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१॥ विश्वकर्मो एमाहूयपुरीहाटकनि  
 र्मेता ॥ तत्रयोऽशसाहस्यस्त्रीरुग्भैचवराधिकम् ॥ ११ ॥ भवनानि मनोज्ञानि  
 योमध्यकल्पयन् ॥ परिजातनरं चैवतासंभोगायकल्पयन् ॥ १२ ॥ या  
 सानां गृहास्तनयदृपेचाशतकोटयः ॥ अल्पिवरुवोलाकावसेतिविगत  
 राः ॥ १३ ॥ यन्ति विविधुलोकेशु सुंदरं नवदृश्यते ॥ सवाजिनप्रसेनाख्यो पु  
 त्रयुयस्यविक्रान्ते ॥ १४ ॥ अमोघनीरमासाद्यतन्मनस्कतया वसः ॥ सनाजि  
 स्तपस्तेपस्वर्यं बुद्धिश्च बुद्धिमात्रं ॥ १५ ॥ अतनिरसने मद्यस्य संवदले च  
 तेः प्रसन्नो भगवान् यनाजितपुरं स्थितः ॥ १६ ॥ सत्रात्रितोषितुष्टावदृष्टादि वदि  
 तकरश्चानि नोराशानमस्तिरुक्तं नमस्ते सर्वतो मुखः ॥ १७ ॥ विश्वव्यापिनमस्तेरु  
 मस्तिनिष्कुरूपेण ॥ कल्पयेयममस्तिरुक्तं हरिदश्वनमोस्तुते ॥ १८ ॥ गृहराजन्म  
 तस्तुमस्ते वैहराचिष्यो ॥ वेदत्रयन्मस्तिरुक्तं सर्वदेवमोस्तुते ॥ १९ ॥ पृथीद  
 ादिद्वे वासुदेव्यामादिवाकरः ॥ अथैकं यमानोसादवदेवादिवाकरः ॥ २० ॥  
 अथानो भिरमभरं सकलितनमवावे ॥ अथैकं यमानोसादवदेवादिवाकरः ॥ २१ ॥



## The Concept of Viruddha Aahara in Life style disorder with special reference to Sthaulya vyadhi (Obesity).

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### ABSTRACT

**INTRODUCTION:** The nature has taught the man how to be healthy before the science has discovered the laws of health. Sthaulya(obesity) is one among the major life style disorder of Modern Era. In Modern times with continuous changing lifestyles and environment has changed diet habits man has become the victim of many diseases caused by sedentary habits. Sthaulya is one of them. Sthaulya (obesity) such a physical state where hypertension, osteoarthritis, diabetes mellitus, cardio vascular accidents, impotency. Aahara (food) is one among the three Upstambas (sub pillars) of body which supports the body. The healthy Ahara is taken by proper method and proportion nourishes mind but improper method can be of various lifestyles disorder Sthaulya which is one of them. The concept of Viruddha ahara is described in Brihatrayee. The diet which disturbs the balance among the body elements called Viruddha Adhara. **Methods** – All the references of Viruddha Aahara from Ayurvedic Samhita are considered and compared to evaluate and enlighten the concept of Viruddha Ahara in lifestyle disorder with special reference to Sthaulya Vyadi (Obesity). **Result** – The Viruddha ahara that is unwhole food habits are causative factors for various life style disorder. **Conclusion** –The wholesome use of Ahara brings health wherese in wholesome food habits food habits can cause obesity that is Sthaulya . The Sthaulya Vyadhi can be presented by following wholesome dietary pattern described in Ayurvedic text.

**Keywords:** Lifestyles disorders, Obesity, viruddha Ahara, Sthaulya ,upasthambas.

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**INTRODUCTION:**

The nature has taught the man to be healthy before the science has discovered the laws of health. Sthaulya is one among the major disease of Modern era. In modern era with continuous changing Life Styles and environment, changed diet habits man has become the victim of many lifestyle disorders by line wholesome dietary habits Sthaulya is one of them. Obesity is a blessing of modern age of machines and materialism. It occurs as a result of lack of exercise of various types and various along with the daily diet, fast food freeze fruits, soft drinks and beverages canned foods result into the clinical entity which we call obesity. Obesity is such a physical state where Hypertension osteoarthritis, Diabetes, Mellitus, Cardio vascular accident, impotency and much more grave complications. The long-term dangers of obesity are like as sword hanging over one's head tied in a weak thread which can strike at any time and create numerous difficulties and boundless miseries. Acharya Charak has thrown light on the eight varieties of impediments which are designated as Nindita Purusha . Sthaulya is the main precursor to compare to all of them. In Charak Sutrasthana 21/9 the Lakshanas of Sthaulya are described.

