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### Concept Of *Viruddha Ahara* (Incompatible Food) In Today's Perspective

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#### ABSTRACT: -

According to *Ayurveda Ahara* (Food) is the most important thing for healthy life and type of *Ahara* (Food) we eat affect our body as well as mind. Nowadays people are adopting sedentary life style. Also, the craze of fast food is increasing everywhere. The change in food habit, lack of knowledge about proper nutrition are causative factors for many diseases. *Viruddha Ahara* (Incompatible food) is one of the unique concepts described in *Ayurveda*. *Ayurveda* clearly defines that certain diet and its combination which interrupts the metabolism of body tissues, which inhibits the process of formation of *Dhatus* and which have opposite property to the *Dhatus* are called as *Viruddha Ahara* (Incompatible food). *Ahara* (Food) is the most important essential requirement of all living beings. Nowadays there is increased prevalence of lifestyle disorders, in which faulty dietary habits plays an important role. That's why knowledge of *Viruddha Ahara* (incompatible food) is very important in present era. In this article *Viruddha Ahara* (incompatible food) discussed by our *Ayurveda* text are represented and reviewed.

**Keywords:-** *Viruddha Ahara*, Incompatible food, *Ayurveda*, Fast food



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## INTRODUCTION

*Viruddha Ahara* (incompatible food) is very important concept discussed by ancient *Ayurveda Acharayas*, which is known to be the cause of many systemic disorders. In *Ayurveda* "Trividha Upastambha (3 subpillars)' are described in *Sutrasthan* of Charaka Samhita. *Ahara* (food), *Swapna* (sleep) and *Brahmacharya* (celibacy) are the three pillars of *Sharira* (Body) in which *Ahara*(food) is prime need.<sup>[1]</sup> *Ahara* (food) plays a pivotal role in the maintenance of health. For this reason, *Ahara* (food) has been given the prime place among the *Trayopastambha* (3 sub pillars). The pathophysiology of diseases begins with our improper food and living habits. Western food and food habits increasing day by day. We not only consume food items at non said timing i.e., *Kaal Viruddha* (Incompatibility with respect to season) but also have a bad combination of different food which disturb our normal metabolism process. Metabolic disorders lead to many systemic disorders or diseases. *Aacharya Charaka* has defined *Viruddha Ahara* (incompatible food) as a certain food product or its combination which interrupts the metabolism of tissues i.e., *Sharira* (Body), *Dhatus*(Tissues), which have inhibits the process of formation of tissue and which have the opposite property to the tissue are called as *Viruddha Ahara* (incompatible food).<sup>[2]</sup> *Acharya Charaka* and their commentators *Chakrapani* have explained this unique concept of *Viruddha Ahara* (incompatible food) in detail. They have described total 18 types of *Viruddha Aahara* (incompatible food) with proper example of food products and food to food interactions which is used by layman in day-to-day life. They have stated that regular consumption of the *Viruddha Aahara* (incompatible food) plays a major role in caution of several types of diseases and therefore it is very necessary to know about the concept of *Viruddha Ahara* (incompatible food).

## AIMS AND OBJECTIVES

- To enlighten the concept of *Viruddha Ahara* (incompatible food)
- Role of *Viruddha Ahara* (incompatible food) in diseases pathogenesis.

## MATERIAL AND METHODS

*Ayurvedic* text, previous articles, internet, Wikipedia, modern medical literatures were reviewed to collect data.

### Review Of Literature

#### Definition of *Viruddha Ahara* (incompatible food)

According to *Aacharya Vagbhatta* the food drink and medicine which does aggravation and dislodgement of *Dosha* from its site i.e., *Doshoklesha* (exacerbation of dosha) but does not eliminate or expel it from the body is known as *Viruddha Ahara* (incompatible food).<sup>[3]</sup>

#### Types of *Viruddha Ahara* (incompatible food)

*Acharya Charka* has described total 18 types of *Viruddha Ahara* (incompatible food) with example as following

