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## A critical review on role of viruddh aharaa W.S.R. to pandu

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### Abstract

The food which is wrong in combination (rasa, virya, vipaka), which has undergone wrong processing, which is consumed in incorrect dose, which is consumed at incorrect time of day and in wrong season, is called as viruddha aharaa [1]. The changing lifestyle along with the increased peer pressure is attracting the people to change their food habits, which are most probably a taste shifting towards the junk food. The junk food is explained under the term of viruddha ahar by Ayurvedic aacharys. This junk food act as an leading cause for pandu roga [2].

**Keywords:** Virudha ahara, pandu, rasayana, anaemia, dhatus

### Introduction

Viruddha ahara or incompatible food is defined in details in our ancients texts. It plays an important role in maintenance of life. Acharya charak have described the formation of sharir as combination of shukra- shonita. Food articles are suppose to maintain an state of equilibrium of dhatus, doshas, and malas. Food taken in incorrect form or doses leads to formation of state of no equilibrium giving rise to diseases. According to Acharya charak any procedure, combinations, dose, amount of food, opposite properties of food if consumed in a regular fashion can lead to number of disorders. The food which is wrong in combination (rasa, virya, vipaka), which has undergone wrong processing, which is consumed in incorrect dose, which is consumed at incorrect time of day and in wrong season, is called as viruddha aharaa [3]. Charaka has mentioned that such types of wrong combinations can lead to even death.

In the present scenario with the advancement in modern industrialization and increased complexity of society, the frequent trade of international food articles increases the risk of contamination of food articles by the use of biological and chemical preservatives and emerging new combinations of international food with that of native nation. These new combinations of food without any knowledge of guna, virya, vipak etc leads to incompatibility of food causing viruddh ahara janya vyadhi.

As per the definition explained by Charaka Samhita those food substances and combinations, which induce deteriorating action on the body tissues, that is, *Dhatus* can be called as *Viruddha Aharaa*. Regular habit of intake of these viruddha ahara will leads to diseases like Impotency, *Visarpa* (erysipelas), blindness, ascitis, bullus, insanity, fistula in ano, coma or fainting, intoxication, abdominal distention, stiffness in neck, varieties of anemia, indigestions, various skin diseases, diseases of intestines, swelling, gastritis, fever, rhinitis, and infertility [4]. Acharya Charak has clearly stated that pandu roga is caused by viruddha aharaa consumption. Pandu is a disease characterized by pallor of body with other lakshanayas like palpitation, giddiness, tinnitus etc. symptoms which are correlated with anemia of modern science. It is caused by vitiated pittha dosha causing kapha, vata, rakta, twacha and mamsha dushti. Acharya Charak has classified Pandu rog in 5 types on the basis of hetu [5].

- vataja. pandu
- Pittja pandu
- Kaphaja pandu
- Sannipatja pandu
- Mradbhakshana janya pandu

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Acharya Charaka's description about Pandu is more rational and logical and is widely accepted by all leading practitioners. Pandu roga can be correlated with anemia. Anemia is defined as hemoglobin concentration in blood is below the lower limit of normal range in specific age and sex of the individual.

The top factor for disability in India is the Anaemia caused by deficiency of iron in the body, as per the survey of Global Burden of Disease 2005. The latest report published shows that iron deficiency caused 10.56 percent of all Years Lived with Disability (YLDs) [6].

However in present scenario there is decline of 23 percent in disabilities caused by Anaemia since 2005, but it is still the highest in the world. In 2015, 10.56 percent of total YLDs in India is due to iron-deficiency anaemia. Compared to that of other nations, these percentages are twice bigger than Russia's and thrice bigger than China's. According to the National Family Health Survey, 2004-05 Iron-deficiency Anaemia in India is highest among children below the age of three i.e. 78.9% and women 55%; men follow at 24%.

*Viruddha Ahara* taken regularly could induce inflammation. This inflammatory effect is an important effect for the production of viruddha ahara janya vyadhis and the basic pathologies in all which creates and originates from *Agni Mandya, Ama*, and a number of metabolic disorders.

Frequent intake of viruddha ahara (incompatible food) leads to the toxins formation in the body. Then, in the alimentary tract this 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 to Shakha. While travelling through all over the body wherever there is Sthaanasansherye due to which it gets lodged and shows the symptoms of the diseases.

