

## CONCEPT OF VIRUDDHA AHAR W.S.R. TO ABHISHYANDI GUNA.

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### ABSTRACT

Ayurveda is an Indian system of medicine serving the mankind since antiquity. The importance of Ahar has been described in the Ayurvedic Samhitas for better health and prevention of diseases. Among Trividha Upastambha (sub-pillars) of body, Ahar is one of the important Upastambha for healthy living being. For healthy living Ayurveda focus on consuming proper Ahar. Acharya Charak also stated that, Ahar is life of an individual, when it is taken with yukti (proper planning). The Ahar which is taken without Yukti i.e. improper quantity disturbs the sbalance among the body elements, called as

Viruddha ahar. Viruddha Ahar sevan like combination of Matsya and Dugdha is Maha-abhishyandi. Abhishyandi guna cause obstruction of Rasavahi Sira and leads to many diseases. So to avoid diseases and live a healthy life specifically Abhishyandi gunatmak Viruddha ahar should avoided. Present study is taken which deals with the review of Abhishyandi gunatmak Ahar w.s.r. to Viruddha Ahar.

**KEYWORDS:** Abhishyandi guna, Viruddha ahar, Upastambha, Yukti.

### INTRODUCTION

Now a days due to change in life style people tend to have unhealthy diet therefore it leads to various health issues. Excessive consumption of junk food such as burger, pizza, vadapav etc. with no physical exercise may lead to serious health problems. Ahar is one of the most essential basic requirements of all living beings. Ayurveda has given detail how to take Ahar

for an individual. In Ayurveda, Ahar as well as the rules for its intake both had equal importance. According to Ahar Vidhi (Dietary regimen), if Hitakar Ahar (Compatible diet) is consumed, it provides Bala (promotion of strength), Varna (complexion) and Indriyaprasadna (nourishment of the sensory organs).<sup>[1]</sup> Ahar does not benefit the body, if it is not taken as per the Ashta Ahar Vidhi Visheshaytanani (8 factors of healthy food).<sup>[2]</sup> The Ahar which causes aggravation of Doshas but do not expel them out of the body and bring about abnormalities in Dhatus is Viruddha Ahar. Viruddha Ahar of Maha-abhishyandi guna and leads to Viruddha Aharjanit vyadhis. According to Acharya Charak, the certain diet and its combinations specifically Viruddha Viryatmaka Ahar (e.g. combination of matsya-fish and dugdha-milk) interferes the metabolism of Dhatus, Which obstructs the process of development of Dathus due to Abhishyandi Guna and leads to various diseases.<sup>[3]</sup>

By this way, consumption of such Abhishyandi Gunatmak Viruddha Ahar causes hazardous impact on health. Avoidance of intake of incompatible diet plays key role in the prevention of diseases. So awareness among the people about Viruddha Ahar may play important role to avoid certain diseases.

## MATERIAL AND METHODS

Charak Samhita

Sushrut Samhita

Ashtang Sangraha

Sharangdhar Samhita

### Definition of abhishyandi guna

According to Sharangdhar Samhita, Abhishyandi guna develops picchilata (slipperiness) and gauravata (heaviness) in the body and obstruct the Rasavaha sira and cause gaurav in the whole body.<sup>[4]</sup>

According to Acharya Chakrapanidatta, Abhishyandi means which develop dravapradhan shleshma vikaras.<sup>[5]</sup>

According to Acharya Dalhana, Abhishyandi guna is that which develops kleda in srotasas of Dhosha-Dhatu-Mala.<sup>[6]</sup>

**Concept of viruddha ahara**

According to Charak Samhita the Aahar which causes Dosh- Prakopa but do not expel them out of the body is called Viruddha Ahar is as the that which helps for Dosha-Dhatu dushti.<sup>[7]</sup>

According to Ashtang Hriday, Viruddha ahar means substances which when consumed causes Utklesh of Doshas (aggravation of doshas)but do not expel them out of the body and bring about abnormality in dhatu. Utklesha is the specific state of the Dosha in which the Dosha grow in its own state and lead to development of vyadhi.<sup>[8]</sup>

