. Hence much importance is given for taste and not for health benefits. Unhealthy diets are the key cause of the global burden of diseases. 30-40% of population is prone to dermatological manifestations. *Viruddha Ahara* or incompatible diet is one of the most instigating factors for the causation of *Twakvikaras* (dermatological disorders). *Viruddha Ahara* interrupts the metabolism of tissue, formation of tissue by causing *Utkleshya* (provocation) of *Dosha* (without expelling them out of the body. Most of the dermatological disorders are mentally agonizing and have negative impact on life. Hence an attempt has been made through this manuscript to justify the role of *Viruddha Ahara* in the causation of *Twakvikaras* in present scenario.

**Keywords:** *Viruddha Ahara, Twakvikaras*

### INTRODUCTION

*Ahara* (Food) is the life of living beings. It is considered as *Mahabhaishajya* (superior medicine). Food is a substance which when taken is able to build up or repair tissue, protects against ill health and supplies materials for the production of health and energy.

*Pathya Ahara* (Wholesome diet) leads to the growth and development of the body; on the contrary, *Viruddha Ahara* (unwholesome diet) causes several diseases. <sup>[1]</sup> *Acharya Sushruta* have emphasized that *Ahara* is responsible for the *Preenana* (nourishment) of the body. <sup>[2]</sup>

The one which cause *Utklesa* (vitiation) to the *Doshas* (morbid humors) but do not expel them out of body

and which act as antagonist to *Dhathus* (tissues) are considered as *Viruddha* (incompatible). <sup>[3]</sup>

All Ayurveda *Acharyas* have accepted a vital role of *Viruddha Ahara* in the manifestation of many diseases. The food, which having disclosed the morbid humors but do not eliminate them from the body are to be regarded as *Viruddha Ahara*. <sup>[3]</sup>

*Acharya Charaka* has mentioned 18 types of *Viruddha Ahara* in *Atreyabadrakapyaadhyaya* (*Sootrasthana* 26<sup>th</sup> chapter). <sup>[4]</sup> In *Sushruta Samhita*, *Viruddha Ahara* is explained in *Hitahitiyam Adhyaya* (*Sootrasthana* 20<sup>th</sup> chapter) where it is mentioned about 4 types. As mentioned by our *Acharyas*, *Viruddha Ahara* is responsible for disease formation such as *Kushtha* (De-

matological disorders), *Amavata* (Rheumatoid arthritis), *Amlapitta* (Acid peptic disorders), *Atisara* (Diarrhoea), *Pandu* (Anaemia), *Visarpa* (Herpes), *Vatarakta* (Gout), *Grahani* (IBS) etc. [5]

*Viruddha Ahara* also acts as *Garavisha* (artificial poison). [5] All types of *Viruddha Ahara* do not produce disease because body elements like *Dushya* (morbid humors) and *Dehabala* (strength) protects the body from the diseases. *Viruddha Ahara* specially disturbs the functions of *Agni* (digestive fire) and *Srotas* (channels). The vitiated *Jataragni* (digestive fire) does not digest even the *Laghu ahara* (Light food) resulting in state of indigestion. The *Viruddha Ahara*, *Adhyasana* (Excessive intake) and *Ajirnasana* (intake of food before the digestion of previous food) together leads to formation of *Amavisha*.

Intake of the unwholesome diet deranges the normal functions of *Rasa-Raktaadi Dhatus* resulting in its vitiation. It also acts as *Kritrimavisha* (Artificial poison) *Dooshivisha* is a unique concept mentioned in *Ayurveda*, it can be *Sthavara*, *Jangama* or *Kritrimavisha*. *Dooshivisha* are the toxins which are deposited in the body in the concealed form. It will not kill a person due to its less potency but stays in the body for long duration due to its *Kaphaavarana*. If this poison stays in *Amashaya* (Stomach) it produces diseases of *Kapha* and *Vata* and if it settles in *Pakwashaya* (Colon) it results in diseases of *Anila* and *Pitta*. [6]

