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## Viruddha Ahara and Annaraksha Vidhi: An Ayurvedic Perspective on Food Safety According to Sushrutacharya

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### Abstract

In Ayurveda, food is regarded as the primary sustaining force of life and is considered equivalent to medicine when consumed in an appropriate manner. Proper intake of food supports Agni, enhances Bala, Varna, and Ojas, and maintains equilibrium of bodily elements. Conversely, improper dietary habits and consumption of incompatible food combinations lead to the vitiation of Doshas and become a major causative factor for various diseases. Such incompatible dietary practices are described under the concept of Viruddha Ahara. Regular intake of Viruddha Ahara acts as a slow poison and results in chronic pathological conditions.

Acharya Sushruta has elaborately explained the principles of food incompatibility, food contamination, and food protection under Annaraksha Vidhi, along with the concept of Gara Visha. In the present era of fast-food culture, consumption of artificially processed and chemically preserved foods has increased considerably, posing serious threats to public health. This article aims to present a comprehensive and analytical review of Viruddha Ahara, Gara Visha, food protection methods, kitchen hygiene, role of the physician in food safety, and management of food poisoning, as described by Acharya Sushruta.

**Keywords:** Viruddha Ahara, Annaraksha Vidhi, Gara Visha, Food Poisoning, Sushruta Samhita.

### Introduction

Food is indispensable for the sustenance of life and serves as the primary source of energy for all metabolic activities. Ayurveda regards food as *Mahabhaishajya*, meaning the greatest medicine, as it nourishes the body and sustains health when consumed according to prescribed dietary rules<sup>1</sup>. Proper food intake strengthens the immune system, promotes longevity, and maintains the functional integrity of bodily tissues.

Wholesome (*Hita*) and moderate (*Mita*) food, when consumed in accordance with *Ahara Vidhi Vishesha Ayatanani*, acts like *Amrita* (nectar), whereas improper consumption leads to deleterious effects on health<sup>[1, 2]</sup>. In the contemporary world, people are increasingly inclined towards fast food prepared with artificial additives such as monosodium glutamate, chemical preservatives, and synthetic colours. These substances, although appealing in taste and appearance, function as slow poisons and adversely affect health over time.

Ayurveda categorizes such artificially harmful substances under the concept of Gara Visha. Acharya Sushruta has comprehensively discussed the principles of Viruddha Ahara, food contamination, food protection, and detection of poison

in food. The relevance of these concepts has increased manifold in modern times due to changing dietary patterns and lifestyle disorders.

### Food Digestion and Dietary Measures

Ayurveda emphasizes not only the quality of food but also the manner in which it is consumed. Food taken at the proper time, in appropriate quantity, and suited to one's digestive capacity promotes nourishment and does not cause discomfort<sup>[1]</sup>. Light food is digested easily, whereas unctuous and warm food enhances strength and digestive power.

Food consumed in proper quantity maintains equilibrium of Dhatus. Physiologically, Vata increases after digestion, Pitta predominates during digestion, and Kapha increases immediately after food intake<sup>[1]</sup>. Post-meal conduct is also described in detail. After meals, one should sit comfortably until the initial digestion is completed, then walk a short distance, and finally lie down on the left side to facilitate digestion.

### Concept of Viruddha Ahara (Incompatible Food)

Viruddha Ahara refers to food substances or combinations that disturb Dosha balance, obstruct bodily channels, and act

antagonistically towards tissues. Certain substances are inherently wholesome due to biological compatibility, such as milk, ghee, rice, and water, whereas others like poison, caustic alkalies, and fire are inherently unwholesome<sup>[2]</sup>. Some food items become harmful only when combined improperly. What is wholesome for one Dosha may be unwholesome for another, highlighting the individualized approach of Ayurveda<sup>[2]</sup>.