**Abhishyandi gunatmaka ahariya dravyas**

1. Dadhi (Curd)<sup>[9]</sup>
2. Mahish Dugdha (Buffalo milk)<sup>[10]</sup>
3. Navam Dhanya (New grains)<sup>[11]</sup>
4. Phanita<sup>[12]</sup>
5. Kushmanda (Pumkin)<sup>[13]</sup>
6. Trapus (Cucumber)<sup>[14]</sup>
7. Pakva mulak (Radish)<sup>[15]</sup>
8. Excessive use of Pimpali (piper longum)<sup>[16]</sup>
9. Sneha with Lavan<sup>[17]</sup>

**Abhishyandi gunatmak viruddha ahar**

All Matsya specifically Chilchim matsya sevan along with Dugdha is Viruddha and this Viruddha Ahar become Maha-Abhishyandi.<sup>[18]</sup> As this combination is Viruddha Viryatmaka causes Shonitadushti and Margavrodh (Obstruction of srotas) which lead to various diseases and also acts as Aamvisha.<sup>[19]</sup>

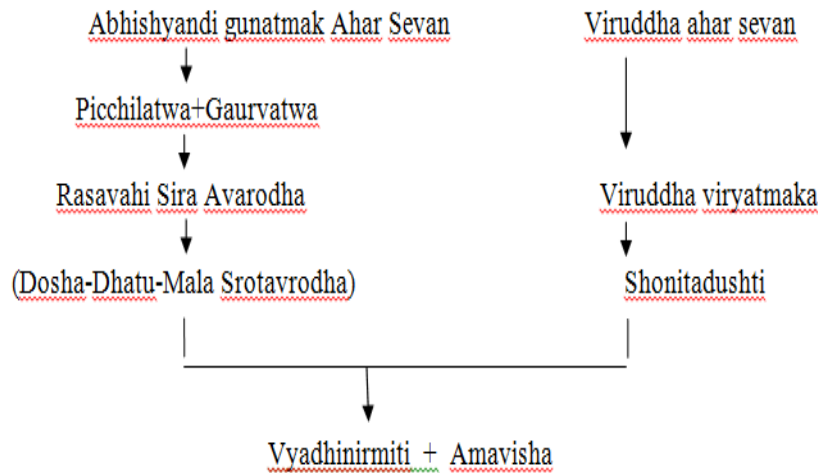
**Viruddha ahar in today's perspective**

There are number of food incompatibility used in present era. For example

1. Pizza, Burger
2. ice-cream, milk shakes
3. Bakery products
4. Mixed fruit salads
5. Combination of milk and banana, mango, jackfruit
6. Curd at night
7. Radish with milk
8. Fish with milk

9. Khichari with milk
10. bread and toast with milk
11. Curd with sour fruits.

### Pathogenesis of viruddha and abhishyandi gunatmak ahar<sup>[18]</sup>



Abhishyandi gunatmak ahar sevan is one of the cause of Annavaha srotas dushti which leads to development of various vyadhis, like Kushtha,<sup>[20]</sup> Arsha,<sup>[21]</sup> Amlapitta,<sup>[22]</sup> Prameha,<sup>[23]</sup> Hikka-Shwas,<sup>[24]</sup> Kaphaj Kasa.<sup>[25]</sup>

### Diseases due to abhishyandi gunatmak viruddha ahar

#### a. Charak Samhita

Viruddha ahar is responsible for causation of many Diseases like Baadhira (loss of hearing), Andhya (blindness), vepathu, Jadya, Mukata, Dhamanipratichaya, Apsmar etc.<sup>[26]</sup>

#### b. According to Acharya Vagbhat

Vispota (Blisters), Shopha (Swelling), Yakshama (Tuberculosis), Jwara (fever), Raktapitta (Bleeding disorders), Ashtamahagada and Mrityu (Death).<sup>[27]</sup>

### Chikitsa

#### a. Nidana parvarjan (avoidance of causative factors)<sup>[28]</sup>

Ayurveda always prefer to maintain healthy life than to cure the diseases because prevention is better than cure. Avoidance of causative factors i.e. Nidana parivarjana is at the top priority in the management of any disease.<sup>[28]</sup> The knowledge of causative factors clears the state of elevated Doshas. It also gives the knowledge of increased inherent qualities of Dosha. Abhishyandi gunatmaka viruddha aharsevan is cause in the pathogenesis of many diseases.

So avoidance of such aharsevan helps in prevention of diseases. As due to avoidance of causative factors leads no vitiation of doshas, thus indirectly samprapti does not occur.

