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Viruddha ahara and its management - A review article

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ABSTRACT



Ahara plays an important role in our life. Actually, our healthy life mainly depends on the different types of *Ahara* which we consume in our daily routine. So *Acharya Charak* mentioned *Ahara* in the three *Upastambha* of *Ayurveda*. *Viruddha Ahara*, or incompatible diet, is a very important issue discussed by ancient *Ayurveda*. The substances which are contrary to *dhatu*s behave with *Viruddha* to them. This *Viruddha Ahara* may be in terms of properties, combination, processing, place, time, dose etc. or natural composition. The main aim of this review article is to compile and evaluate the concept of *Viruddha Ahara*. All the descriptions of *Viruddha Ahara* mentioned in different *Ayurvedic* texts were critically analyzed and discussed to check their relation. After critically analyzed it is concluded that if due to *Viruddha Ahara*, various types of diseases appear in our body, so we should take the *Ahara* according to *Ayurvedic* concepts mentioned in different *Ayurvedic* texts.

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INTRODUCTION

Agada Tantra is one of the branches of *Ashtang Ayurveda*. *Viruddha Ahara* is a very important topic in this modern era. It is said to be the cause of many systemic disorders, as per *Ayurveda* literature. Persons who consume *Viruddha Ahara* are the causative agents of many disorders.

It is very important to know the relationship of *Viruddha Ahara* with many metabolic disorders because it is the cause of many metabolic disorders ([Mukund, 2012](#)). *Viruddha Ahara* is defined by different *Acharya*-

Astanga Samgraha of *Vagbhata* described the *Viruddha Ahara*, those substances, which cause the increase of *doshas* in the body but do not expel them out of the body are known as *Viruddha*, and they remain antagonistic to the *dhatu*s ([Murthy and Srikantha, 2018](#)). Even naturally, incompatibility happens by the combination of substances in respect of their strength of qualities, of unequal or equal proportions or both, or by different processes of cooking.

Acharya Sushruta explains the *Viruddha Ahara*, those substances which when consumed, make for an increase of the *doshas* but do not expel them out of the body and which bring about abnormalities in the *rasa* etc. give rise to diseases and various types of *Viruddha Ahara* are explained, i.e. *Sanyoga Viruddha*, *Karma Viruddha*, *Mana Viruddha*, *Rasa – Virya – Vipaka Viruddha* ([Srikantha et al., 2017](#)).

Acharya Charaka explains *Viruddha Ahara*, the substances which are contrary to *dehadhatu*s behave with *Viruddha* to them. This *Viruddha Ahara* may be in terms of properties, combination, processing, place, time, dose etc. or natural composition. The entire diet, which excites the *dosha* but does not eliminate it out of the body, becomes harm-

Table 1: Acharya Charaka are 18 types Viruddha Ahara are described below

S. No.	Viruddha Ahara	S. No.	Viruddha Ahara
1.	Desha Viruddha	10.	Avastha Viruddha
2.	Kala Viruddha	11.	Krama Viruddha
3.	Angi Viruddha	12.	Parihara Viruddha
4.	Matra Viruddha	13.	Upachara Viruddha
5.	Satmya Viruddha	14.	Paka Viruddha
6.	Dosha Viruddha	15.	Samyoga Viruddha
7.	Sanskara Viruddha	16.	Hridya Viruddha
8.	Virya Viruddha	17.	Sanpada Viruddha
9.	Koshtha Viruddha	18.	Vidhi Viruddha

(Narayana and Samhita, 2017)

ful (Sharma and Samhita, 2017).

Acharya Sushruta explain the Viruddha Ahara in Chapter-20 Hitahit in described below:

1. Sanyoga Viruddha
2. Karma Viruddha
3. Mana Viruddha
4. Rasa – Virya – Vipaka Viruddha (Murthy et al., 2017)

Sanyoga Viruddha

Some substances in combination with some others become similar to visha such as; Valliphala kavaka, Karira, amla phala, lavana, kulathha, pinyaka, dadhi, taila, virohi (germinated grains), pista, Shushkashaka, the meat of goat and sheep, wine, jambuphala, chilichim, matsya, the meat of godha, varaha etc. should never be consumed along with milk.

