ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 10| Issue: 7| July 2024|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2024: 8.402 || ISI Value: 1.188

VIRUDDHA AHARA AS CUMULATIVE TOXICITY IN TERMS OF DUSHI VISHA

Dr Shruti[1], Dr Tejaswini N[2], Dr Nandesh Mohan P
[1]PG Scholar, [2]PG Scholar, [3]Associate Professor, Department of Roga Nidana Evum Vikruti Vijnyana, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Hassan. Karnataka, India.

Corresponding Author: *Dr Shruti*

ABSTRACT
Viruddha refers to foods that provoke Doshas but do not expel these disturbed Doshas from the body. In the Visha Chikitsa section of Kriya Kaumadi, it is mentioned that consuming incompatible foods (Viruddha Ahara) and eating when digestion is incomplete (Ajeerna Ashana) lead to the formation of Dushivisha. Viruddha Ahara encompasses food incompatibility, including interactions between different types of food, which disrupt the body's homeostasis and cause various diseases. Since the symptoms of Dushivisha and the effects of Viruddha Ahara are similar, it can be inferred that both have latent toxic effects. Different types of Viruddha Ahara can cause various diseases by affecting the Dhatus (bodily tissues) or under favorable conditions. Cumulative toxicity refers to the accumulation of toxins over time, resulting in severe effects on the body and mind. This concept of cumulative toxicity aligns with the Dushi Visha concept defined by Acharya Sushruta.

KEY WORDS: *Dushivisha, Cumulative toxicity, Viruddha*

INTRODUCTION

Viruddha Ahara refers to any kind of food that aggravates the Doshas without expelling them from the body, making them unsuitable or unhealthy.[1] *Viruddha* Ahara not only provokes the Doshas but also aggravates the *Dhatus* (body tissues)[2]. Certain diets and food combinations have properties opposite to those of the *Dhatus*, thereby inhibiting and interrupting the formation and metabolism of body tissues in various ways. Ayurveda literature describes 18 types of *Viruddha Ahara*,[3] which are said to cause many systemic disorders. Individuals who consume *Viruddha Ahara* are prone to developing numerous disorders. It is very important to correlate the mechanism of *Viruddha Ahara* in causation of many metabolic disorders.[4] To emphasize the importance of a compatible diet, the branch of *Trophology* has been established, which is the science of combining foods or nutrients to promote good health.[5]

Dushi *visha* refers to a toxin with mild potency. It frequently vitiates the Dhatus (body tissues) when triggered by contaminated environment (*desha*), time (*kala*), food (*anna*), and habits like frequent daytime sleeping (*Diwa Swapna*), without being expelled from the body. Cumulative poisons act slowly and are not immediately eliminated, leading to their accumulation in the body and causing symptoms of chronic poisoning.[6]

Dushi *Visha* is the one which has poor qualities of *visha*. It vitiates *Dhatu* frequently on being excited itself by *Dushita desha*, Kala, anna and frequent *Diwa Swapna* and is not expelled out of body. Cumulative poisons are slow acting poisons. These poisons are not immediately eliminated from the body and they tend to accumulate in the body which causes symptoms of chronic poisoning.[6]

Food or medicine which elevates *Doshas* to their respective place and don't let them excrete out of body, all those are *VIRUDDHA AHARA. "DUSHI VISHA*" and "*VIRUDDHA AHARA*" both remain in body until they get a favourable condition, they show their symptoms and do not excrete out of the body.[7]

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 10| Issue: 7| July 2024|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2024: 8.402 || ISI Value: 1.188

Viruddha Ahara* as *Dushivisha

Dushivisha[8]	***Viruddha Ahara***[7]
Introduced in body	*Viruddha Ahara Sevana*
Mild Aggrevation of *Dosha*	Mild Aggrevation *of Dosha*
Kapha Avarana due to poor qualities	Cannot get removed out of body
Effects on *Dhatu*	Presents with different symptoms
Presents with different symptoms	

SIMILARITIES BETWEEN *LAKSHANA* OF *VIRUDDHA AHARA SEVANA* AND *DUSHIVISHA (Table 1)*[9]