### Types of Viruddha Ahara

- i). **Samyogaja Viruddha (Incompatible Combinations):** Certain food combinations become harmful when consumed together. Examples include consuming meat of domestic, marshy, or aquatic animals with milk, honey, jaggery, black gram, or newly germinated grains<sup>[3]</sup>. Similarly, fish should not be consumed with milk, and fruits like Lakucha should not be taken with milk, curd, meat soup, honey, or ghee<sup>[3]</sup>. Other incompatible combinations include honey taken immediately after warm water, uncooked meat with bile, and simultaneous intake of wine with Payasa. Such combinations disturb digestion and lead to disease manifestation.
- ii). **Karma Viruddha (Incompatible Preparation Methods):** Improper methods of food preparation also render food unwholesome. Examples include meat fried in mustard oil or cooked using castor oil or wood of toxic plants<sup>[4]</sup>. Ghee stored in bronze vessels for prolonged periods becomes unfit for consumption. Honey should not be consumed with hot substances or during summer<sup>[4]</sup>.
- iii). **Maan Viruddha (Incompatible Proportions):** Food becomes harmful when consumed in improper proportions. Equal quantities of honey and ghee or honey and water should not be consumed together<sup>[5]</sup>. Mixing different oily substances or consuming water and fat in equal quantities is also contraindicated.
- iv). **Rasa–Veerya–Vipaka Viruddha:** Food incompatibility may arise due to contradictory taste, potency, or post-digestive effect. For example, sweet combined with sour or salty tastes, or sweet with pungent substances, is considered incompatible<sup>[6]</sup>. Such combinations impair digestion and disturb Dosha balance.

### Adverse Effects of Viruddha Ahara

Regular intake of incompatible food substances produces harmful effects on the body due to continuous disturbance of Dosha balance. Food substances that possess extreme qualities such as excessive unctuousness, dryness, heat, or coldness, when consumed improperly, impair digestive fire and vitiate bodily tissues. Acharya Sushruta states that consumption of Viruddha Ahara leads to loss of sensory functions, impairment of bodily strength, development of chronic diseases, and in severe cases may even prove fatal<sup>[7]</sup>. Such food combinations act antagonistically to the tissues by dislodging vitiated Doshas from their sites without facilitating their proper elimination, resulting in systemic toxicity. Long-term intake may gradually weaken immunity and cause degenerative or metabolic disorders. Thus, Viruddha Ahara acts as a silent contributor to disease pathogenesis.

**Management of Diseases Caused By Viruddha Ahara:** Diseases produced due to intake of incompatible food are treated according to the strength of the patient, chronicity of disease, and extent of Dosha involvement. Acharya Sushruta recommends therapeutic procedures such as Vamana

(emesis), Virechana (purgation), and Shamana (pacification therapy) for eliminating or pacifying vitiated Doshas<sup>[8]</sup>. In individuals who are young, physically strong, accustomed to exertion, and possessing stimulated Agni, the harmful effects of Viruddha Ahara may be mitigated naturally due to adaptability or metabolic strength. However, in weak individuals, corrective dietary measures and purification therapies become essential<sup>[8]</sup>.

### Role of the Physician in Food Safety (Annaraksha)

In ancient times, food safety was given paramount importance, especially in royal households. Acharya Sushruta mentions the appointment of a physician in the royal kitchen, known as Mahanasa Vaidya, whose duty was to supervise food preparation and ensure protection from contamination<sup>[9]</sup>. The physician was responsible for monitoring cooks, food bearers, soup makers, and bread preparers. As food is the primary sustainer of life, negligence in food safety was considered a serious lapse. The concept of Annaraksha Vidhi highlights the preventive approach of Ayurveda toward food-borne diseases.

**Qualities of an Ideal Kitchen:** To avoid food poisoning and contamination, Acharya Sushruta prescribes specific characteristics of an ideal kitchen. The kitchen should be constructed in a commendable location with good soil and should be spacious, well-ventilated, and hygienic. Adequate windows, proper coverings for the ceiling, and protection from external contamination are essential<sup>[9]</sup>.

All utensils should be clean, properly washed, and maintained hygienically. Entry into the kitchen should be regulated, and individuals involved in food preparation must be examined to ensure cleanliness and absence of illness. These guidelines reflect an advanced understanding of hygiene and sanitation in ancient times.

**Detection of a Food Poisoner:** Acharya Sushruta describes keen observational methods for identifying individuals involved in food poisoning. A person attempting to poison food exhibits abnormal behavioural patterns, such as hesitation in speech, confusion, incoherent answers, unnecessary laughter, trembling, scratching the ground, or cracking fingers repeatedly<sup>[10]</sup>.

Such individuals may appear frightened, display facial discoloration, dryness, or pallor, and show erratic movements. However, Acharya also cautions that innocent individuals may show similar behaviour due to fear or anxiety. Therefore, careful differentiation is necessary to avoid wrongful suspicion<sup>[10]</sup>.

**Media of Poisoning (Contact Poisoning):** Poisoning may occur through various contact media. According to Acharya Sushruta, poison can be administered through food, drinks, toothbrushes, massage oils, combs, anointments, powders, decoctions, bathing water, clothing, beds, ornaments, footwear, garlands, fumigation substances, collyrium, and even riding equipment of animals<sup>[11]</sup>.

This description reflects a comprehensive understanding of intentional and unintentional poisoning routes, emphasizing the need for vigilance in daily life and food handling practices.