As mentioned in *Charaka Samhita*, that due to some factors dietetic incompatibility becomes neutralized viz. homologation and negligible quantity of *Viruddha Ahara*, strong digestive power, young age, taking of unctuous elements, daily exercise etc. These all will improve the immunity of individual. Hence in these people diseases caused due to consumption of *Viruddha Ahara* become neutralized [7]. In the perspective of *Agadatantra*, the long term use in considerably larger amount the *Viruddha* can also turn in to *Dooshi Visha* and give rise to harmful effect on the body especially Skin disorders. [8]

*Ayurvedic* classics describe the wide spectra of all skin disorders as *Kushta* and are classified into two divisions *Mahakushta* and *Ksudrakushta* (Dermatological manifestations). *Kushta Nidana* starts with

*Virodhi Anna Paanani* as *Viruddha Ahara* is said to be one of the *Nidana* (Causative factor) for *Twakroga*. [9]

Likewise *Acharya Susruta* mentions that *Mithya Ahara* (unwholesome), *Guru* (Heavy diet) *Viruddha*, *Asatmya*, *Ajeerna*, and *Ahitashana* as the main causative factor for the development of skin disorders.

As per *Acharyas*, *Nidana Parivarjana* (avoiding the cause) itself is the treatment. The awareness of the untold effect of *Viruddha Ahara* and its types are essential to keep oneself away from diseases especially skin diseases.

The data from previous studies states that at present time, younger age group (26-35yrs), due to ignorance or carelessness take diet without considering rules and regulations of dietetics. Reported data of gender shows 72.5% of males and 64.18% patients were female, possible rationale may be that, females of working class are very busy with their schedules and male may be more affected by incompatible diet due to some conditions i.e. hostel, business and service schedule. [10]

#### TYPES OF VIRUDDHAAHARA (INCOMPATIBLE FOOD):

*Ayurvedic* literature has described various types of *Viruddha Ahara*, *Acharya Charaka* 18 types, whereas *Acharya Susruta* mentions 4 types.

##### *Viruddha Ahara* according to *Acharya Charaka*

1. **Desha Viruddha** → (Incompatible with respect to place): Intake of *Teekshana* and *Ushna* items in *Jangala Desha* and *Snigdha*, *Sheeta* substances in *Anupa Desha*. Eg: If person residing in *Jangala Desha* (Dry forest region) if moving to *Anupa Desha* (Marshy land) and continuing the same dietary habits of *Jangala desha* there it act as *Desha Viruddha*.
2. **Kala viruddha** → (Incompatible with respect to time): *Rooksha ahara Atisevana* in *Sheeta Kala*, *Katu* and *Ushna* items in *Ushna Kala*. Eg: Cold and dry substance in winter.
3. **Agni Viruddha** → (Incompatible with respect to digestive capacity): Intake of heavy food by a *Mandha Agni* person. Eg: Heavy diet in impaired digestion