### Discussion

Acharya Charaka has described viruddha aahara as certain diet and its combinations, 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 as *Viruddha Anna* or incompatible diet. The food which is wrong in combination, has undergone wrong processing, consumed in incorrect dose, and/or consumed in incorrect time of the day and in wrong season is called as *Viruddha Ahara*.

Ayurveda literature has described various types of *Viruddha Ahara*, which can be summarized as follows: [7]

1. Desha Viruddha- Opposite to place
2. Kala Viruddha- Opposite to time
3. Agni Viruddha- Opposite to digestion power of individual
4. Matra Viruddha- Opposite to Quantity
5. Satmya Viruddha- Opposite to compatibility
6. Dosha Viruddha- Opposite to doshas
7. Sanskar Viruddha- Opposite to mode of preparation
8. Veerya Viruddha- Opposite to Potency
9. Koshtha Viruddha- Opposite to koshtha
10. Avastha Viruddha- Opposite to state of individual
11. Kram Viruddha- Opposite to actions

12. Parihar Viruddha- Opposite to precautions or rules.
13. Upachar Viruddha- Opposite to treatment
14. Paak Viruddha- Opposite to cooking
15. Samyoga Viruddha- Opposite to combinations
16. Hriday Viruddha- Opposite to one's liking.
17. Sampad Viruddha- Opposite to richness of quality
18. Vidhi Viruddha- Opposite to rules of eating

### Examples of *Viruddha-Aahara*

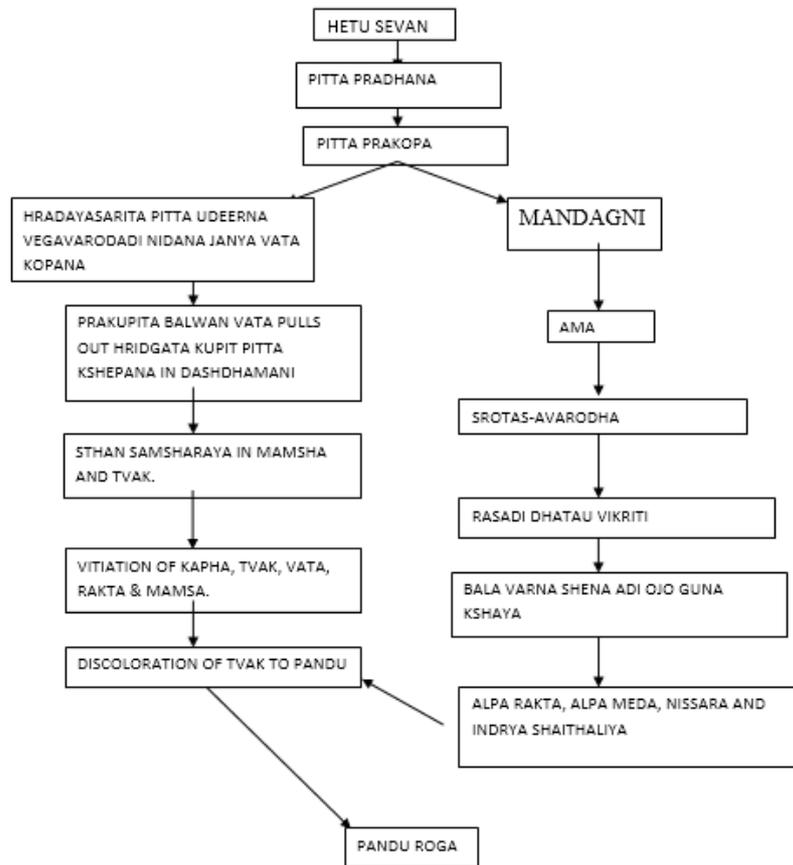
1. Desha Viruddha- consumption of alcohol at ushna Pradesh (hot areas)
2. Kala Viruddha- consumption of curd during night time.
3. Agni Viruddha- consumption of meat, black gram etc in the state of food indigestion.
4. Matra Viruddha- honey & ghee mixed in equal proportion
5. Satmya Viruddha- advice of milk to lactose intolerance individual.
6. Dosha Viruddha- vataja prakriti individual is advice for vatavardhak ahara.
7. Sanskar Viruddha- eating curd in copper vessel.
8. Veerya Viruddha- consumption of milk with salty food.
9. Koshtha Viruddha- consumption of dry, rough fried food articles like jwar, bajara etc by krure koshtha individual.
10. Avastha Viruddha- consumption of dry, rough fried food articles like jwar, bajara etc immediately after heavy physical exercise.
11. Kram Viruddha- taking a bath after a meal.
12. Parihar Viruddha- consumption of hot water with pork meat.
13. Upachar Viruddha- intake of wheat during typhoid infection.
14. Paak Viruddha- consumption of barbequed meat over fire.
15. Samyoga Viruddha- combination of fish with milk.
16. Hriday Viruddha- consumption of food not according to will
17. Sampad Viruddha- consumption of improperly riped (chemically processed fruit) / rotten fruit.
18. Vidhi Viruddha- consumption of food without following rules of ahara vidhi vidhan (these are the rules laid by acharyas to maximize the benefits by the food).

