



ASSOCIATION BETWEEN VIRUDDHA AHARA AND KLAIBYA [MALE IMPOTENCE]: A REVIEW

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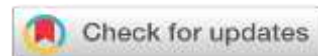
<https://doi.org/10.46607/iamj3111042023>

(Published Online: April 2023)

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Article Received: 22/03/2023 - Peer Reviewed: 29/03/2023 - Accepted for Publication: 09/04/2023



ABSTRACT

Ayurveda literature in *Charak Samhita* regarding *Viruddha ahara* and *Klaibya* is reviewed. Ayurvedic literature, various research articles on google scholar, and various journals were reviewed. The association between *Viruddha ahara* and male impotence is analysed. A substance or entity that vitiates *dosha* (*prakopa*) but does not get it removed from the body and which is harmful to *dhatu*s is called *Viruddha dravya*. *Charaka* has mentioned eighteen types of *Viruddha ahara*. Four types of male impotence are also mentioned. *Viruddha aahara* causes *dushti* of *Rakta* or *Majja dhatu dushti*. It also causes *Dhwajopghataja* or *Bijopghataja* impotence. There are two different pathogenesis that results in male impotence. At first, it causes *Majja dhatu dushti* resulting in deficient production of *Shukra dhatu*. Second, it causes *Rakta dhatu dushti* which leads to inflammation of the penile and testicular tissue resulting in damage to the actual organ. We should reflect on the lifestyle, and make necessary changes to prevent male impotence.

Keywords: *Viruddha ahara*, *klaibya*, male impotence.

INTRODUCTION

With the advent of the modern era, there is considerable change in the way people eat, live, work, and sleep. Technology has made life better for all mankind. It has also introduced a lack of physical hard work and mental stress. The dietary habits of people have undergone a massive change. Due to migration and the internet, people are experimenting with food. Food articles and making processes that were people accustomed to being forgotten. New food habits are taking over traditional food. In the name of taste or more nutrition, people all over the world are consuming food that is not meant for them like canned food. Late-night binge eating, constantly engaging with entertainment devices while eating, and hurriedly eating in between work are some examples of new lifestyle patterns. Ayurveda has laid down a particular protocol for diet and eating. Deviation from that is considered *viruddha ahara*. Male impotence is one of the diseases caused by *viruddha ahara*. Male impotence incidence increases drastically from about 6% in the age group of 20-29 years to 50-70% in the age group of 40-79 years.^[1] Its incidence has been projected to increase significantly to over 320 million by the year 2025.^[2] India has been dubbed as the impotence capital of the world due to the high incidence of lifestyle disease and probably the largest population of males in the world.^[3]

RATIONALE OF THE ARTICLE

This article is an attempt to determine the association between *viruddha ahara* and male impotence from an Ayurveda perspective. The pathological mechanism behind the importance caused by *viruddha ahara* is explored.

AIM – To determine the association between *viruddha ahara* and *kṣaibya* [male impotence] **OBJECTIVE** -

1. To define *Viruddha ahara*.
2. To define types and examples of *Viruddha ahara*.
3. To define the pathogenesis of male impotence.

MATERIAL AND METHOD

Ayurveda literature in *Charak Samhita* regarding *viruddha ahara* and *kṣaibya* is reviewed. Articles in various journals on the same topics were reviewed. Online articles on Pub-med, google scholar were reviewed. The association between *viruddha ahara* and male impotence is analysed. A substance or entity that vitiates *dosha* (*dosha prakopa*) but does not get it removed from the body and which is harmful to *dhatu*s is called *Viruddha dravya*.^[4]

Ayurveda literature has described various types of *Viruddha Ahara* which can be summarized as follows:^[5]

- *Desha* (place) *Viruddha*
- *Kala* (time) *Viruddha*
- *Agni* (digestive capacity) *Viruddha*
- *Matra* (quantity) *Viruddha*
- *Satmya* (wholesome) *Viruddha*
- *Dosha* *Viruddha*
- *Sanskar* (mode of preparation) *Viruddha*
- *Veerya* (potency) *Viruddha*
- *Koshtha* *Viruddha*
- *Avastha* (state of health) *Viruddha*
- *Kram* (sequence) *Viruddha*
- *Parihara* *Viruddha*
- *Upachara* (treatment) *Viruddha*
- *Paak* (cooking) *Viruddha*
- *Samyoga* (combination) *Viruddha*
- *Hridaya* *Viruddha*
- *Sampad* (richness of quality) *Viruddha*
- *Vidhi* (rules for eating) *Viruddha*

Examples of incompatibility (*Viruddha ahara*) in the current era.

