



Role of ViruddhaAhara in Male Infertility

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Abstract

Ayurveda describes different types of diet to remain healthy and to prevent diseases. Viruddha Ahara is a unique concept which is described in Ayurveda. ViruddhaAhara referred in terms of food - food interactions, food processing interactions, which can lead to inflammation at a molecular level, such food combinations can prove harmful, which may affect immune system, nervous system, cellular metabolism, growth hormone, endocrine system. It affects all systems of body. It also affects shukra dhatu. Viruddha Ahara is one of the most important causes of infertility.

Aim - To study the role of ViruddhaAhara in male infertility.

Objective :- Study of Viruddha Ahara from different samhita.

Introduction -

Viruddha Ahara is a unique concept described in Ayurveda literature. The food which is processed in a wrong way, consumed in a wrong season, at an incorrect time can lead to Viruddha Ahara or incompatible diet.

- AcharayaCharak described 18 types of Viruddha Ahara, these are -

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|----------------------|-----------------------|
| 1) Desha Viruddha | 10) Virya Viruddha |
| 2) Kala Viruddha | 11) Sampada Viruddha |
| 3) Agni Viruddha | 12) Vidhi Viruddha |
| 4) Matra Viruddha | 13) Hridaya Viruddha |
| 5) Satmya Viruddha | 14) Koshta Viruddha |
| 6) Vatadi Viruddha | 15) Avastha Viruddha |
| 7) Paka Viruddha | 16) Krama Viruddha |
| 8) Samyoga Viruddha | 17) Parihara Viruddha |
| 9) Sanskara Viruddha | 18) Upachara Viruddha |

Some examples of Viruddha Ahara -

1) Desha Viruddha -

Intake of dry and strong substances in desert.



2) Kala Viruddha -

Intake of cold and dry substances in winter.

3) Agni Viruddha -

Intake of heavy to digest food in Mandagni

4) MatraViruddha -

Honey and ghee in equal quantity.

5) SatmyaViruddha -

Intake of sweet and cold substance by person accustomed to pungent and hot substances.

6) VatadiViruddha -

Utilization fo drugs, diets having similar qualities with Dosha.

7) PakaViruddha -

Under cooked or over cooked food.

8) Samyoga Viruddha -

When sour things are taken with milk

9) Samskara Viruddha -

Drugs and diets which when prepared in a particular way produce poisonous effect.ex - Heating of honey

10) Virya Viruddha -

The use of substances of cold potency in combination with substance of hot potency is to be known as virya viruddha.

11) Sampada Viruddha -

Intake of substances that is not mature, over mature or purified.

12) Vidhi Viruddha -

Not in accordance with Ayurveda Dietary rules and practices.

13) Hrdaya Viruddha -

Any Substance which is not pleasant in taste.

14) Koshta Viruddha -

Administration of strong purgative food for a person with mrudu kosht.

15) AvasthaViruddha -

Kapha Provoking meal is given to a person is nidraalu or aalasi then it is Avastha Viruddha.



16) Krama Viruddha -

When person takes his meal without relieving himself of faces and urine of eats without the feeling of hunger.

17) Parihara Viruddha -

When a person takes ushna food substances after consuming varaaha etc. is pariharaViruddha.

18) UpacharaViruddha -

If a person takes sheetal adrarya after the intake of ghrita then it is upachar viruddha. Thus, food taken against these 18 rules is called as Incompatible food (Viruddha Ahara) and consumption of these is harmful for the body.

Diseases which occurs due to ViruddhaAhara -

- Shandhya (impotency)
- Andha (blindness)
- Visarpa (herpes)
- Udakadara (Ascites)
- Visphot (eruptions)
- Unmada (insanity)
- Santan Dosha (infertility)
- Mrityu (death)
- Thus Viruddha Ahara can lead disorder up to impotency and infertility and impact up to Shukra Dhaturdushti.
- Viruddha Ahara does not affect to person who exercise daily, who have good digestive power, young and strong person.
- According to ayurveda, body is composed of seven Dhatus, Rasa, Rakta, Mansa, Meda, Asthi, Majja, Shukra.
- Shukra Dhatu is nothing but reproductive tissue and it has presence of fraction of all previous Dhatu. It has capability of generating a new tissue (fetus).

