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### Viruddhahara and its role in formation of disease

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#### ABSTRACT

Viruddha Ahara are those food articles which is composed of substances having no affinity at all and which vitiates the Doshas (Morbid Humors) but do not eliminate them from our body. They are of 18 types of Viruddha Ahara. In my article I also described 20 food articles and their preparation which are best among wholesome and unwholesome by nature. Pathogenesis of Viruddha Ahara and its role in manifestation of different disease is also mentioned here, and also about Factors pacifying the ill effect of Viruddha Ahara.

#### INTRODUCTION OF VIRUDDHA AHARA (Incompatible Food)

The word Viruddha is originated from the Panini root word "RUDHIR AVARNI" by applying the Prefix "VI" [1, 2]

This leads to two factors i.e. on combining two to three things the stronger one overpowers the weaker ingredients. This has been accepted principally in Ayurveda also. It has been stated that in a combination of so many opposite qualities the majority of the power packed qualities overpower the weaker qualities (Ca.Vi.1/4, A. H. Su. 9/24).

#### DEFINITION

Those food articles which are composed of substances having no affinity at all and which vitiates the Doshas (Morbid Humors) but do not

eliminate them from our body are to be regarded as **Viruddha Ahara** (unwholesome food).

**Acharaya Charak** has given much more importance on incompatible food by describing eighteen types of Viruddha Ahara [3].

**Acharaya Susruta** has also given importance to Viruddha Ahara by mentioning Guna Viruddha, Veerya Viruddha, Desha Viruddha etc.

#### TYPES OF VIRUDDHAHARA

1, Desha viruddha, 2. Kala viruddha, 3. Agni viruddha, 4. Matra viruddha, 5. Satmya viruddha, 6. Vata viruddha, 7. Paka viruddha, 8. Samskara viruddha 9. Virya viruddha, 10. Samyoga viruddha, 11. Kosta viruddha, 12. Avastha viruddha 13. Krama viruddha, 14. Parihara viruddha, 15. Upacara viruddha, 16. Hridaya viruddha 17. Sampada viruddha, 18. Vidhi viruddha [4]

## MOST WHOLESOME AND UNWHOLESOME DIETETIC ARTICAL

The following are the important food articles and there preparation which are wholesome and unwholesome by nature according to (Ca.Su.25/38-39).

Catgories	Best among the wholesome	Best among unholosome ones
1. Paddy having bristles.	Red sali,	Yavaku (Hordeum vulgara)
2. Pulses.	Mudga (Phaseolus mungo)	Masha.
3. Various type of drinking water.	Rainwater collected before falling on the ground.	River water in rainy season
4. Salt.	Saindhava variety of salt.	Usara(salt prepared from saline water.
5. Pot herbs.	Jivanti(Leptadenia reticulata)	Mustard.
6. Meats of animals.	Aina (antelope)	Beef.
7. Meat of birds	Lava (common quail)	Young dove.
8. Meats of animals living in holes.	Godha (inguana).	Frog.
9. Fishs.	Rohita Fish.	Cilicima
10. Ghee.	Cow ghee.	Sheep ghee.
11. Milk.	Cow milk.	Sheep milk.
12. Vegetable fats.	Til oil.	Oil from Kusumbha (Canthamus tintorius)
13. Fats of marshy animals.	Lard.	Fat of buffalo.
14. Fats of aquatic animals.	Fats of culuki(Gangatic Dolphin).	Fat of Kumbhira.
15. Fat of aquatic bird.	Fat of Pakahamsa(whita Swan)	Fat of Kakamadgu.
16. Fats of Gallinaceous type of Bird.	Fat of hen.	Fat of cataka(sparrow).
17. Fat of branch eating animal.	Fat of goat.	Fat of elephant.
18. Rizomes and root.	Ginger.	Nikuca(Atrocarpus nikucha).
19. Fruit.	Grapes.	Aluka .
20. Preparation of sugarcane.	Sarkara (Suger).	Phanita.

