

Applied Aspects of Viruddha Ahara in Type 2 Diabetes Mellitus: A Conceptual Review

Dr. Pradnya Govindrao Shelke

PG scholar, Department of Samhita Siddhanta
YMT Ayurveda College Kharghar, Navi Mumbai
pradnyashelke4@gmail.com

Abstract: Diet plays a pivotal role in the maintenance of metabolic health and the prevention of lifestyle disorders. Ayurveda conceptualises food not only as nourishment but also as a decisive factor influencing physiological balance and disease manifestation. The doctrine of Viruddha Ahara (incompatible diet) occupies a central position in Ayurvedic pathology, as it encompasses improper food combinations, faulty processing, unsuitable quantities, and violations of dietary rules that disturb Agni, vitiate Dosha, and promote Ama formation. In the present era, rapid lifestyle transitions and unhealthy dietary patterns have led to a marked rise in Type 2 Diabetes Mellitus, a condition that closely resembles Avaranajanya Madhumeha described in classical Ayurvedic texts. This conceptual review critically examines the applied aspects of Viruddha Ahara in the etiopathogenesis and management of Type 2 Diabetes Mellitus. Classical Ayurvedic literature and relevant contemporary studies were analysed to explore the role of incompatible dietary practices in metabolic derangements. The review highlights that long-term consumption of Viruddha Ahara contributes to Kapha and Pitta aggravation, Meda and Kleda accumulation, and obstruction of Vata, thereby facilitating diabetic pathology. Emphasis is placed on Nidana Parivarjana as a fundamental preventive and therapeutic strategy. Understanding Viruddha Ahara in the context of modern dietary habits offers valuable insights for dietary counselling, disease prevention, and integrative management of Type 2 Diabetes Mellitus.

Keywords: Viruddha Ahara; Type 2 Diabetes Mellitus; Avaranajanya Madhumeha; Nidana Parivarjana; Lifestyle disorders