4. **Matra Viruddha**→ (Incompatible with respect to quantity or dose): Intake of *Ghruta* (ghee) and *Madhu* (honey) in equal quantity.
  5. **Satmya Viruddha**→ (Incompatible with respect to suitability): Intake of *Madhura* and *Sheeta Dravya* by person accustomed to *Katu* and *Ushna Dravyas*. Eg: Intake of ice cream (cold items) after spicy food.
  6. **Dosha Viruddha** (*Aniladhi Dosha*) → (Incompatible with respect to Dosha): Intake of same quality substance with respect to *Dosha*. Eg: Intake of curd by *Kapha Prakruthi* Person
  7. **Samskara Viruddha** → (Incompatible with respect to method of preparation): Contradictory substances mixed and cooked will produce toxic effects. Eg: Strawberry milkshake, Fruit salad
  8. **Virya Viruddha**→ (Incompatible with respect to potency of the substances): Intake of substance having *Sheeta Virya* along with *Ushna Virya*. Eg Intake of Fish and milk together
  9. **Koshta Viruddha** → (Incompatible with respect to nature of gut): Administration of *Mrudhu Virya* drugs to *Krura Kosta* patient. Eg: Intake of milk by *Mrudhu Kosta* person
  10. **Avastha Viruddha**→ (Incompatible with respect to state of health of the consumer): Intake of *Kapha Karaka Ahara* after *Divaswapna*. Eg: Intake of milk after day sleep
  11. **Krama Viruddha**→ (Incompatible with respect to sequence of intake): Intake of *Ahara* before the digestion of previous food.
  12. **Parihara Viruddha**→ (Incompatible with respect to contraindication): Intake of *Sheeta Dravya* after intake of *Gruta*.
  13. **Upachara Viruddha**→ (Incompatible with respect to indication): Intake of *Ushna dravya* after intake of *Sheeta Virya Dravyas*. Eg: Intake of soft drinks(coke) along with Biriyani
  14. **Paka Viruddha** → (Incompatible with respect to cooking): Preparations with *Apakva Tandula* or *Atipaka Tandula*. Eg : Processed *Takra* (Buttermilk)
  15. **Samyoga Viruddha**→ (Incompatible with respect to combinations): Intake of *Amla Dravya* with *Ksheera*. Eg: Mango milk shake
  16. **Hrut Viruddha** → (Incompatible with respect to palatability): Intake of *Ahara* which is not pleasing to mind.
  17. **Sampat Viruddha**→ (Incompatible with respect to richness in properties of food substances): Intake of *Apakva* or *Ati Pakwa Dravyas*.
  18. **Vidhi Viruddha**→ (Incompatible with respect to rules of eating): Intake of *Ahara* without following the rules. Eg: Eating food so fast.
- According to Acharya Susrutha**
- ❖ **Samyoga Viruddha:** Combination of substances with other act as *Visha* like *Amla Phala*, *Lavana*, *Kulatha*, *Pinyaka*, *Dadhi*, *Taila*, *Matsya* with milk act as *Viruddha*.
  - ❖ **Karma Viruddha:** *Viruddha* by processing like: Ghee kept in bronze vessel for more than 10 days, *Madhu* in *Ushna Kala* and with *Ushna Dravyas*.
  - ❖ **Rasa Viruddha:**
    - *Madhura*+ *Amla/ Lavana*→ *Rasa* and *Veerya Viruddha*
    - *Madhura* +*Katu*→*Rasa, Veerya, Vipaka Viruddha*
    - *Madhura*+*Tikta/Kashaya* →*Vipaka Viruddha*
    - *Amla* +*Lavana* →*Rasa Viruddha*
    - *Amla*+*Katu*→*Vipaka Viruddha*
    - *Amla* +*Tikta/Kashaya*→ *Viruddha* in all aspect
  - ❖ **Maana Viruddha:** *Madhu* and *Gruta* in equal quantity and *Madhu* and *Jala* in equal quantity act as *Viruddha*.

**DISEASES CAUSED DUE TO CONSUMPTION OF VIRUDDHA AHARA**

• <i>Shaandya</i> (Sterility)	• <i>Mada</i> (Intoxication)
• <i>Andhya</i> (Blindness )	• <i>Adhmana</i> (Abdominal distension)
• <b><i>Visarpa</i> (Skin disorder)</b>	• <i>Galagraha</i> (Obstruction in throat)
• <i>Udara</i> (Ascities)	• <i>Pandu</i> (Anemia )
• <b><i>Vispota</i> (Eruptions)</b>	• <i>Aama</i>
• <i>Unmada</i> (Insanity)	• <b><i>Kilasa kusta</i> (Skin disease)</b>
• <i>Bhagandhara</i> (Fistula)	• <i>Jwara</i> (Fever)
• <i>Moorcha</i> (Fainting )	• <i>Peenasa</i> (Rhinitis )
• <i>Shotha</i> (Oedema /Anascara)	• <i>Santhanadosha</i> (Foetal disease)
• <i>Amlapitta</i> (Acid dyspepsia)	• <i>Marana</i> (Death)

**According To Acharya Vagbhata**

The disease caused is *Vispota*, *Sopha*, *Mada*, *Vidrathi*, *Gulma*, *Yakshma*, *Smrithi-Bala-Tejas-*

*Indriya* and *Buddhinasha*, *Jwara*, *Raktapitta* and also *Astamahagadhas* [6].

