



**A SURVEY STUDY TO ASSESS THE EXTENT OF “DUSHI VISHA” AND  
PREVALENCE IN OUR DAILY LIFESTYLE**

**Ankit Agarwal**, Md scholar

Uttaranchal Ayurvedic (pg)college and hospital

Dehradun, Uttarakhand

## ABSTRACT

Concept of *Dushi Visha* is one of the very important aspect in *Agadatantra*. *Dushi Visha* is something which gets accumulated inside the body and causing ill health after sometime. *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.

In this context, present study deals with a survey study of *Dushi Visha* and its extent in age group of 20-40 years of age. Incompatible food consumption behavior were surveyed with a help of a questionnaire among college students of Uttarakhand, India. It is aimed to have an in depth analysis of food consumption trends and attitudes among college students. The purpose of this study was to evaluate and access how much is their consumption rates and to evaluate awareness regarding health problems on what they are consuming.

Survey study was conducted among a sample of 500 students, through a documented self-administered questionnaire. It includes variety of incompatible food articles consumed in today's day-to-day life. Results found in the survey of the research lead to the conclusions that all the participants of age group of 18-40 years consume incompatible food to some extent.

*Ayurveda* clearly defines that certain dietary articles and their combinations, aggravates *Doshas*, which disturbs the process of *tridoshas* and normal functioning of body, leading to accumulation of *Dushi Visha* in body. The food which are incompatible in combination, which has undergone wrong processing, which is consumed in incorrect dose, which is consumed in incorrect time of day and in wrong season can be describes as *Viruddhaa Ahara*.

The study states the view in the modern perspective of *Samskar Viruddhaa* , *Veerya Viruddhaa* , *Samyoga Viruddhaa* , and so on. It also enlists a variety of incompatible dietary articles consumed in day-to-day life and its hazardous effects on health.



**Keywords:** *Virudha Ahara*, Incompatible food, Fast food, Food additives, Junk Food, Student, Survey.

## INTRODUCTION

Agadtantra deals with study of various toxins and concept of *Dushi Visha* is one of the very important aspect in it. *Dushi Visha* term indicates something which gets accumulated inside the body and causing ill health after sometime. *Dushi Visha* is explained by acharyas as a poisonous content having poor qualities, it remains in body presenting different kind of symptoms without getting removed out of the body. [1]

*Ahara* is one of the three supporting factors of life, plays a key role in the promotion of health and prevention of diseases. For a healthy life, one needs a healthy and balanced diet. According to Ayurveda the diet which nourishes both the mental and physical built is called "balanced diet". The food articles which replenish the bodily dhatus and help in eliminating the disturbance of their equilibrium are to be regarded as wholesome. Nowadays food habits and lifestyle have been modified according to the convenience of individual. People are frequently consuming incompatible food or junk food. 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*.

यत्किञ्चिद्दोषमासाव्यननिर्हरतिकायतः।आहारजातं तत्सर्वमाहतायोपपद्यते। (च.सू.26/85)

Food or medicine which elevates DOSHAS to their respective place and don't let them excrete out of body, all those are improper *AHARA*.) [2] "*DUSHI VISHA*" and "*VIRUDH AHAR*" both remain in body until they get a favourable condition, they show their symptoms and do not excrete out of the body. [2]

The literal meaning of word *Viruddhaa* is opposite. It sounds that the food combination of certain type of food may have -

- Opposite properties
- Opposite activities on the tissues
- May exert some unwanted effect on the body when processed in a particular form
- May exert undesirable effects, when combined in certain proportion
- May have unwanted effect if consumed at wrong time.

Ayurveda literature has described various types of *Viruddha Ahara*, which can be summarized as follows: [3]

1. *Desha (place) Viruddhaa*
2. *Kala Viruddhaa*
3. *Agni Viruddhaa*
4. *Matra (quantity) Viruddhaa*
5. *Satmya (wholesome) Viruddhaa*
6. *Dosha Viruddhaa*
7. *Sanskar (mode of preparation) Viruddhaa*
8. *Veerya (potency) Viruddhaa*
9. *Koshtha Viruddhaa*
10. *Avastha (state of health) Viruddhaa*
11. *Kram (sequence) Viruddhaa*
12. *Parihar Viruddhaa*
13. *Upachar (treatment) Viruddhaa*
14. *Paak (cooking) Viruddhaa*
15. *Samyoga (combination) Viruddhaa*
16. *Hriday Viruddhaa*
17. *Sampad (richness of quality) Viruddhaa*
18. *Vidhi (rules for eating) Viruddhaa*

Person who consume *Viruddha Ahara* is prone to many disorders and is very important to have a study on it. The present work deals with the survey study of *Virudha Ahara* (Incompatible food/ Fast food) consumption behaviour among different Ayurveda college students of Dehradun. The purpose of this study was to evaluate the consumption rates of *Virudha Ahara* (Incompatible food), and to evaluate awareness levels regarding incidence of health problems on what they are consuming.



© INTERNATIONAL JOURNAL FOR RESEARCH PUBLICATION & SEMINAR  
ISSN: 2278-6848 | Volume: 11 Issue: 04 | October - December 2020  
Paper is available at <http://www.jrps.in> | Email : [info@jrps.in](mailto:info@jrps.in)