

## REVIEW ARTICLE ON VIRUDDHA AHARA W.S.R. TO GARA VISHA

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### Abstract

Ahara (food) is the prime need for the sustaining of life. Ayurveda explained about Trividha Upastambha (sub-pillars of body) and Ahara (food) is one of the important pillars for healthy living being. For healthy living Ayurveda emphasizes on consuming right kind of diet which provide health and nutrition. The diet which disturbs the balance among the body elements is called Viruddha Ahara (Incompatible diet). Consuming two food items together or a particular type of diet may tend to toxicity; it is termed as incompatible diet. Even incompatible diet should be considered similar to Gara Visha (Artificial poison). Viruddha (Incompatible diet) means substances which when consumed cause for aggravations of Doshas (morbid humors) but do not expel them out of the body and bring about abnormalities in Dhātu (tissues of the body). The incompatible diet could be considered similar to poison and artificial poisoning if taken simultaneously and continuously. Due to western lifestyle there is extensive exposure to toxins. It may lead to Viruddha Aharajanita vyadhis (Incompatible food induced diseases) such as impotency up to death. The present article deals with the review of Viruddha Ahara (Incompatible diet) referred in context of Viruddha Aharajanit Vyadhis (Incompatible food induced diseases) and its Prevention in Brihatrayi.

**Keywords:** Viruddha; Incompatible; Gara visha.

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## INTRODUCTION

Ahara (food) Nidra (sleep) and Brahmacharya (controlled sex) are three basic pillars of Shareera (body).<sup>[1]</sup> Ahara (food) is the prime need for sustaining of life. It has its own importance in concept of Trividha Upasthambha (sub-pillars of body). Without Ahara (food), life would not continue for very long, so it is considered under Upasthambha (sub-pillars of body). For sustainment of life, for all living beings Ahara (food) is very much essential. Ahara (food) is responsible for both Arogya (health) and Vyadhi (diseases). According Vidhi (Dietary regimen) if Hita Ahara (compatible diet) is consumed it provides Bala (promotion of strength), Varna (complexion) and Indriyaprasadna (nourishment of the senses). Ahara (food) does not benefit the body, if it is not prepared as per the Asta Ahara Vidhi Visheshayatana (factors for wholesomeness). The substances which when consumed cause for aggravations of Doshas (morbid humors) but do not expel them out of the body and bring about abnormalities in the Rasa etc Dhatus (tissues of the body) give rise to diseases are considered to be incompatible food and named as Viruddha Aahara (incompatible diet).<sup>[2]</sup> As per Ayurvedic literature Vruddha Ahara (Incompatible food) is said to be a cause of many systemic disorders. According to Acharya Charka the certain diet and its combinations, which interferes the metabolism of tissue, which obstructs the process of development of tissue are called Viruddha Ahara (incompatible food).

### Definition of Viruddha Ahara (Incompatible diet)

Acharya Vagbhatta described Viruddha Ahara (Incompatible food) in the text Ashtanga sangraha. Viruddha ahara means substances which when consumed cause aggravations of Doshas (morbid humors) but do not expel them out of the body and bring about

abnormalities in Dhatus (tissues of the body).<sup>[2]</sup>

In Ayurvedic classics various types of Viruddha Ahara have been described. Acharya Sushruta has explained Viruddha Ahara in Sutrasthana 20<sup>th</sup> chapter - Hitahitiyam Adhaya.<sup>[3]</sup>

- Karma viruddha (Functionally incompatible) – The Pigeon fried in mustard oil.
- Mana viruddha (Quantitative incompatible) – Honey and Ghrita in equal quantity.
- Samyoga viruddha (Unsalutary Combinations) – Meat of Anupa animals along with new germinated paddy
- Rasa viruddha ( Incompatibilities amongst Two Tastes) – Sweet and Saltish tastes

Acharya Charaka has described 18 types of Viruddha Ahara in Sutrasthana 26<sup>th</sup> chapter – Atreya bhadrakapyaiah Adhaya.<sup>[4]</sup> (Table 1 and Table 2)

Awareness of Viruddha Ahara may avoid certain diseases. In Ayurveda, Acharya Charka also stated that, diet is the life of an individual, but when it is taken with Yukti (proper planning). Diet becomes effect like Rasyana (Rejuvenation) if taken with Yukti but without Yukti, it can be like Visha (Poison).<sup>[6]</sup>

## MATERIAL AND METHODS

The whole article is based on literary review collected from classical Ayurvedic texts, modern books and journals. The text from Brihatrayee i.e. Charakaa Samhita, Sushruta Samhita, Ashtanga Samgrha and Ashtanga Hridaya and their respective commentaries is Sanskrit as well as Hindi have been referred for this literary work.

