

VIRUDDHA AHARA PATHOGENESIS: A CONCEPTUAL STUDY

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ABSTRACT

Ahara (Food), *Nidra* (Sleep) and *Bramhacharya* (Abstinence) are described to be the Tryopstambhas. Inclusion of *ahara* in the three *upstambh* proves its importance. In *Ayurveda*, *Viruddha Ahara* is specified as the substance who provokes and mobilizes the *doshas* but not eliminate it from the body. In modern, *Viruddha Ahara* can be taken as an understanding of dietary allergy which results in a vast array of morbidities from acute anaphylactic reaction up to the development of chronic systemic diseases. *Acharya Charak* has described eighteen factors (*desha-kala-agni-matra viruddha* etc) which are responsible for dietetic incompatibility and various diseases. The quality of *viruddha ahara* provides a cumulative detrimental effect to the body after their repeated consumption. **Aim:** This paper will

highlight the concept of *viruddha ahara* in producing various health hazards along with modern perspective. **Materials and Methods:** For this conceptual study *ayurveda samhitas* like *Charak samhita*, *Sushruta samhita*, *Ashtang Hridaya*, *Madhav Nidana*, internet and modern medical literature have been reviewed. **Observation and Conclusion:** On the basis of *Ayurveda* and modern pathogenesis it can be concluded that the *viruddha ahara* is responsible in genesis of auto-antigens specially belonging to the various diseases. It should be stopped by taking some prevention modalities like do not take wrong combination of food and must follow the rules and conditions which are safe for our health. Prevention is always claimed better than cure.

KEYWORDS: *Viruddha Ahara*, *Ama Visha*, Eicasonoids.

INTRODUCTION

Ayurveda is a holistic system of medicine that originated from *Vedas*. The aim of the *ayurveda* is to maintain health of healthy persons and to cure disorder in the diseased.^[1] *Ahara*, *Nidra* and *Brahmcharya* are *triupsthambha* in *ayurveda*. *Ahara* is one of the most important sub-pillor of healthy life.^[2] *Viruddha ahara* is considered as a major etiological factor for various morbidities in *ayurveda*. *Acharya Vagbhata* stated that *Viruddha ahara* is specified as the substance which vitiates the *dosha* but does not eliminate them out of body. It remains in the body even when it is unfavourable to the *dhatu*s. According to *Acharya Charak* the substance having characteristics opposite to the *dhatu*s become *vairodhika* or incompatible to it. Single or repeated consumption of *vairodhika ahara* is responsible for various morbidities including the *amavisha* formation. In this regard, *Acharya Charak* has described eighteen factors which are *Desha-Kala-Agni-Matra-Satmya-Doshas-Samskara-Virya-Koshtha-Avastha-Karma-Parihar-Upchara-Paka-Samyoga-Hridya-Sampad-Vidhi Viruddha*, they are responsible for dietetic incompatibility. *Acharya Charak* has described diseases like- *kshandya* (Impotency), *Andhata* (Blindness), *Visarpa* (Erysipelas), *Dakodar* (Ascites), *Unmada* (Insanity), *Bhagandar* (Fistula), *Murccha* (Syncope), *Mada* (Alcoholism), *Adhmana* (Abdominal distention), *Pandu* (Anaemia), *Kilas-Kushta* (Skin disorders), *Grahani roga* (IBS), *Jwara* (Fever) and *Santana dosha* (lack of interest in progeny) etc. are commonly originated due to use of *Viruddha Ahara*.^[3] In present scenario due to increasing health hazards as a *viruddha ahara*, there is need to explain the concept of *viruddha ahara* with their role in disease pathogenesis and modalities of treatment and prevention in present era.

AIM AND OBJECTIVES

- To explore the concept of pathogenesis by *viruddha ahara* along with modern perspective.

MATERIALS AND METHODS

- The study is designed as a conceptual study and for this conceptual study *ayurveda samhitas* like *Charak samhita*, *Sushruta samhita*, *Ashtang Hridya*, *Madhav Nidana*, internet and modern medical literature have been reviewed.

Concept of pathogenesis by *viruddha ahara*

- As per *ayurveda* due to single or repeated consumption of *viruddha ahara* disturbs the normal functions of *agni* as a result food not properly digested, yields immature *rasa* in the *amashaya* and this undergoes fermentation or putrefaction because of its retention for longer duration, it manifests as *ama*. *Ama* is absorbed in the system and it is taken up by the aggravated and vitiated *vayu*, now this excessive vitiated or unripe *amarasa* enters the *dhamani* by circulation, here this *dushita amarasa* amalgamates with the existing *vata-pitta-kapha doshas*. Vitiated further in excess and produces distress in the body due to its excessive unctuous nature and leads to producing various diseases.^[4]
- According to modern, C₂₀ and C₂₂ PUFA are obligate components of mammalian cell membrane phospholipids (PLs) and cholesteryl esters (CEs). C₂₀ PUFA are the precursor of a range of metabolically active eicosanoid products like prostaglandins (PGs), thromboxanes (TXs) and leukotrienes (LTs). Arachidonic acid metabolites are the established inflammatory mediators. PGE₂ acts as a proinflammatory and a sensitizer for evoking pain and also stimulates osteoclastic activity and bone erosion. Prostaglandins and other eicosanoids are having many other diverse effects. It is clear that the increased amount of eicosanoid precursors like arachidonic acid leads to an increased formation of prostaglandins and eicosanoids which provokes hyperalgesia, synovial oedema, bone erosion and ulcerogenic activity leads to produce various diseases.^[5]

DISCUSSION AND RESULT

Nutrition plays major role in maintaining quality of life. As per *ayurvedic* texts, *viruddha ahara* is responsible for *amavisha* formation and causes diseases as described by *Acharya Charak*. Mode of action of *viruddha ahara* explained in terms of modern concept of eicosanoid precursors. In this discussion it is clear that the incompatible dietary habits are by and large responsible for determining the nature and quantity of eicosanoid precursors and *amavisha* in humans and play an important role to producing various diseases. In such diseases we should give the treatment that inhibits or reduces the formation of eicosanoid precursors or *amavisha*.

CONCLUSION

By the above discussion, it is concluded that, enlist the causative factor of incompatible food is very important to avoid various health hazards. We should take some prevention modalities

like do not consume wrong combination of food and follow rules and conditions which are safe for our health as mentioned in *samhitas*. *Acharya Charak* described the management of diseases which produced by *viruddha ahara- Vamana karma, Virechana karma*, use of substances having opposite properties of *viruddha ahara*, use of opposite pacificatory measures and use *Rasayan* drugs. The *Ayurvedic* system, elaborates the dietary guidance and restriction of *viruddha ahara* by which we can live up without any diseases.

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