**FOOD COMBINATIONS WHICH LEADS TO TWAK VIKARAS<sup>[12]</sup>:**

Don't eat	with
• Beans	• Fruits, Cheese, Fish, Meat, Egg, Yogurt
• Eggs	• Fruits Especially Melons, Lemons, Fish, Meat, Milk
• Fruits	• Not To Be Taken With Any Other Thing
• Grains	• Tapioca, Fruits
• Honey	• Equal Quantity Ghee
• Hot Drinks	• Mangoes, Fish, Meat, Yogurt, Starch
• Lemons	• Cucumber, Milk, Yogurt, Tomato
• Milk	• Banana, Cherries, Yogurt, Fish, Meat, Melons, Sour Fruits
• Yogurt	• Cheese, Eggs, Meat, Fish

The US Department of Health and Human services reports that approximately 53 percent of the adult population take at least one nutritional supplement. Among them calcium and iron are the major ones. Taking calcium and iron together may disrupt the iron absorption from intestine. Calcium may reduce iron absorption. For example Spinach (Palak) & Paneer is rich in iron and calcium, if they are taken separately the desired effect is attained rather it will not. Historically, it has long been known that iron is essential for healthy skin, mucous membrane, hair and nails. Clinical features of iron deficiency include skin pallor, pruritus and pre disposition to skin infection (impetigo, boils and candidiasis), fragile nails and dry brittle hair. [13]

Calcium has a major role in regulating epidermal functions, including cell proliferation, terminal differentiation and cell to cell adhesion. Aberrations in calcium regulations has been noted in psoriasis when the normal calcium gradient within the epidermis is altered.<sup>[14]</sup> Vitamin D contributes to skin cell growth, repair and metabolism. It optimizes the skins immune system and helps destroys free radicals that can cause premature ageing.<sup>[15]</sup>

## PROBABLE MODE OF ACTION OF *VIRUDDHA AHARA* ON BODY

According to *Ayurveda*:

- *Viruddha Ahara* as an *Utpadaka hetu* (accumulating factor): *Viruddha Ahara* act as an *Utpadaka Hetu* for the causation of *Twak Vikaras*.
- Association between dietary pattern and diseases has always been a field of interest among the health professionals.
- Frequent intake of combination of incompatible food leads into the production of toxins, then in the alimentary tract this toxins provoke all *Doshas* and which get mixed with digestive juice and then *Rasadhatu* and so on it spreads from one *Dhatu* to next *Dhatu*.
- Thus this *Doshas* spread from *Koshta* (gut) to *Shakha* (*Dhatus* and skin). While travelling through all over the body, where ever there is *Khavaigunya* (inherent deformity of channels) it gets lodged and shows the symptoms of the diseases.
- Effects of incompatible food can be classified into *Aashukari* (acute) and *Chirakari* (chronic) which may be modified in the form of symptoms or diseases.
- It also act as *Okasatmya* but act as *Dooshi visha* (precipitating factors): Intake of *Viruddha Ahara* in due course of time will act as *Satmya* (Compatible) to the body but after a long run it will act as *Dooshi Visha* when favourable situation arises it will come in to play.
- It will form *Gara visha* (Acute manifestation): *Viruddha Ahara* act as *Kritrima Visha* or *Gara Visha* and produces symptoms of *Twak Vikaras* and other disorders due to the *Dosha Dushya Samoorchna*.
- Considered as *Pragnaparadha* (causative factor): knowingly consuming *Viruddha Ahara* comes under *Pragnaparadha*. (Knowingly committing mistakes)

### According to Modern Science

*Viruddha Ahara* taken regularly could induce inflammation in the tissue level disturbing the Eicosonoid

pathway creating more Arachidonic acid leading to increased prostaglandin-2 and Thromboxene. The inflammatory effect is an important effect as these are all the basic pathologies that create *Agnimandya*, *Aama* (Abdominal discomforts) and a number of systemic and metabolic disorders.

A recent study found that a toxin called 4-hydroxy-trans-2-nonenal (HNE) forms when oils such as corn, soya bean and sunflower are reheated. Heating of oil will create more oxidative stress creating more free radicals. Consumption of foods containing HNE from cooking oil has been associated with increased risk of skin disorders, stroke, allergies, cardiovascular disorders, cancer etc <sup>[16]</sup>.

### LEVELS OF REACTIONS TO CONTRADICTIONARY FOODS

Immediate Reaction (Acute Food Poisoning): Milk with citrus or yogurt—this combination may cause instant nausea, fatigue, headache, or diarrhoea, and should be avoided by all means.