- 1) ***Desh Viruddha***  
(Incompatibility with respect to place) – *Desh viruddha* is the diet which is contradictory to a given region.<sup>[4]</sup> e.g., intake of *Ruksha Ahara* (dry food items) in dry regions and *Snigdha Ahara* (unctuous food items) in marshy areas.
- 2) ***Kala Viruddha***  
(Incompatibility with respect to season)– Consumption of diet contradictory to time and season.<sup>[5]</sup> e.g. Intake of cold and dry substance in winter, pungent and hot substance in summer.
- 3) ***Agni Viruddha***  
(Incompatibility with respect to digestive fire) - Intake of food at variance with irregular and normal power of digestion.<sup>[6]</sup> e.g., Intake of *Guru Ahara* (heavy food) when *Agni* is *Mand* (power of digestion is poor)
- 4) ***Matra Viruddha***  
(Incompatibility with respect to quantity) – Consuming diets incompatible in terms of

quantity required.<sup>[7]</sup> e.g., Intake of honey and ghee in equal amount.

#### 5) *Satmya Viruddha*

**(Incompatibility with respect to habit)**– Intake of sweet and cold substances by a person accustomed to pungent and hot substance.<sup>[8]</sup>

#### 6) *Dosha Viruddha*

**(Incompatibility with respect to Dosha)** – Utilization of drugs, diets and regimen having similar qualities with *Dosha*, but at variance with the habit of the individual. For example, *Ruksha Ahara* (dry food items) in *Vaataj Prakrati*.<sup>[9]</sup>

#### 7) *Sanskar Viruddha*

**(Incompatibility with respect to mode of preparation)** – Consuming such preparation of food items which become poisonous when prepared in a particular way.<sup>[10]</sup> e.g., meat of peacock cooked in castor fire, heated honey.

#### 8) *Virya Viruddha*

**(Incompatibility with respect to potency)** – Such food items which have potency opposite to each other when consumed together are termed as *Virya Viruddha*.<sup>[11]</sup> e.g. fish + milk.

#### 9) *Kostha Viruddha*

**(Incompatibility with respect to alimentary canal)** - Consumption of those foods which are contradictory to one's *Kostha* (nature of digestive tracts).<sup>[12]</sup> e.g. intake of *Guru* (heavy), *Bahu* (more in quantity) and *Bhedaniya* (mild purgative) by a person having *Mridu Kostha* (soft bowel).

#### 10) *Avastha Viruddha*

**(Incompatibility with respect to status of health)** – Intake of food in contrast to one's state of health.<sup>[13]</sup> e.g. intake of *Vata* aggravating diet after physical exertion.

#### 11) *Krama Viruddha*

**(Incompatibility with respect to sequence)** - Intake of food contradictory to order such as when a person consumes food before bowel evacuation and urination or when doesn't have an appetite for food or after excessive aggravation of hunger.<sup>[14]</sup>

#### 12) *Parihar Viruddha*

**(Contraindication Incompatibility)**– Consuming food which are against prescription.<sup>[15]</sup> e.g. intake of *Ushna Ahara* (hot substance) just after consuming pork.

#### 13) *Upchar Viruddha*

**(Incompatibility with respect to treatment)** - Consuming such food items which are not prescription.<sup>[16]</sup> e.g. eating cold substance after intake of *Ghee*.

#### 14) *Paak Viruddha*

**(Incompatibility with respect to cooking)**– Preparation of food with bad or rotten fuel and under cooking, over cooking or burning during the process of preparation.<sup>[17]</sup>

#### 15) *Samyog Viruddha*

**(Incompatibility with respect to combination)** - Food items incompatible in terms of combinations.<sup>[18]</sup> e.g. intake of sour substance with milk.

#### 16) *Hriday Viruddha*

**(Incompatibility with respect to palatability)** - Diet which is unpleasant and unpalatable to one's taste.<sup>[19]</sup> e.g. consuming unpleasant food items.

#### 17) *Sampad Viruddha*

**(Incompatibility with respect to quality of food)** - Incompatibility in terms of qualities.<sup>[20]</sup> e.g. consuming immature over mature and putrefied food substances.

#### 18) *Vidhi Viruddha*

**(Not following the rules of eating)**– Eating food in variance to set norms, rules and regulations etc.<sup>[21]</sup> e.g. consuming meal at public places.

