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# Role of Pittadhara Kala in Sukradusthi by Profuse Usages of Incompatible Diet in Present Scenario

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**Abstract:** Among the two-elemental factors of Sharir, Panchmahabhuta and Tridoshas are affected by the properly digested Ahara or Prasad factor to nourish the rest of structural and functional entities of body. Kala is one of the structural units which can be understood by its functional properties only. During the description of Kala, Acharya Sushruta has mentioned this in specific sequence that is more understandable after considering its clinical relevance.

Sukradusti is one of the functional disorders of Shukravahastrotas which is described under the Rasapradoshajavikara. In this era of busy life, where we are adopting various time-saving technologies with the help of latest electronic gadgets, but with that we are also encouraging to improper transformation in food that is causing impaired absorption process in our body. This modernization of food along with incorporation of variety of food pattern is totally incompatible on the criteria of Ahara vidhi visheshayatana. Pittadhara Kala is one of the structural entities to deal with ingested food and governs the proper transformation of food from Rasa to Shukra Dhatu.

Incompatibility of food leads to incompatibility of prime essence Dhatu i.e. Shukra which is major problem for the age group of 20-40 yrs. This kind of sexual dysfunction is prime factor of causing mental stress and diminishes the work efficacy of youth.

**Keywords:** Panchmahabhuta, Tridosha, Rasapradoshajavikara, Ahara

## I. INTRODUCTION

Ayurveda is traditional science of healthy living. This systematic knowledge of living was developed in India thousands of years ago. Lots of Saints or Rishis have contributed their great knowledge to develop Ayurveda. Ayurveda is a legacy of knowledge derived from our forefathers.

Aahar (Diet) has great importance in Ayurvedic concept. In the human body diet plays key role for good health and well development.

The entire theme of health and disease follows this principle. So 'Aahaar' is key factor in human health. Human body's key elements are achieved from diet. Charak says the human body is made of Aahar. (aaharsambhav).[1]

For a healthy and disease-free life, it is essential for a person to have a nutritious and balanced diet daily. If someone who is not taking a good diet, then he will not able to achieve a good health or diseases free life.

In the simple word we can say that, 'Pachak Agni' is dependent of diet intake by the person. Wrong amount of diet disturbs the digestive fire (Pachak Agni). Correct diet is necessary for proper implementation (functioning) of digestive fire. Bala (Power of Body), Aarogya (Good Health) etc. are also dependent of proper working of digestive fire.[2]

Diet is fuel (Indhan) for the digestive fire;[3] however correct amount of fuel is necessary. Less or higher amount of fuel (diet) can disturb the functioning of digestive system. We can understand this with the simple example of external fire, where any form of fuel is necessary to maintain flame of fire, lesser amount of fuel will depress the flame, and putting excessive fuel may also distress. Similarly for the internal digestive fire correct amount of diet is needed, lesser or higher amount of diet affects the fire and whole digestive system, which affects overall the body.

The digestive fire produces mainly Ras Dhatu and Mal from the Aahar [4]. An abnormal digestive fire will produce Dushti in Ras Dhatu, and Pittadhara Kala (duodenum) absorbs the same abnormal Ras Dhatu. This makes Pittadhara Kala Dushti. Overall it affects production of all 7 Dhatus.

### A. Aim

Study of correlation between *Viruddha Aahara*, *Pittadhara Kala* & *Sukradushthi* in present scenerio.

### B. Method

In the above article concept of *Viruddha Aahara*, *Pittadhara Kala* & *Sukra Dusthi* studied.

## II. MAIN CONTENT

### A. Definition of *Viruddha Ahara*

The substance (food, drink and medicine) which does aggravation and dislodgement of *Dosha* from its site but does not expel it from the body is known as *Viruddha Aahar*. [5]

### B. Classification of *Viruddha Ahara (Incompatible food)* according to Charak Samhita

*Ayurveda* literature describes following 18 types of contradictory foods. [6]

- 1) *Desh Viruddha* (Food consumption according to *Places*): Three types of lands are described in *Ayurveda* texts. *Jangala*, that is called dry land with less water. So the humans, animals and plants are of *Vata Dosha* predominant in this type of land. So dry and sharp food and medicines (e.g. Red chilli, clove) are avoided by them because it aggravates the *Vata Doshas*. Another type of land described by *Acharya Charak* is *Aanupa* land. This type of land has excessive amount of water. The people are of *Kapha* predominance in this type of land, so afflicted with *kapha* disease. If they consume more of oily, cold food & medicine, which has similar properties of *kapha* it leads to *Kaphaj Vyadhis*.
- 2) *Kala Viruddha* (Food consumption according to *Time*): In winter season excessive consumption of dry and cold food and in summer season excessive intake of hot & pungent food are described as *Kala Viruddh in Ayurveda*. So it is advised to intake the opposite quality foods.

