



## A CONCEPTUAL STUDY OF VIRUDDHA AHARA AND ITS ROLE IN MANIFESTATION OF FOOD POISONING W.S.R. TO FOOD ADULTERATION

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## ABSTRACT

*Samhita* offers several guidelines for maintaining the overall health of humanity. These fundamental principles offer advice on how to preserve sound physical and mental health; *Samhita* law stresses many facets of sickness and its treatment. *Ahara* is one of the foundations of life for healthy well-being in *Ayurveda* since it believes that prevention is better than cure. When ingested properly, *Ahara* will aid in preventing disease, however an improper dietary pattern may result in pathological diseases. *Ayurveda* also defined "*Viruddha-Ahara*," which indicates incompatible foods accountable for pathogenic initiation, in light of the importance of *Ahara* to a healthy lifestyle. One of the fundamental ideas in medical research is that some foods should not be consumed together.

**Keywords:** *Ayurveda*, *Viruddha-Ahara*, Incompatible foods, *Samhita-Siddhant*.

## INTRODUCTION

Food is a fundamental requirement for human existence as well as for social and economic advancement. From one historical era to the next, from one conti-

nent to the next, and from one nation to another, there have been different food-related issues. The issue of food adulteration has long been a serious one, and

since ancient times, governmental authorities have focused on protecting consumers. Food is deemed adulterated if it contains poisons or other substances that could endanger the consumer's health, or if it is dirty or decomposed; if it contains an unapproved colouring agent or other food additive or contains materials that mask inferior quality; or if any significant constituent has been completely removed.

### Definition of Viruddha Ahara

According to *Acharya Charaka* all kinds of foods which aggravate (Increase) the *Doshas* but do not

### Types of Viruddha Ahara

1.	<i>Desh Viruddha</i>	Place	In <i>Jangal desh</i> – consumption of <i>Ruksha, Ushana, Teekshna Guna dravyas</i> . In <i>Anoop desh</i> Taking food or drug which are having <i>Sheet, Snigdha</i> properties.
2.	<i>Kala Viruddha</i>	Time incompatibility	Similar qualities of food substances are harmful to season and may produce diseases.
3.	<i>Agni Viruddha</i>	Digestive power	Dietary practice which are not in accordance with the power of digestion.
4.	<i>Matra Viruddha</i>	Quantity	Equal quantity of <i>Madhu</i> and <i>Sarpi</i> .
5.	<i>Satmya Viruddha</i>	Wholesome	Means substances of pleasure to oneself and it mainly related to <i>Shareera</i> .
6.	<i>Dosha Viruddha</i>	Humous	Utilization of diet and drugs has qualities similar to that of <i>Doshas</i> but variance with the habit of the individual.
7.	<i>Sanskar Viruddha</i>	Mode of preparation	Where food substances are converted into poison during the course of preparation.
8.	<i>Virya Viruddha</i>	Potency	Substances with opposite potencies such as an <i>Ushana veerya dravyas</i> used with a <i>Sheet veerya dravyas</i> .
9.	<i>Kostha Viruddha</i>	If a person takes diet irrespective of <i>Kostha</i> .	
10.	<i>Avastha Viruddha</i>	State of health	Incompatibility with reference to the state of person.
11.	<i>Karma Viruddha</i>	Sequence	Taking meals not following the correct pattern
12.	<i>Parihar Viruddha</i>	Avoidance	Incompatibility of the rules of prohibition.
13.	<i>Upachar Viruddha</i>	Treatment	Drinking of cold water after taking of <i>Sneha</i> .
14.	<i>Paak Viruddha</i>	Cooking	Food substances which are not properly cooked.
15.	<i>Sanyoga Viruddha</i>	Combination	Consumption of two such substances which combinations have deleterious or poisonous effect.
16.	<i>Hridya Viruddha</i>	Unpleasant	Incompatibility of palatability where a substance of food is unpleasant in taste or not liked by the person
17.	<i>Sampat Viruddha</i>	Richness of quality	Intake of substances that is not mature, over mature or putrefied.
18.	<i>Vidhi Viruddha</i>	Rules for eating	Diet and drug pattern not in accordance with the rules of eating.

