**What is side effect?**

An expression or function which is responsible for updating the global state variable value inside local environment.

var *globarVar* = "hello"  
  
@Composable  
fun updateUi(){  
 *globarVar* = "world" // Side Effect.  
}

**Why Composable function should be Side Effect free?**

Assume the following scenario.

Count = 0 (Global var)

UpdateUI() composable will only recompose when there is change in name and it will recompose only Text() composable because Text() composable is depend on “name”. So here count++ expression is skipped during Recomposition and it will not update global “count” variable. And this thing will lead to bug or an unexpected app behavior.

var *count* = 0  
@Composable  
fun UpdateUI(name: String) {  
 *count*++  
  
 *Text*(name)  
}

Conclusion : Do not put global state in Composable function because recomposition mechanism can skip that expression or code which is responsible for updating your global state.