#### Diseases caused due to *Viruddha Ahara* (incompatible food)

*Viruddha Ahara* (incompatible food) is responsible for the causation of many diseases. According to *Acharya Charaka* a whole number of diseases occurs as a result of *Viruddha Ahara* (incompatible food) and they are infertility, *Bhagandra* (fistula), *Moorcha* (fainting), *Pandu* (anaemia), *Amavisha* (acid eructation), *Grhaniroga* (mal absorption syndrome), *Jvara* (fever), *Santana Dosha* (genetic



disturbance) and even *Mrityu* (death).<sup>[22]</sup>

### Treatment

*Nidana Parivarjana* (prophylactic measures) is the main line of treatment. Diseases caused by *Viruddha Ahara* (incompatible diet) can be treated by *Vamana* (Emesis), *Virechana* (Purgation) and *Shamana Chikitsa* (Palliative therapy) and by the prior use of beneficial substance.<sup>[23]</sup>

### **Viruddha Ahara (incompatible food) in today's perspective**

Lifestyle changes which have taken place many countries worldwide over the last few decades have been shown to incompatible food consumption patterns. It is well known that food plays an important role in development and prevention of many diseases. There are number of food incompatibilities are used in present era for example Oxytocin induced milk, Preservatives in food products, Pesticides on vegetable and fruits, Cooled storage food products, Stale food (Bread, Bun etc.), Heated honey, Hot water with honey, Mutton or chicken with curd or milk, Raw food with cooked food, Ice cream, cold drink, chilled water etc.

*Viruddha Ahara* (incompatible food) taken regularly could induce inflammation at a molecular level, disturbing the eicosanoid pathway creating more arachidonic acid leading to increased prostaglandine-2 and thromboxane. This inflammatory effect is an important effect as these are all the basic pathologies that create *Agni Mandya* (poor digestive power) and a number of metabolic disorders.<sup>[24]</sup> It has been clearly mentioned in *Ayurveda* said that oil and food must not be Reheated of oil creates more oxidation and if consumed may create more oxidative stress creating more free radicals. A recent study found that a toxin called 4-hydroxy-trans-2- nonenal (HNE) forms when such oils as corn, soyabean, and sunflower oils are reheated. Consumption of food containing HNE from cooking oils has been associated with increased risk of cardiovascular disease, Stroke, Parkinson's disease, Alzheimer's disease, Huntington's disease, various liver disorders and cancer.<sup>[25]</sup>

Regular use of food products with color additives

can have serious health concerns, from raising serum creatinine to increasing albumin concentration reducing antioxidant enzyme in liver, causing oxidation of fatty acids and acute inflammation, skin irritation and allergy, and congestion of kidney. Preservatives and chemicals present on the food items also increase the chances of breathing problems and one of the most harmful effects of preservatives on food items is their ability to transform into carcinogen agents. Therefore, it is very important that such food items are recognized and not consumed.

### DISCUSSION

*Ayurveda* has been exemplary in giving strong concept of food and dietetics. The concept related to food explained in *Ayurveda* is followed even today. This ancient science of health has elaborated many types of food incompatibilities. *Viruddha Ahara* (incompatible food) and 18 types of food combinations which are not wholesome for health as explained in *Ayurvedic treatises* is the earliest work done on unhealthy food combinations which includes the concept of food allergies and food poisoning. *Viruddha Ahara* (incompatible food) can lead to disorders up to impotency and infertility, thus it has an impact up to *Shukra Dhātu Dushti* (abnormalities of semen). This unknowingly can lead to several hazardous diseases even death in the patients. The person should be wise enough to identify food which causes reaction and rejection constantly. *Ayurveda* has given a list of *Viruddha Ahara* (incompatible food) i.e., unhealthy food combinations which appear reasonable and applicable even today, though many might have gone unnoticed. Prevention is always better than curing. Therefore, it is important to enlist the causative incompatible dietary factors and train the peoples to avoid such etiologic factors.

### CONCLUSION

A Balanced food is must maintain disease free good health. *Viruddhara Ahara* (incompatible food) is a very important concept of *Ayurveda*, ignoring it

results in manifestation of various diseases and as we know prevention is better than cure, it is very essential to follow guideline given by *Ayurvedic Acharyas* to live healthy life. In today's modern era due to lack of knowledge about correct eating habits we blindly follow the wrong dietary habits and suffer from various diseases. By means of this article we can understand the disorder and hazardous effects of consumption of *Viruddha Ahara* (incompatible food).

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