- *Desha viruddha* – eating spicy food in a tropical country.
- *Kala viruddha*- consuming curd in summer.
- *Agni viruddha*-eating food is rich in fats at night.
- *Matra Viruddha* — honey and cow's ghee mixed in equal proportion.
- *Veerya Viruddha* — curd and milk.
- *Koshtha viruddha* – drinking milk by *mrudu koshta* person.

- *Avastha viruddha*- eating normal food with a fever.
- *Sanskar Viruddha* — canned vegetables.
- *Dosha viruddha* – eating spicy food by *pitta Pradhana* person.
- *Krama Viruddha* — having desserts after food.
- *Paak viruddha* – eating food after reheating it.
- *Parihar viruddha* - consuming cold water immediately after having hot tea or coffee.
- *Upachar viruddha* – not drinking warm water in fever.
- *Samyoga Viruddha* — fruit milk shakes.
- *Hridya viruddha* – eating disliked food.
- *Sampad viruddha* –eating over ripped fruits.
- *Vidhi Viruddha* — eating food while watching TV.

SHUKRA DHATU AND MALE IMPOTENCE

There are seven *dhatu*s or constituents of the body. *Shukra* is the seventh essential element of the body. Besides other functions, *shukra dhatu* is responsible for the ability to take part in sexual intercourse and procreate. The inability to sustain an erection sufficient for sexual intercourse is called impotence.^[6] It is a direct consequence of deficient *shukra dhatu*.

TYPES OF MALE IMPOTENCE Four types are mentioned by *charaka*,^[7]

- *Beejopghataja* – due to pathology of *shukra dhatu*.
- *Dwajopaghataja* – due to diseases of the male sex organ.
- *Jarajanya* – due to the aging process.
- *Shukra kshayaja* – due to deficient production of *shukra dhatu*.

VIRUDDHA AHARA AS A CAUSE OF MALE

IMPOTENCE: Many causes are enlisted but *viruddha ahara* is an etiological factor responsible for *Bijopghataja* and *Dhwajopghataja* impotence.

VIRUDDHA AHARA AND STROTODUSHTI

Viruddha ahara causes diseases of the two *strotasas*,

- *Raktavaha stotas*^[8]
- *Majjavaha stotas*^[9]

DISCUSSION

Viruddha ahara or an incompatible diet is very much a regular occurrence today. Continuous consumption of such a diet on daily basis is one of the reasons for the increasing case of male impotence. In the *Bijopghataja* type of impotence, there is *majja dhatvagni dushti* which results in the production of a suboptimal precursor to *shukra dhatu*. As the precursor is of inferior quality, the final production of *shukra dhathu* is hampered. *Shukra dhatu* produced will be both unsatisfactory in quality and quantity. Such *shukra dhatu* will not be able to perform its function in the body. It will result in male impotence. In *Dhwajopghataja* impotence, *raktavaha strotas* are affected resulting in detrimental effects on *rakta dhatu*. *Rakta dhatu dushti* manifests itself in the form of inflammation, sores, and infection of the male reproductive organ. It results in the breakdown of penile and testicular tissue. It results in male impotence.

CONCLUSION

It is very much clear from the above discussion that *viruddha ahara* causes male impotence. There are two different pathogenesis that results in male impotence. At first, it acts through deficient production of *shukra dhatu*. In the second it acts through inflammation of the penile and testicular tissue resulting in damage to the actual organ. As both pathologies are working in different ways treatment needs to be different. We should reflect on the lifestyle and make changes necessary so that it can be prevented.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Rupesh M Jadhav et al: Association Between Viruddha Ahara and Kṣaibya [Male Impotence]: A Review. International Ayurvedic Medical Journal {online} 2023 {cited April 2023} Available from: http://www.iamj.in/posts/images/upload/947_950.pdf