Further on, We will describe some other substances, which in their combinations are unsuitable such as the following –

1. The meat of animals living in villages, marshy lands, and water should not be consumed combined with freshly harvested grains, sprouted grains, muscles fat, honey, milk, jaggery, and black gram.
2. Rohini shaka or Jatuka shaka should not be partaken mixed with milk or honey.
3. The meat of the balaka bird should not be consumed with Varuni.
4. Kakamachi should not be consumed with pip-pali and maricha.

5. Nadibhangshaka, kukkuta curd should not be taken together.

6. Honey followed by hot water as after drink, uncooked meat along with pitta, sura, khichdi along with green gram and payasa should not mixed together.

7. Papadi of tila should not be mixed together Sauviraka.

8. The product of sugarcane along with fish should not be mixed together.

Karma Viruddha

Now I would describe the examples of Karma Viruddha in given below- (Singhal and Samhita, 2007)

1. The pigeon fried in mustard oil should not be taken.
2. The meat of kapinjala peacock, lava, tittira and godha cooked in eranda or daruharidra wood fire or cooked with eranda oil should not be eaten
3. The ghritha kept in a kamsya pot for ten days should not be eaten.
4. The honey should neither be taken with hot substances nor in the summer season.
5. The Kakamachi cooked in a pot in which fish or ginger have already been cooked should not be taken.
6. The vegetable of Upadika cooked with tila paste should not be taken.
7. The meat of bakala fried with the fat of a pig should not be eaten along with coconut.
8. The meat of Bhasa cooked on an iron rod should also not be eaten.

Table 2: Examples of *Viruddha Ahara* according to *Charaka*

S. No.	<i>Viruddha Ahara</i>	Examples
1.	<i>Desha Viruddha</i>	Consuming <i>rooksha</i> and <i>teeksha dravyas</i> in <i>jan-gala desha</i> and <i>snigdha</i> and <i>sheeta guna dravyas</i> in <i>anoopa desha</i> .
2.	<i>Kaala Viruddha</i>	Consuming <i>sheeta kaala</i> and <i>katu- usha aahara</i> in <i>ushna kaala (greeshma ritu)</i>
3.	<i>Agni Viruddha</i>	Consuming food which is not in accordance to these varieties of <i>jatharagni</i> .
4.	<i>Matra Viruddha</i>	Consuming an equal quantity of <i>madhu</i> and <i>ghrita(ghee)</i> .
5.	<i>Satmya Viruddha</i>	For a person who is habituated to <i>katu</i> and <i>ushna aahara</i> , <i>swadu</i> and <i>sheeta veerya aahara</i> .
6.	<i>Dosha Viruddha</i>	Consumption of <i>aahara</i> and <i>aushada</i> , which are similar to the qualities of <i>vatadi dosha</i> but adverse to the person's practice constitutes.
7.	<i>Samskara Viruddha</i>	The meat of a peacock bird roasted on a castor stick.
8.	<i>Veerya Viruddha</i>	Consumption of <i>aahara</i> and <i>aushada</i> , which are cold potency along with those which are hot in potency.
9.	<i>Koshtha Viruddha</i>	Administration of medicines having <i>manda veerya</i> and mild purgatives to a person having. <i>Koora koshta</i> and, on the Contrary, administering medications that are a guru in nature and strong purgatives to a person with <i>mrudu koshta</i> is considered as <i>koshta</i> .
10.	<i>Avastha Viruddha</i>	The use of foods that cause aggravation of <i>vata dosha</i> by the persons indulging in exertion, copulation and physical exercise and use of food that cause aggravation of <i>kapha dosha</i> by the persons who sleep more and are lazy constitute.
11.	<i>Karma Viruddha</i>	Consumption of food by a person without elimination of urine and faeces, or when he is not hungry or when he is very much hungry etc.
12.	<i>Parihara Viruddha</i>	Consuming <i>ushna veerya aahara</i> after consumption of meat of <i>varaha</i> etc.
13.	<i>Upachara Viruddha</i>	Consumes <i>sheetala jala</i> after <i>ghrita pana</i> .
14.	<i>Paka Viruddha</i>	Consumption of food cooked using fuels of forbidden trees like <i>dishtadaru</i> , <i>durdaru</i> etc. and consumption of food which is inadequately cooked or overcooked or burnt.
15.	<i>Samyoga Viruddha</i>	<i>Amla rasa</i> with milk
16.	<i>Hridi Viruddha</i>	Consumption of food which is not liked by one's <i>manas</i> .
17.	<i>Sampat Viruddha</i>	Consumption of diets and drugs which have not yet acquired their natural taste or which have lost their natural taste or which have unnatural or bad taste.
18.	<i>Viddhi Viruddha</i>	Eating in an open place.

