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## A conceptual review of Viruddha Ahara in relation to the mode of action according to Ayurveda and Modern Science.

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**ABSTRACT:**

In Ayurveda, incompatible or antagonistic food is referred to as Viruddha Ahara. This Viruddha Ahara (incompatible food) concept is quite different and unique from the modern view of a diet. Viruddha Anna, or incompatible diet, includes food combinations, food processing, food storage methods, proportion of different food intake, time incompatibility, consumption at the wrong time, wrong dose, and so on. Every food has its own taste (rasa), a heating or cooling energy (virya), and a post-digestive effect (vipaka), according to Ayurveda. Some have an unexplained effect (prabhava). However, such incompatible combinations can cause indigestion, fermentation, putrefaction, and gas formation, toxic product formation, adverse effects on the digestive, endocrine, and nervous systems, immune system, and growth hormone. If consumption is prolonged, it can lead to various ailments. Ayurveda clearly states that certain diets and their combinations that interrupt tissue metabolism, inhibit tissue formation, and have the opposite property to the tissue are referred to as Viruddha Anna or incompatible diet. The root cause of all disease, according to nutrition science, is the consumption of acid ash producing foods (sugar, fats, and colas), acid residuals in the body, and improper digestion. Similarly, Ayurveda claims that improper food combinations cause a variety of diseases.

**KEYWORDS-** *Viruddha Ahara, Incompatible food, Ahara, Agonist, Antagonist***Dr.Chandravijay Radhakishan Bhoyare**

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## INTRODUCTION

Ayurveda is one of the oldest medical sciences that is still practiced and proving effective in today's world. Unlike other medical sciences, Ayurveda focuses on the individual's health and well-being rather than the treatment of specific diseases. Ayurveda prioritizes Ahara (diet) as one of the three sub-pillars of life. Diet should be nutritious and in accordance with Desh, Kala, Prakriti, and Vayah. A healthy diet and exercise routine are essential components of a healthy lifestyle. Food is regarded as the fuel for the upkeep of Agni in Ayurveda. When used correctly, it can help to increase an individual's Bala, Varna, and Oja. If not used properly according to Ayurvedic principles, it may result in premature death.<sup>1</sup> It is described as the primary factor in the body's maintenance and growth, as well as in disease.<sup>2</sup> Diet is thought to be essential for the human body because it provides the basic nutrients required to carry out the basic activities of digestion and metabolism.

According to Ayurveda, food that is wrong in combination, has undergone incorrect processing, is consumed in the wrong dose, is consumed at the wrong time of day, and is consumed in the wrong season can lead to incorrect metabolism, which inhibits the process of metabolism and has the opposite property to the Dhatus (fundamental tissues) is known as Viruddha Ahara or incompatible diet or unwholesome diet.<sup>3</sup> Constant consumption of such foods is the cause of the manifestation of several diseases.. Not only that such incompatible food habits by pregnant woman may causes defects in the born offspring.<sup>4</sup> This Viruddha Aahara concept is similar to the Agonist-Antagonist concept. Agonist is a substance that acts like another substance and thus stimulates an action. So, after extensive research, studying food interactions and incompatible diets, the use of the antagonist can be implemented as a treatment.

**Table no.1 Types of Viruddha ahara as mentioned in classics**

Type	Details
Desh Viruddha	Consuming dry or pungent substances in a dry place or eating greasy food in a marshy place.
Kaal Viruddha	Eat dry and cold things in the cold and consume spicy and hot food on summer days.
Agni Viruddha	If the digestion capacity is medium and the person eats heavy food, it is called a diet against Agni.
Matra Viruddha	Inappropriate combination for e.g., Ghee and Honey is harmful if taken in equal quantities.
Satmya Viruddha	A person who has a tendency to eat salty food has to eat sweet juicy foods.
Dosh Viruddha	Using medicines, food that is going to increase the fault of the person and against his nature.
Sanskar Viruddha	Many types of food, cooked improperly, become heterogeneous and harmful. If curd or honey is heated, they become deadly toxic instead of benefits.
Kostha Viiruddha	A person who has constipation if given a light, small and low fibrous food, or on the contrary, giving a person with a loose anus more hot and more fibrous food.