Warm foods are advised in winter & similarly cold foods are advised in summer.

- a) *Age*: Food is also consumed according to age. In young age *Kapha Dosha* is predominant, less nourishing food should be taken. In the old age *Vaat Dosha* is predominant, so in old age we should consume the food which promote strength and *Vata* alleviating food.
  - b) *Day*: According to *Ayurveda*, food should be taken two times a day. In the morning and in the evening. Dinner should be taken in less quantity in evening, curd and *Sattu* should be avoided at the time of dinner. If food does not to be consumed according to *kala* then it is called *Kala Viruddha* food.
  - c) Food is disease *Conditions*: In diarrhea excessive liquid diet should be avoided.
- 3) *Agni Viruddha* (Food consumption according to *Digestive Fire*): *Pachak Agni* which converts food into body tissues is specific for every individual. Different type of *agni* described in *Ayurveda* text. *Samagni* digest the food within time, so the people with *Samagni* should eat moderate quantity food to maintain health. *Tikshnagni* (strong appetite) digest the food very easily within time, but *Mandagni* digest the food very slowly & takes long time. Light or less food consumption in *Tikshnagni* is *Agni Viruddha* according to *Ayurveda*, it is *Agni Viruddha* according to *ayurveda*. Too oily & heavy food intake in *Mandagni* person (low appetite) is also incompatible diet.
  - 4) *Matra Viruddha* (Food consumption according to *Quantity*): There are certain combinations of food in special proportion are not good for the health. If these type of proportion consumed that is called *matra viruddha*. Honey & water in equal proportion, *ghee* and honey in equal quantity are the examples of *Matra Viruddha* and it leads poison formation in the body. Contradictory by quantity food, should be avoided.
  - 5) *Satmya Viruddha* (Food consumption according to *Conduciveness*): In simple words it is explained as if any person's *Prakriti* is habitual to a certain diet, than the consumption of foods other than his habitual food is called *Satmya Viruddha*. Taking pungent and hot food by the people who is habitual for Taking sweet and cold food is contradictory.
  - 6) *Dosha Viruddha* (Food consumption according to *dosha*): If the food, drugs and behavior are consumed by a person which are having the similar qualities to aggravated *Dosha*, should be avoided. Dry, cold, light foods those aggravates the *Vata* consumed by a person after heavy manual work or excessive exercise. That is called *Dosha Viruddha*.

- 7) *Sanskara Viruddha* (Food consumption according to *processing*): It is mentioned in text that some diets & drugs when prepared in a particular way they may produce toxicity. For examples:
  - a) Frying the pigeon's meat in mustard oil
  - b) Peacock meat cooked with castor sticks – fire.
  - c) Butter milk boiling
  - d) Meat of peacock fried in castor oil.
  - e) Boiled or cooked honey at high temperature
- 8) *Veerya Viruddha* (Food consumption according to *Potency*): Combination of cold and hot substances should be avoided. Food substances having hot and cold properties together should not be consumed according to *Ayurveda*. Example:
  - a) Cold fruit juice together with hot milk or coffee.
  - b) Ice-creams with hot chocolate fudge
  - c) Fish with milk
  - d) Flesh of dove fried in mustard oil with honey and milk
- 9) *Koshtha Viruddha* (Food consumption according to *Bowel*): Different type of *koshtha* described in different *Prakriti Purush* in *Ayurveda*. A small dose of mild purgative in *Krura Koshtha* person and a large dose of strong purgative in *Mridu Koshtha* person are *Koshtha Viruddha*.
- 10) *Avastha Viruddha* (Food consumption according to *Condition of Health*): The person who did heavy work, exercise, excessive exerted or did sexual act, taking *Vata* vitiating foods and drinks like dry, cold food. A person whose *Kapha* is aggravated due to excess of sleep and laziness Intake of *Kapha* vitiating food is opposite according to situation or condition of health.
- 11) *Krama Viruddha* (Food consumption according to *Sequence*): If a person Taking food before the urge of elimination of feces or urine, is also *Viruddha Aahar*. Even if food is eaten without digestion of already eaten food, or without hunger or after excessive hunger, then it is against the rules.
- 12) *Parihar Viruddha* (Food consumption according to *Practice*): After taking pork meat intake of hot things and after taking *ghee* intake of cold things is *Parihar Viruddha* and it should be avoided.
- 13) *Upachara Viruddha* (Food consumption according to *Treatment*): Intake of cold things after taking *ghee* and Taking cold water or food after taking *ghee* are *Upachar Viruddha*.
- 14) *Paak Viruddha* (Food consumption according to *Preparation*): During the cooking preparation of food with bad or rotten odor, Preparation of food with rotten fuel, Preparation of food with undercooking & overcooking, is known as incompatible because of cooking process.
- 15) *Samayoga Viruddha* (Food consumption according to *Combination*): Milk with Sour substances or food is contradictory in combination. This combination is a causative factor for *Kushtha* (skin disorders).
- 16) *Hriday Viruddha* (Food consumption according to *Contradictory to Mind*): Any food which is pleasant in taste or contradictory to mind is harmful. It will not produce proper effects and create nausea.
- 17) *Sampat Viruddha* (Food consumption according to *Quality*): Immature, over matured or putrefied food, fruits or vegetables are ingested that kind of food is not good for health and does not digest properly. This type of food is contradictory due to absence of qualities.
- 18) *Vidhi Viruddha* (Food consumption according to *Codes*): There are certain rules related to food consumption mentioned in *Ayurveda* texts. Foods which are consumed against the rules of diet as mentioned in *Ayurveda* texts are called *Vidhi Viruddha*, e.g. not eaten food in privacy, taking food in public.