**b. Langhan chikitsa<sup>[29]</sup>**

As Abhishyandi Gunatmak aharsevan produces picchilata and gauravata in the body, Langhana chikitsa play an important role. The procedure or a substance which creates lightness in the body is called Langhana. The substances which carry out the functions of Langhana have the qualities of laghu, ushna, tikshana, vishada, sukshma, khara in characteristics. These qualities of langhana overcome picchilata and guruta of Abhishyandi ahar.

Following are types of Langhana chikitsa, as.

- a) Kshudha-Trishna nigraha.
- b) Pachana-Deepana.
- c) Samshodhana.

**c. Rukshana chikitsa<sup>[29]</sup>**

Rukshana is prime chikitsa in Abhishyandi gunatmaka aharsevanatha vyadhi. The therapy by which the snigdha (oily), picchil (sticky) constituents of the body are dried up and reduced to eliminate excess mucus, fat and water from the body tissues is known as Rukshana. Rukshana dravyas are of Ruksha, laghu, khara, vishada, teekshna, ushna, apicchila guna which overcome picchilata and guruta in the body.

Rukshana can be done both externally and internally as follows,

- a) External Rukshana by application Udwartana and Various lepas.
- b) Internal Rukshana by Takrapana, Ruksha Annapana sevan, and Bheshjas.

**d. Shaman and shodhan chikitsa<sup>[30]</sup>**

Diseases caused by Viruddha Ahara can be treated by Vamana (Emesis), Vichana (Purgation) and Shamana Chikitsa (Palliative therapy) and by prior use of beneficial substances.

**e. Ushnodaka Pana (Warm water)<sup>[31]</sup>**

Ayurveda recommends drinking of Ushnodaka. Ushnodaka is having Laghu (Light), Accha (clear), Deepana, Kaphashoshak and anabhishyandi properties. Deepana property of Ushnodak causes expansion of Rasavha srotas, thus increasing their flow, resulting in proper digestion. In this way, Ushnodaka pana helps to remove obstruction in srotasas.

## RESULTS AND DISCUSSION

As per above description changing lifestyle and the unhealthy dietary habits lead to different diseases. There are number of food incompatibility like Pizza, Burger, milk shakes, milk with fruits like banana, mango etc, Curd at night, fish with milk used in present era, which are Abhishyandi gunatamaka. Such kind of Ahar develops kleda, picchilata and gaurav in srotasas, Dosha, Dhatu and mala. And thus it causes obstruction of Rasavahi srotas and leads to development of various diseases.

Now a day these Abhishyandi gunatmaka Viruddha ahar becomes a reason to increase in complications like Heart diseases, Kidney diseases, various types of Skin diseases also Diabetes. So to avoid these diseases and live a healthy life Abhishyandi gunatmaka ahar should be avoided i.e. Nidan parivarjan which is the first step of chikitsa in Ayurveda. To overcome picchilata and gauravata developed due to Abhishyandi gunatmaka ahar sevan, Langhan and Rukshana chikitsas are helpful. Langhna chikitsa creates lightness in the body and Rukshana chikitsa dries kleda in the body. By this way Langhana and Rukshana chikitsa eliminate obstruction developed in Rasavahi srotas and breaks vyadhinirmiti prakriya. In Ayurveda Ushnodaka pana is recommended. As Ushnodak is having properties like Deepana and kaphashoshana, it dries kleda in body and thus helps to remove obstruction in srotasas developed due to Abhishyandi gunatmaka Ahar sevan.

## CONCLUSION

Viruddha ahar with Abhishyandi guna is a very important concept in Ayurveda, ingnoring it may results in the manifestation of various diseases. The diseases like Ridayroga, Prameha, etc. are mainly caused due to intake of diet containing Abhishyandi Guna. So such type of Abhishyandi diet must be avoided. As we know prevention is better than cure, it is very essential to follow the guidelines given by Ayurvedic Acharyas to lead a as Swastha Rakshan. Ayurveda is a science of life having effective and simple therapies to prevent health hazards of Viruddha and Abhishyandi ahar like Nidan parivarjana, Langhan chikitsa, Rukshan chikitsa and Ushnodak pana. A thorough understanding of these fundamentals will help in reducing morbidity due to lifestyle disorders and achieving the noble goal of maintaining the health.

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