



VIRUDDHA AHARA (INCOMPATIBLE FOOD) AND ITS EFFECT ON MANOVAHA STROTAS: A REVIEW ARTICLE

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ABSTRACT

The aim of Ayurveda is "Swasthasya swastya rakshanam" and "Aturasya vikar prashanam" 1. It is achieved on the basis of various concepts of Ayurveda. Ayurveda offers various approaches towards the maintenance of good health status. Ayurveda states that one should consume suitable foods according to his prakruti, seasons, age and strength which is based on "Swasthasya swastya rakshanam" entity of Ayurveda. Healthy nutrition nourishes the mind, body, and soul. Mind is directly influenced by the quality of food eaten. When person indulged in unwholesome diet (Viruddha Ahara), food cooked in wrong way, eating food in excess or low amount and inappropriate eating time or Frequent intake of unwholesome diet creates 'Ama.' Ama which vitiates the doshas and obstruct the strotas (channels) in the body. This ama visha spread over Hridaya and manovaha strotas leading to the malfunctioning of mental activities, so as resulting in disturbed psyche and unstable intellect.

AIM: To spread awareness about viruddha ahara

OBJECTIVE: To study fundamental concepts of Viruddha ahara and to study viruddha ahara as a causative factor in origination of manovikar. The article also opens up the new research window in the field of Ayurvedic dietetics to research upon variety of incompatible factors to observe the effect.

KEYWORDS : Viruddha Ahara, Incompatible Food.

INTRODUCTION

Ayurveda is holistic system of natural health care that originated from *Vedas*. As it deals with various aspects of life, it is not merely the system of treatment but is an "Ideal way of life." To attain healthy life *Ayurveda* concentrate on various rules and regulations (*Aharvidhi visheshayatane*) is also among that if *Ahara Vidhi* is followed properly, it helps to increase health and enhance the life span. ²*Chandogya upanishada'* says purity of food helps in purifying the inner self. Purification of inner self and hence of the mind and intellect, accelerates elimination of illusions and ignorance.³The mental factor of a man is reflected by the food he takes. In *Bhagavat geeta*, we find references regarding the three types of food like *satvika*, *rajasika* and *tamasika*.⁴ *Satvika* food enhances the *Ayu* (lifespan), *satva* (purity of mind), *bala* (strength), *sukha* (happiness) and *priti* (delight). On contrary the *rajasa* type of food leads to mental sickness like *dukha* (sadness), *shoka* (sorrow), *Kama* (desire) and *tamasa* food leads to *alasya* (laziness) and *moha* (delusion). *Ahara* is said to be *shadaindriya prasadaka*-pleasing all the six indriyas viz. five sense organs and mind. So, we should eat both delicious and wholesome food which will provide nourishment to both the body and the sense organs. *Ayurveda* clearly defines that certain diet and its combination, which interrupts the metabolism of tissue, which inhibits the process of formation of tissue and which have the opposite property to the tissue are called *viruddha ahara* (incompatible food). Frequent intake of unwholesome diet creates *Ama* which vitiates the *doshas* and obstruct the *strotas* (channels) of the body. This *Ama visha* spread over *hridaya* and *manovaha strotas* leading to the malfunctioning of mental activities, so as resulting in damaged mind and unstable intellect. The pathophysiology of diseases begins with our improper food & living habits. In today's modern era, due to lack of knowledge about correct food combination, we blindly follow the wrong dietary habits and suffer from various disorders of unknown etiology. Before consumption, one must consider whether the food combination is safe and is according to the rules and conditions for intake of food in order to remain healthy.

PREVIOUS RESEARCH REVIEW

In American journal of clinical nutrition stated that people who ate junk food performed poorly in cognitive tests. It shows that junk food deteriorates memory and cause a sudden inflammation in the hippocampus in the brain which is responsible for memory and recognition.⁴

Junk food contains excess amount of sugar and fats that can cause certain chemical reactions in the brain which affects its functioning. It

also causes loss of essential nutrients and amino acids. These symptoms eventually leads to inability of brain to deal with stress and can leave you feeling depressed.⁵

Honey digests slowly when cooked and the molecules become non-homogenized glue which adheres to mucous membranes and clogs subtle channels, producing toxins. This affects brain functioning and causes *manasa rogas*.⁶