Virya Viruddha	Take things that are hot with cold natured items.
Awastha Viruddha	Eating vata aggravating food after exercise & fatigue.
Krama Viruddha	If a person consumes food before passing stools or when he is not hungry or when he is starving due to excessive hunger.
Parihar Virrudha	Eat things that a person should not eat according to the physician, such as people who cannot digest milk, consume milk-made substances.
Upchar Viruddha	Intake of contraindicated food (non-edible) in a specific treatment method. For example, eating cold things after eating ghee (after snehan).
Paka Viruddha	If the cooking is not appropriate. The food is left undercooked or burnt from somewhere.
Sanyaoga Viruddha	Consumption of acidic substances with milk.
Sampad Viruddha	If more processed food is eaten. This type of food leads to extinction of nutrition. Nutritional properties are also removed in the process of purification or refining (refined or matured foods)
Hrudya Viruddha	Eat food that does not look interesting and tasty.
Vidhi Viruddha	Against Ayurveda Principles sit in a public place and eat food.

Apart from all adverse effects of Viruddha Aahara as mentioned above, a food which is not liked by the person; also acts like Viruddha Aahara. This may lead to continue indigestion too.<sup>5</sup> Acharya Sushruta has explained some different types as Rasa Viruddha, Veerya Viruddha, Vipaka Viruddha.<sup>6</sup>

#### Mode of Action according to Ayurveda

Charakacharya has stated that regular consumption of certain food items and drugs aggravates Sharirastha Prakruta Doshas but does not eliminate them from the body, according to Chakrapani this is the unique characteristic of Viruddha Anna.<sup>7</sup> As these vitiated Doshas stay in body, they interact with Sharirastha Viguna Dhatus and lead to many diseases. Association between dietary patterns and diseases has always been a field of interest among health professionals. Frequent intake of combination of incompatible food leads in to the production of toxins. Then in the alimentary tract these toxins provoke all Doshas and which get mixed with digestive juice and then Rasa Dhatu and so on it spread from one Dhatu to next Dhatu. Thus, this Doshas spread from Koshtha (gut) to Shakha (Dhatus and skin). While traveling through all over the body

where ever there is Khavaigunya (inherent deformity) it gets lodged and shows the symptoms of the diseases. Effects of incompatible food can be classified in to Aashukari (acute) and Chirakari (chronic) which may be modified in the form of symptoms or diseases.<sup>1</sup>

#### According to modern science

##### Mode of action of Viruddha Ahara:

Viruddha Ahara, when taken on a regular basis, may cause inflammation at the molecular level by disrupting the eicosanoid pathway, resulting in increased prostaglandin 2 and thromboxane. This inflammatory effect is significant because these are the fundamental pathologies that cause Agni Mandya, Ama, and a variety of metabolic disorders. It is clearly stated in Ayurvedic texts that oil and food should not be reheated. Reheating oil causes more oxidation, which, if consumed, can lead to increased oxidative stress and the production of more free radicals. When fatty acids are exposed to oxygen in the presence of heat or light, hydroperoxide compounds form, resulting in oxidative rancidity. These hydroperoxides are then converted into aldehyde molecules. Oxygenated aldehydes



are toxic compounds that cause oxidative stress in the body's cells and may increase the risk of degenerative disease and atherosclerosis. Hydroperoxide fatty acids may also be harmful to the fat-soluble vitamins A and E. Thermal oxidation of fat produces toxic lipid peroxidation products that cause oxidative stress in animals.<sup>8</sup> Oil saturation is an important factor in determining the quality of cooking oils. Unsaturated fatty acids are more prone to lipid oxidation than saturated fatty acids, making them a good source of free radicals.<sup>9</sup> When oils like corn, soybean, and sunflower oils are reheated, a toxin known as 4 hydroxy trans 2 nonenal (HNE) forms. Foods containing HNE from cooking oils have been linked to an increased risk of cardiovascular disease, stroke, various liver disorders, and cancer.<sup>10</sup> High-temperature cooking is referred to as Sanskara Viruddha. Meats, for example, which are typically cooked at high temperatures, may increase the risk and exacerbation of chronic diseases associated with inflammation. When proteins are cooked with sugars in the absence of water, AGEs form. Water, on the other hand, inhibits the binding of these sugars to protein molecules. Thus, Viruddha is a combination of proteins and sugar cooked without water. Protein is found in grains, vegetables, fruits, and other foods, and browning is an indication of AGEs. AGEs are byproducts of glycation reactions, which occur when a sugar molecule bonds to either a protein or a lipid molecule without the assistance of an enzyme. Certain processing incompatibilities are observed, causing the food to develop toxic or unwanted chemicals. Certain food combinations and the unwanted substance released in vivo by certain incompatible foods may have a negative impact on the immune system. Milk containing lactogen and certain fruits containing common allergens, such as bananas, may aggravate an

