REVIEW OF AGNI W.S.R. AGNI VIRUDDHA AHARA

Patil S R1, Kelkar V2
YMT Ayurved College Kharghar Navi Mumbai
Corresponding Author- Patil S R1
drsmitapatil70@gmail.com

ABSTRACT-
Food or Ahara is among the three significant pillars of ayurveda. Various types of viruddha ahara have been explained in ayurvedic samhita out of that Agni viruddha ahara plays major role in the process of disease formation. According to ayurveda Agni provides Bala (vitality), Varna (complexion), Arogya (good health), Oja (vital essence), and Teja (lusture) in the body. That Agni Viruddha Ahara is one of the major causes of Agnimandya which ultimately leads to formation of various diseases. One who has habituated to consume unwholesome food, such a recurrent intake of this unhealthy food will develop Amvisha (toxins) which leads to various diseases. Agni viruddha ahara or unwholesome food intake leads to hypo functioning agni specially Jathar Agni and thus likely to effect the functions of the other agni also.

INTRODUCTION-
Food or Ahara is among the three significant pillars of ayurveda. Ahara is first and foremost pillar of ayurveda. Ayurveda usually refers to knowledge of proper diet which actually provides the first approach to create and maintain ideal health and to improve symptoms of illness.1 In today’s world also there are food borne illness prevalent in all parts of the world. Recent figures of 1.5 billion cases of diarrhea in children each year due to contaminated food is significant. Those illnesses and deaths because of these are shared by both developed and developing nations.2 Ayurveda an ancient holistic science offers logical approach for determining correct diet based upon the elements comprising an individual’s constitution i.e. Vatta, Pitta, Kapha.3 According to modern science many micro-organisms and bacteria etc. are major sources of food contamination most of the times such contaminated food cause massive effect on health. Similarly ayurveda also described many pathogenic micro-organisms in the form of invisible Krimi which are responsible for illness. Apart from that ayurveda also mentioned various food combinations which when taken hampers the human health. This is unique concept of Ayurveda called as viruddha ahara and according to modern science it can be correlated with Non-Bacterial food poisoning.4 Various types of viruddha ahara has been explained in ayurvedic samhita out of that Agni viruddha ahara plays major role in the process of disease formation. Agni in its normal condition is responsible for strength health and longevity of life. That’s why it should be protected by proper intake of food and drinks. Healthy state of Agni leads to healthy state of body.5

MATERIAL AND METHODS –
The material for Viruddha ahara were collected from various ayurvedic samhitas, authentic books on modern medicine, and research articles of concerned subject published in various national and international journals.
Viruddha means opposite, food combination of certain type of food may have
1 Properties exactly opposite to each other
2 may exert unwanted effects on body and tissue
3 there may be harmful effects when combined in certain proportion
So Viruddha ahara is considered as a prime cause for development of Aaamvisha
Classic Ayurveda text has mentioned various types of Viruddha Ahara as follows
Desha Viruddha
Kaal Viruddha
Matra Viruddha
Agni Viruddha  
Satmya Viruddha  
Dosha Viruddha  
Samskar Viruddha  
Virya Viruddha  
Koshta Viruddha  
Avastha Viruddha  
Parihar Viruddha  
Paak Viruddha  
Samyoga Viruddha  
Hriday Viruddha  
Sampad Viruddha  
Vidhi Viruddha

Some Classical examples of these incompatibilities are  
Kaal Viruddha- Consuming cold substances in winter  
Samskar Viruddha- Consuming curd after heating  
Samayoga Viruddha- Consuming Banana and milk together  
Virya Viruddha- Consuming Fish and milk together  
Parihar Viruddha- Consuming cold water or tea immediately after having hot coffee or tea.

