



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

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### 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.<sup>1</sup> 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.<sup>2</sup> 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.<sup>3</sup> 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.<sup>4</sup> 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.<sup>5</sup>

### 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 Aamvisha

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<sup>6</sup>

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

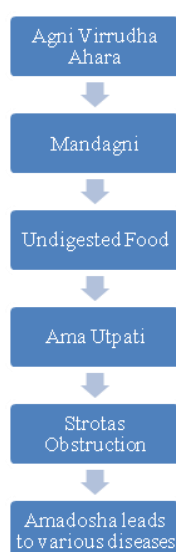
Virya Viruddha- Consuming Fish and milk together

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 an 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 impairs the proper transformation of food, dhatus and malas which leads to accumulation of waste in the body thus helps in production of amavisha leading to many diseases. When a person consumes Agniviruddha 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



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.<sup>7</sup>

## 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.<sup>8</sup>

**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.<sup>9</sup>

**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.<sup>10</sup>

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.

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