### Gara Visha (Concocted Poison)

Gara Visha refers to artificially prepared poison formed by combining substances of mild toxicity. Acharya Vaghbhata describes Gara Visha as a mixture of animal body parts, excreta, incompatible drugs, ashes, and mildly poisonous

substances. Such poisons act slowly, are difficult to digest, and usually do not cause immediate death<sup>[12]</sup>.

Acharya Sushruta further elaborates that powdered substances possessing properties similar to Dushivisha, when used internally or externally, are considered Gara Visha<sup>[13]</sup>. In the present era, artificially processed food containing chemical additives can be correlated to the concept of Gara Visha.

### Ancient Methods for Detection of Poison in Food

Acharya Sushruta has described highly observant and unique methods for the detection of poison in food, based on changes produced in natural elements, animals, and birds. These methods reflect the advanced toxicological knowledge present in ancient Ayurveda and emphasize the importance of early detection in preventing fatal outcomes<sup>[14]</sup>.

When poisonous food is offered to birds such as crows or flies, sudden death is observed. If poisoned food is exposed to fire, the flames burn irregularly with loud crackling sounds, exhibit multicoloured hues resembling a peacock's throat, emit irritating fumes, and are extinguished rapidly. These changes in fire serve as indicators of contamination<sup>[14]</sup>.

Certain birds are described as extremely sensitive to poisoned food. The redness of the eyes of the *Chakora* bird disappears instantly upon exposure. The *Jivjivaka* bird dies merely by looking at such food. The *Kokila* alters its cooing sound, while the *Krauncha* bird becomes intoxicated. A peacock displays restlessness and excitement, parrots and *Sarika* birds scream loudly, and swans produce excessive crackling sounds<sup>[14]</sup>.

Other animals also exhibit distinct reactions. A *Bhringaraja* bird produces inarticulate sounds, a *Prashruta* animal sheds tears, and monkeys pass stools immediately. Due to these observable signs, Acharya Sushruta advises that such birds and animals should be kept near royal kitchens and dining areas, not only for decorative purposes but also as protective and diagnostic aids<sup>[14]</sup>.

### General Antidote for Food Poisoning

Acharya Sushruta mentions a general antidotal measure for food poisoning using certain drugs known as *Mushika* or *Ajruha*. When these substances are tied around the wrist or arm of the king, they are believed to neutralize the effects of all types of poisoned food<sup>[15]</sup>.

This practice reflects the ancient belief in protective measures and prophylactic antidotes, highlighting the preventive orientation of Ayurveda in managing toxic exposures.

**Management of Complications Arising from Food Poisoning:** The treatment of food poisoning complications is described in detail by Acharya Sushruta. The physician is advised to administer Maha-Sugandhi Agada in various forms, including internal administration (drink), external application (paste), Nasya (snuff), and Anjana (collyrium), depending on the severity and site of manifestation<sup>[16]</sup>.

In acute and severe cases, strong purification therapies such as Vamana (emesis) and Virechana (purgation) should be administered. If indicated, Raktamokshana (bloodletting) should be performed promptly to eliminate vitiated blood and toxins from the body<sup>[16]</sup>.

**Cardiac Protection in Food Poisoning:** Protection of the heart (*Hridaya Raksha*) is given utmost priority in the management of food poisoning. Acharya Sushruta advises the use of Ajeya Ghrita and Amrita Ghrita to safeguard cardiac functions and vital energy. Along with Ghrita, the patient should consume curd, milk, honey, and cold water to stabilize physiological functions<sup>[16]</sup>.

Dietary recommendations during recovery include consumption of meat soups and meat juices prepared from animals such as peacock, mongoose, deer, horse, and *Prashruta*. These are believed to provide strength and counteract the effects of poison<sup>[16]</sup>.

**Specific Dietary Formulations in Poison Management:** Acharya Sushruta describes specific dietary formulations using medicinal herbs mixed with meat preparations. *Trivrit*, *Madhuka*, and *Sharkara* are pounded and administered along with meat of alligator, mongoose, or deer. In peacock meat, *Sharkara* and *Ativisha* along with *Shunthi* are advised, while in spotted deer meat, *Pippali* combined with *Shunthi* is recommended<sup>[16]</sup>.

*Simbi Yusha* (legume soup) mixed with Ghrita and honey is considered universally beneficial. Additionally, edible preparations (*Bhakshya*) prepared with anti-poisonous drugs are advised during the convalescent phase<sup>[16]</sup>.