Agni Viruddha- Consuming heavy food or unwholesome food without considering one’s own digestive power  
One who has habituated to consume unwholesome food, such a recurrent intake of this unhealthy food will develop Amvisha (toxins) which leads to various diseases. Such food provokes dosha but does not expel them out of the body. Especially when individual consumes Agni Viruddha Ahara it leads to many digestive and metabolic disorders. According to ayurveda Agni provides Bala(vitality), Varna(complexion), Arogya(good health), Oja(vital essence), Teja(lusture) in the body. Agni Viruddha Ahara impaires the proper transformation of food,dhatus and mala(s which leads to accumulation of waste in the body thus helps in production of amavisha leading to many diseases. When person consumes Agniniruddha Ahara it leads to Mandagni i.e. it hampers the capacity of agni to digest the food leading to formation of ama which is shown in below sequel

```
Agni Viruddha Ahara  
Mandagni  
Undigested Food  
Ama Upadhi  
Strokes Obstruction  
Ama leads to various diseases
```

Formation of Ama & Diseases

From above sequence we can say that Agni Viruddha Ahara is one of the major causes of Agnimandya which ultimately leads to formation of various diseases.
DISCUSSION-
Agnimandya mainly leads to three things

**Jathar Agni Mandya** i.e. low digestive fire – Low digestive power hampers proper digestion and toxic products are formed. Absorption becomes sluggish and it gets retain in the intestine for longer time or even putrified. This toxic product remains unabsorbed in the intestine because of its incomplete digestion and it is root cause of all disease. 

**Dhatu Agnimandya** i.e. low tissue fire - tissue fire plays important role in the process of formation of tissues from nutrient substances of the particular dhatu hence when agnimandya is developed due to Agni viruddha Ahara it leads to dhatvagni mandya so utilization of tissue becomes incomplete and more production of amavisha takes place leading to various disorder.

**Mala Sanchaya** i.e. accumulation of waste product- Agni is the energy responsible for transformation of food substances into body tissues in the first phase it produces nutritious substance which get converted to tissue in the second phase of digestion. Tissues produced by this process are utilized for liberation of energy required for each and every activity of the body. During this process disintegration of tissues to certain minute waste products takes place. These waste products are called as subtle waste product and it is excreted from the body. Viruddha ahara leads to Jathar Agnimandya and dahtvagnimandya hence excess production of waste product takes place and also its excretion becomes inadequate. All these again give rise to formation of amavisha.

On the basis of the above information it is revealed that viruddha ahara is one of the prime cause of vitiation of dosha and dhatu, when someone consumes agni viruddha ahara it leads to mandagni. It is logical conclusion that Ama is produced due to hypo-functioning of agni. Formation of such Amavisha(toxins) give rise to many diseases.

CONCLUSION-
As we know ahara is the sub-pillar of the body. Charkacharya has very rightly said that the food is the foremost of the articles that support life. Ahara has beneficial effects if used wisely i.e. if it is wholesome in terms of quantity and quality. Agni viruddha ahara or unwholesome food intake leads to hypo functioning agni specially Jathar Agni and thus likely to effect the functions of the other agni also. Agni plays important role in growth development maintenance of body hence one should not allow hypo functioning of agni which can be easily avoidable by taking proper diet.

REFERENCES-
2. Global and Local: Food Safety around the World, the Center for Science in the Public Interest (CSPI). Caroline Smith De Waal and Nadine Robert.
8. Shrimad vuuttonaghatviraatit Ashtangsamgraha, edited by Dr. Shivprasad Sharma, Chaukhamba Sanskrit series office, Sutrasthan Adhyaya 13/23
10. Shrimad Vruddhavagbhatvirachit Ashtangsamgraha, edited by Dr. Shivprasad Sharma, Chaukhamba Sanskrit series office, Sutrasthan Adhyaya 13/26
11. Comprehensive review of grama ahara by Gahunge Pankaj, Shinde Ashashri, Kashikar Vidyadish; International research journal of pharmacy ISSN 2230-8407 2012
12. Ayurvedic aspect of Bacteria and bacterial food poisoning by Savita Saini, Sharad Porte; IJPSR ISSN E-0975-8232 Vol. 6 2015
14. Food Combining by Vd. Vasant Lad; Ayurvedic cooking for self healing
15. Concept of Agni-An Ayurvedic Review by Durgesh Gupta, A.C. Kar; IAMJ ISSN 2320 5091 Vol. 3 October 2015