### Concept of Samyoga

*Samyoga* refers to all kinds of attachments between two or more things, including those that are physical, metaphysical, and other types. *Samyoga* is the name for when someone consumes a combination of two or more food items. Two non-materialistic things can

expel them out of the body and all of them become unsuitable or unhealthy for body is called as *Viruddha*.<sup>1</sup> The food articles by which the *Doshas* are going to be provoked and spread or diffused from their place but these doshas are not eliminated from the body. So, these food articles become unwholesome. According to *Acharya Sushruta Viruddha Ahara* not only provokes the *Doshas* but that also aggravate the *Dhatus*.<sup>2</sup>

also be used for *Samyoga*. Examples include *Divaswapa*, where the effects of time, sleep, and *Kapha prakopa* manifest unfavourably. *Kapha* is not vitiated by sleeping during the night. As a result, the *Samyoga* of the night while sleeping does not function the same as it does during the day. This is in contrast to how *Vata* and *Pitta* are vitiated by nighttime *Samyo-*

ga to Jagarana. *Samyoga* can frequently happen between two things, one materialistic and the other non-materialistic. Drugs become more potent when consumed at night.

### **Definition of *Samyoga Viruddha***

*Samyoga Viruddha* is the term used to describe just the adverse consequences of combos, regardless of dose, samskara, etc.<sup>3</sup> To put it another way, *Samyoga Viruddha* compounds just need to be associated, combined, or united with two or more other substances for them to become hostile.

*Chakrapanidatta* gives an example of *Nikucha* for *Samyoga Viruddha*. However, ripened *Nikucha* is hostile with black gram, soup, jaggery and ghee. Hence, ripening is the condition mentioned by *Charaka* to be named as hostile here<sup>4</sup>. Ripening can be considered as impact of time factor,<sup>5</sup> so in spite of expecting Samskara, it is *Samyoga Viruddha* which is controversial to previous definition of *Chakrapanidatta*.

Here, *Charaka* gives an illustration of a *Samyoga Viruddha* made with milk and sour fruits<sup>6</sup>. Here, we just anticipate pure togetherness. Milk is a material that is supposedly averse to sour meals, which is essentially a property or attribute. Therefore, it may be said that *Charaka* supports including both materialistic and nonmaterialistic aspects in the *Samyoga* paradigm. Although sour is predicted to be *Amla Dravya* (sour substances) in this context, that is, a substance with a sour taste, we can still think of it as just an attribute for the purposes of the hypothesis. so that more examples can be included here, and the notion is more fully developed. Treatment of *Samyoga Viruddha*

When *Samyoga Viruddha Dravya* become *Satmya* or habitual to human body, it should be treated by the principles of *Padamshika Krama*;<sup>7</sup> a specific order to reduce the dose daily and replacing it with other good diet. It may take a week, fortnight or month even more time to replace *Samyoga Viruddha Dravya* with good one depending on chronicity and severity of hostile drug.<sup>8</sup>

### **Food adulteration**

Most of the time, consumers are unaware of adulteration, especially in "loose" and pre-packaged foods. This is important for consumers who lack literacy because they frequently misunderstand the standards of acceptable additions and fall prey to market fraud or anomalies. For instance, grains and pulses that contain talc, sand, gravel, stones, or dirt are sold in the open market. There are healthy grains of sorghum and corn mixed together with mouldy grains that contain fumonisin toxin. In the weekly markets, red pepper powder is tampered with by adding coloured sawdust to low-quality green cardamoms (from which essential oils have been removed). The seeds of black pepper are tainted.<sup>9</sup>

Vegetables are treated with a systemic fungicide (benomyl) to prevent microbial development and deterioration. The wax, which has morpholine as an emulsifier and solvent, is applied on the fruit to preserve moisture, stop bursting and physical damage, improve look, and prolong storage time/shelf life. Wax levels in market samples are, however, less than the Acceptable Daily Intake of 2.0-3.6 ug/kg body weight/day<sup>10</sup>. To maintain firmness and provide the appearance of ripening, unripe fruits are artificially ripened using ethylene<sup>11</sup>. Fruits are coated with calcium carbonate powder that contains traces of arsenic and phosphorus; fruits and vegetables are pumped up with the hormone "oxytocin" to keep them fresh; and coloured water is injected into watermelons to give the pulp a reddish tint.