**Therapeutic Emesis and Supportive Measures:** For elimination of residual poison, the patient should be induced to vomit using preparations containing *Pippali*, *Yashtimadhu*, honey, sugar, sugarcane juice, and water. Acharya Sushruta emphasizes that the physician should prioritize cardiac protection before initiating purification therapies<sup>[16]</sup>.

These measures highlight the systematic and stepwise approach of Ayurveda in managing poisoning—beginning with stabilization, followed by elimination, and concluding with rejuvenation and dietary regulation.

**Public Health Relevance of Annaraksha Vidhi:** The principles of Annaraksha Vidhi extend beyond individual treatment and hold significant relevance in public health. The detailed descriptions of kitchen hygiene, food supervision, detection of poisoning, and preventive measures reflect a strong emphasis on food safety and community health protection.

In the modern context, where consumption of chemically processed and preserved foods is widespread, these classical guidelines offer valuable insights into preventing food-borne illnesses and lifestyle disorders. The concept of Gara Visha can be correlated with modern food adulteration and chronic toxicity resulting from long-term intake of harmful additives.

### Discussion

The concept of Viruddha Ahara as described by Acharya Sushruta reflects a highly scientific and preventive approach toward dietetics and toxicology. Food, when consumed appropriately, sustains life and promotes strength, complexion, and vitality; however, when consumed improperly or in incompatible combinations, it becomes a significant cause of disease. The description of incompatible food combinations, preparation methods, proportions, and contradictory properties demonstrates an advanced understanding of digestion, metabolism, and systemic balance<sup>[1, 6]</sup>.

Acharya Sushruta's emphasis on Annaraksha Vidhi highlights the importance of food protection not only at the individual level but also at the community and administrative levels. The appointment of a physician in the royal kitchen and strict supervision of food preparation underline the recognition of food as a potential source of both nourishment and harm<sup>[9]</sup>. This concept aligns with modern principles of food safety, quality control, and public health nutrition.

The detailed behavioural indicators described for detecting food poisoners indicate an acute observational skill and understanding of human psychology. These descriptions suggest that ancient physicians were trained to recognize

subtle deviations in behaviour, speech, and expression, thereby preventing intentional poisoning [10]. Similarly, the extensive list of media through which poisoning could occur reflects a comprehensive awareness of contact poisoning and environmental exposure [11].

The concept of Gara Visha is particularly relevant in the modern era. Artificially processed foods containing chemical preservatives, flavour enhancers, and colouring agents can be correlated with Gara Visha, as they act slowly, accumulate in the body, and produce chronic toxicity rather than immediate fatal outcomes [12, 13]. The ancient description thus provides a conceptual framework for understanding long-term dietary toxicity.

The elaborate methods described for detecting poison using animals, birds, and elemental reactions emphasize the diagnostic ingenuity of ancient toxicology. These methods, though symbolic in the modern context, represent an empirical approach to identifying contamination before laboratory testing was available [14].

The management strategies described for food poisoning demonstrate a holistic and stepwise approach. Priority given to cardiac protection, followed by elimination therapies and supportive dietary measures, reflects a deep understanding of pathophysiology and emergency care [1]. The use of Ghrita preparations, meat soups, and specific [15, 16] herbal combinations indicates individualized treatment based on strength, stage of poisoning, and systemic involvement.

### Contemporary Relevance of Annaraksha Vidhi

In today's fast-paced lifestyle, dietary habits have undergone drastic changes. Consumption of fast foods, processed meals, artificial additives, and preserved foods has increased significantly. These dietary practices closely resemble the classical descriptions of Viruddha Ahara and Gara Visha. Lifestyle disorders, metabolic diseases, allergies, and chronic inflammatory conditions can be viewed through the lens of these ancient concepts.

Annaraksha Vidhi offers valuable guidelines for modern food safety, kitchen hygiene, dietary regulation, and preventive healthcare. Incorporating these principles into contemporary dietary practices can contribute significantly to reducing food-borne illnesses and chronic toxicity.

### Conclusion

From the foregoing discussion, it is evident that Viruddha Ahara is a crucial etiological factor in the causation of many diseases resulting from improper dietary habits. Acharya Sushruta's detailed exposition of incompatible food, food contamination, food protection, and poisoning reflects a profound understanding of nutrition and toxicology.

In the present era dominated by fast-food culture and artificial dietary practices, the concept of Gara Visha has become increasingly relevant. Annaraksha Vidhi provides a comprehensive preventive strategy encompassing food selection, preparation, storage, supervision, and emergency management of food poisoning.

This article underscores the timeless relevance of Sushrutacharya's teachings and emphasizes the need to integrate Ayurvedic dietary wisdom into modern public health strategies for promoting holistic well-being.

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