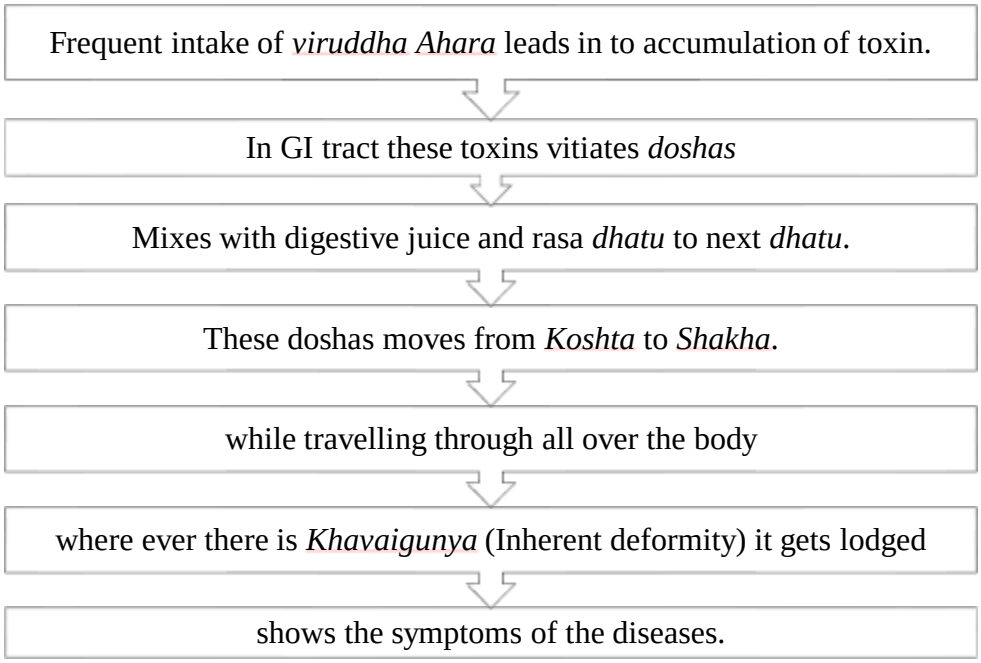
Table 1

LAKSHANA	*In Viruddha Ahara*	*In Dushivisha*
Aruchi	+	+
Murcha	+	+
Trishna	+	+
Vamana	+	+
Avipaka	+	+
Anaha	+	+
Kushta	+	+
Panipada Shotha	+	+
Bhinnavarna	+	+
Bhinnapurisha	+	+
Arochak	+	+
Dushtastrarogi	+	+
Trushna,	+	+
Murcha,	+	+
Vamana	+	+
Gadgadvak	+	+
Vishannata	+	+
Unmada	+	+
Vicheshta	+	+
Dushyodara	+	+
Moha	+	+
Bhrama	+	+
Vigandha	+	+
Avipaka	+	+
Annamada	+	+
Dhatukshaya	+	+
Akshishotha	+	+
Aanaha	+	+
Keshanasha	+	+
Vishamajwara	+	+
Shukranasha	+	+
Kushtha	+	+

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 10| Issue: 7| July 2024|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2024: 8.402 || ISI Value: 1.188

Mandala/ Kotha	+	+
Kitibha / Aru	+	+
Mamsakshaya	+	+
Shwasa	+	+
Panipadashotha	+	+

Mode of action of *Viruddha Ahara* and *Dushivisha*



DISCUSSION

Acharyas explains *viruddha ahara* as *Ama Visha*. In *Ashatang Hrudaya* Acharya explain that repeated consumption of incompatible diet acts nothing but *Dushi visha*[8]. As the *Dushi Visha* and *Viruddha Ahara* causing molecular level of inflammation by their similar properties producing the GI related disorders and then circulates alters the gut axis and produces the symptoms.

Dushi Visha is the one which is having less potency to show its effects in body and which aggravates on frequent intake/exposure to *Dushita kala, Desha, Anna, Diwaswapna*. According to *Sushruta* the poison which is not eliminated fully out of the body, which is stored for long duration, which is having less qualities of *Visha*.

