

CONCEPT OF VIRUDDHA AHARA IN THE REFERENCE OF

शरीरधातुविरोधं कुर्वन्तीति वैरोधिकाः ।

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ABSTRACT

Aahara, Nidra, Bramhacharya are Trayopstambha, optimum use of these leads human body to maintain its integrity and being enriched with Bala, Varna and Upachaya.^[1] Each Upstambha has its own importance, among these Aahara attains utmost importance and plays a very important role for the maintenance of health. There are many concepts given in Ayurveda regarding Aahara i.e. pathya, apathya. hita, ahita and Viruddha Aahara. Viruddha Aahara is unique concept described by Acharyas. They have clearly stated that certain diet which is incorrect in combination, in processing and consumed in incorrect quantity and time is called Viruddha Aahara. Person who consumes Viruddha Aahara is more prone to imbalance of doshas leading to

many disorders like visarpa, grahani, shotha and kustha even sometimes cause death of the person. In present era, due to lack of knowledge, people follow incorrect dietary habits and suffer from many diseases, so incompatible diet (Aahara) is considered as a major risk factor which enhances susceptibility to many diseases. Therefore, daily diet should be such which helps to maintain present well-being.

KEYWORDS: Upstambha, pathya-apathya, Incompatible diet.

INTRODUCTION

Ahara plays an important role in healthy, diseased and convalescent state and in the maintenance of swasthya of an individual. It is most important pillar of trayoupstambha, a proper skilfull and optimum use of ahara leads human body to maintain its integrity, being

enriched with bala, varna and upachaya till full length of life. Health as well diseases are dependent on ahar. Whole some diet is prime cause for the growth and development of the body on the contrary unwholesome diet cause several diseases. Ahara essentially consists of five basic elements of nature i.e. panchmahabhoot which are akasa, Vayu, Agni, jala, prithvi. When consume in appropriate proportion it helps in balancing similar elements in the body. In present era improper diet is considered as a major risk factor which enhances susceptibility to many diseases. Viruddha ahara is unique concept described in Ayurveda classics regarding manifestation of various disease. It is an important aspect of today's improper dietary habit.

Now a days due to lack knowledge about current eating habits people blindly follow incorrect dietary habits and suffer from disease. The food which wrong in combination has undergone wrong processing, consumed in incorrect dose or time of the day and wrong in season and have the opposite property to the dhatus are called viruddha ahara or incompatible diet.

It is very important to Know how certain food combination interact with each other and correlate the mechanism as to how viruddha ahara is a cause of disease.

Viruddha Ahara

According to acharya charak the Food which dislodge the doshas from its normal seat. But do not expel it out from the body are defined as viruddha ahara. Ayurveda literature has described various type of viruddha ahara with example.

Desh viruddha, kaala viruddha, agni viruddha, matra viruddha, satnya viruddha, dosh viruddha, sanskar viruddha, virya viruddha, koshta viruddha, avastha viruddha, krama viruddha, prihar viruddha, upachar viruddha, paka viruddha, sanyoga viruddha, hridaya viruddha, sampada viruddha, vidhi viruddha.^[2]

Example: Fish with milk (samyog virrudha).

Milk in the form of shakes like banana shake, mango shake.(Sanyog Viruddha)

Take honey with hot water.(Sanyog Viruddha)

Take chilled water after exposure of sun.(Parihar Viruddha)

Take food without feeling hunger and do not take food even in excessive hunger state.

Prepare or eat chicken with curd.

Disease due to Viruddha Ahara

A person who consumes viruddha ahara is more prone to imbalance of dosha leading to many

diseases like kushtha, kilas, grahani, shoth, amlapitta, jwar, visarpa, unmada, bhagandara, adhyaman, aamvisha, santandosha, shandata even sometimes cause death of the person. Not only that such incompatible food habits by pregnant woman may cause defect in the new born. It can be observed from the above list that viruddha ahara can lead to disorder up to impotency and infertility thus it has an impact up to shukra dhatu dusti.^[3]

Mode of Action of Viruddha Ahara

According to acharya charak regular consumption of viruddha ahara aggravates sharirastha prakrita doshas but do not eliminate them from body. When food having different attributes tastes, heating or cooling properties and post digestive effects are catch together function of agni is slow down. Its result incomplete digestion and discomfort as amotpatti takes place leading tridosh and sapta dhatus dushti. As viruddha ahara is abhishyandi margavarodha take place. Due to margavarodha dosh-dushya sammurchhana takes place. This condition if prolonged can lead to toxemia and dosha goes to shakhamarga from koshtha and due to continuous taking it dosha cannot come back to koshtha and stay there means in shakha for a long period and due to stay in one place cause diseases arise.

Principal of Treatment

Acharya charak has also stated treatment for it there are three different ways to treat the patient.

Shodhan: shodhan means to exclude all the vigunita dosha from body with the help of vaman and virechan.

Shaman: when shareer dosha are not much aggravated then by using drugs can settle down the vikrita dosha.

Nidan parivarjan: consuming healthy and pathyakar ahara and stoppage of intake of viruddha ahara is the first principal of treatment. Avoid the nimitta karan one is able to stop the further progress of disease.^[4]

DISCUSSION

Ayurveda emphasises on nidan parivarjana chikitsa. According to acharya charak consumption of viruddha ahara leads to several disease by aggravation sharirastha prakruta doshas and deteriorating prakruta dhatus. Acharya charak has also stated that person who is young in age, performs regular exercise, who is habitual to viruddha ahara, whose digestive

power is good and consume viruddha ahara in less quantity remains unaffected of it.^[5] Concept of incompatible food does not exist in modern dietetics, as given prime importance in Ayurveda. However, in modern medicine role of diet induced changes in the drug activity and exacerbation of certain disease conditions after consumption of particular type of food is well known. Food allergy and food poisoning have similarity with incompatible food. Best dietary recommendation will reduce the risk of disease and stop the pathogenesis, improve protective mechanism, immune system ultimately health.

CONCLUSION

From the above discussion it is clear that viruddha ahara is an essential aspect for today's improper diet this may lead into various hazardous disease unknowingly. Hence the concept of viruddha ahara is relevant to present era. Therefore, it is important to highlight this concept and aware the people to avoid consumption of incompatible food of today's fast food era.

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