



## Dietary Incompatibilities In Ayurveda.

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### Abstract

Ahara (food) is one of the important pillars for healthy living being. For healthy living Ayurveda emphasizes on consuming right kind of diet which provide health and nutrition. The diet which disturbs the balance among the body elements is called Viruddha Ahara (Incompatible diet). According to Ayurvedic literature, Vishta Adha (incompatible food) is said to be the cause of many systemic disorders. According to Acharya Charka some food and its combinations, which disrupt tissue metabolism, which disrupt the growth process of tissue are opposite food (incompatible food). The incompatible diet could be considered similar to poison. Viruddha Ahara is a unique concept described in Ayurveda.

**Keywords:** Viruddha Ahara, Viruddha Anna, Ahara, Incompatible food, Ayurveda.

### INTRODUCTION:

Charaka defines Viruddha Ahara. He states unequivocally that certain diets and their combinations that disrupt tissue metabolism, prevent tissue growth, and have the opposite properties of tissue are referred to as Viruddha Anna or incompatible diets. By outlining the proper lifestyle in terms of Dinacharya and Rutucharya, Ayurveda places a high priority on disease prevention. This is intended to fortify the body's immune system. A healthy lifestyle must include a proper diet and routine. It helps to increase a person's Bala, Varna, and Oja when utilized properly.

This special idea of Aahara has been thoroughly discussed by Charakacharya and their interpreters Chakrapani and Gangadhara. With appropriate examples of food products and food-to-food interactions that the general public uses in their daily lives, they have described a total of eighteen different forms of Viruddha Aahara. According to their claims, a number of ailments are largely caused by the habitual ingestion of Viruddha Anna. Additionally, a beneficial treatment that can reverse the negative effects of Viruddha Aahara on the body is explained.

It is evident that some diets and their combinations disrupt tissue metabolism, which prevents the production of new tissue and gives it the opposite properties. For this reason, these foods are referred to as antagonistic diets or Viruddha Anna. Combining the opposite food ingredients can result in faulty preparation, incorrect dosage, bad timing of consumption, and unsuitable weather circumstances, all of which might cause Viruddha Ahara.

## **TYPES OF VIRUDDHA AAHARA**

It is essential to identify new food incompatibilities, which are used in day to day life with Ayurvedic perspective. These food incompatibilities can be categorized in different types of Viruddha Aahara as follows

### **1. Desha Viruddha**

The food items having similar properties to that of Desha is called as Desha Viruddha. It is stated that one should take food having properties opposite to corresponding Desha. This food is not suitable for the region. e.g:- Ruksha, Tikshna ahara in Maru bhumi – consumption of alcohol in desert land. Snigdha, Sheeta ahara in Anupa bhumi (cool milk shakes and juices).

### **2. Kaal Viruddha**

Consuming food items having similar properties to that of Kaal i.e. Season. It is time based incompatibility. e.g.:- Consumption of pungent (Hot natured) substance in summer and sheet ahara in Hemant Rutu - consumption of Ice-creams in winter.

### **3. Agni Viruddha**

Food taken without knowledge of individual's Agni. It is incompatible with digestive strength. eg. consuming Churmura (popcorn etc.) in excessive hungry condition. Guru and Adhika Matra Aahara in Manda Agni.

### **4. Matra Viruddha**

There are some food items which act as Viruddha Aahara when mixed in equal proportion. It is wrong quantity of food. e.g.:- Ghee + Honey in equal proportion.

### **5. Saatmya Viruddha**

Individual consuming food item which he is not used to. eg.:- Chinese food by Indians

### **6. Dosha Viruddha**

Food items having similar properties to that of Doshas, which causes Dosha dushti are called as Dosha Viruddha. eg. Curd mixed with rice for Kushtha.

### **7. Sanskara Viruddha**

Food prepared by wrong method is Sanskara Viruddha. eg. Consumption of heated warm honey.