### C. Diseases Produced by Intake of *Viruddha Ahara* (contradictory diet)

The regular consumption of *Viruddha Aahara* leads to many disease. The wrong combination & wrong processing of food according to the dosha, health, mind, time and season etc. may give rise to various types of G.I.T. disorders that *Aacharya Charak* described as *Grahani Roga*. According to *Charak* disease occurred by regular intake of incompatible diet are *Shandhyam* (Impotency), *Aandhya* (blindness), *Visarpa* (erysipelas), *Udar roga* (ascites), *Visphota* (eruptions), *Unmad* (mental disorders), *Bhagandar*, *Murchha* (fainting), *Mada* (intoxication), *Aadhman* (abdominal distension), *Grahani* (indigestion), *Vitiligo*, *Kustha* (various skin diseases), *Grahani* (gastritis), *Sotha* (edema), *Amlapitta* (hyperacidity), *Jvara* (fever), *Peenas* (rhinitis), *Santandosh*

(fetal diseases), infertility and even death may be produced due to intake of incompatible diet. It is clear that continuous intake of *Viruddha Ahara* has an impact up to *Shukradhatu Dushti*, immunity, circulation and also on digestive, endocrine and nervous system. Thus consumption of *Viruddha Ahara* produces diseases, weakness of sense organs and even hazardous effects like death. [7]

#### D. Pittadhara Kala

As *Ayurveda's* anatomy, in a human body total 7 'Kala' are situated, '*Pittadhara Kala*' is one of them. In a systematic order, it is 6th 'Kala'. *Pittadhara Kala* is situated between the *Amashaya* and *Pakwashaya* i.e. *Grahani* and Small Intestine. [8] *Kala* separates *Dhatu* and *Ashaya*. *Pittadhara Kala* produces the *Pachak Pitta*, *Pachak Agni* or digestive fire is produced in *Grahani*, which plays main role in initiating digestion process. The digestive fire digests the food (*Aahar*) and produces '*Aahar Ras*', which is absorbed by *Pittadhara Kala* for further production of all seven *Dhatu*.

But if a person not taking a proper diet, then this will affect his digestive fire, then it will not produce proper formation of *Ras Dhatu* and *Mala*, will produce toxin substances. They will affect further *Pittadhara Kala*, and will produce difficulties in absorption of *Ras Dhatu*. Overall it will disturb complete digestive system which further causes abnormality until production of *Shukra Dhatu*.

### III. DISCUSSION

The food which was taken by us with the help of *Prana vayu* reaches to the stomach. *Kledak kapha* situated in the stomach mixed with food and moister it. After that, the digestion of food takes place by *Pachkagni* along with the *saman vayu* which results in the *rasa* and *mala bhaga* of the food. Then end results of digested food from the stomach are received by the *Grahani (Pittadhara Kala)*. The *Grahani* absorbs the *rasa* from this and the *Mala Bhaga* is excreted by the anus of the body. In modern times, due to excessive consumption of *Viruddha Aahara*, there is a *Dushti* in *Agni* started, due to which there is a problem in the *Rasa Dhatu & Malabhaga*. *Grahani* absorbs that *Dushta Ras*, and the *dushti* successively creat *dushti* in the all *Dhatu*s, the disease related to the *Dhatu*s arises. *Shukra* is the last *Dhatu* and *Shukra* produced by *Dushta Rasa* produces diseases related to *Shukra*, which has prominence in it because only pure *Shukra* is capable for conceive.

### IV. CONCLUSION

In present scenerio one of the main reason behind the *Shukra Dushti* is the consumption of *Viruddha Ahara*. Vitiated *Pittadhara Kala* by *Viruddha Ahara* leads to inappropriate absorption of the *Rasa Dhatu &* ultimately impact on our last *Dhatu* that is *Sukra Dhatu*. *Sukra dhatu* is further responsible for all *Shukra* related *Dushti*.

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