### **Adulterants**

The substances which are present in the food and are hazardous to human health are called adulterant, in another word, those substances which degrade the quality of food are called as adulterant. Adulterants are found in all the food stuffs viz. milk and milk products, vegetables, oils and fats, spices and condiments, beverages like coffee, tea etc. these are adulterated in various ways. In their daily life these food stuffs are used by every human in the form of food. Adulterated foods which are present in food stuffs not only lowers the nutritional quality of food stuffs but

if we use such adulterated food stuffs for eating purpose daily, then it affects our health very severely<sup>12</sup>. The adulterants are those chemical substances which should not be added into the food for legitimate or other health issues. By which the food becomes impure and unsafe for consumption<sup>13</sup>. Food Safety and Standard Act of India (FSSAI) defined adulterants as, ‘‘any material which could be employed for making food impure, unsafe or sub-standard or misbranded or containing extraneous matter’’. Adulterants are substances which are added or removed from food products and affect the natural composition and nutritional quality of food products or the substances that are used to reduce the quality of food products are known as adulterants. These adulterants are added in our daily used food products and are harmful for health and it can also cause cancer and some hazardous effects too. Food adulterants resulting from food manufac-

turing and processing can also cause adverse effects on human health. These causes various types of diseases like cancer, cardiovascular diseases, kidney and liver dysfunction, hormonal imbalance, reproductive disorders, immune system suppression, mental health problems etc. There are several chemicals which are used as an adulterant like formalin, calcium carbide, melanin, histamine etc. which can cause adverse effects on human health. Food adulterant is defined as those adulterants and substances which are not done only unintentionally by consumers but also turned food non-consumable or sub- standard and also may cause adverse health effects extending from acute symptoms such as abdominal pain, vomiting, asthma, headache, mental retardation, cardiac arrest and chronic effects such as cancer.

A list of some of the food products being adulterated by food adulterants and their harmful effects on human health-:

<b>Food Products</b>	<b>Food Adulterants</b>	<b>Impact on Health</b>
Milk	Water, starch, urea, extraction of fat	Digestive system disorder
Sugar	Chalk Powder	Stomach infections
Tea	Artificial pigments/dye, iron fillings	Liver disorders, cancer
Coffee powder	Tamarind and date seed powder, saw dust	Diarrhea
Salt	White powder, stone, rawa	Stomach disorder
Chilli powder	Artificial colors, brick powder, sudan dye	Blood and lung cancer
Turmeric	Lead chromate, saw dust, metanil yellow	Carcinogenic
Mustard seed	Seeds of prickly poppy argemone	Epedemic dropsy, glaucoma
Black pepper	Dried papaya seeds	Cardiac arrest, injurious to health
Pulses	Kesari dal, metanil yellow, clay, stone	Lathyrism, carcinogenesis, stomach disorders
Butter	Margarine, starch	Food poisoning
Honey	Fructose syrup/cane sugar	Stomach disorder
Sweets juices	Coal tar dye/metanil yellow	Cancer, toxin released
Rice, wheat	Mud grits, soapstonesbits, sand, Ergot	Cancer, genetic mutations harm the human reproductive system
Green chillies	Malachite green	Cancer
Vegetable oil	Argemone mineral oil	Heart disease, skin infection and cancer
Ghee	Ghee essence, vanaspati, sweet potato, mashed potato and starch	Cancer, acute renal failure
Carbonic drinks	Aluminium leaves	Asthma, lung disorder
Ice creams	Detergent powders	Skin and lung disease
Sea food	Mercury, Arsenic	Stomach and brain disorder

### **Effect of Adulteration on Human Health**

The adulterated food substances if used regularly can cause some symptoms like headache, gastro-intestinal

disorders, muscular pain, drowsiness etc. For example, the argemone oil used to an adulterate ghee and butter is highly toxic as it causes a disease known as dropsy characterized with the symptom of the pres-

ence of fluid collecting in some parts of the body. Dropsy affects the normal body function and may experience intestinal disorders after regular use of powdered sugar and other food items being adulterated with washing soda. Human health is highly sensitive to food adulteration. Hazardous effects of food adulteration are associated with diarrhoea, abdominal pain, nausea, vomiting, eyesight problem, headache, cancer, anaemia, insomnia, muscular paralysis and brain damage, stomach disorder, giddiness, joint pain, liver disorder, dropsy, gastrointestinal problems, respiratory distress, edema, cardiac arrest, glaucoma carcinogenic effects, kidney failure, digestive system disorders<sup>14</sup>. It is found that there are various chemicals and colours used in fruits and vegetables which are very poisonous for health<sup>15</sup>.