### **8. Veerya Viruddha**

Consuming food items having opposite Veerya at the same time. It is opposing potencies. eg. consumption of fish & milk together.

### **9. Krama Viruddha**

Food Consumed by wrong sequence is considered as Krama Viruddha. eg. consumption of hot water after honey.

### **10. Koshtha Viruddha**

Any drug or food item taken without proper knowledge of individuals Koshtha eg. baked food consumed by person having constipation i.e. krura koshta.

### **11. Awastha Viruddha**

Consuming food without knowledge of own strength of the body. e.g.:- Consumption of alcohol beyond ones digestive capacity.

### **12. Parihara Viruddha**

Consuming cold food items after hot and spicy food. e.g.:- Cold drinks after a hot meal.

### **13. Paak Viruddha**

Food which is not properly cooked i.e. uncooked, partly cooked, partly burned etc.

**14. Upachaara Viruddha**

Consuming food items which are not supposed to consume after specific treatment.  
e.g.:- consumption of cold water after snehapana.

**15. Samyoga Viruddha**

Consuming food items which are not supposed to combine with each other  
e.g :- consumption of fruit salad or milk & banana together.

**16. Hrut Viruddha**

Consuming food items which are not pleasant to consume i.e. not pleasant to eat  
e.g. :- Bitter gourd etc.

**17. Sampat Viruddha**

Food items prepared by using unhealthy ingredients. eg. Food items prepared in vanaspati oil  
i.e. dalda

**18. Vidhi Viruddha**

Consuming food against Aahara Vidhi Visheyatana mentioned in Ayurveda. eg. Habit of eating rotten, left over food.

**MODE OF ACTION IN VIRRUDDHA AAHARA-**

The distinctive feature of Viruddha Anna is that regular use of opposing foods and medications aggravates Sharirastha Prakruta doshas without curing them. Numerous ailments are caused by these vitiated doshas, which remain in the body and interact with sharirastha viguna dhatus.

**DISEASES CAUSED DUE TO VIRUDDHA AHARA**

Impotence, intestinal and dermatological problems, edema, gastritis, fever, rhinitis, infertility, blindness, ascites, insanity, fistula in ano, drunkenness, abdominal distention, stiffness in the neck, and many forms of anemia. It is impossible to deny that frequent use of antagonistic drugs may harm the body's circulatory, neurological, digestive, endocrine, and immune systems.

**FOOD INCOMPATIBILITIES IN TODAY'S PERSPECTIVE**

When proteins and carbohydrates are consumed simultaneously, the absorption of one will be slowed by the other. In a similar vein, consuming sweets and acidic fruits together inhibits the effects of pepsin and ptyalin, which lowers saliva production and delays digestion. According to a recent study, heating oils including corn, soybean, and sunflower produces a toxin known as 4-hydroxy-trans-2-nonenal (HNE). A higher risk of heart disease, stroke, Parkinson's disease, Alzheimer's disease, Huntington's disease, liver problems, and cancer has been linked to consuming meals containing HNE from frying oils.

**CONCLUSION**

Incompatible food, or Viruddha Anna, is a crucial topic that ancient Ayurvedic Acharyas addressed. It is thought to be the root cause of numerous systemic illnesses. Viruddha Ahara consumption increases the risk of numerous illnesses. Regular use of Viruddha Ahara may cause molecular inflammation by disrupting the eicosanoid system, which raises arachidonic acid and thromboxane and prostaglandin-2. Since these are all the fundamental illnesses that lead to Agni Mandya, Ama, and several metabolic problems, the inflammatory effect is significant.

Viruddha Ahara has the potential to cause molecular inflammation. Several food incompatibilities are listed in traditional Ayurvedic texts, such as the Sushruta Samhitas and Charaka. It is necessary to discover new food incompatibilities based on the fundamental principles of antagonism outlined in Ayurveda and classify them in the proper category of antagonism, even though food pairings today are of different types.

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