## SROTAS VITIATION BY VIRUDDHAHARA

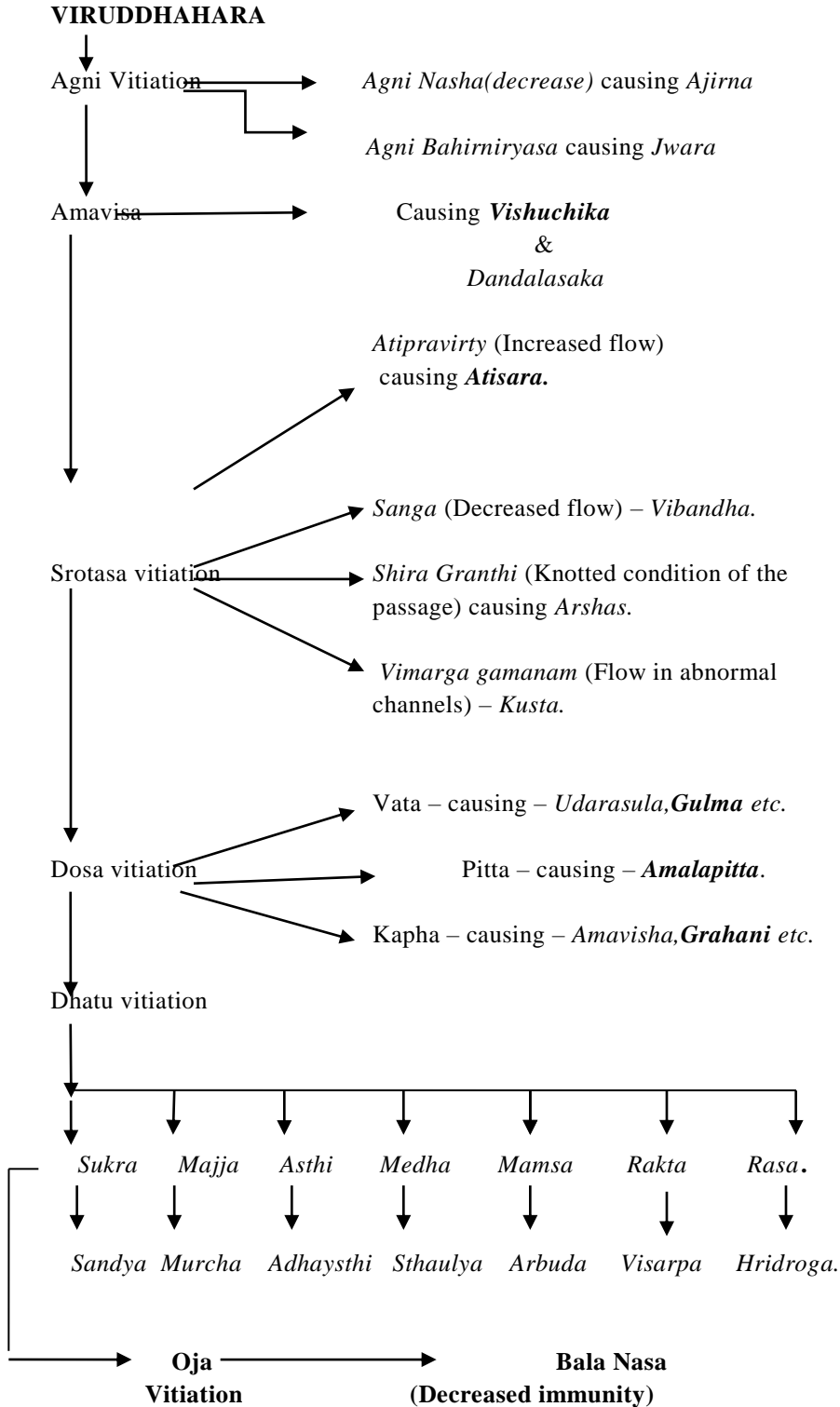
Food substances (ahara) and activities (Vihara), which are similar in quality to doshas and harmful to the dathus vitiates the bodily - channels (srotas). Therefore it is clear that such types of food substances, which are similar to body doshas, vitiates the srotas. These types of food substances become Viruddhahara. Viz. Desaviruddha, Kalaviruddha, Prakrtiviruddha, etc (Ca. Vi. 5/23)

Thus by Viruddhahara, all responsible factors of disease get vitiates and lead to disease formation. Here one can see it by chart [5, 6].

## TRIDOSA VITIATION BY VIRUDDHAHARA

Astang Hrdaya has stated that by intake of Viruddhahara all three dosas get provoked i.e [7].

## PATHOGENOSIS OF VIRUDDHA AHARA



## DISEASE CAUSED BY VIRUDDHAHARA

According to Charaka Samhita, Susruta Samhita, Astanga Samgraha and Astanga Hridayam. Amlapitta, Andhya, Visarpa, Jaladora, Visphota, Unmaha, Bhagandara, Murcha, Mada, Adhamana, Panduroga, Amavisha, Kilasa, Kustha, Grahani, Sotha, Napunsakta, Jwara, Pinasa, Santandosa, Mritu, Vidradhi, Gulma, Yakshma, Prameha, Vatavyadhi, Asmari, Smrutinasa, Indryanasa, Tejonasa, Balanasa, Buddhinasa [8].

## FACTORS PACIFYING ILL EFFECTS OF VIRUDDHAHARA

Charaka has stated that Viruddhahara become harmless in following situations. In these circumstances dietetic incompatibility becomes neutralized. That is,

1. If the incompatibility is homologous to the person concerned.
2. If dietetic incompatibility is very slight (in quality and quantity).
3. If the person concerned is of strong digestive power.
4. If the person (consumer) is young.
5. If the person takes unctuous elements continuously.
6. If the person is strong due to exercise [9-11].

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