As Sthaulya has been defined as person who have account of inordinate increase of fat and flesh is disfigured with Pendulous buttocks belly and breasts and whose increase bulk is not matched by corresponding increase in energy. Normally Sthaulya is the state in which Meda Dhatau is increased. Normal measurement is one Anjali to three Anjali Parmana. According to Modern science excess deposition of adipose tissue is obesity . On the international level Height body ratio / weight and body Mass Index (BMI) is recommend in diagnosis of obesity in modern science comparing Height and weight ratio more than 20% or more that called obesity . It can be diagnosed according to BMI males having 30 and females having BMI having 26-28 or more is included in Obesity. Aahara (food) is one among three Upastambas that is subpillars of body which supports our body. According to Acharya Charak all kinds of foods which aggravate (increase) the doshas but do not expel them out of the body and all of them become unhealthy for body is called Viruddha.

**Materials and Methods -**

Literary method and conceptual study.

1)Ayurvedic Texts

a)Charak Samhita

b)Sushrut Samhita

- c)Ashtang Hridaya
- 2)Internet Wikipedia
- 3)Modern Medical literature

### Methods –

All the references of Viruddha Aahara from Ayurvedic Samhita are considered and compared to evaluate and enlighten the concept of Viruddha Ahara in lifestyle disorder with special reference to Sthaulya Vyadi (Obesity).

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 body . So these food articles become unwholesome . According to Archarya - Sushruta Viruddna Ahara provokes the doshas but aggravate the Dhatus.

The food substances the which dislodge vitiated doshas from their places and unable to expel them out of body and acts as antagonistic to the tissues are known as viruddha.

### Types of Viruddha Ahara

Ayurvedic literature has described various types of Viruddha Ahara which can be summarized as follows:

- 1)Desh Viuddra : Consumption of those substances which are against place or land region .  
For example - Snigha and sheet substances in Anoopa Desha

- 2)Kala viruddha - Consumption of those Substance which are against time or season .

Example:- Intake of katu ( Pungent) and Ushna (hot) substances in Ushna kala (Grishma , Sharad Ritu )

- 3)Agni Viruddha – Consumption of those substance which are against Digestive power. For example. Intake of Guru ( foods which one are heavy to digest ) when there is Mandagni ( Low digestive power )

- 4)Matra Viruddha - consumption of those Substances which are against quantity.

For example- Intake of Madhu (Honey) and Ghirta (Ghee) in equal quantity.

- 5)Satmya Viuddha - consumption of those Substem which are unwholesome.

For example - Intake Madhur (Sweet) and sheet (cold) Substance by person accustomed to Katu and usha (hot ) Substance.

- 6) Dosh viruddha – Utilisation of drugs diets and regime having similar qualities with Dosh but at verience with the habit of individual .

- 7) Sanskar Viruddha - Consumption of those Substances which are against mode of preparation of drugs and diets which, when prepared to a particulars way produced poisonous effects. For example :- Heated Madhu

8) Veerya Viruddha - Consumption of those substances which are against potency Substances Having ushma (hot) potency in combination of those of Sheet (cold) potency substance .

For example Fish + milk .

9)Koshta Virudha - Consumption of substances which are against nature of bowels .

For Example - Administration of more quantity of heavy purgatives drugs to person having soft bowel .

10)Avastha Viruddha - Consumption of those substance which are against states or condition . For example – Intake of Kapha aggravating food by person after sleep or drowsiness .

11)Kram Viruddha - Consumption of those substances which are against sequence .For example- Consuming curd at night

12)Parihar Viruddha - Consumptions those substance which are against things which relieves the symptom . For example -Consuming of cold water immediately after having hot tea or coffee .

13)Upachar Virrudha - Consumption of those substance which are against treatment .Example Intake of Hot water after taking Madhu .

14)Paka Viruddha- consumption of those substance which are against cooking .

15)Sanyog Viruddha – Consumption Of Substances lunch are against combination or intake of two such substances which on combination have poisons effect .

16)Hrida Viruddha- consumption of Substances which are not liked by person .

17)Sampad Viruddha – Consumption of those substance which are not having their proper qualities . For Example – Intake of sustances those are not matured .

18)Vidhi Viruddha - This type includes the diet are not according with rules of eating. For example: - Eating food in public place or open place.

#### **Mode of Action of Virodhi Ahara:**

Association between dietary pattern and diseases has always been a field of interest among the health professionals. Frequent intake of combination of incompatible food leads in production of toxins then the in alimentary tract these toxin provoke all doshas which get mixed spread from Koshtha (gut) to Shakha (Dhatus and skin).While travelling 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.

#### **DISCUSSION :**

As per Ayurvedic text certain food combination are at as Virrudha aahara which deteriorate dhatus. There are 18 types of Virrudha Aahara explained by Charak Samihata consumption of Virrudha Aahara leads to serval diseases lifestyle disorders sthaulya (Obesity) is one of them so one should have proper understanding of Virudha Ahara in modern era. Mode of action of Viruudha aahara can be explain in terms of modern concept of agonist so we should avoid virrudha aahara. The Viruddha ahara that is unwhole food habits are causative factors for various life style disorders.

#### **CONCLUSION:**

The wholesome use of Ahara brings health whereas in wholesome food habits food habits can cause obesity that is Sthaulya. The Sthaulya Vyadhi can be presented by following wholesome dietary pattern described in Ayurvedic text.

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