**Table 1: Types of Viruddha Ahara (incompatible diet) mentioned in Charakaa Samhita**

Sl. No.	Viruddha Ahara	Sl. No.	Viruddha Ahara
1	Desha (place) Viruddha	10	Avastha(state of health)Viruddha
2	Kala(time) Viruddha	11	Kram (sequence) Viruddha
3	Agni Viruddha	12	Parihar Viruddha
4	Matra (quantity) Viruddha	13	Upchar (treatment) Viruddha
5	Satmya (wholesome) Viruddha	14	Paak (cooking) Viruddha
6	Dosha Viruddha	15	Samyoga (combination) Viruddha
7	Sanskar (mode of preparation) Viruddha	16	Hridya Viruddha
8	Veerya (potency) Viruddha	17	Sampad (richness of quality) Viruddha
9	Koshtha Viruddha	18	Vidhi (rules for eating) Viruddha

**Table 2: Examples of Viruddha Ahara (Incompatible diet) [5]**

Sl.No.	Viruddha Ahara	Examples
1.	Veerya Viruddha (Potency incompatibility)	Fish + milk.
2.	Sanskara Viruddha (Processing incompatibility)	Ushna Madhu (Hot honey)
3.	Matra Viruddha (Quantity incompatibility)	Honey + Cow's ghee mixed in the same proportion
4.	Karma Viruddha (Functionally incompatibility)	Hot water after taking honey.
5.	Kala Viruddha (Time incompatibility)	Pungent substance in summer and cold substance in winter
6.	Krama Viruddha (Order incompatibility)	Taking Madhura Rasa Dravya (sweet) at the end of meals.
7.	Samyoga Viruddha (Combination incompatibility)	Fruit salad or milk + Banana
8.	Parihara Viruddha (contraindication incompatibility)	Taking cold water instantaneously after having hot tea

### Diseases due to viruddha ahara according to Acharya Charaka

Viruddha Ahara is responsible for the causation of many diseases. According to Acharya Charaka a whole number of disease occurs as a result of Viruddha Ahara and they are infertility, Bhagndra (fistula), Moorcha (fainting), Pandu (anaemia), Amavisha (acid eructation), Grhani roga (malabsorption syndrome), Jvara (fever), Santana dosha (genetic disturbances) and even Mrityu (death).<sup>[7]</sup>

### According to Acharya Vagbhatta

Acharya vagbhatta in Ashtanga Samgraha has mentioned that intake of Viruddha Ahara results in the manifestations of Vispotha (blisters), Shofa (swelling), Yakshma (Tuberculosis) and loss of body heat, memory and consciousness, Jvara (fever), Raktpitta (bleeding disorders) Asth Mahagada (eight Maharogas) and Mrityu (death).<sup>[8]</sup>

### Viruddha ahara in today's perspective

There are number foods incompatibilities are used in present era-Oxytocin induced milk, Preservatives in food products, Pesticides on vegetables and fruits, Genetically engineered fruits and vegetables, Cooled storage food products, Stale food (Bread, Bun etc.), Heated honey, Hot water with honey, Mutton or chicken with curd or milk, Raw food with cooked food, Ice cream, cold drinks, chilled water etc. in Shita Ritu (winter) and Anooopa Desha (marshy area), Use of radish with milk, Butter toast, Khichari with milk, Curd at night, Fish with milk, Improper eating habits etc. are today's Incompatible Diet

- Never consume carbohydrates like bread, potatoes, bananas etc. with lemons, limes, oranges, tomatoes or other sour fruit. Fruit acid not only prevents carbohydrate digestion, but they also favor their fermentation.