Ahara is one of the three supporting factors of life, plays a key role in the promotion of health and prevention of diseases. As per *Ayurveda* incompatible diet or *Viruddhaa Ahara* is one of the root causes of various health problems and this *Viruddhaa Ahara* in the body acts as *Dushi Visha. Acharya Charaka* explained in detail and said that person who consume Viruddhaa Ahara is prone to imbalance of doshas leading to formation of *Dushi Visha* and later on to many disorders.[10]

Mode of action of *Dushivisha* and *Viruddha Ahara* are very similar to each other and clinical manifestsations are also similar where both acts as *Visha* which is having less potency

CONCLUSION

Viruddha Ahara is a one among neglected yet important in today's improper dietary items and food habits. This may lead into various Immunological disorders. *Lakshana* of *Dushivisha* and *Viruddha Ahara* are similar by this one can understand latent toxic effects of both will be same. By above discussion One can understand *viruddha ahara* as *Dushivisha* because of their same cumulative toxic effect.

REFERENCE

1. *Charaka. Charaka Samhita (Charak Chandrika Hindi commentary). Brahmanand Tripathi, Ganga Sahay Pandey, editors.1st ed. Varanasi:Chaukhamba Surbharti Prakashan; 2007. Sutra Sthana, 26/85. p.496*
2. *Agnivesha. In: Charaka, Dridhabala, Charaka Samhita, Sutra Sthana, 26/81. Reprint. Vaidya Jadavji Trikamji Acharya., editor. Varanasi: Krishnadas Academy; 2000. p. 149. [Google Scholar]*
3. *Viruddha Ahara (Incompatible Diet) | CCRAS | Ministry of AYUSH (Govt. of India) [Internet]. ccras.nic.in. [cited 2024 May 25].*
1. *Available from: http://ccras.nic.in/content/viruddha-ahara-incompatible-diet*
4. *Agnivesha In: Charaka, Dridhabala, Charaka Samhita, Sutra Sthana, 26/81. Reprint. Vaidya Jadavaji Trikamaji Acharya., editor. Varanasi: Krishnadas Academy; 2000. p. 149. [Google Scholar]*
5. *The nutrition of animals is related to (a) Trophology(b) Teratology(c) Dysteleology(d) Trichology [Internet]. www.vedantu.com. [cited 2024 May 25]. Available from: https://www.vedantu.com/question-answer/the-nutrition-of-*

ISSN (Online): 2455-3662
EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal
Volume: 10| Issue: 7| July 2024|| Journal DOI: 10.36713/epra2013 || SJIF Impact Factor 2024: 8.402 || ISI Value: 1.188

animals-is-related-to-a-class-11-biology-cbse-5f773199f0a76525d214047f

6. *Kishor MA, Anita S, M PS, Rohit K. CUMULATIVE POISONS & ITS MANAGEMENT WITH SPECIAL REFERENCE TO DUSHI VISHA. International Journal of Ayurveda and Pharma Research [Internet]. 2016 Apr 3 [cited 2024 May 25]; Available from: https://ijapr.in/index.php/ijapr/article/view/318*
7. *Sartha Vagbhat, by Dr Ganesg Krushna Garde, Anmol Prakashan Pune, Reprint2006. Uttarsthana, chapter no 35, verse no 34, page no 459*
8. *Charaka Samhita of Agnivesha elaborateed by Charaka & Drudhabala with Ayurveda Dipika Commentary by Chakrapanidatta, edited by Vaidya Jadavaji Trikamji Acharya, Sutrasthana chapter 26, verse no.102-103, page no.151, Choukhambha Surbharati Pra kashan Varanasi, Fifth Edition 2001.*
9. *Tomar S, Pravin Jawanjal. Interlinking Junk Food as Viruddha Aahara and Exploring Its Role as Dushivisha. 2020 May 29[cited 2024 May 25];9(1).*
10. *A SURVEY STUDY TO ASSESS THE EXTENT OF "DUSHI VISHA" AND PREVALENCE IN OUR DAILY LIFESTYLE [Internet]. [cited 2024 May 25]. Available from: https://jrps.in/uploads/2020/v11i4/12.v11i4.pdf*