(Bhat, 2018)

Mana Viruddha

Now I would describe the examples of *Mana Viruddha* is given below-

1. Honey and water, as also honey and *ghrita*, should not be eaten in equal quantities.
2. Two different types of fats, honey and fat, and water and fat should not be taken in equal quantities. (Singhal and Samhita, 2007)

Rasa - Virya - Vipaka Viruddha

Now I would describe the groups of two tastes that are incompatible from the points of taste, potency and final taste after digestion of the substances. (Ambikaditta and Samhita, 2015)

Examples of *Rasa- Virya- Vipaka Viruddha* is given below-

1. *Madhura* and *Amla*, *Madhura* and *lavana* are *Rasa* and *Virya Viruddha*.
2. *Madhura* and *Katu* are *Viruddha* from all points of view.
3. *Madhura* and *Tikta*, *Madhura* and *Kashaya Rasa*, are *Rasa* and *Vipaka Viruddha*.
4. *Amla* and *Lavana rasa* are only for *Rasa Viruddha*.
5. *Amla* and *Katuka rasa*, these are *Rasa* and *Vipaka Viruddha*.
6. *Amla* and *Tikta*, *Amla* and *Kashaya rasa Viruddha* in all respects.
7. *Lavana* and *Katu rasa*, are *Viruddha* in *Rasa* and *Vipaka*.
8. *Lavana* and *Tikta rasa*, *Lavana* and *Kashaya rasa* are *Viruddha* in all respects.
9. *Katu* and *Tikta rasa*, *Katu* and *Kashaya rasa Viruddha* in *Rasa* and *Virya*.
10. *Tikta* and *Kashaya rasa* are *Viruddha* in relation to *rasa*.

Diseases Due to Viruddha Ahara According to Acharya Charaka

Due to Intake of unwholesome diet, responsible for the causation of- (Samhita and Narayana, 2017)

1. *Napunsakata* (Sterility)
2. *Andhapana* (blindness)

3. *Visharpa* (erysipelas)
4. *Jalodara* (ascites)
5. *Visphota* (eruption)
6. *Unmada* (insanity)
7. *Bhagandara* (fistula-in-ano)
8. *Murchha* (fainting)
9. *Mada* (intoxication)
10. *Aadhmana* (tympanitis)
11. *Galagraha* (spasm in throat)
12. *Pandu* (anaemia)
13. *Amavisha*
14. *Kalasa* (Leucoderma)
15. *Kushtha roga* (Leprosy)
16. *Grahaniroga*
17. *Shotha* (oedema)
18. *Amlapitta* (acid gastritis)
19. *Jwara* (fever)
20. *Peenasa* (rhinitis)
21. *Santanadosha* (foetal diseases)
22. *Mritu* (death)

Diseases Due to Viruddha Ahara According to Acharya Vagbhata

Acharya Vagbhata has mentioned that due to intake of *Viruddha Ahara*, various types of diseases appears, which are listed below- (Atrideva and Samgraha, 2011)

1. *Visphota*
2. *Shopha*
3. *Mada*
4. *Vidradhi*
5. *Gulma*
6. *Yakshma*
7. *Tejas*
8. *Bala*
9. *Smriti*
10. *Indriya and Chitta*

11. *Jwara* (Fever)
12. *Raktapitta* (bleeding disorder)
13. *Ashta mahagadas* (eight mahagadas)

Treatment

These are the measures, which are used to counteract the above and other disorders caused by antagonistic – Such as *Vamana* (emesis), *Virechana* (purgation), use of antidotes for pacification and conditioning of the body with similar substances. (Samhita and Sharma, 2017)

Purgation, emesis, pacification and use of wholesome substance alleviates the disorders caused by antagonistic food. The antagonism becomes insert due to suitability, small quantity, strong digestive power, in young age and persons having uncton, physical exercise, and strength.

CONCLUSION

This study can be concluded that various kinds of *Viruddha Ahara* are mentioned in different *Ayurvedic* texts, and due to this, *Viruddha Ahara* different types of diseases appears in our body. So if we follow the right rule of taking food mentioned in *Ayurvedic* texts, we will be free from these types of diseases in our life. From today perspective, we also follow healthy food habits in our daily routine.

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Conflict of Interest

The authors declare that they have no conflict of interest.

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