- Never consume Protein and Carbohydrate together, because when they are mixed in the stomach they interfere with the digestion of each other i.e. do not consume nuts, meat, cheese etc. with bread, cereals, cakes etc.
- Never consume two concentrated proteins together i.e. Do not use milk and meat, eggs and milk etc. at the same meal.
- Never consume Protein and Fat together i.e. do not use cream, butter, oil etc. with eggs, cheese etc.<sup>[9]</sup>

### Pathogenesis of viruddha ahara

Various types of Viruddha Ahara described in all Samhita's reveals that vitiation and aggravation of Doshas are the mode of action of Viruddha Ahara. Some types are such as Desha Viruddha, Kala Viruddha, Kostha Viruddha making body prone to diseases. As Agni Viruddha and Karma Viruddha etc. leading to formation of Ama (undigested material) Some of Viruddha Ahara because of their potency produce Srotodusthi (vitiation of channels) particularly Srotosanga and Srotaavrodha (obstruction of the channels). For example Milk and Chilchimi (a type of fish) variety of fish taken together produce Ama Visha due to their Maha Abhishyandi Guna (secretory).

Regarding the different mechanisms of pathogenesis described it seems that the three important mechanisms besides Dosha aggravation are - Srotavarodha or Sanga or obstruction in channels, Shonita Dushti (vitiation of blood) and production of 'Ama' or 'Ama Visha'. Production of "Ama" or 'Srota Avarodha' (channels obstruction) causes aggravation of Vata leading to emaciation of body and loss of body physiological functions. Shonita dushti can affect in two ways – by producing different skin diseases and also by affecting the nourishment of body and its tissue.

Here it is also important to note that when the pathogenesis has taken as that of 'Ama Visha' its properties will have to be equated with Visha in respect of its qualities as well as effects on the body. As Visha possesses qualities which are totally antagonistic to 'Ojus' (the essence of the body), its production leads eventually to the breakdown of immunity system due to which the body becomes prone to diseases. Similarly, certain similarities are also found between Viruddha Ahara (incompatible food) and Garavisha (artificial poison).

'Gara' is a formulation of different organs of insects or their waste products, Viruddha aushdhi (incompatible drugs), Bhasmas (ashes) and less potent Vishas (poison). The usage of such Garavisha (Artificial poison) results in Pandu (anaemia), Kasa (cough), Shwasa (dyspnoea), Jvara (fever), Yakrit and Pleehodara (Hepatic and spleen disorders), Daurbalya (loss of strength), Alasya (lazyness) etc.<sup>[10]</sup> "Gara" (Artificial poison) is a toxic combination of substances, non-poisonous or which exerts toxic effect after interval of sometime and such does not kill the patient instantly.<sup>[11]</sup>

As Viruddha Ahara (incompatible diet) has been mentioned as one of the ingredients in the preparation of 'Gara' (Artificial poison) we can come to a conclusion provisionally that Viruddha Ahara (incompatible diet) also act in a manner similar to it.<sup>[12]</sup>

### Treatment

Nidana parivarjna (prophylactic measures) is the main line of treatment. Diseases caused by Viruddha Ahara (incompatible diet) can be treated by Vamana (Emesis), Virechana (purgation) and Shamana Chikitsa (palliative therapy) and by the prior use of beneficial substances.<sup>[13]</sup>

## DISCUSSION

Frequent intake of incompatible food act as poison which leads to aggravation of all Doshas (morbid humors). The recommended therapy for diseases caused by incompatible food is Shodhana chikitsa (Eliminative therapy), Shamana Chikitsa (Palliative therapy) and avoidance of incompatible of incompatible food. Charaka, who mentioned that incompatible diet, is one of the causes for spreading the morbid humors from the alimentary tract to the peripheral systems and causes diseases. Avoidance of intake of incompatible diet plays key role in the prevention of disease.

## CONCLUSION

Viruddha Ahara (incompatible diet) is a very important concept of Ayurveda, ignoring it results in the manifestation of various diseases and as we know Prevention is better than cure, it is very essential to follow guidelines given by Ayurvedic Acharyas to lead a healthy life. As an Ayurvedic Physician it's our prime duty to spread alarming health hazards of Viruddha ahara (incompatible diet). Further research with the help of modern analytical techniques is not only essential but need of today's 21<sup>st</sup> century to establish the classical concept of Viruddha aahara (incompatible diet) in present perspective.

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