



VIRUDDHA AHARA AS CUMULATIVE TOXICITY IN TERMS OF DUSHI VISHA

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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 (*desh*), time (*kala*), food (*anna*),

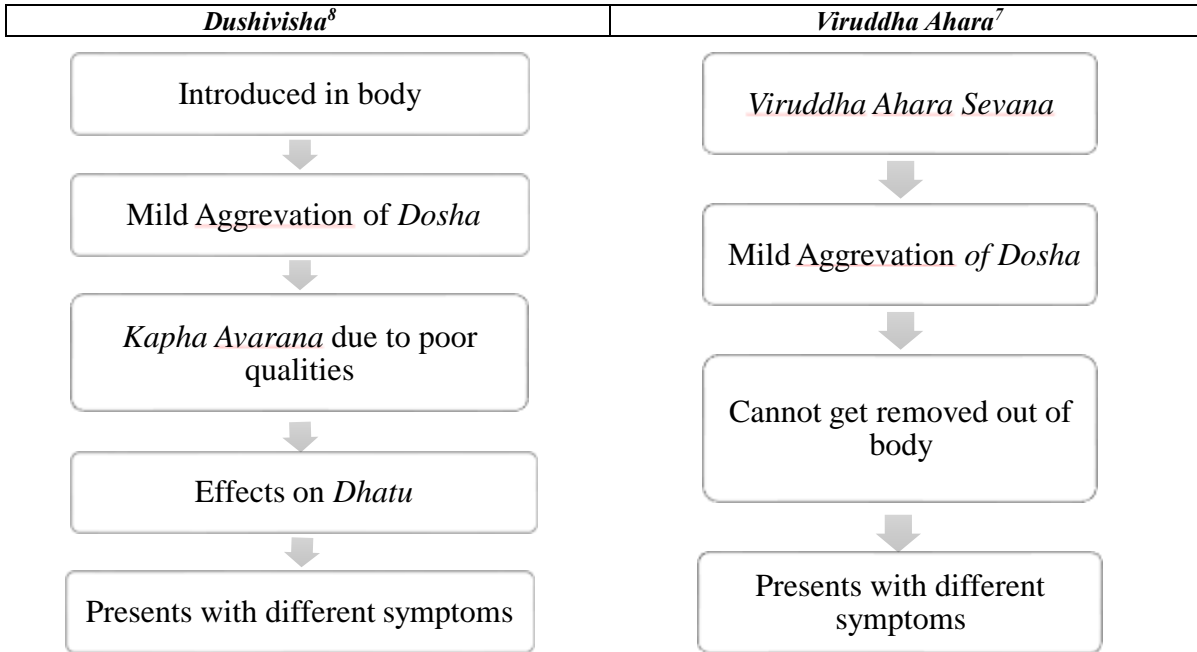
and habits like frequent daytime sleeping (*Diwa Swapna*), without being expelled from the body. Cumulative poisons act slowly and are not immediately eliminated, leading to their accumulation in the body and causing symptoms of chronic poisoning.⁶

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



Viruddha Ahara as Dushivisha



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

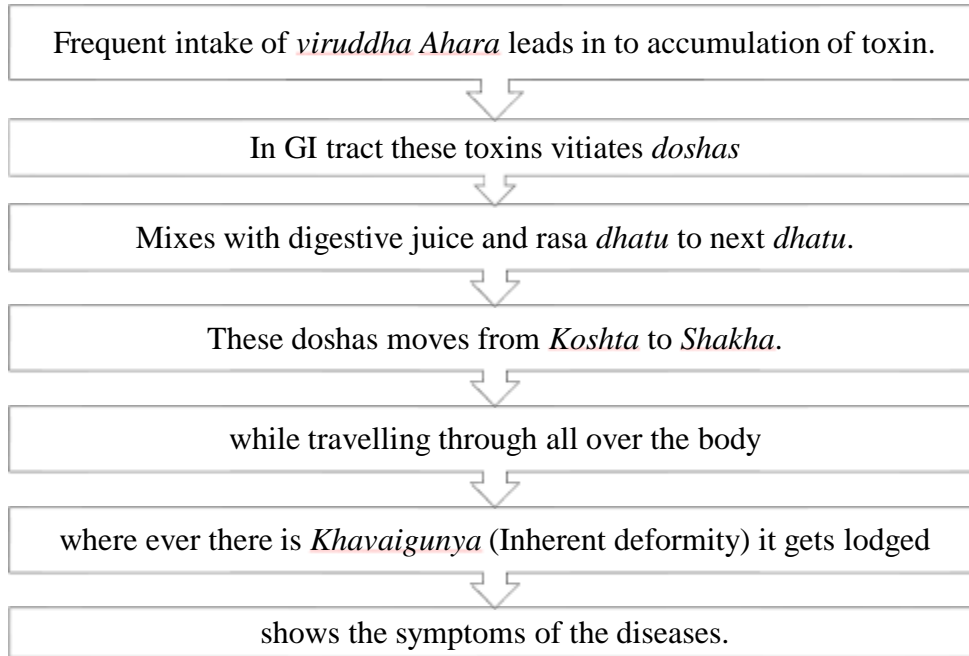
Table 1

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



<i>Mandala/ Kotha</i>	+	+
<i>Kitibha /Aru</i>	+	+
<i>Mamsakshaya</i>	+	+
<i>Shwasa</i>	+	+
<i>Panipadashotha</i>	+	+

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 manifestations 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.

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