Repeated heating causes the oil to undergo a series of chemical reactions like oxidation, hydrolysis and polymerization. Chronic used of repeatedly heated cooking oil increase the risk of liver, kidney, testes and brain disease.⁷

Deep frying of potatoes can develop toxic substances, such as acrylamide, which can prove to be carcinogenic.⁸

Consumption of foods containing 4-hydroxy- trans-2-nonenal (HNE) from cooking oils has been associated with increased risk of cardiovascular disease, stroke, Parkinson's disease, brain disease and Alzheimer's disease.⁹

AIMS

- 1) To spread awareness about *Viruddha Ahara*.

OBJECTIVES

- 1) To study the fundamental concepts of *Viruddha Ahara*
- 2) Study of *viruddha ahara* as a causative factor in origination of *manovikar*.

MATERIAL AND METHODS

Literary material *Ayurvedic* classical texts, previous articles were reviewed to collect data.

CONCEPT OF VIRUDDHA AHARA

According to *charaka*, *viruddha ahara* is unique concept describe in *Ayurveda*. *Acharya charaka* clearly says that certain diet and its combinations, which interrupts the metabolism of tissue which inhibits the process of formation of tissue and which have opposite property to the tissue are called as *viruddha ahara* or incompatible diet. The food which is wrong in combination, has undergone wrong processing, consume in incorrect dose and/or consume in incorrect time of the day, and in wrong season leads to *viruddha ahara*.

Charaka has mentioned that such type of wrong combination can lead

to harmful effect on the health status of human being. According to above stated wrong combination diet due to this diet various *Manovaha strotodushitjanya vikara* can occur. As per *Ayurveda in unmad vyadhi* incompatible food and contaminated food is stated as main *hetu* (cause) of *manovighata*. The *sharir dosha* of weak minded (*alpasatva*) becoming impaired vitiates the *hrudaya* which is site of intelligence, get localized in *manovaha strotas* and disturb the function of *mana* and causing *manovikar*. *Viruddha ahara* aggravates *rajas* and *tamas doshas* which moves towards the *manovaha strotas* vitiates it causing *manovikar*¹⁰

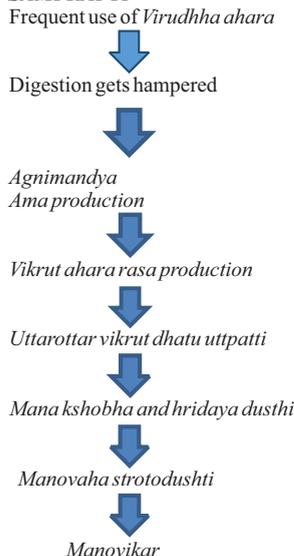
As per *Susruta*, *viruddha ahara causes visphota (boils), mada (drowsy), vidradi (abscess)*. It also destroys the *teja* (luster), *bala* (strength- physical and immunity), *smriti* (memory), *mati* (intellect), *indriya* (sense organs), and *chitta* (mind) of the person.

According to *Ashtanga hridaya*, diet plays an important role in our life.

TABLE-1 TYPES OF VIRUDDHA AHARA.