#### **Diseases associated with Viruddha Ahara**

The literature review proved that regular consumption of *Viruddha Ahara* can cause a variety of diseases, and occasionally even death. Incompatible foods can have either immediate or long-term impacts. Acute symptoms of *Viruddha Ahara* include fainting, intoxication, stiffness in the neck, abdominal distention, anaemia, diarrhoea, skin conditions, dysentery, gastritis, fever, and rhinitis; chronic symptoms include impotence, *Visarpa*, blindness, bullous, insanity, fistula in ano, infertility, diabetes, and obesity. *Viruddha Ahara* ingestion on a regular basis affects *Indriya*, *Bala*, and *Virya*, which suppresses immunological response and makes a person prone to infectious infections. Malnutrition, *Mandagni*, and *Madhyamkoshtha* are additional manifestations of *Viruddha Ahara*.

#### **Pathological attributes of Viruddha Ahara**

Three *Doshas*—*Dhatu*, *Mala*, and *Vata*—that are vitiated by incompatible meals continuously build up, causing an imbalance that results in *Ama-Visha*, a slow-acting poison. *Rasa* and *Rakta* are harmed as a result of *Viruddha*-additional *Ahara's* effect. Contradictory meals put stress on the digestive system when continuously ingested, which leads to the build-up of toxins. These poisons vitiate *Doshas* and *Rasa Dhatu*, which later affects another *Dhatu* and causes *Dhatu* to migrate from *Koshtha* to *Shakha*. These poisons

start the pathogenesis of disease in different body organs as they circulate throughout the body.

#### **Chikitsa Siddhant of Viruddha Ahara**

- *Shamana*
- *Deepana & Pachana*
- *Haritaki*, *Amalaki*, *Pippali*, *Triphala* and *Laghu-Ahara* recommended in chronic adversity of *Viruddha-Ahara*.
- *Shunthi*, *Musta*, *Trikatu* & *Haritaki* act as *Amapachana* thus remove toxins from body.
- *Vata* vitiation associated with *Viruddha-Ahara* may be treated using *Haritaki* and *Shunthi* together.
- *Marich*, *Pippali* & *Chitraka* recommended *Sroto shodhana* thus help to clear *Ama* from body which may be accumulated due to the consumption of *Viruddha-Ahara*.
- Good conduction of *Ahar-Vidhi*, obeying rule of *Dincharya* & *Ritucharya* along with disciplinary life pattern helps to prevent any consequences of *Viruddha-Ahara*.

## **DISCUSSION**

Food sold as street food in India can be contaminated or adulterated, as can food served in restaurants and other commercial settings. The most frequent food additions are prohibited colours. About 70% of deaths are thought to be food-borne, and contamination of mycotoxins, metals, and pesticides in common foods and milk has been found to be very hazardous and carcinogenic. In order to reduce health risks and strengthen the regulatory system, this study emphasises food safety procedures. If consumers are made aware of health risks, it is possible to prevent food adulteration and contamination. At all stages of food supply and consumption, the danger of food toxicity can be reduced by diligent and proactive food inspectors. Additionally, modest precautions can stop subsequent issues, particularly those brought on by microbiological pollutants. Consumers can live joyfully with good health by reducing the fatal diseases and health risks that are common in India. It costs less to address health-related issues as a result of the communities' increased social life. By working with local

organisations, citizens who are aware of food adulteration and contamination can organise camps and campaigns with the shared goal of ensuring safe food.

## CONCLUSION

According to *Ayurveda*, *Ahara* is a vital component of life, and proper consumption will help one avoid illness while unhealthy eating habits may result in a number of medical situations. According to *Ayurveda*, "*Viruddha Ahara*" refers to unsuitable foods that cause pathological conditions. The *Viruddha Ahara* is complicated by incompatible food, which includes incorrect food combination, incorrect processing, excessive food consumption, incorrect timing of food consumption, and seasonal variability. The article's conclusion stated that knowing *Viruddha Ahara* helps one avoid sickness situations. Therefore, we may claim that by attending to many aspects of *Viruddha Ahara*, ailments caused by food can be avoided.

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