Modern Concept -

Definition -

It is and inability to conceive after having regular unprotected sex.

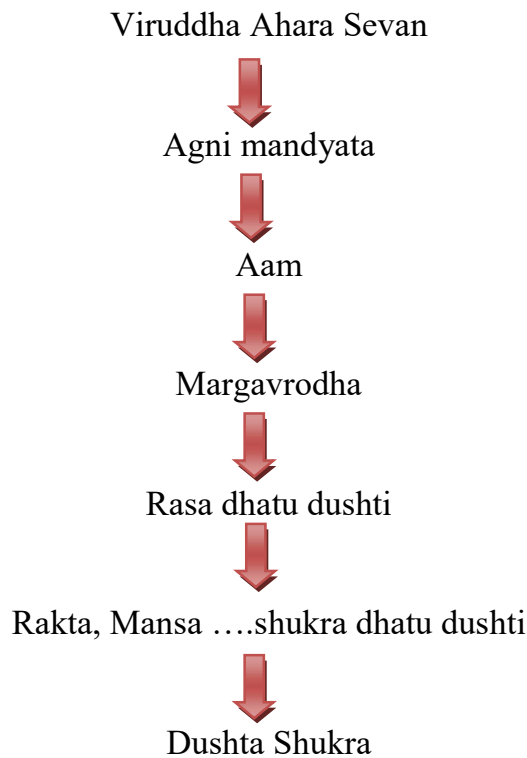
Causes - Smoking, heavy consumption of alcohol, poor nutrition, stress, tobacco consumption, excessive amount of carbonated soft drinks, over meat consumption more consumption of sprout.

Example of Junk food

Chips, Pizza, burger, noodles, milk shakes, fizzy carbonated beverages, processed food.

- Above mention junk food is high in energy but low in essential micronutrients densities especially zinc, of which oxidant process is dependent.
- Consumption of fast food frequently induces oxidative damage associated with inflammation in relevance to zinc deprivation, which could adversely affect testes function.
- Micronutrients deficiency, especially zinc, enhances oxidative stress and inflammation in testicular tissue leading to underdevelopment of testes and decrease testosterone level.

Samprapti



More and more consumption of Viruddha Ahara, decreases diigestive power which leads to Agni Mandya, which further turns into Aam uttpatti. This aam spreads through small channels on the form of dushit ahar rasa. Due to this, nutrition did not reach up to another dhatus and finally shukra dhatu dushti occurs, which results into infertility.



Discussion

Frequent intake of incompatible food acts as a poison which lead to aggravation of all Dasha and Dhatus.

- As per modern concept, all of the B vitamins, Vit E,C, Omega 3 fatty acids, are necessary for fertility. Junk food has low nutritive value, due to this nourishment of dhatus stops. Due to intake of Viruddha Ahara also dhatu pashana does not occur. It means junk food is nothing but the Viruddha Ahara as per ayurveda.

- It was found that 100% of the patients were habitual to Viruddha Ahara. Reported data of gender shows 64.18% patients were male, because of their business, hostel, service schedule, 26.44% students and 32.45% patients were service class because of their busy time, work load, they were having irregular, improper, inappropriate diet, and regular intake of Viruddha Ahara.

Conclusion

Frequent consumption of incompatible food or Viruddha Ahara nutrients does not reach upto the Shukra dhatu which results into the infertility. Infertility arises when Shukra dhatu does not get proper nutrition due to lack of balanced diet. It can be cured by the treatment that is shodhan, shaman and following the dincharya, rutucharya ahar - vihar.

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