Acharya Charak has explained in chapter 16 of Chikitsa sthana that nidana for Pandu is of 3 types.

- Aharaj Nidan
- Viharaj Nidan
- Nidanarthaka Roga

Aharaaja hetu of Pandu includes viruddha ahara in the present era of junk food, fast food style, international food etc. adds on the pathogenesis of disease. Excess intake of pittaprakopak ahara leads to agni mandya, then stage wise pathogenesis takes place resulting into disease.

The etiopathogenesis of Pandu (anemia) is as shown in figure [8].

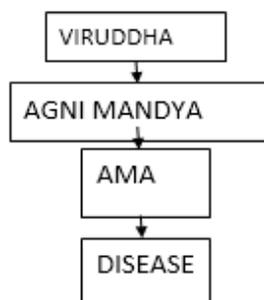


Excessive consumption of viruddha ahara leads to pitta pradhana vitiation of tri-dosha. The vitiated pitta dosha ultimately disturbs the digestive power of a person as there is a relationship between pittha and agni. Thus the vitiated agni fails to digest the food properly and thus ama is produced in the body. The ama formed in the body ultimately blocks the bodily channels which in turn interrupts the process of formation of rasadi dhatus. The blocked channels further doesnot allows the movement of vatadi dosha. Hence the dushit vata pulls out the vitiated sadhak pitta from hrudye and moves it along dasa dhamanis all over the body. The vitiated pitta along with vitiated vata gets accumulated in between tvacha and mamsha by vitiating rakta as well. Which leads to bala varna oojas kshaya, which ultimately leads to and called as pandu.

According to aacharya charak that with the intake of viruddha ahara (aharaaj hetu) there is mandagni and formation of ama, which causes srotodushti and formation of disease.

- People doing regular exercise.
- People with excellent digestion i.e. agni
- People regular use snehpan.
- People who are in youth.
- People having good sahaja balam.
- Incompatibility in reduced form or quantity.

Aacharya charak has stated treatment for viruddha ahara janya vyadhi as use of vaman, virechan, shaman and hita sevana [9]. Since, the dosha are not removed from the body, it is essential to remove the doshas by proper shoshana. After shodhana, shaman oushadhies should be adviced as per different diseases. One should be advice to avoid viruddha ahara and adopt hitakara ahara and intake of rasayan on regular basis. Bad effect of viruddha ahara will slowly and gradually withdraws from the body with the correct use of ahara and vihar along with correct treatment prescribed by vaidhayas [10].



According to Aacharya charak, there is certain group of people who are not affected by regular use of Viruddha ahara (incompatible diet). They are able to nullify the effect of viruddha ahara on the body. This ability depends upon certain specific conditions such as:-

### Conclusion

The changing lifestyle along with the increased peer pressure is attracting the people to change their food habits, which are most probably a taste shifting towards the junk food. The junk food is explained under the term of viruddha ahara by Ayurvedic aacharys. The aacharyas have given some rules by which food should be taken to have its maximum benefits for body. But then these rules are neglected and the food is consumed then it is called as viruddha ahara. Pandu is a disease explained by aacharys as an effect of having viruddha ahara. In present era we can observe the percentage of iron deficiency anemia are found more in person dependent of junk food. Aacharyas have also stated that the effect of junk found lesser in person who exercises regularly, have good digestive power and in young persons. Thus to maintain the state of health it is of utmost important that one must follow the rules for having food as given by aacharys.

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