No Immediate Reaction (Slow Poisoning): One may not feel any immediate discomfort when enjoying radish with milk, milk and fish. In the long run, however, consuming such contradictory foods together may develop autoimmune digestive problems or allergies (skin disorders). <sup>[17]</sup>

## DISCUSSION

The food habits of society are varying or fluctuating due to busy schedule, competitiveness, lack of time, care and also due to negligence. In the present scenario, due to changing life, urbanization and fascination towards the 'so called' modernized culture it is observed that, people have forgotten the code and conduct of dietetics.

In this modern span the foods items which are there in our market like salted Cheese, Butter and Paneer are *Viruddha*. As our *Acharyas* had mentioned that *Ksheera* with *Lavana* is *Viruddha*, likewise in today's festive days intake of fish and their preparations along with desserts made of milk and other sweet dishes comes under the *Viruddha* concept as both are having

opposite *Veerya* (Characters) and also *Abhisyandhi* (Slimy).

Vitiation of *Raktavaha Srotas* is the culprit for the formation of *Twak Vikaras*. *Viruddhaahara* is direct cause for *Rakta Dushti*. It can affect in two ways – by producing different skin diseases and also by affecting the proper nourishment of body and its tissue.

According to most of *Ayurvedic* literature, all types of *Kushta* have been considered as '*Rakta Pradoshaja Vikara*' and *Rakta Dushti* can directly occur by use of *Viruddha Ahara*. According to *Yogaratanakara*, *Viruddha Ahara* is a causative factor for the occurrence of *Masoorika* (Chicken pox).

Food security poses a great challenge in urban life style. The unhealthy food habits leads to many health problems including allergy, eczema and other dermatological disorders. Imported foods contain many preservatives and chemicals to prevent spoiling of food products. These chemicals may stimulate immune system to react abnormally to produce skin hypersensitivity and other skin disorders (*Mahakusta and Ksrudrakusta*).

Demographic transition of urbanization has brought about profound changes in social organization and in the pattern of family life. Urbanization affects mental health through the influence of increased stressors and factors such as overcrowded and polluted environment, high levels of violence and reduced social support.

Street food and food of restaurants are a major source of food incompatibility (*Viruddha Ahara*). Although a wider variety of food is available, the food consumed in urban areas is not necessarily of superior nutritional quality and food safety is a growing concern in many urban environments.

## CONCLUSION

- In the present aeon, stress and altered immunity are the major factors responsible for the manifestation of a wide range of dermatological disorders. The pharmacological and non-pharmacological measures for the management in dermatological disorders as described in *Ayurveda*.

- To cure the diseases by its root cause and promote health; diet plays a very important role in the line of treatment. *Acharya Vagbhatta* suggested that the contradictory foods which have become *Satyama* should be discontinued by quarter and there after *Hitha Ahara* should be introduced gradually with intervals of one, two and three days.
- From the reference and discussion it is evident that *Viruddha Ahara* is a very essential aspect for today's improper dietary items and food habits. Like consumption of 'Palak –Paneer, which is a combination of calcium and iron together in one serving may disrupt the iron absorption from intestine this can be compared with the *Samyoga Viruddha* as well as *Agni Viruddha* (interferes with the normal function of *Agni* i.e.- metabolism)
- This may lead to various immunological, metabolic, digestive, systemic disorders etc.
- Preventing the intake of *Viruddha Ahara* ie, *Nidana Parivarjana* is always the best preliminary measure to prevent onset of *Twak Vikaras* (dermatological problems).
- Public awareness by highlighting the contradictory diet as a causative factor through various measure is need of the hour by conducting health camps, Health awareness program.
- Interdisciplinary programs and talks by *Ayurvedic* Physicians, Dietician and Nutritional Specialist can resolve the problem conspicuously.
- *Kushta* is described as one of the most chronic disease in *Ayurvedic* system of medicine. *Ayurveda* described a wide range of dermatological disorders including its classification, etiopathogenesis, clinical presentation, prevention and management. Hence it is essential to highlight the causative contradictory dietary substance and educate the people to avoid these aetiological factors.
- Although this manuscript explains it in short, but research and deep studies need to be conducted for analysis on contradictory dietary by expert dieticians and nutrition specialist, and the results must be explained to people by publishing in newspapers and magazines.

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