Sr. No.	Types of viruddha ahara	Examples	Effects
1	<i>Virya Virudhha</i> (potency incompatibility)	Fish and milk	Obstruction in <i>strotas</i> , <i>raktpradoshjanya vikara</i>
2	<i>Samskara virudhha</i> (processing incompatibility)	Heated honey	Loss of intelligence, death
3	<i>Matra viruddha</i> (dose incompatibility)	<i>Ghee</i> and honey in equal amount	<i>Amavisha</i>
4	<i>Agni virudhha</i> (digestive power incompatibility)	Intake of <i>guru ahara</i> (heavy food) when <i>agni</i> is <i>Manda</i> (power of digestion is poor.)	<i>Grahani, malnutrition, amavata, blockage of strotasa.</i>
5	<i>Kala virudhha</i> (time incompatibility)	<i>Pitta Kara ahara in shishira ritu</i>	<i>Dhatukshaya</i>
6	<i>Krama virudhha</i> (order incompatibility)	<i>Adhyashana</i> (Consume food before earlier food is digested)	Psychological disturbances, <i>alasad, visuchika, pandu</i>
7	<i>Samyoga virudhha</i> (combination incompatibility)	<i>dugdha+phala</i> (milk with fruits)	Improper digestion
8	<i>Parihar virudhha</i> (contraindication incompatibility)	<i>Sheeta anna sevana pachhat ushna ahara sevana</i> (Cold water after hot tea)	<i>Dhatukshaya</i>
9	<i>Paka virudhha</i> (cooking incompatibility)	Overcooked food or half cook food	Skin disorders, <i>amlapitta</i>
10	<i>Hridya virudhha</i>	Eating food not liked by person	Psychosomatic disorders
11	<i>Sampat virudhha</i>	Over ripen mango	Poor development of brain
12	<i>Vidhi virudhha</i> (rule incompatibility)	<i>Ahara sevana samayi hasya</i> (Eating food while laughing, talking, watching TV)	Psychological imbalance
13	<i>Dosha virudhha</i>	<i>Vata prakruti</i> person eating dry, cold food	Skin diseases
14	<i>Koshta virudhha</i>	<i>Ichhabhedirasa</i> in <i>Mrudu koshta</i> person	Weakness, <i>Dhatukshaya</i>
15	<i>Awastha virudhha</i> (state of health)	<i>Vata vitiating ahara</i> during exercise	Fatigue, <i>dhatudushti</i>
16	<i>Desh virudhha</i> (place incompatibility)	<i>Ruksha ahara sevana in jangala pradesha</i> (Eating spicy /dried food in hot city (atmosphere)	<i>Visarp, prameh, kushta</i>
17	<i>Satmya virudhha</i> (wholesome incompatibility)	<i>Mansahara in shakaahara Satmya</i> (Vegetarian person consuming egg containing cake and pastry.	<i>Grahani</i> (IBS), <i>chardi.</i>
18	<i>Upchar viruddha</i> (treatment incompatibility)	<i>Ghrita sevana pachhata sheeta jala sevana</i> (Drinking cold water after taking ghee)	Skin disorders, <i>amlapitta</i> , obstruction in <i>strotasa.</i>

SAMPRAPTI



A balance food is must maintain disease free good health. *Ayurveda* states how some diet and their combination create benign effect and damage the human body. According to *Ayurveda* certain diet and combinations of two or more substances produce toxins in metabolism procedure. The toxins are produced because of the opposite properties present in them, such incompatible diet are called *viruddha ahara*. The concept of *viruddha ahara* is unique to *Ayurveda* system. Certain food not consumed at right time of day (*kala*), season (*ritu*), improper quantities (*matra*) is classified as *viruddha ahara*.¹²

Vyadhikshamatva which is synonymous to *swastha*, *Vyadhikshamatva* is responsible for good health, intelligence, longevity, and thought process for this purpose, use of different *ojas* (*Vyadhikshamatva*) promoting food have been described in *Ayurveda* one should widely adopt these into his lifestyle so as to make his body and mind strong enough to deal with all the physical and mental stresses of the modern era which will be immensely helpful in management of these diseases.

DISCUSSION-

According to *Ayurveda*, a person is said to be healthy when he/she has balance between *sharira* and *mansik doshas*, *sama Agni, sama dhatu, malakriya* (proper elimination of excretory wastes from body), *prasanna atmendriya mana* (happy state of all organ and mind) and *sama indriyas* (proper functioning of five senses).

According to WHO, definition of health is, it is state of complete physical, mental, social well-being and not merely an absence of disease.¹³From this information, we come to know that in both *Ayurveda* and modern science mental health is very important. The current populations are commonly suffered from psychological disorders due to disturb life style and changed eating habits. Hence, all should get familiar with *Virudhha ahara* and avoid its consumptions. It can act as preventive measures from getting rid of the psychiatric diseases.

CONCLUSION

In today's modern era, due to lack of knowledge about correct food combination, we blindly follow the wrong dietary habits and suffer from various disorders along with psychological disorders (*manovikar*). It is important to enlist the incompatible dietary factors and train the patient to avoid such etiologic factors. The article also opens the new research window in the field of *Ayurvedic* dietetics to

research upon variety of incompatible factors to observe the effect.

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