asthmatic attack. Milk with eggs, reheated cow's milk, and eating too much sugar and saturated fats can all lead to a variety of immunologic disorders. It has been observed in clinics that rheumatoid arthritis patients who consume curds or sour food at night have more morning stiffness. It must be investigated whether such a Kala Viruddha diet would accelerate antigen and antibody reactions and have an effect on WBCs. These studies would also imply that regular consumption of Viruddha Ahara would result in immunosenescence. According to the definition given by Charaka Samhita, Viruddha Ahara refers to food substances and combinations that cause deterioration of body tissues, i.e., Dhatus. Fast food is high in energy density but low in essential micronutrient density, particularly zinc (Zn), which is required for antioxidant processes. It was tested whether frequent fast-food consumption could cause oxidative damage associated with inflammation in weanling male rats in relation to Zn deficiency, which could impair testis function.<sup>11</sup> This could be another reason why Charaka mentioned diseases caused by excessive Viruddha Anna consumption, such as Shandhatva and Santandosha. Certain food combinations have the ability to turn on or off little epigenetic tags on genes that tell other genes what to do to be healthy, repair, reproduce, and fix anything that goes wrong with the gene's ability to do the healthy thing to ensure the person is healthy, does not age too quickly, and remains energetic. The process of making a new protein in cells is known as gene expression.<sup>12</sup> Nutrition experts believe that these epigenetic changes can influence gene expression. This has the potential to affect fetal development, cancer, aging, and other biological processes. Aside from the biochemical effects of Viruddha Ahara, food that a person dislikes causes Viruddha Ahara. This may also result in ongoing maldigestion.

Charaka also stated that those who are able to digest Viruddha Ahara properly, exercise regularly, are young, and have a very good Agni status can consume Viruddha Ahara.

### Diseases Due to Viruddha Ahara

#### According to Acharya Charaka

Due to Intake of unwholesome diet, responsible for the causation of Napunsakata (Sterility), Andhapana (blindness), Visharpa (erysipelas), Jalodara (ascites), Visphota (eruption), Unmada (insanity), Murchha (fainting), Mada (intoxication), Galagraha (spasm in throat), Pandu (anaemia), Amavisha, Kalasa (Leucoderma), Kushtha roga (Leprosy)<sup>13-16</sup>

#### According to Acharya Vagbhata

Acharya Vagbhata has mentioned that due to intake of Viruddha Ahara, various types of diseases appear, such as, Visphota, Shopha, Mada, Vidradhi, Gulma, Yakshma, Jwara (Fever), Raktapitta (bleeding disorder), Ashta mahagadas (eight mahagadas) etc.<sup>13-16</sup>

#### Line of Treatment

Acharya Charaka has described 3 different ways to treat the patient.

**1. Shodhan** – Vaman and Virechan are mostly preferred treatment for Viruddha Ahara. When Doshas are present in Amashaya, Vaman has to be done. In the same way when Doshas are in Pakvashaya, Virechan is preferably used treatment.

**2. Shaman** – When person is not regular consumer of Viruddha Ahara and Sharir doshas are not much aggravated; then by using drugs having exactly opposite properties to that of Viruddha Ahara can settle down the Vikrut doshas.

**3. Nidan- parivarjanam** - Avoiding Viruddha Ahara is the first step towards the treatment of diseases caused by Viruddha Ahara.

#### DISCUSSION

Most ailments are caused by Viruddha Ahara. Regular consumption of incompatible foods can cause molecular inflammation, resulting in the production of arachidonic acid, which

leads to an increase in prostaglandin-2 and thromboxane levels. This inflammatory consequence is at the root of basic pathologies that result in Agni Mandya, Ama, and a variety of metabolic disorders. The theory of autoimmune mechanisms and free radicals play a role in the etiology of Viruddha Ahara-caused diseases. Ama that accumulates at the intestine level can cause gastroenteritis; a portion of Ama penetrates the intestinal mucosa, circulates throughout the body, and acts as an antigen, vitiating the humors and causing various disorders. Ama is also similar to unstable reactive free radicals, which are the root cause of many diseases and degenerative changes in the body, and it can be produced as a result of Viruddha Ahara.

#### CONCLUSION

Viruddha Ahara is a significant component of today's poor dietary habits. Viruddha Ahara can cause impotency and infertility, and thus has an effect on Shukra Dhatu Dushti. Unknowingly, this can result in a variety of dangerous diseases and even death in the patients. As a result, it is critical to identify the causative incompatible dietary factors and advise patients to avoid such etiological factors (Nidana Parivarjana), particularly children who consume a lot of flavoured food items and fried chips nowadays. If a disease occurs, Shodhana and Shamana types of chikitsa can be used to eradicate it. Patients suffering from food poisoning and the negative effects of preservatives may be treated in the same way. The article also opens a new research window in the field of Ayurvedic dietetics to investigate the effects of a variety of incompatible factors. As a result, all of the acharyas have elaborately described dietary guidance and restrictions in the Ayurvedic system.

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