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“ROLE OF VIRUDDHA AHARA IN MALE INFERTILITY: AN AYURVEDIC AND AGADTANTRA PERSPECTIVE”

Dr. Ishwar Balasaheb Yadav¹, Dr. Ashwini Patil (MD)², Dr. Houserao Patil (MD, PhD)³

Dr. Ishwar Balasaheb Yadav

MD Scholar, PG Department of Agadatantra,

LRP Ayurvedic College, Hospital, Post Graduate Institute and Research Center, Urun Islampur, Tal. - Walwa, Sangli, Maharashtra.

Dr. Ashwini Patil (MD)

Guide and Professor, Department of Agadatantra,

LRP Ayurvedic College, Hospital, Post Graduate Institute and Research Center, Urun Islampur, Tal. - Walwa, Sangli, Maharashtra.

Dr. Houserao Patil (MD, PhD)

HOD and Professor, Department of Agadatantra,

LRP Ayurvedic College, Hospital, Post Graduate Institute and Research Center, Urun Islampur, Tal. - Walwa, Sangli, Maharashtra.

Abstract:

Male infertility has become a significant global health issue due to lifestyle changes, stress, and unhealthy eating habits.

Ayurveda highlights the importance of proper Ahara for maintaining health and reproductive function. Viruddha Ahara (incompatible diet) is recognized as a key cause of Dosha imbalance, Agnimandya, Ama formation, and Dhatu Dushti. Continuous intake of incompatible food combinations acts as cumulative toxicity, which parallels the concept of Dooshivisha in Agadatantra. Such chronic exposure affects Shukra Dhatu, leading to reduced fertility. This article examines the role of Viruddha Ahara in male infertility from both Ayurvedic and scientific viewpoints.

Keywords: Viruddha Ahara, Male infertility, Shukra Dushti, Dooshivisha, Agadatantra, Ayurveda

INTRODUCTION

Infertility is defined as the inability to conceive after one year of regular, unprotected sexual intercourse.

Male factors contribute significantly to infertility cases globally. A modern lifestyle involving junk food, processed diets, preservatives, reheated oils, alcohol, and irregular eating patterns negatively impacts reproductive health.

In Ayurveda, Ahara is one of the three pillars of life (Trayopastambha). Adequate nutrition is essential for the nourishment of all Dhatus, including Shukra Dhatu. Consumption of Viruddha Ahara disrupts Dosha, Dhatu, and Agni, leading to various ailments.

According to Charaka Samhita, Viruddha Ahara refers to food substances and combinations that aggravate Doshas without eliminating them from the body. Viruddha Ahara encompasses food combinations, processing methods, quantities, timing, and dietary habits that are incompatible with the body's physiology.

COMMON EXAMPLES

- Fish with milk
- Fruit milkshakes Heated honey
- Reheated oils
- Fast food with cold drinks

- Excess fermented and preserved food

TYPES OF VIRUDDHA AHARA RELEVANT TO MALE INFERTILITY

1. Samyoga Viruddha
2. Sanskara Viruddha
3. Kala Viruddha
4. Matra Viruddha
5. Satmya Viruddha

These practices impair digestion and metabolism, leading to Ama production.

SAMPRAPTI OF MALE INFERTILITY DUE TO VIRUDDHA AHARA -

Viruddha Ahara Sevana



Agnimandya

(Impaired Digestive Fire)



Ama Nirmiti

(Formation of Ama)



Dosha Prakopa

(Vata + Pitta + Kapha)



Rasa Dhatu Dushti



Progressive Dhatu Dushti

(Rakta → Mamsa → Meda → Asthi →

Majja)



Shukra Dhatu Dushti / Shukra Kshaya





Reduced sperm motility Low sperm count

- Obesity-related infertility
- Processed foods, containing preservatives, trans fats, food additives, and chemicals, negatively affect male reproductive health.

Viruddha Ahara can thus be associated with chronic dietary toxicity and metabolic dysfunction.

AIM

To evaluate the role of Viruddha Ahara as an etiological factor in male infertility from Ayurvedic and Agadtantra perspectives.

OBJECTIVES

1. To review the concept of Viruddha Ahara described in Ayurvedic classics.
2. To study the etiopathogenesis of male infertility (Klaibya/Vandhyatva/Shukra Dushti) according to Ayurveda and modern medicine.
3. To understand the toxicological (Agadtantra) aspects of Viruddha Ahara and its probable effect on male reproductive health.
4. To assess the dietary habits related to Viruddha Ahara among infertile males using a structured questionnaire.

5. To evaluate the association between the consumption of Viruddha Ahara and male infertility.

6. To create awareness regarding the prevention of male infertility through avoidance of Viruddha Ahara and adoption of healthy dietary practices.

CLINICAL MANIFESTATIONS

Ayurvedic Features -

1. Klaibya
2. Shukra Kshaya
3. Dourbalya
4. Shrama
5. Reduced Veerya

Modern Features -

1. Oligospermia
2. Asthenozoospermia
3. Erectile dysfunction
4. Low testosterone levels

PREVENTION AND MANAGEMENT

Nidana Parivarjana –

- Complete avoidance of Viruddha Ahara.
- Follow a wholesome and balanced diet (Pathya Ahara).
- Maintain regular meal timings.
- Avoid excessive junk food, processed foods, alcohol, smoking, and sleep deprivation.

AYURVEDIC PRINCIPLES

1. Deepana and Pachana –

To improve digestion and digest

Ama:

- Trikatu Churna
- Panchakola Churna
- Chitrakadi Vati

2. Shodhana therapy –

Depending on the patient's Prakriti,

Dosha, and strength:

- Snehana (oleation)
- Swedana (sudation)
- Virechana (therapeutic purgation) – especially in Pitta predominance.
- Basti (medicated enema) – particularly useful in Vata-related infertility.
- Uttara Basti may be considered in selected infertility cases under expert supervision

3. Rasayana therapy –

To rejuvenate reproductive tissues:

- Ashwagandha
- Amalaki
- Guduchi
- Shatavari

4. Vajikarana therapy –

To improve Shukra Dhatu and reproductive function:

- Kapikacchu
- Gokshura
- Musali
- Makardhwaja (only under qualified supervision)
- Phala Ghrita
- Ashwagandha Ghrita

5. Pathya Ahara –

- Fresh milk (if suitable and not taken in incompatible combinations)
- Ghee
- Almonds and walnuts
- Black sesame seeds
- Dates and raisins
- Fresh fruits and green leafy vegetables
- Protein-rich wholesome diet
- Balanced diet
- Timely meals

6. Lifestyle (Vihara) -

- Regular exercise
- Adequate sleep (7–8 hours)
- Yoga and meditation
- Stress management

- Avoid overheating of the testes, tobacco, alcohol, and recreational drugs.

contribute to Shukra Dushti, Shukra Kshaya, and male infertility.

DISCUSSION

Male infertility accounts for nearly 40–50% of infertility cases worldwide, with lifestyle and dietary factors increasingly recognized as important contributors. Among these, Viruddha Ahara (incompatible diet) occupies a significant place in Ayurveda as a preventable etiological factor. Although the direct relationship between Viruddha Ahara and male infertility has not been extensively investigated in clinical studies, the classical Ayurvedic principles and emerging biomedical evidence suggest a plausible association.

According to Ayurveda, repeated consumption of Viruddha Ahara leads to Agnimandya, resulting in the formation of Ama. Ama acts as a pathological substance that vitiates the Doshas, obstructs Srotas, and impairs the nourishment of successive Dhatus. Since Shukra Dhatu is the final Dhatu responsible for reproduction, disturbances in the earlier stages of Dhatu formation ultimately affect sperm quality and fertility. This concept explains how long-term dietary incompatibility may

Modern scientific literature supports this concept by demonstrating that unhealthy dietary habits are associated with increased oxidative stress, mitochondrial dysfunction, hormonal imbalance, and chronic inflammation. Excessive production of reactive oxygen species (ROS) damages sperm membrane lipids, proteins, and DNA, resulting in reduced sperm count, poor motility, abnormal morphology, and impaired fertilizing potential. These mechanisms show remarkable similarity to the Ayurvedic concepts of Ama, Dhatu Dushti, and Dushi Visha.

The preventive approach described in Ayurveda is based on Nidana Parivarjana (avoidance of causative factors), correction of digestive and metabolic functions, and preservation of Shukra Dhatu through appropriate diet, lifestyle, Rasayana, and Vajikarana therapies. Such measures may complement modern fertility management by targeting modifiable dietary and lifestyle risk factors.

Although the theoretical correlation between Viruddha Ahara and male infertility is strong, direct clinical evidence remains limited. Most available data are indirect and derived from

experimental studies, observational evidence, or mechanistic explanations. Therefore, well-designed clinical trials and translational research are required to validate these classical concepts using modern reproductive parameters such as semen analysis, oxidative stress biomarkers, hormonal profiles, and sperm DNA fragmentation.

CONCLUSION

The available Ayurvedic literature, Agadtantra principles, and contemporary biomedical evidence collectively suggest that Viruddha Ahara may contribute to male infertility by inducing metabolic dysfunction, cumulative toxic effects, oxidative stress, and impairment of Shukra Dhatu.

Integrating Ayurvedic dietary principles with modern preventive strategies may offer a holistic approach to improving male reproductive health. Further evidence-based clinical research is needed to establish this association and to develop standardized preventive and therapeutic guidelines

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